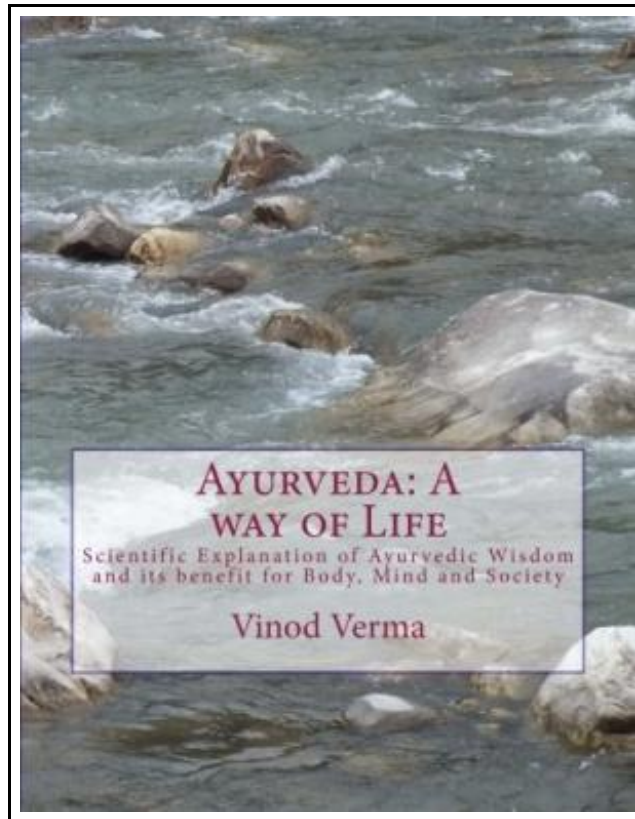


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Gayatri Books International. Paperback. Book Condition: New. Paperback. 204 pages. Dimensions: 11.0in. x 8.5in. x 0.5in. Ayurveda: A way of Life has been the first book ever that explains the ancient wisdom of Ayurveda in terms of modern science. It was published in India in 1990, thereafter in various European countries and America. It is a scholarly book that is meant to give the reader an insight into the classical tradition of this 5000 years old discipline. At the same time, the book is a guide in the living tradition of Ayurveda and inspires one to assimilate this age-old wisdom into daily life for enhancing energy to the optimum level. The book also highlights Ayurvedic psychology and importance of sattva (inner peace and stillness) and santosha (sense of contentment) in order to ward off the ailments. Modern medical research is directed toward finding cures for diseases, but there is little talk about finding methods to maintain good health and adopting preventive measures to avoid various ailments. Healthy living and preventive measures are not a part of the medical education. In Ayurveda, the principal focus is on maintaining good health and adopting a healthy way of living. The second important drawback in modern Western medicine is that it treats all human beings the same way. Individual differences and individual constitutions are not taken into consideration. We differ as much inwardly in our reactions and responses to a given treatment as we vary in our external appearance and personality traits. In Ayurveda, individual variations are taken into consideration and health care and treatment are based upon the individual constitution. Ayurveda is an extensive and vast source of knowledge. This book is only an introductory guide to the Ayurvedic way of life. Day-to-day practices and what we can do for ourselves in order to...



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