

Ayurveda The Ancient Indian Science Of Healing

Thinking of starting your own business? Feeling unsatisfied with your current work? Business Consultant Clayton Kirio offers advice on how to become an enlightened entrepreneur. Building on his consulting and accounting backgrounds and years of experience in the business world, Kirio identifies the elements essential for creating and maintaining a healthy business. However, this is not your average how-to book. Kirio revolutionizes conventional financial advice by looking at businesses through the lens of Ayurveda, the ancient Indian science of life. Using diagnostic tests and various exercises, he encourages self-awareness and provides advice tailored to each entrepreneur's needs. As taught in Ayurveda, balance and awareness are the secrets for long-term success. Kirio presents his model for enlightened entrepreneurship to help you achieve not only financial, but also spiritual goals. This book is a must-read for all who dream of owning their own business and making a difference through their life's work. Clayton Kirio is the President of Kirio & Co., Inc., an accounting and business management firm in Honolulu, Hawaii. He pursued formal studies of business at the University of Southern California and attained a Bachelors of Science in Business Administration, a Masters of Business Administration, and a Masters in Business Taxation. He also earned certified public accountant (CPA) licensing so that he could understand the inner workings of small businesses. Since opening his own firm 18 years ago, he has interacted with and advised hundreds of entrepreneurs. In 2006, after acquiring his Diploma in Ayurvedic Science, Kirio decided to blend this newfound information with his old passion of entrepreneurship and share it with his clients. He greatly hopes that this book will lead readers down a highly successful path of enlightened entrepreneurship and that the blend of finances and spirituality will aid in the achievement of world peace.

Based on the ancient healing tradition from India that dates back thousands of years, The Complete Book of Ayurvedic Home Remedies offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being.

This Book Has Gleaned Various Cosmetic Formulations Contained In A Wide Body Of Literature On Subjects As Diverse As Dharma (Religion), The Art Of Love And Health Sciences. Condition Good.

In ancient India, learning spanned four quarters of one 's life. Learning was sought from the teacher, from one 's individual effort, from fellow students and in the last quarter, from the school of life itself. This book belongs to the third quarter for students of Ayurveda regardless of their background in medicine, science, or humanities. Apart from topics in the eight branches of Ayurveda, the book also deals with ?yurvedic Biology which seeks to study the concepts and procedures of Ayurveda with the tools of modern biology.

Science and Society in Ancient India

The Complete Mind/Body Program for Achieving and Maintaining Your Ideal Weight

Āyurveda

Philosophical Base of Ancient Indian Science of Ayurveda

Health Science in Ancient India

A Reader 's Companion, published by Manipal Universal Press

This is a comprehensive book on ayurvedic medicine, which covers all the aspects of ayurveda, presenting scientific interpretations to classical concepts of ancient India. This handy manual will prove very useful for students and researchers as well as fo

An overview of the scientific contributions of ancient India including Arabic numerals, ayurveda, basic chemistry and physics, and celestial observations.

Most popular general introduction to Ayurveda, the alternate health science of India.

Describes the theories, principles, and practices of Ayurveda, a system of medicine from India that emphasizes physical, psychological, and spiritual well-being, exploring such topics as digestion, disease, nutrition, yoga, and consciousness.

Introduction to Ayurveda - Keeping Healthy the Ancient Way

A Brief History of Ayurveda

Science & Philosophy of Indian Medicine

Science in Ancient India

History of Science and Technology in India: Indian system of medicine

Yurveda: The Ancient Indian Science of Healing

The Spectrum Of This Volume Encompasses The Substantive Dimensions Of Vedic Medicine; Ayurveda, Unani And Siddha Systems; A Comparative Overview Of Them; Yoga; Folk-Medicine; Indian Medicine In The Colonial Period; An Appraisal Of Indian Pharmaceuticals; Traditional Knowledge Of Plants And Animals,

Besides On Introductory Perspective On Traditional Medicine. In Its Twenty-Two Chapters Contributed By Experts In Their Fields, This Volume Endeavours To Present Authentic And Critical Insights Into The Nature And Structure As Well As The Expanse Of Medicine In India. It Has An Extensive Bibliography Of Over Eight Hundred Titles, Both Primary And Secondary, For Further Studies By Those Who Are Interested In Indian Medicine. This Volume Is Perhaps The First Of Its Type In Providing Under One Cover Practically A Complete Picture Of Medicine As Developed In India Right From The Vedic Times.

