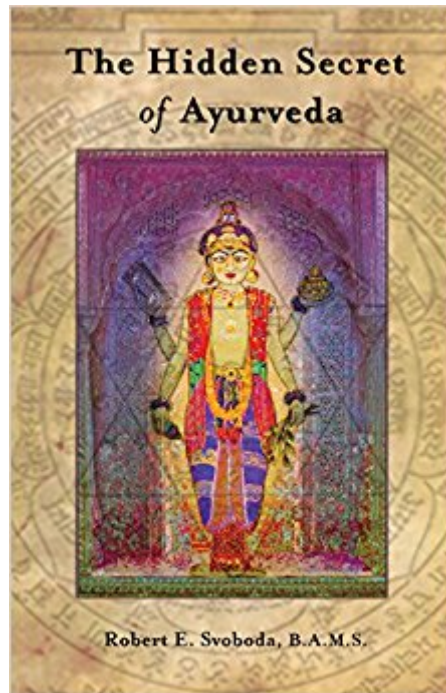




Ebook Directory
the best source of ebook

The book was found

The Hidden Secret Of Ayurveda



Synopsis

THE HIDDEN SECRET OF AYURVEDA is an excellent introduction and overview of the profound, ancient Indian healing system known as Ayurveda. This book gives the reader a chance to sense the working principles of Ayurveda, and see how Ayurveda can be adapted and integrated into life in a practical way, for today's health needs. The word Ayurveda can be translated as the knowledge of life or more correctly as the knowledge of longevity. Ayurvedic healing looks at the whole person the body, the mind, and the spirit and helps to develop an individual program to bring balance, good health and at least a taste of immortality.

Book Information

Paperback: 93 pages

Publisher: Ayurvedic Press; 2nd edition (October 22, 1996)

Language: English

ISBN-10: 1883725046

ISBN-13: 978-1883725044

Product Dimensions: 8.5 x 0.3 x 5.5 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 9 customer reviews

Best Sellers Rank: #459,107 in Books (See Top 100 in Books) #100 in [Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda](#) #36762 in [Books > Medical Books](#)

Customer Reviews

Herein is contained not only explanations of some of the ways that Ayurveda diagnoses, treats disease, and maintains and insures good health, but in addition this knowledge contains the secrets of why people need to cooperate with Nature completely in order to insure their well-being. --Vasant Lad, B.A.M.S., M.A.Sc., Ayurvedic Physician, author of Ayurveda: The Science of Self-Healing, Textbook of Ayurveda, and many others as well as an internationally known teacher, lecturer and founder of The Ayurvedic Institute in Albuquerque, NM

Indian culture is very different from the culture of the West, but because I found during my many sojourns in India since 1973, and particularly during the six years I spent in medical school in Pune, that these differences are not unbridgeable, I determined to try to bridge a few of them by writing a book on Ayurveda, my subject of study. When I graduated from the Tilak Ayurveda Mahavidyalaya with a degree in Ayurvedic medicine in 1980, books in English on Ayurveda were difficult to obtain,

and those which were obtainable were difficult for Westerners to follow. Being a Westerner who was fortunate enough to have acquired this knowledge first-hand in India, I wanted to help expose the average Western reader to Ayurveda, and so I set out to make the book as simple as possible. I omitted as many foreign words as I could without sacrificing what I felt was the substance of the teachings, and used Sanskrit words only when it was impossible to convey their meanings through English equivalents. I strove for clarity and simplicity, and I hope that the basic concepts of Ayurveda still shine through to illuminate these pages without obstruction. My hope now, as it was then, is that this short book will instill in those readers who have only begun to dip their toes into Ayurvedic waters the desire and motivation to pursue further study in this most ancient of all sciences of life. Robert E. Svoboda, B.A.M.S.

This book will answer many questions on changing your lifestyle according to your doshas. Its mind body and spirit and in this rough and tumble economy and battling obama care lets face it who needs a doctors appointment or can afford one. Keep your family healthy the natural way!!!!

Svoboda at his finest, a must have for serious students of traditional Ayurvedic medicine

Short but a very good guide on Ayurvedic healing.

Short read on ayurveda.

So much wisdom!

Good book

I am building a library for myself and am collecting books for the library that I will have some day. This is one such book. I haven't read it yet but I think it will be fascinating and am looking forward to reading it.

Seriously, It is better to go for a more comprehensive book. This book is very very basic. It can still help those who have never been exposed to ayurveda. I suggest to buy a better book. May be other book by the same author titled 'Prakriti'.

[Download to continue reading...](#)

Textbook of Ayurveda, Vol. 1: Fundamental Principles of Ayurveda Ayurveda: ASHWAGANDHA: The Miraculous Herb!: Holistic Solutions & Proven Healing Recipes for Health, Beauty, Weight Loss & Hormone Balance (Ayurveda, Natural Remedies, Hormone Reset Book 1) Ayurveda: Ayurvedic Essential Oils & Aromatherapy for Amazing Relaxation, Beautiful Skin & Tremendous Healing! (Ayurveda, Essential Oils, Natural Remedies, DIY Book 1) The Hidden Secret of Ayurveda Top Secret Files: The Civil War: Spies, Secret Missions, and Hidden Facts from the Civil War (Top Secret Files of History) Absolute Beauty: The Secret to Radiant Skin and Inner Vitality Through the Art and Science of Ayurveda Burn for Me: A Hidden Legacy Novel (Hidden Legacy series, Book 1) (Hidden Legacy Novels) Build Your Own Secret Bookcase Door: Complete guide with plans for building a secret hidden bookcase door. (Home Security Series) Secret Chicago: The Unique Guidebook to Chicago's Hidden Sites, Sounds, & Tastes (Secret Guides) Secret Providence & Newport: The Unique Guidebook to Providence & Newport's Hidden Sites, Sounds & Tastes (Secret Guides) RISE of the MACHINES: Secret Weapons, Secret Wars, & Secret Agendas Ayurveda (Idiot's Guides) Ayurveda: The Science of Self Healing: A Practical Guide Ayurveda Lifestyle Wisdom: A Complete Prescription to Optimize Your Health, Prevent Disease, and Live with Vitality and Joy Body Thrive: Uplevel Your Body and Your Life with 10 Habits from Ayurveda and Yoga The Ayurveda Way: 108 Practices from the World's Oldest Healing System for Better Sleep, Less Stress, Optimal Digestion, and More Yoga & Ayurveda: Self-Healing and Self-Realization Ayurveda: A Life of Balance: The Complete Guide to Ayurvedic Nutrition & Body Types with Recipes Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Ayurveda: A Quick Reference Handbook

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)