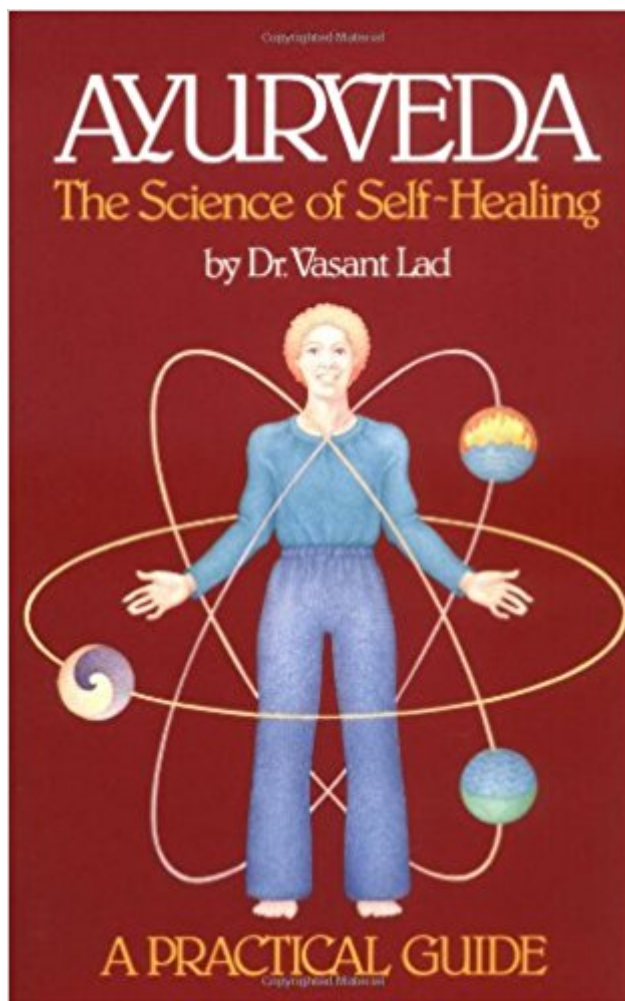


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# Ayurveda: The Science Of Self Healing: A Practical Guide



## Synopsis

For the first time a book is available which clearly explains the principles and practical applications of Ayurveda, the oldest healing system in the world. This beautifully illustrated text thoroughly explains the following: history & philosophy \* basic principles, \* diagnostic techniques \* treatment \* diet \* medicinal usage of kitchen herbs & spices \* first aid \* first aid \* food antidotes \* and much more More than 50 concise charts, diagrams and tables are included, as well as a glossary and index in order to further clarify the text.

## Book Information

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Average Customer Review: 4.6 out of 5 stars 177 customer reviews

Best Sellers Rank: #16,909 in Books (See Top 100 in Books) #3 in [Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda](#) #16 in [Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing](#) #61 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

## Customer Reviews

While this book covers all the basic topics for an introductory book... I feel it doesn't delve into enough detail. Also, the writing style is terse and doesn't flow well. It was published in 1984. I would highly recommend Lad's more recent book (Ayurvedic Remedies) that was published in 1998. It covers everything that is already in this book plus you get remedies for common ailments. That book is relatable and written in a more friendly manner. He addresses some western aspects (for example he touches on how westerners are averse to vaman/vomiting therapy). Its just \$3 more, I would get that.

It's a good and helpful book to read with the many charts, diagrams, and drawings, and the 37 pictures for showing about the Yoga Asanas. But I must admit that I not are living with, or accepting, quite the same ideas about the grouping of persons, behavior, diseases and so on. For

example, with the left side of a person contains female, or lunar, energy while the right side contains male or solar energy, and thereby with effect for which side to sleep on. While in the Appendix B, First Aid Treatments, there are many advises, with among other herbs to use, which I accept, and think to be fine. But again, for me mostly a historically informative book.

I think it is okay. For me, it wasn't as clear as I expected. I would've liked it a lot if it had more pictures and detail along with it.

This is a great book. I've ordered many. Give them as gifts.

Great book! Helpful' recommend.

As a practicing yogi, I have been interested in learning more about Ayurveda. I feel the two go hand in hand, since yoga is about self-consciousness and health. Ayurveda will help keep me healthy, longer! This book has lots of fundamental information, and is complete with great illustrations. It's written by a practicing Ayurvedic doctor who's been at it for years and knows his stuff. If you want to depend your yoga practice, learn more about different cultures/ways of medicating problems, or are looking to get your body into better health naturally, this book is for you!

Really easy and useful knowledge about eastern medicine Ayurveda. It is easy to read too.

it is short, precise with very useful illustrations and schematic drawings. Doshas are explained clearly. the Yoga pictures are very useful, thanks to Dr. Vasant Lad. Food antidotes are interesting. it is helpful to read this book first before going to Bahela Samhita and or Caraka Samhita. I already recommended this book to friends interesting in Ayurveda. I will use this book as reference in my writing. Ghulam M. Dastgeer MD., LRCP., MRCS., FRCS.

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