Unlock the power of raw foods and Ayurveda! The ancient Indian science of life, Ayurveda, is a global science of universal principles designed to help us adapt to our ever-changing environment. Infusing a raw food lifestyle with the ancient wisdom of Ayurveda produces a sustainable, balanced approach to a low fat raw vegan diet. You will feel satisfied, grounded, nourished, and energized! Everyone has a natural balance of elements, or dosha. Taylor provides countless helpful tips to customize the raw food lifestyle and her recipes according to your dosha. You will find 76 mouth-watering low fat raw vegan savory recipes. Each recipe comes with suggestions to help you achieve and maintain the highest degree of doshic balance, health, and happiness. Be inspired to consume more delicious raw foods, tune into your body's natural intelligence, and feel the healing and joy in every bite.

The ancient Indian science of life, Ayurveda has successfully thrived since its inception till today due to its strong foundation in the form of basic principles. These basics or fundamentals of Ayurveda have a deeprooted relationship with the Indian philosophies mainly the theistic ones. The development of the Ayurveda theories of dietetics and therapeutics is based on the tenets of these philosophies. In spite of having greatly influenced by the philosophical schools of thought, the Ayurveda enjoys a place of pride as it has carved its own independent path in tandem with its aim of maintaining the health and treatment of the disease. This book therefore aims to bring to light, the basic tenets of all the six philosophies and their role in development of the basic principles of Ayurveda.

This book will try to make a relation with P li and Ayurvedic Text. The word Ayurveda was not found in any P li Text. What are reason behind it? Buddha was one of the major Physician at that time. Jivaka was one of the major Physician and Surgeon in 6th Century BC. His Life History much more interested for present surgeon. This book will give the clear concept to historians for further study for Ancient Indian Medical Science. Ancient Indians are not only expert in Medicine but also in the area of Surgery. Imagine when physician Jivaka make a success surgery of Brain without Operation theater. Indians are much more keen about his health concern. He is working in area of hygiene. This is not only for monks. This is for everybody. Buddhism is related to each and every person. Medical Science of Ancient India is much more rich compare to now days."

Raw Food Ayurveda: Volume 1

Ayurveda-The Science of Life

Tridoshik Recipes - The Food Alchemy

Perfect Health for Kids

Herbal Cosmetics in Ancient India

Advances in Science of Ayurveda

Ayurveda, the ancient Indian System of Healing, lays great stress upon the psychosomatic constitution as a whole in solving various problems of health and disease. This book has been written with sufficient detail, outlining the principles of Indian medicine, to create an interest for the Western trained scientist and doctor and will also be of use to Western laypersons as an introduction to one of the longest practised healing paradigms.

This is a reprint of the original 1999 edition with minor editorial changes. The Rigveda is the first book of humankind and the most sacred scripture of Hinduism. It also happens to be the most ill-understood book of our times. Despite the extensive study by academic and religious scholars, the purpose and meaning of the Rigveda and many ancient Hindu scriptures remain unclear. In this pathbreaking book, the discovery of the Rigveda as a book of ancient cosmology is described, and related to the seals of ancient Indus Valley Civilization, thereby challenging our perception of humanity. "The Vedas have always been lauded as containing the secrets of cosmogenesis. Raja Roy in his remarkable book shows how this is true not only from the yogic vision but according to the latest insights of modern physics. The book takes the reader on a vast panoramic journey through the universe of matter, mind and human history as well." David Frawley (Vamadeva Shastri) Director, American Institute of Vedic Studies "Roy presents a new framework for the understanding of the Vedic hymns from the point of view of physics and then he draws parallels with recent theories on the nature of the universe. We celebrate the new path he has hewn through the bush of old scholarship." Professor Subhash Kak Oklahoma State University

Ayurveda means the science of life. The ancient Indian approach to dietary health care, Ayurveda seeks to achieve an optimum balance within the body, mind and spirit, and to prevent disease rather than curing it.

Turmeric belongs to the family Zingiberaceae and is a yellow spice of high economic importance due to its medicinal value. Cultivated in tropical and sub-tropical regions around the world, it is used extensively as a colouring, flavouring and preserving agent. In recent years, several drugs derived from natural products have been developed and current drug research is actively investigating the possible therapeutic roles of many Ayurvedic medicines, most notable among those being examined is turmeric. The wide range of pharmacological activities attributed to turmeric come mainly from curcuminoids and two related compounds, demethoxycurcumin and bisdemethoxycurcumin. This comprehensive book brings together the research carried out on constituents obtained from turmeric and highlights their chemical and biological activities. Comprising 17 chapters, each written by experts in their respective field and curated by authorities, it will be invaluable to all those who are involved in the production, processing, marketing, and the use of turmeric. Appealing to researchers and professionals in natural products, nutraceuticals and food chemists, this book is exposing some of the myths and showing areas for possible future use.

