[DOC] Rasa Shastra The Hidden Art Of Medical Alchemy

Getting the books rasa shastra the hidden art of medical alchemy now is not type of challenging means. You could not solitary going once book gathering or library or borrowing from your associates to get into them. This is an very simple means to specifically acquire guide by on-line. This online proclamation rasa shastra the hidden art of medical alchemy can be one of the options to accompany you taking into consideration having supplementary time.

It will not waste your time. understand me, the e-book will completely sky you new issue to read. Just invest little mature to way in this on-line proclamation rasa shastra the hidden art of medical alchemy as capably as evaluation them wherever you are now.

Rasa Shastra-Andrew Mason 2014-04-21 The first comprehensive analysis of Asian Medical Alchemy, this book describes the use of herbo-mineral-metal based medicines as used in some of the world's oldest healing traditions. It offers a detailed exploration of Ayurvedic medicinal purification practices that seek to enhance the therapeutic potential of materials, metals and gemstones, as well as offering a concise overview of traditional and modern equipment and methods used in the manufacture of these
medicines. The author's unique and fascinating account of the hidden alchemical arts also explains some of the historical background behind the on-going quest amongst Asian alchemists for immortality.

**Vedic Palmistry** - Andrew Mason 2017-07-21
Palmistry is an integral part of Jyotish practice (astrology) that helps to determine an individual's physical, mental and karmic potential. A full explanation of how to read a palm from the point of view of Vedic wisdom is provided, with tips on how to identify and time those areas impacting on wealth, health and longevity. This book teaches you to analyse the possible implications of life-events as seen from the lines (Rekha) on the palm. This book also offers a number of methods to placate astrological influences via the use of yantra, mantra and gemstones, for example, explaining which gemstones to wear and on which finger. This guide is a thorough introduction to the practice of Vedic palmistry for students and practitioners of the Vedic tradition and those with a general interest in the occult sciences of India, but also for anyone interested in what the hand can tell them about their life potential and circumstances.

**Encyclopedia of Mythological Objects** - Theresa Bane 2020-06-22
Curious about the chains that bound Fenriswulf in Norse mythology? Or the hut of Baba Yaga, the infamous witch of Russian folklore? Containing more than one thousand detailed entries on the magical and mythical items from the different folklore, legends, and religions the world over, this encyclopedia is the first of its kind. From Abadi, the named stone in Roman mythology to Zul-Hajam, one of the four swords said to belong to the prophet Mohammed, each item is described in as much detail as the original source material provided, including information on its origin, who was its wielder, and the extent of its magical abilities. The text also includes a comprehensive cross-reference system and an
extensive bibliography to aid researchers.

**Jyotish**-Andrew Mason 2017-05-18 An authoritative primer to Jyotish, or Vedic Astrology, this book draws on the author's extensive study of the tradition. Andrew Mason explains in detail the practical applications of Jyotish, introduces the planets, signs and houses, as well as the many rich and highly entertaining mythologies of the system with an explanation of how to interpret them. He also covers Vedic Astrology's sister science, Ayurveda, and describes how they interact to provide insight into celestial timing, sustained health and general wellbeing. With sample charts that show the applications throughout, the book provides a complete an accessible resource on Jyotish for students of Indian astrology and Ayurveda practitioners. It will also be of interest to anyone with a passion for astrology.

**The Daśa-rúpa**-Dhanañjaya 1865

**The Hidden Movements in Moghul Gardens**-Canna H. Patel 1989

**Scientific Basis for Ayurvedic Therapies**-Lakshmi C. Mishra 2003-09-29 Arguably the oldest form of health care, Ayurveda is often referred to as the "Mother of All Healing." Although there has been considerable scientific research done in this area during the last 50 years, the results of that research have not been adequately disseminated. Meeting the need for an authoritative, evidence-based reference, Scientific Ba

**Erotic Literature of Ancient India**-Sandhya Mulchandani 2006 This book explores a number of ancient Indian erotic texts that take the reader through the terrain of the beautiful, the sensual, and the most desirable. The Kama Sutra, Kokashastra, Geeta Govinda, Panchcayala, Anang
Ranga, Kama Sambhav and Rasik Priya are all treatises on erotic love, a subject the author explores with grace, subtlety and a generous appreciation of the basic human urge to desire and be desired.

