



Ayurveda: Natural Health Practices for Your Body Type from the World's Oldest Healing Tradition

By Vasant Lad

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More than 5,000 years ago, the world's first system of holistic medicine was established in India. Called ayurveda, which literally means the science of life, this mother of all healing systems is based on spiritual principles, and includes natural treatments to establish the correct balance between the mind, body, and consciousness. On Ayurveda, listeners join Dr. Vasant Lad (founder of America's first ayurvedic institute) to explore this ancient mind/body art. From choosing the right diet and food combinations for your type, to fascinating cosmic laws about individual constitutions and the three doshas that govern wellness, to principles for attaining enlightenment through perfect health, here is the only complete audio curriculum on ayurveda. According to a recent Harvard Medical School study, one in three Americans has sought out and used alternative health treatments. Now the world's oldest system for holistic healing is available to Western seekers, with Ayurveda.

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Editorial Review

About the Author

Dr. Vasant Lad holds degrees in Ayurvedic Medicine and Surgery, and served as a Professor of Clinical Medicine at Pune University for seven years. In 1984, he established Americas first Ayurvedic Institute in Albuquerque, New Mexico. Dr. Lad is the author of numerous articles and books, including The Complete Book of Ayurvedic Home Remedies and Ayurveda, the Science of Self-Healing.

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A renowned Ayurvedic teacher explains that each person is dominant in one of three dashas, or essential humors, and that knowing and respecting one's type is essential to maintaining physical and spiritual harmony. In tedious detail, listeners hear about the activities, foods, mental habits, and relationships that complement each type. Though the system will sound rigid or implausible to many (sex after 11 p.m. is bad for the liver?), there is also a romantic quality to the ideas, which is helped along by the narrator's innocent enthusiasm. This helps the material to be heard for what it is--a beautiful religious tradition whose core ideas have guided people for five thousand years. T.W. © AudioFile 2001, Portland, Maine-- *Copyright* © *AudioFile, Portland, Maine*

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