



Ayurveda: The Science of Self Healing: A Practical Guide

Vasant Lad

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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.

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