**CCSP Self-Study** - Andrew Mason 2004
Learn from the newest edition of the best-selling CSVPN book; Master the deployment, management, and troubleshooting of secure Virtual Private Networks (VPNs); Includes review questions, configuration exercises, chapter objectives and summaries, key term definitions, and command summaries; Developed in conjunction with Cisco

**The Yoga of the Nine Emotions** - Peter Marchand 2006-04-21
A guide to changing negative emotions and promoting happiness using traditional Tantric and Ayurvedic practices
• Details the 9 Rasas that represent our basic emotions
• Offers emotional fasting exercises
and daily routines for emotional well-being
• Shows how Rasa Sadhana can be integrated with other yoga practices
• Based on the teachings of Harish Johari Rasas are the essence of our emotions that exist in both the body and the mind. The Tantric tradition recognizes 9 Rasas that represent our basic emotions: love, humor, wonder, courage, calmness, anger, sadness, fear, and disgust. Those who practice Rasa Sadhana learn to overcome negative emotions in order to pursue better health, enhanced spiritual growth, and enduring happiness. Our emotions are continuously affected by the interplay of our senses, the elements, food, and the life force in our body. In The Yoga of the Nine Emotions, Peter Marchand offers many practical physiological and philosophical tools from Tantric and Ayurvedic traditions that can help readers change their emotional patterns. He explains the nature and purpose of each Rasa and how we can strengthen or weaken one Rasa through another. He also offers Ayurvedic cooking guidelines and daily routines for balancing sensory input and strengthening emotional health, including fasting
from negative emotions as well as how to energize positive ones. As we master our emotions through the practice of Rasa Sadhana, we gain true control of our lives and our relationships with others.

**Science of Melody** - Shri Shyam Manohar Goswamy 2020-04-12

The present volume is an English synopsis with some of the Author's own experiences and interpretations on Science of Melody. The book deals with the subject of illustrating the Science (logical and experimental roots) and Sensibilities (emotional and spiritual feeling based genesis) of the Indian Melodic structures also known as "Swara Shastra" in Sanskrit. The book is a first of its kind in the English language to explore the synthesis of Science, Spirituality, and Art in the context of roots of Melody in Music and their structured systems of Indian Classical Musical. The knowledge is based on ancient texts and the author's own evolution as a practitioner of the art and instructions received from and documented by profound Gurus over the years. As such the Author lists his Spiritual Guru (Vallabh Vedantacharya Shri Shyam Manohar Goswamyji) and his other gurus as co-authors. The first analytical and scientific section is based on Author's continuously evolving experiments in the practice of Naad Yoga and understanding the physical, spiritual and psychosomatic roots of Melody in Music. Second, third and fourth sections go into the ancient details of the structure and science of the Swara system in India with the English descriptions and explanations of the Sanskrit terms and their meanings. Source of the Sanskrit and English translated material is based on the ancient treatise Sangeet Ratnakara of Sharangdeva from and its translation by Dr. RK Shringy in 1978. The original Sanskrit verses have also been maintained in this book to assist the reader in grasping the idea from multiple languages. This book is NOT intended to be a "How-To Guide" on playing the Indian musical instruments or in singing in Indian classical style. It is assumed that the reader has some basic knowledge of the
instruments and their physical playing abilities as well as the Indian format of vocal singing if that is the objective. The purpose of the book is to act as a reference and inspiration to educate the practitioner of Music and Melody on true science and sensibilities of the Indian Melody structures so that one can perform with the full and complete depth that is gained by exploring the subject from all avenues. This is a second volume in the Indian Naad Yoga series first of which deals with Science of Rhythm and the reader is advised to refer to that volume for the complete genesis of the Indian Rhythmic system.

