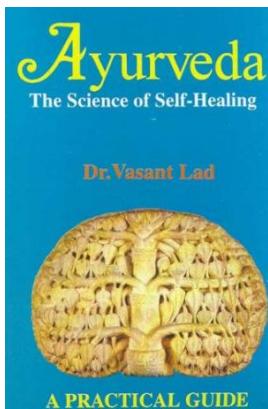


Download eBook

AYURVEDA: THE SCIENCE OF SELF-HEALING (A PRACTICAL GUIDE)



Motilal BanarsiDass Publishers Pvt. Ltd., 2011. Softcover. Book Condition: New. 5th or later edition. 14 x 22 cm. 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. The beautifully illustrated text thoroughly explains the following: History & Philosophy--Basic Principles Diagnostic Techniques--Treatment Diet--Medicinal Usage of Kitchen Herbs & Spices First Aid--Food Antidotes--And Much More. More than 50 concise charts, diagrams and tables are included, as...

Read PDF Ayurveda: The Science of Self-Healing (A Practical Guide)

- Authored by Dr Vasant Lad
- Released at 2011



Filesize: 1.02 MB

Reviews

Extensive guide! Its such a good read. I really could comprehend every little thing using this composed e pdf. Your way of life period will probably be transform once you total reading this publication.

-- **Angelica Morissette**

This kind of ebook is every little thing and made me searching ahead of time plus more. it was writtern very flawlessly and beneficial. Your daily life span will probably be convert the instant you comprehensive reading this article ebook.

-- **Dr. Sophie Rosenbaum MD**

This is actually the best ebook i have study until now. I am quite late in start reading this one, but better then never. You wont truly feel monotony at at any time of your time (that's what catalogs are for relating to should you question me).

-- **Jillian Rohan**