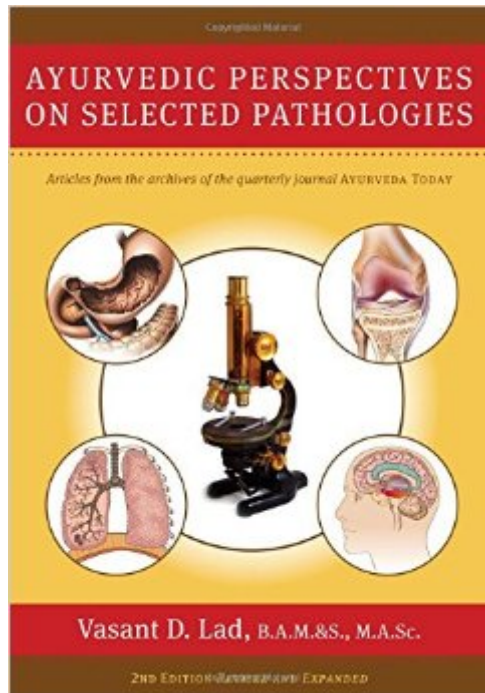


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Ayurvedic Perspectives On Selected Pathologies



Synopsis

From the archives of the quarterly journal, Ayurveda Today, published since 1988, this is a compilation of Vasant Lad's best articles on Ayurvedic remedies for both common and complex health problems. A must-have for the Ayurvedic practitioner, these clear, concise articles put forth a path to health and well-being for the layperson as well. With almost twice the number of articles as the first, the new edition has 30 in-depth articles on common medical conditions including diabetes, headaches, and chronic fatigue syndrome presented from the perspective of Ayurvedic medicine. These articles talk about classic remedies such as herbal therapies, yoga postures, diet, and panchakarma therapies. Learn natural ways to support other therapies and improve your overall health and well-being. This unique compendium is a testament to the relevance of Ayurveda in our modern world. Applying time-honored insights from this ancient science, it establishes an approach to disease management that is free from unwanted side effects. This book has arisen from Vasant Lad's decades of clinical and classroom experience. By elucidating the fundamental imbalances behind a range of diseases, these articles guide practitioners towards addressing causes, alleviating symptoms and eliminating the conditions that allow a disease to reoccur. They will inspire valuable insights in the hearts of those wishing to manage these diseases that are so prevalent in our current age.

Book Information

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Customer Reviews

This book of writings on various diseases, their causes and management is invaluable! Thank you again Dr. Lad for explaining simply yet in depth the ayurvedic understanding of the how and why of

pathologies of the human body.

great insight to many medical problems that western perspective has only symptomatic treatments for. This is an eye opener for treating many chronic diseases (Rheuma, Sciatica, Chronic fatigue...). It is better understood if you have some basic knowledge of Ayurveda.

Dr Lad is unparalleled in honing in on the most important aspects. He communicates with clarity, wisdom and ease. Gratitude

This book gives ayurvedic views on specific conditions that are common to us all. It will be forever the top of my list of the most referred to texts for years to come.

If you are an Ayurvedic practitioner it is a great thing to have for reference from time to time. Thanks dr vasant lad.

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