Chelation Therapy in the Treatment of Metal Intoxication - Jan Aaseth 2016-04-18 Chelation Therapy in the Treatment of Metal Intoxication presents a practical guide to the use of chelation therapy, from its basic chemistry, to available chelating antidotes, and the application of chelating agents. Several metals have long been known to be toxic to humans, and continue to pose great difficulty to treat. These challenges pose particular problems in industrial settings, with lead smelting known to be associated with hemopoietic alterations and paralyses, and the inhalation of mercury vapor in mercury mining being extremely detrimental to the central nervous system. Clinical experience has demonstrated that acute and chronic human intoxications with a range of metals can be treated efficiently by administration of chelating agents. Chelation Therapy in the Treatment of Metal Intoxication describes the chemical and biological principles of chelation in the treatment of these toxic metal compounds, including new chelators such as meso-2,3-dimercaptosuccinic acid (DMSA) and D,L-2,3-dimercapto-1-propanesulfonic acid (DMPS). Presents all the current findings on the potential for chelation as a therapy for metal intoxication Presents practical guidelines for selecting the most appropriate chelating agent Includes coverage on radionuclide exposure and metal storage diseases Describes the chemical and biological principles of chelation in the treatment of toxic metal compounds
**And Then, You Act**-Anne Bogart 2007-05-07

From well-known auteur of the American theatre scene, Anne Bogart, And Then, You Act is a fascinating and accessible book about directing theatre, acting and the collaborative creative process. Writing clearly and passionately, Bogart speaks to a wide audience, from undergraduates to practitioners, and makes an invaluable contribution to the field tackling themes such as: intentionality inspiration why theatre matters. Following on from her successful book A Director Prepares, which has become a key text for teaching directing classes, And Then, You Act is an essential practitioner and student resource.

**Indian Architectural Theory**-Vibhuti Chakrabarti 1998

In this ground-breaking study the traditional Indian science of architecture and house-building, Vastu Vidya, is explored in terms of its secular uses, at the levels of both theory and contemporary practice. Vastu Vidya is treated as constituting a coherent and complete architectural programme, still of great relevance today. Chakrabarti draws on an impressive amount of textual material, much of it only available in Sanskrit, and presents several extremely valuable illustrations in support of the theories expounded. Each chapter deals with one architectural aspect, and chapters are divided into three sections. For each aspect, the first section explains the prescriptions of the traditional texts; the second section deals with the rather arbitrary use of that aspect by contemporary Indian architects trained in the western manner but striving to relate to Indian roots; while the last section in each chapter explores the selected use of that particular aspect by contemporary Vastu pundits, with their disregard for architectural idiom.

**Secrets of the Pulse**-Vasant Lad 2004

Thousands of years ago Ayurveda described multiple levels of the radial pulse that could be used to interpret the status of the organs and
systems of the body as well as the mental and physical constitutions of the individual. For the first time in the west this book presents this ancient art and provides a method by which anyone can learn to read his or her own pulse.

**Traditional Medicine in Asia**-Ranjit Roy Chaudhury 2002 This unique book provides a comprehensive picture of the vivid kaleidoscope of traditional medicine in Asia presented by 34 eminent authors from 15 countries belonging to the different systems like Ayurveda and Chinese Traditional Medicine. Important emerging areas such as harmonization of the traditional systems with modern medicine and the growing role of these systems in the health care structure of countries are also dealt with. Legislation and regulation of these systems and practitioners, an area of growing concern, the need for good preclinical toxicology studies and scientific clinical evaluation of the products and medicinal plants used for therapy are exhaustingly dealt with. The vital issue of protection of traditional systems of medicine and patenting of medicinal plants is discussed in detail. The book is replete with suggestions, and ideas aimed at making traditional systems more effectively, and more widely used for health care. The book also covers the prevailing situation regarding the use and other aspects of traditional medicine in the 10 Member countries of the South-East Asia Region of the World Health Organization.

**Encyclopedia of Bodybuilding**-Robert Kennedy 2008 Featuring the most up-to-date information and 800 pages of color images, "Encyclopedia of Bodybuilding" presents a user-friendly book that offers valuable information on nutrition, supplements, exercising, and posing.

