



Ayurveda: The Science of Self Healing: A Practical Guide

By 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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Ayurveda: The Science of Self Healing: A Practical Guide By Vasant Lad Bibliography

- Sales Rank: #5342 in Books
- Size: 175 pages, Paperback
- Brand: Lotus Press
- Published on: 1985
- Original language: English
- Number of items: 1
- Dimensions: 8.70" h x .51" w x 5.57" l, .66 pounds
- Binding: Paperback
- 176 pages

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