



## Ayurveda: The Science of Self Healing; A Practical Guide

By Vasant Lad

Motilal Banarsidass Publishers Pvt. Ltd., 2011. Hardcover. Book Condition: New. 5th or later edition. 15 x 23 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 well as a glossary and index in order to further clarify the text. 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 Printed Pages: 175.



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