**Healing Traditions of the Northwestern Himalayas**-Pankaj Gupta 2014-06-30 This book discusses the perception of disease, healing concepts and the evolution of traditional systems of healing in the Himalayas of Himachal Pradesh,
India. The chapters cover a diverse range of issues: people and knowledge systems, healing in ancient scriptures, concept of sacredness and faith healing, food as medicament, presumptions about disease, ethno-botanical aspects of medicinal plants, collection and processing of herbs, traditional therapeutic procedures, indigenous Materia medica, etc. The book also discusses the diverse therapeutic procedures followed by Himalayan healers and their significance in the socio-cultural life of Himalayan societies. The World Health Organization defines traditional medicine as wisdom, skills, and practices based on theories, beliefs, and experiences indigenous to different cultures, used in the prevention, diagnosis, improvement or treatment of physical and mental illness and maintenance of health. In some Asian and African countries, 80% of the population depends on traditional medicine for primary health care. However, the knowledge of these conventional healing techniques and traditions associated with conveying this knowledge are slowly disappearing. The authors highlight the importance of safeguarding this indigenous knowledge in the cultural milieu of the Himachal Himalayas. This book will be an important resource for researchers in medical anthropology, biology, ethno-biology, ecology, community health, health behavior, psychotherapy, and Himalayan studies.

**The Alchemy Key**-Stuart Nettleton 2016-02-17
The Alchemy Key

**Autobiography of a Yogi**-Sri Sri Paramahansa Yogananda 2008

**Thinking Literature across Continents**-Ranjan Ghosh 2016-11-11 Thinking Literature across Continents finds Ranjan Ghosh and J. Hillis Miller—two thinkers from different continents, cultures, training, and critical perspectives—debating and reflecting upon what literature is and why it matters. Ghosh and Miller
do not attempt to formulate a joint theory of literature; rather, they allow their different backgrounds and lively disagreements to stimulate generative dialogue on poetry, world literature, pedagogy, and the ethics of literature. Addressing a varied literary context ranging from Victorian literature, Chinese literary criticism and philosophy, and continental philosophy to Sanskrit poetics and modern European literature, Ghosh offers a transnational theory of literature while Miller emphasizes the need to account for what a text says and how it says it. Thinking Literature across Continents highlights two minds continually discovering new paths of communication and two literary and cultural traditions intersecting in productive and compelling ways.

Sex; Woman First-Jean-Claude Carvill
2015-07-19 From the One Who Made Squirt Hundred of Hollywood Goddesses. Prepare to become a Sexual Goddess Forever. Don't try to understand my advices but follow them. I promise you will reach your sexual nirvana. You will discover your most secret erogenous zones. You will learn to let go and have the best Orgasm ever. This book will teach you to have your first vaginal orgasm. If you are a Man, this book will teach you how to never miss her G-spot, make her squirt and soak the bed every time you have sex. It will teach you the perfect oral Sex technique. She will always wonder how you learn about "analingus" her biggest secret pleasure. She will know that you are the one even before you enter in the bedroom. It will teach you how to Penetrate her and drive her crazy. She will wonder how you discover the ultimate sexual power of her A spot or U spot. You will learn about the two vibrators that you absolutely need to drive her insane and how to use them. If you are a Woman it will give you the secret to welcome Sex anytime. It will teach you how to talk about sex and your desire before to enter in the bedroom. This is the only sex book you will ever need. To men and women those secrets will change your entire sex life forever. From the same author: Confessions of a Hollywood Tantra
Lalitha Sahasra Nama (Thousand Names of Goddess Lalitha) are chanted everyday by the devotees of Divine Mother. There are the most prominent among all the hymns of Devi (God in the form of Mother). Though these names have many hidden meanings, they are basically Tantric in nature, because the sadhana of Sakti (God as energy) is the key factor Tantras. However there are many verses in this hymn that praise the Para Brahman (Supreme One God) of Vedas. The hidden secrets of many disciplines like Astrology, Vedanta, Yoga and Tantra are explained in this book at respective places while commenting on the hidden meanings of these names. There is no such commentary on these verses in recent times which reveals as much as this book does, It is hoped that this book will motivate the readers who are in the path of sadhana to move ahead towards realization of their spiritual practice.

