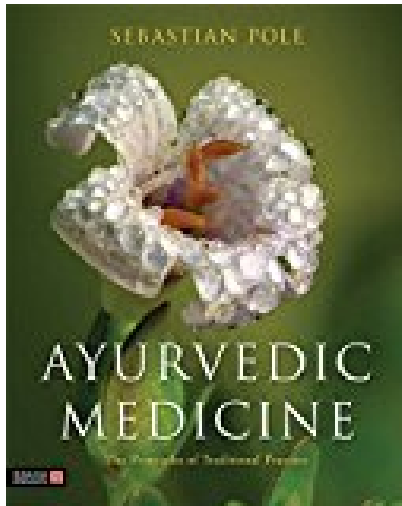


Ayurvedic Medicine The Principles of Traditional Practice



BOOK DETAILS

- Author : Sebastian Pole
- Pages : 400 Pages
- Publisher : Singing Dragon
- Language : English
- ISBN : 1848191138

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BOOK SYNOPSIS

Ayurvedic Medicine clearly and comprehensively presents the unique theories and traditions of Ayurveda making them accessible to the health practitioner of today. With a brief history of traditional medicine in India and discussion of principles, treatment strategies and traditional Ayurvedic pharmacy and pharmacology, the book offers an essential overview of the culture in which Ayurveda has developed and the scientific basis behind this holistic approach. It details over 100 plant profiles of Ayurvedic herbs, with images of fresh and dried plants, and 50 traditional formulas, including characteristics, usage, combinations, contraindications, and safety and dosage information for each. This essential resource explains the traditional medical system of Ayurveda, and provides guidance to students and practitioners on how to incorporate herbal medicine into their life and practice.

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