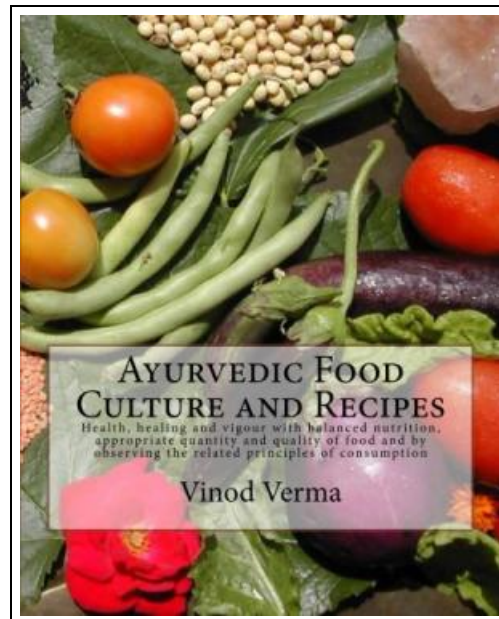


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(Ms. Bernice Rolfson)




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Gayatri Books International. Paperback. Condition: New. 260 pages. Dimensions: 9.9in. x 8.0in. x 0.7in. During the recent years, Ayurvedic wisdom has been propagated by religious or sectarian gurus rather than by Vaidyas (traditional Ayurvedic physician), scholars and Indian women, who have kept the Ayurvedic tradition alive for thousands of years. Gurus tend to mould the Ayurvedic wisdom from scientific to sectarian. This book, written by a woman Ayurvedic scholar, who has also had Western education in medical sciences, is a valuable piece of work, as it puts forward the scientific aspect of Ayurveda in context of its food culture and preparations. It is a prime example of the integration of scientific values in Indian cultural tradition. The book highlights the rational basis of what we should eat, when, how and why. The book contains authentic Ayurvedic food culture and mode of preparation of various international recipes by applying Ayurvedic principles. Scriptural wisdom of Ayurveda does not tell you to give up your glass of wine or leave out your favourite dishes. The way to good health is not through insipid food, but to enjoy the colours and flavours of life and have sensuous fulfilment with various rasas (tastes) of the cosmos. The secret to good health lies in understanding the Ayurvedic food culture and following its Eight Golden Principles. The book teaches the art of preparing balanced and rejuvenating food by using different herbs and spice mixtures and by attaining the knowledge about their hot and cold nature. With appropriate knowledge of Ayurvedic food culture, one can enhance energy, immunity and vitality and above all can cure ones minor ailments. The Great Sanskrit scholar and an Indias leading Pandit on Indian cultural tradition, Professor Dharmanand Sharma has described this book as follow: Dr. Vinod Verma's book, which is based upon the...

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