Breath is the flow of air between life and death. Breathing is an involuntary action that functions as the basis of all human activities, intellectual, artistic, emotional and physical. Breathing is the first autonomous individual action that brings life into being and the end of breathing is the definitive sign of disappearance. Starting from the question how breathing affects the body, levels of consciousness, perception and meaning, this book, for the first time, investigates through a variety of philosophical, critical and practical models, directly and indirectly related to breath, aiming to establish breath as a category in the production and reception of meaning within the context of theatre. It also explores the epistemological, psycho-physical and consciousness-related...
implications of breath. Aristotle dedicated a volume to breath exploring and enquiring in to its presocratic roots. For Heidegger, breath is “the temporal extension” of Being. Artaud’s theatricality is not representational but rather rooted in the actor’s breathing. Jacques Derrida and Luce Irigaray investigate the phenomenon of breath in order to explain the nature of human consciousness. Breath as a philosophical concept and as a system of practice is central to Indian thoughts, performance, medicine, martial arts and spirituality. As the book argues, individual consciousness is a temporal experience and breath is the material presence of time in the body. Cessation of breath, on the contrary, creates pause in this flow of the endless identification of signifiers. When breath stops time stops. When time stops there is a ‘gap’ in the chain of the presence of signifiers and this ‘gap’ is a different perceptual modality, which is neutral in Zero velocity. Restoration of Breath is a practical approach to this psychophysical experience of consciousness in which time exists only in eternity and void beyond memory and meaning.

Ancient Roots, New Shoots-Bertus Haverkort 2003-03 Knowledge has become a buzzword of the age. In the North, people talk of the knowledge-based economy; in the South, the World Bank now defines itself as a knowledge institution. But the question is: whose knowledge? This collection of general reflections and practical experiences illustrates the inappropriateness of a Western model in many local settings, and the positive value of non-Western systems of knowledge, values and ways of doing things. It shows how traditional knowledge is being recognised in the botanical and agricultural sectors - local medicinal herbs, local seed varieties and animal breeds, local methods of pest control. The projects illustrate the notion of endogenous development, or development from within. They show how development can be based on locally available natural resources and local knowledge, values and leadership institutions; how development
options can be locally determined; and how to retain the benefits of development within local areas and communities. Endogenous development is not a total solution, but complementary to ongoing modern technological and global economic processes. But the remarkable experiments described do show the rich benef

Evidence-Based Practice in Complementary and Alternative Medicine-Sanjeev Rastogi
2012-01-28 This book investigates the ways in which the evidence base is influencing complementary and alternative medicine in general and Ayurveda and allied health practices in particular. The latter have traditionally been prevalent in Asia and are now increasingly attracting interest worldwide. The book is divided into four sections, the first of which examines issues related to acquisition and evaluation of the evidence base. Evidence-based approaches to Ayurvedic diagnosis and therapy are then examined, with a special focus on management of cardiovascular and rheumatological diseases, dental care, and rejuvenating treatments. The final section explores further the challenges of applying evidence-based practice in contemporary and alternative medicine and Ayurveda with a focus upon the issues requiring urgent attention in ongoing decade. The same involves encompassing areas such as Ayurvedic pharmaceutics, practice, education and research within an evidence-based perspective.

In Forest, Field and Factory-Gauri Bharat
2019-09-09 In the early twentieth century, Adivasi villages typically comprised small wooden huts amid a thickly forested landscape. Today, Adivasi dwellings are larger, more permanent, built of mud and often covered with elaborate murals. Drawing out stories of everyday lives that have largely remained hidden from history, In Forest, Field and Factory: Adivasi Habitations through Twentieth Century India uncovers how and why Adivasi dwellings changed, and what it
reveals about communities’ relationships with their environments. The book focuses on Santals, one of the largest Adivasi communities in eastern India, who are particularly renowned for precision and craftsmanship in domestic architecture and mural art. Why did Santal families shift from using wood to building with mud? How did different Santal villages develop distinctly different mural art traditions? In answering these questions, a new kind of historical narrative emerges—one that is not about buildings alone but also provides insights into Adivasi people’s lives and their engagements with social, environmental and historical environments via architecture. This book will be of equal interest to students and scholars of architecture, history, environment studies and anthropology.

