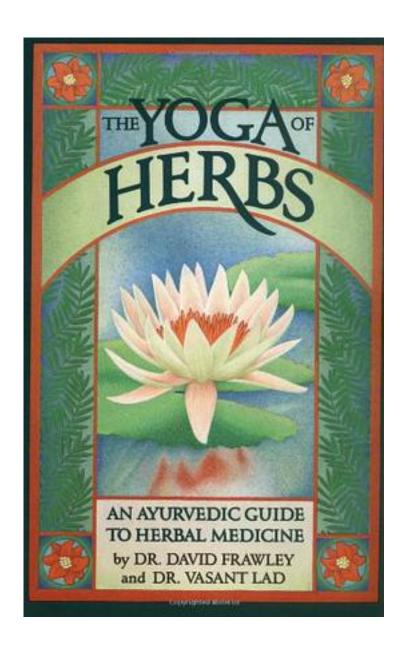
The Yoga of Herbs



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著者:David Frawley

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For the first time, here is a detailed explanation and classification of herbs, using the ancient system of Ayurveda. More than 270 herbs are listed, with 108herbs explained in detail. Included are many of the most commonly used westernherbs with a profound Ayurvedic perspective. Important Chinese and special Ayurvedic herbs are introduced. Beautiful diagrams and charts, as well as detailed glossaries, appendices and index are included.
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