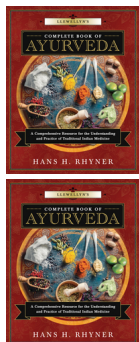


Llewellyn's Complete Book Of Ayurveda - Rhyner



A comprehensive resource by one of the world's most respected Ayurveda experts

Rating: Not Rated Yet

Price

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Description

Ayurveda is the art of good life and gentle healing. It is a holistic system of medicine that includes prevention, psychology, diet, and treatment. Join Hans H. Rhyner, a leading authority on Ayurveda, as he explores the principles, therapies, and collected knowledge of this powerful approach to health and wellbeing, including:

- Anatomical Aspects (Rachana Sharira)
- Evolutionary Physiology (Kriya Sharira)
- Constitution (Prakruti)
- Pathology (Samprapti)
- Diagnostics (Nidana)
- Pharmacology (Dravya Guna)
- Treatment Strategies (Chikitsa)
- Nutritional Sciences (Annavijnana)
- Preventative Medicine (Swasthavritta)
- Quintet of Therapeutics (Panchakarma)
- Clinical Applications
- Filled with natural treatment suggestions and herbal remedies for dozens of conditions, Llewellyn's Complete Book of Ayurveda provides detailed explanations of the most important topics in the field, such as:
 - The Legend of Ayurveda
 - Creation and Evolution (Sankhya)
 - Logic and Analysis (Nyaya-Vaisheshika)
 - Yoga
 - The Channel System (Srota)
 - Vital Points (Marma)
 - Seven Basic Tissues (Sapta Dhatus)
 - Biological Fire (Agni)
 - Toxic Wastes (Ama)
 - Somatic Constitution

- Psychic Constitution
- Causes of Disease (Nidana)
- Six Stages of Pathogenesis (Kriya Kala)
- Observation and Examination
- Principles of Treatment
- Acupuncture and Moxibustion
- Eight Considerations on Food
- Diet for Your Constitution
- Kitchen Pharmacy
- Daily Healthy Habits (Dinacarya)
- Rules for Different Seasons (Rutacarya)
- Ethical Life (Sadvrta)
- Purificatory Treatments (Pradhanakarma)
- Dietetics (Pascat Karma)
- Ethics
- Spirituality in Psychotherapy (Vedanta)
- Ayurveda Surgery
- Ayurveda Psychiatry
- Vastu-Vedic Geomancy
- Medical Astrology
- And Much More

Reviews

There are yet no reviews for this product.