**Sangitaratnakara of Sarngadeva** - Shrangadeva
Sarangadeva 1945

**Make Yourself Better** - Philip Weeks 2012-01-15
Applying his deep understanding of holistic medical traditions from both East and West, Philip Weeks guides the reader through the process of restoring the body's wellbeing using a simple combination of natural techniques, diet and herbal medicines. He explores five key interconnected areas through which wellbeing can be attained - nourishment; detoxification; lifestyle; activation; and mind, emotions and spirit - based on his analogy of the wheel of health. The author explores in depth the importance of good nutrition and detoxification, with clear explanations of specific methods and techniques and of the general principles to adhere to. He includes simple recipes and clinically-tested detoxification plans. The health benefits of activity and physical exercise are explored, as are the effects of potentially harmful substances such as mercury, additives and plastics, and the simple steps that can be taken to avoid these. He also looks in a holistic way at specific emotional difficulties the reader may be faced with, such as anger, stress and grief, and...
at how to deal with these in order to achieve wellbeing on a mental, emotional and spiritual level. Compassionate and realistic, Make Yourself Better will empower the reader to make more informed choices in their day-to-day life to achieve a greater level of health and vitality.

The Surgical Instruments of the Hindus with a Comparative Study of the Surgical Instruments of the Greek, Roman, Arab and the Modern European Surgeons - Girindranath Mukhopadhyaya 2019-09 This book has been considered by academicians and scholars of great significance and value to literature. This forms a part of the knowledge base for future generations. So that the book is never forgotten we have represented this book in a print format as the same form as it was originally first published. Hence any marks or annotations seen are left intentionally to preserve its true nature.

Richard Hittleman's Yoga - Richard Hittleman 1969-01-01 The continuing bestseller for maintaining a healthy and relaxed body.

Taming the Poisonous - Barbara Gerke 2021

Myths & Legends of Babylonia & Assyria - Lewis Spence 2021-05-19 "Myths & Legends of Babylonia & Assyria" by Lewis Spence. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten—or yet undiscovered gems—of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.
The Sufi Message of Hazrat Inayat Khan-
Inayat Khan 1960

The mirror of gesture, being the Abhinaya
Darpana of Nandikesvara-Nandikeśvara
2014-08-07 This Is A New Release Of The
Original 1917 Edition.

Secrets of Ayurvedic Massage-Atreya 2000 A
practical manual for the Western massage
therapist.

Eufeeling!-Frank J. Kinslow, Dr. 2012-07-15
Within the pages of Dr. Kinslow’s new book you
will learn to go beyond the instant healing power
of Quantum Entrainment to, with a single
procedure, realize your deepest spiritual and
material goals. You will learn how to find your
Eufeeling, the hub around which all the creative
forces of nature revolve, then how to use it to
form a powerful and immediately effective
intention. Making the most abstract subjects
easy to understand and practical to use, Dr.
Kinslow shows the reader how to tap their
natural harmonizing zones deep within their
minds. He is the discoverer and developer of
Quantum Entrainment, the ground-breaking
healing technique that thousands around the
globe have successfully used to eliminate
emotional and physical discord in themselves and
others. Now, in Eufeeling! Dr. Kinslow brings to
bear that same easy style of coaching that was so
successful in teaching you Quantum
Entrainment. In Eufeeling! Dr. Kinslow
introduces the reader to the QE Intention, a
unique and practical tool that anyone can use to
improve emotional and physical disharmony,
unsettled relationships and financial difficulties,
and even influence environmental stresses. QE
Intention shows you how a simple shift in your
awareness will organize the creative forces of
nature in your favor as easily as iron filings align
in the presence of a strong magnet. QE Intention
can quickly satisfy even your deepest desires.
Once initiated, QE Intention is effortless and
extraordinarily effective. It uses the creative energy and harmony of EuFeeling as a spiritual launching pad to quickly accomplish material goals. If you are already doing intention work you will find that adding QE Intention to your practice will greatly accelerate the results you are already having. And what's more exciting, creating a QE Intention takes no special training or talent. If you are reading these words you have everything you need to create a QE Intention.

The Literature of the Ancient Egyptians-Sir E. A. Wallis Budge 2020-01-09 "The Literature of the Ancient Egyptians" by Sir E. A. Wallis Budge. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten—or yet undiscovered gems—of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

Ayurvedic Medicine-Sebastian Pole 2006 This resource brings the unique theories and traditions of Ayurveda alive so that they are accessible to the complementary health practitioner of today. This book offers a clear, accessible and yet detailed guide to Ayurvedic herbalism. It encompasses a brief history of the growth of Ayurveda, a discussion of its fundamental principles, treatment strategies as well as the energetic approach of traditional Ayurvedic herbal pharmacy and pharmacology.