Ayurvedic Herbs

Raw Food Ayurveda: Volume 2

Vedic Physics

Ten Ayurvedic Health Secrets Every Parent Must Know

Ancient Hindu Science

With a Treatise on Planta Cosmetica

Ayurveda: A Holistic Approach to Health outlines the basic principles and practices of this ancient secret to a long and happy life. The ancient Indian "science (veda) of life (ayur)," Ayurveda dates back more than five thousand years; it provides a holistic approach to healthy living, guiding us on how to enhance our physical, mental, social, and spiritual harmony. Ayurveda: A Holistic Approach to Health is an accessible guide to this traditional system of medicine, breaking down age-old techniques to give readers the tools to apply the practice to modern life. The book discusses diagnosis, preventative medicine, and methods to cure oneself from different ailments. The Mandala Wisdom Series is an introductory collection on Eastern wisdom and spirituality, providing readers with the tools to enhance their health and well-being.

For over two and a half millennia Āyurveda was the mainstream healthcare programme in the Indian subcontinent. However, what was once seen as indispensable, is now often officially described as 'alternative medicine'. Moreover, there seems to be a lack of proper understanding of the specific culture from which Āyurveda emerged. This is because existing works on the subject have mostly been mere compilations of Āyurvedic practices and focused on classical texts. This book studies the stages of development in the system of Āyurveda and its practice from proto-historic times until British colonization. Using original Pāli and Sanskrit works, archaeological artefacts, as well as oft-neglected medieval epigraphic documents, M.R. Raghava Varier highlights how centuries of privileging Western knowledge has resulted in the sidelining of indigenous learning—a process that accelerated with the advent of colonialism. Further, he makes use of Jain and Buddhist sources to question the assumption that Āyurveda is a purely Hindu or Brahmanical system, thus providing a historiographical frame for conceptually establishing the notion of Āyurveda.

According to Ayurveda, an ancient Hindu science, health is a state of balance among the body, mind, senses and soul. This book shows specific ways to promote children's health and well-being using Ayurvedic principles. Douillard explains how to identify the signs of imminent illness, how to make the home chemical and allergen free, and how to stock a "Lazy Susan" of useful natural medicines. Appendices provide shopping lists and a directory of national health providers. Perfect Health for Kids is an accessible, illustrated guide that provides highly effective health maintenance for children.

Unlock the power of raw foods and Ayurveda! The ancient Indian science of life, Ayurveda, is a global science of universal principles designed to help us adapt to our ever-changing environment. Infusing a raw food lifestyle with the ancient wisdom of Ayurveda produces a sustainable, balanced approach to a low fat raw vegan diet. You will feel satisfied, grounded, nourished, and energized! Everyone has a natural balance of elements, or dosha. Taylor provides countless helpful tips to customize the raw food lifestyle and her recipes according to your dosha. You will find 52 mouth-watering recipes for hot bevies, nice creams, smoothies, sweet bowls, and treats. Each recipe comes with suggestions to help you achieve and maintain the highest degree of doshic balance, health, and happiness. Be inspired to consume more delicious raw foods, tune into your body's natural intelligence, and feel the healing and joy in every bite.

Ayurveda

An Ayurvedic Approach to Entrepreneurial Health

The Ancient Indian Healing Art

The Ancient Indian Medical Science

The Science of Traditional Indian Medicine

Perfect Weight

To understand modern science as a coherent story, we must recognize the achievements of the ancient Hindus and this book tells their stories through painstaking research of historical and scientific sources. The ancient Hindus invented our base-ten number system and zero that are now used globally, carefully mapped the sky and assigned motion to the Earth in their astronomy, developed a sophisticated system of medicine with its mind-body approach known as Ayurveda, mastered metallurgical methods of extraction and purification of metals, including the so-called Damascus blade and the Iron Pillar of New Delhi, and developed the science of self-improvement that is popularly known as yoga. Their scientific contributions impacted noted scholars globally: Aristotle, Megasthenes, and Apollonius of Tyana among the Greeks; Al-Biruni, Al-Khwarizmi, Ibn Labban, and Al-Uqlidisi, Al-Jahiz among the Islamic scholars; Fa-Hien, Hiuen Tsang, and I-tsing among the Chinese; and Leonardo Fibbonacci, Pope Sylvester II, Roger Bacon, Voltaire and Copernicus from Europe. In the modern era, thinkers and scientists as diverse as Ralph Waldo Emerson, Johann Wolfgang von Goethe, Johann Gottfried Herder, Carl Jung, Max Mueller, Robert Oppenheimer, Erwin Schroedinger, Arthur Schopenhauer, and Henry David Thoreau have acknowledged their debt to ancient Hindu achievements in science, technology, and philosophy. The American Association for the Advancement of Science (AAAS), one of the largest scientific organizations in the world, in 2000, published a timeline of 100 most important scientific findings in history to celebrate the new millennium. There were only two mentions from the non-Western world: (1) invention of zero and (2) the Hindu and Mayan skywatchers astronomical observations for agricultural and religious purposes. Both findings involved the works of the ancient Hindus. Ancient Hindu Science is well documented with remarkable objectivity, proper citations, and a substantial bibliography. The style of writing is lucid and elegant, making the book easy to read. This book is the perfect text for all students and others interested in the developments of science throughout history and among the ancient Hindus, in particular.

