

FREE TEXTBOOK OF AYURVEDA: VOLUME 1 - FUNDAMENTAL PRINCIPLES OF AYURVEDA PDF



Vasant Lad | 334 pages | 01 Dec 2002 | Ayurvedic Press | 9781883725075 | English | Albuquerque, United States

Textbook of Ayurveda by Dr Vasant Lad | Waterstones

Dit boek is met recht het enige echte studieboek over Ayurveda. Samen met de overige delen. Het is mooi uitgegeven en deze, toch best moeilijke theorie, wordt heel begrijpelijk uitgelegd.

Het boek heeft veel meer diepgang dan de andere boeken over het onderwerp. Het boek bevat zeer duidelijke uitleg over de ayurvedische

principes. Vasant Lad heeft in de drie delen eigenlijk de hele basis van de Ayurveda op een zeer begrijpelijke manier beschreven.

Ik gebruik het boek veel voor de studie tot Ayurvedic Practitioner. Geschreven Textbook of Ayurveda: Volume 1 - Fundamental Principles of Ayurveda Textbook of Ayurveda. Goed naslagwerk tijdens de studie Ayurvedisch practitioner. Levertijd We doen er alles aan om dit artikel op tijd te bezorgen. Het is echter in een enkel geval mogelijk dat door omstandigheden de bezorging vertraagd is. Bezorgopties We bieden verschillende opties aan voor het bezorgen of ophalen van je bestelling.

Welke opties voor jouw bestelling beschikbaar zijn, zie je bij het afronden van de bestelling. Taal: Engels. Auteur: Dr Vasant Lad.

Uitgever: Ayurvedic Press. Samenvatting In his Ayurvedic studies program, Vasant Lad teaches Ayurveda as a science of moment-to-moment living. This textbook conveys the philosophical and fundamental principles of Ayurveda, providing a detailed foundation upon which to pursue deeper knowledge. Overige kenmerken Extra groot lettertype Nee Gewicht g Verpakking breedte mm Verpakking hoogte 35 mm Verpakking lengte mm.

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I really appreciate the love and detail he manages to integrate into this textbook about the fundamentals of ayurveda. He covers with a lot of depth the fundamentals like the nuances of the doshas, types of agni, the characteristics and relationships of different organs, the importance of cellular health and med Vasant Lad's writing on ayurveda is so comprehensive and accessible to Westerners like me he includes many charts and diagrams and the book includes a great glossary of Sanskrit terms.

He covers with a lot of depth the fundamentals like the nuances of the doshas, types of agni, the characteristics and relationships of different organs, the importance of cellular health and meditation, and the psychological relationships with physical health. I have found these topics are often quickly blasted through in other ayurvedic books in order to jump right into diagnosis or treatment ideas. Extremely enriching! View 1 comment. Jan 10, Swetha rated it did not like it. While the content is good, the layout of the book is non-economical.

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The book comes wrapped in a plastic shrink wrap which will get trashed. This wrap is unnecessary. All these aspects of the book have a bad impact on the envi While the content is good, the layout of the book is non-economical.

All these aspects of the book have a bad impact on the environment which is against the concept of Ayurveda. Jun 06, Janet Perez rated it it was amazing. Vasant is an absolute genius when it comes to Ayurveda and even Vastu. He knows so much about Pulse Readings and he is an amazing illustrator. He draws all his photos in his books!!! Amazing man. Feb 03, Panda rated it it was amazing. This is my go to resource book for Ayurveda.

One of two volumes, it is an amazing book with clear concise charts, information and knowledge that has been written and carefully put together by Dr Vasant Lad clearly with the westerner in mind.

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About Vasant Dattatray Lad. Vasant Dattatray Lad. Beginning in he has traveled throughout the United States sharing his knowledge of Ayurveda. In he came to Albuquerque as Director, principal instructor and founder of the Ayurvedic Institute. Vasant Lad is the author of numerous books and respected throughout the world for his knowledge of Ayurveda. Vasant Lad is the author of 11 books on Ayurveda Textbook of Ayurveda: Volume 1 - Fundamental Principles of Ayurveda well as hundreds of articles and other writings.

Textbook of Ayurveda Vol. 1. Fundamental Principles of Ayurveda by Vasant Dattatray Lad

Vasant Lad's two earlier works comprising this textbook series that includes volume 1 Fundamental Principles, treating general principles of Ayurveda and volume 2 A Complete Guide to Clinical Assessment, addressing diagnostic modalities. Volume 3 deals with general principles of treatment and provides comprehensive and authoritative information Textbook of Ayurveda: Volume 1 - Fundamental Principles of Ayurveda therapeutic modalities including diet and lifestyle management protocols, palliative and detoxifying therapies, subtle healing methods including individual rejuvenation protocols, yoga and pranayama practices, and herbal medical protocols as well as case management techniques.

This book is divided into seventeen beautifully organized and easily followed chapters written in clear, straightforward language covering, respectively, the Ayurvedic management of diseases states and efforts to restore balance; Dosha gati i.

This book takes the science, art and philosophy of Ayurveda out of the context of its ancient and authoritative but rather inaccessible classic sources and places them in a systematic organization that is readily accessible to contemporary Western readers, explaining where necessary Ayurveda's principles in terms of biochemistry and biophysics inter alia cognizable to Westerners. Lad provides comprehensive information on the therapeutic modalities of Ayurveda explaining thoroughly and clearly the theoretical underpinning and applications of each.

This volume and indeed all of the volumes of the series published to date reflects a deep personal experience of and practical insights into Ayurveda that only one who has drunk deeply at Ayurveda's fount of wisdom could convey so effectively. I unhesitatingly recommend this book and its companion volumes of the series, for every student, practitioner and teacher of Ayurveda, as I feel certain they are destined to become the normative instructional Textbook of Ayurveda: Volume 1 - Fundamental Principles of Ayurveda for English-language Ayurveda programs of study.

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