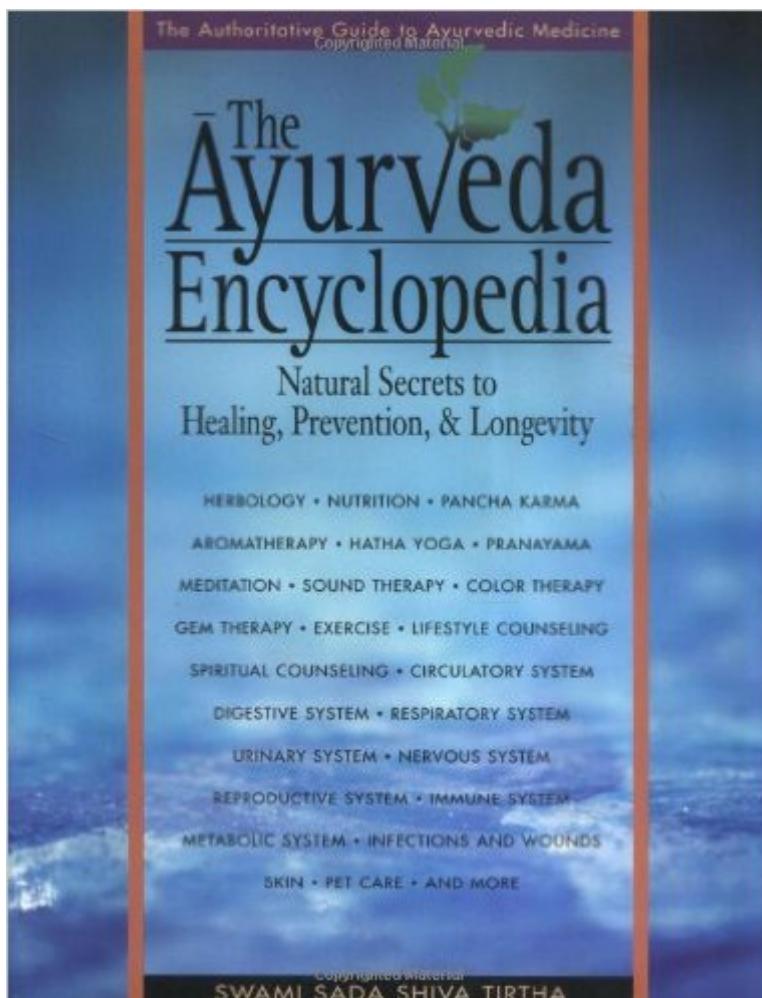


The book was found

The Ayurveda Encyclopedia: Natural Secrets To Healing, Prevention & Longevity



Synopsis

Here is an all-inclusive reference to ayurveda beneficial for families as well as health practitioners. Included are the basic principles of ayurveda; its history; and a generous selection of therapies including herbs, nutrition, aromas, meditation, colors, gems, exercise, special message techniques, and rejuvenating measures known as pancha karma. Pathology and diagnosis are covered in plain English along with a discussion of the most commonly used ayurvedic herbs. Other new information includes ayurvedic hatha yoga, general healing, pregnancy and post-partum, and stress reduction.

Book Information

Paperback: 686 pages

Publisher: Sat Yuga Press; 1 edition (March 1, 1998)

Language: English

ISBN-10: 0965804224

ISBN-13: 978-0965804226

Product Dimensions: 11.1 x 8.5 x 1.4 inches

Shipping Weight: 3.4 pounds

Average Customer Review: 4.7 out of 5 starsÂ [See all reviewsÂ](#) (23 customer reviews)

Best Sellers Rank: #754,648 in Books (See Top 100 in Books) #46 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Reference #158 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda #775 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Holistic

Customer Reviews

Although there is no shortage of books that attempt to explain Ayurveda medicine (a system that originated in India about 5000 years ago) to a popular audience, the author, instructor at the Ayurveda Holistic Health Center in Bayville, NY, claims that this is the first English-language textbook on the subject. However, he does little to simplify this complicated system and goes into too much detail not only for average readers but for health practitioners who want to learn more about this form of treatment. Many of his statements seem far-fetched (e.g., can the color orange really help with menstrual cramps?). Organization is poor; for instance, information on therapies for diabetes is spread throughout the book rather than being concentrated in the section on diseases. Perhaps the most useful information here is the list of Ayurvedic resources and the glossary containing clear definitions of many of the terms used. Better choices for books on Ayurveda medicine include titles by Vasant Lad (Ayurveda: The Science of Self Healing, Lotus Light, 1990)

and Deepak Chopra (Ageless Body, Timeless Mind, LJ 6/15/93). Recommended only for libraries with extensive collections in alternative medicine.?Natalie Kupferberg, Arizona State Univ. West, PhoenixCopyright 1998 Reed Business Information, Inc.

"A comprehensive, detailed primer for serious students of Ayurveda." Â ª "Bodhi Tree Review" A client health history form as well as an Ayurvedic glossary."Â ª "Natural Pharmacy

[Download to continue reading...](#)

The Ayurveda Encyclopedia: Natural Secrets to Healing, Prevention & Longevity Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) The Ayurveda Hair Loss Cure: Preventing Hair Loss and Reversing Healthy Hair Growth For Life Through Proven Ayurvedic Remedies (Ayurveda Medicine, Hair ... Diet, Hair Loss Diet, Hair Loss Sollutions) The Illustrated Encyclopedia of Natural Remedies: Over 1000 Natural Remedies for the Prevention, Treatment, and Cure of Common Ailments and Conditions Exercises for Better Balance: The Stand Strong Workout for Fall Prevention and Longevity REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) The Healing Cuisine of China: 300 Recipes for Vibrant Health and Longevity Soul Mind Body Science System: Grand Unification Theory and Practice for Healing, Rejuvenation, Longevity, and Immortality Yoga & Ayurveda: Self-Healing and Self-Realization Ayurveda and the Mind: The Healing of Consciousness The Wheel of Healing with Ayurveda: An Easy Guide to a Healthy Lifestyle Marma Points of Ayurveda: The Energy Pathways for Healing Body, Mind, and Consciousness with a Comparison to Traditional Chinese Medicine Ayurvedic: Cookbook For Beginners: Easy-to-Follow Recipes for Building Better Holistic Health (Ayurvedic cookbook, Ayurvedic home remedies, Ayurveda, Ayurvedic ... Ayurvedic self healing, Ayurvedic 1) Ayurveda: The Science of Self Healing: A Practical Guide Super Joints: Russian Longevity Secrets for

Pain-Free Movement, Maximum Mobility & Flexible Strength The Root of Chinese Qigong: Secrets of Health, Longevity, & Enlightenment

[Dmca](#)