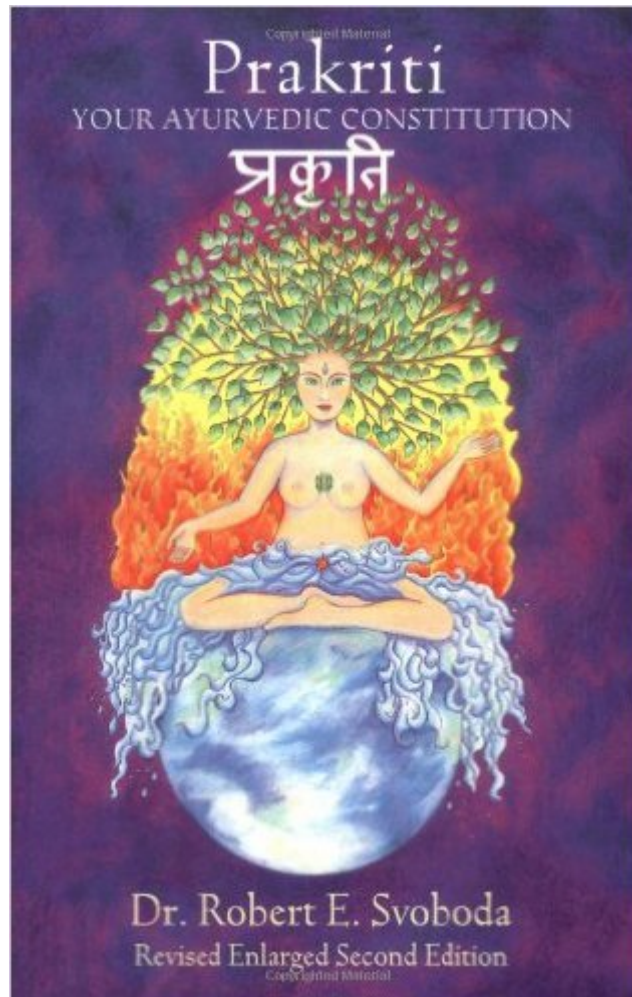


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Prakriti: Your Ayurvedic Constitution (Your Ayurvedic Constitution Revised Enlarged Second Edition)



Synopsis

Dr. Svoboda's original work on the constitutional types in Ayurveda has been considered a classic for many years. His new revision and expansion of the subject comes after much further research and practical experience. Dr. Vasant Lad points out: "The healing science of Ayurveda is based totally upon the knowledge of "prakriti", the individual constitution. If every individual knows his own constitution, then one can understand, for instance, what is a good diet and style of life for oneself. One man's food is another man's poison. Therefore, to make one's life healthy, happy and balanced, the knowledge of constitution is absolutely necessary." (Dr. Vasant Lad is the author of Ayurveda: The Science of Self-Healing, and co-author of The Yoga of Herbs.)

Book Information

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Customer Reviews

One of the most rewarding and useful books I have ever read! first read "Prakriti: Your Ayurvedic Constitution" by Robert Svoboda eight years ago, and it was in fact the first book on the subject that I had ever read. It is an engagingly written, perfectly organized introduction to a discipline that I call "data dense." That is to say, ayurveda is an extraordinarily complex study of the forces and forms, events and processes, that govern the structure and functioning of the human body in health and disease. Because of Dr. Svoboda's clear and logical elucidation of that study, it is made understandable to the reader willing to invest the time and thought in surveying its breadth and plumbing its depth. Dr. Robert Svoboda is an American author and an ayurvedic physician who is

one of the luminaries of the field: a teacher, writer and practitioner who alone has done more to raise public awareness of the ancient healing art than any other Westerner and one of the dozen leading ayurvedic educators in the world today. He is the author of a dozen books on the subject and countless professional and popular articles. Svoboda graduated from the University of Oklahoma in 1972 and in 1973 moved to India to study at the prestigious Tilak Ayurveda Mahavidyalaya (an ayurvedic medical college) in Pune. In 1980, he graduated from the University of Pune with the degree of Bachelor of Ayurvedic Medicine and Surgery (BAMS) and was awarded the distinction of "Ayurvedacharya." Svoboda is the first Westerner to graduate from a college of ayurvedic medicine and to be licensed to practice ayurveda in India. For the individual new to ayurveda, this book is the best introduction available.

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