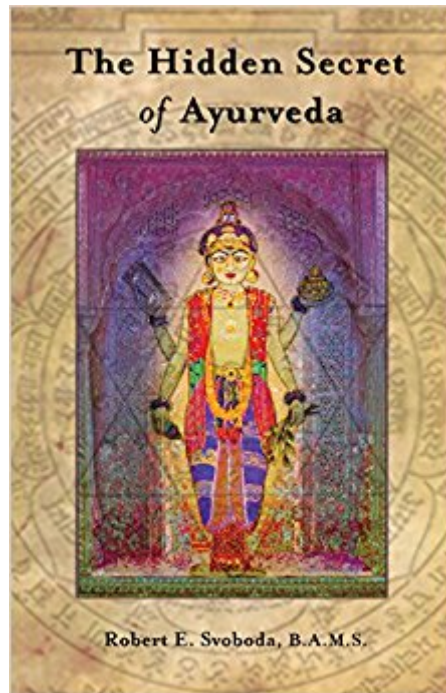




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The Hidden Secret Of Ayurveda



Synopsis

THE HIDDEN SECRET OF AYURVEDA is an excellent introduction and overview of the profound, ancient Indian healing system known as Ayurveda. This book gives the reader a chance to sense the working principles of Ayurveda, and see how Ayurveda can be adapted and integrated into life in a practical way, for today's health needs. The word Ayurveda can be translated as the knowledge of life or more correctly as the knowledge of longevity. Ayurvedic healing looks at the whole person the body, the mind, and the spirit and helps to develop an individual program to bring balance, good health and at least a taste of immortality.

Book Information

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Customer Reviews

Herein is contained not only explanations of some of the ways that Ayurveda diagnoses, treats disease, and maintains and insures good health, but in addition this knowledge contains the secrets of why people need to cooperate with Nature completely in order to insure their well-being. --Vasant Lad, B.A.M.S., M.A.Sc., Ayurvedic Physician, author of Ayurveda: The Science of Self-Healing, Textbook of Ayurveda, and many others as well as an internationally known teacher, lecturer and founder of The Ayurvedic Institute in Albuquerque, NM

Indian culture is very different from the culture of the West, but because I found during my many sojourns in India since 1973, and particularly during the six years I spent in medical school in Pune, that these differences are not unbridgeable, I determined to try to bridge a few of them by writing a book on Ayurveda, my subject of study. When I graduated from the Tilak Ayurveda Mahavidyalaya with a degree in Ayurvedic medicine in 1980, books in English on Ayurveda were difficult to obtain,

and those which were obtainable were difficult for Westerners to follow. Being a Westerner who was fortunate enough to have acquired this knowledge first-hand in India, I wanted to help expose the average Western reader to Ayurveda, and so I set out to make the book as simple as possible. I omitted as many foreign words as I could without sacrificing what I felt was the substance of the teachings, and used Sanskrit words only when it was impossible to convey their meanings through English equivalents. I strove for clarity and simplicity, and I hope that the basic concepts of Ayurveda still shine through to illuminate these pages without obstruction. My hope now, as it was then, is that this short book will instill in those readers who have only begun to dip their toes into Ayurvedic waters the desire and motivation to pursue further study in this most ancient of all sciences of life. Robert E. Svoboda, B.A.M.S.

This book will answer many questions on changing your lifestyle according to your doshas. Its mind body and spirit and in this rough and tumble economy and battling obama care lets face it who needs a doctors appointment or can afford one. Keep your family healthy the natural way!!!!

Svoboda at his finest, a must have for serious students of traditional Ayurvedic medicine

Short but a very good guide on Ayurvedic healing.

Short read on ayurveda.

So much wisdom!

Good book

I am building a library for myself and am collecting books for the library that I will have some day. This is one such book. I haven't read it yet but I think it will be fascinating and am looking forward to reading it.

Seriously, It is better to go for a more comprehensive book. This book is very very basic. It can still help those who have never been exposed to ayurveda. I suggest to buy a better book. May be other book by the same author titled 'Prakriti'.

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