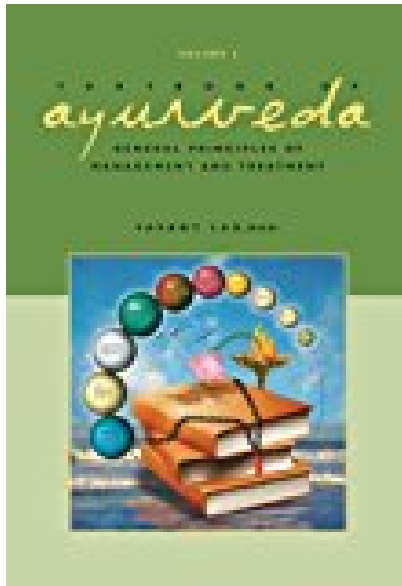


Textbook of Ayurveda Volume Three General Principles of Management and Treatment



BOOK DETAILS

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BOOK SYNOPSIS

"Vasant Lad provides comprehensive information on the therapeutic modalities of Ayurveda including diet and lifestyle recommendations, palliative and cleansing therapies, subtle healing methods including individual rejuvenation protocols, yoga and pranayama practices, and herbal substances as well as management techniques according to dosha, dhatu, srotamsi, and the subtle essences."--Publisher description.

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