Introduction to Ayurveda - Keeping Healthy the Ancient Way Table of Contents Introduction Knowing More about Alternative Medicine Practices Introducing Ayurveda The Quality of a Substance Ayurvedic Medicine Ayurveda and Traditional Medicine Tips about Food for Healing Bananas Figs Dates Lemons Limes Tomatoes Ginger Turmeric Appendix How to Make Traditional Yogurt Traditional Buttermilk Making Butter Out Of Cream What Are the Health Benefits of Buttermilk? Digestive Buttermilk Traditional Ancient Buttermilk Recipe Spicy Salt Salty Buttermilk Traditional Clarified Butter - Desi Ghee Conclusion Author Bio- Publisher Introducing

Ayurveda Millenniums ago, an alternative medicine science based on natural ingredients, began to be practiced in the area, which is now called the Indian subcontinent. This science was known as Ayurveda. The exact Sanskrit meaning of this word means life knowledge. For millenniums, the art of healing knowledge based on this science has been passed down through the generations to heal and cure people of the diseases known to man. More than 5000 years ago, two of these great wise men, who practiced this science, named Charaka and Susrutha made medical compendiums, which talked about healing procedures, operational procedures, and medicines which would be used to heal the diseases known to man down the ages. These classics written in Sanskrit have been considered to be the foundation of the ancient science of Ayurveda. At the same time, traditional Chinese medicine was also making a name for itself, thanks to great medical practitioners, who took the help of these compendiums in order to develop well-known medical systems. Nowadays, these systems are considered to be alternative and complementary treatments, supporting the more conventional forms of modern medicine. This science is practiced in the USA, as a complementary health care licensed practice. This science is divided into eight parts - General medicine, surgery, pediatrics, dentistry/ENT/ophthalmology, toxicology, psychiatric treatments, anti-aging remedies and remedies for bearing healthy children. So, one can see that even at that time, all the ills of human beings were studied and remedies hunted for them. Ayurveda is based on curing disease or disorders from the root level. It uses herbs which are 100% natural, and are definitely not going to have a detrimental effect upon the body, when you stop using them. According to ancient Ayurveda, a living body is made up of five elements. The proper balance between the five elements so that they work in harmonious tandem with nature. [Prakriti.] Prakriti can also be called Constitution, when it is applied to another substance like a mineral, a fruit or a vegetable, etc. A healthy person is going to have an inborn and natural combination of three important elements, which are going to put him in harmony with nature. That means he is in good health. When these important elements are imbalanced, you are going to suffer from diseases. Ayurveda is the method in which these three elements are balanced by helping to modulate the surrounding environment, the human diet, lifestyle and the behavior of a suffering patient so that he can be healed. An Ayurvedic lifestyle concentrates on more of fruit and vegetables in your diet to keep healthy.

Yurveda: The Ancient Indian Science of Healing

A single-source reference on the most important and best-investigated Ayurvedic herbs This book examines the clinical information available on more than 60 Ayurvedic herbs to determine how their use in traditional Indian medicine is supported by modern scientific study. Plants are grouped according to body systems and each entry includes a description, information on the source plant, distribution and traditional use, active chemical constituents, relevant pharmacology, and details of clinical studies and safety findings. This unique book also includes a brief history of Ayurveda, examines the history of drug development and evaluation in ancient India, and identifies current trends resulting from scientific investigation. Worldwide interest in Ayurveda is growing quickly, especially in the United States, Europe, and Japan. But until now, information on Western-style clinical trials on Ayurveda herbs has been scattered and no single source for descriptions, comments, and references has existed. *Ayurvedic Herbs* presents the first critical validation of Ayurvedic medicine, extensively referenced for physicians and clinicians interested in alternative and adjunctive therapies. This unique book is essential for making informed choices on herb use, offering clinical trial data, results of pharmacological studies, and safety information. *Ayurvedic Herbs* examines: gastrointestinal agents hepatoprotective agents respiratory tract agents cardiovascular drugs urinary tract drugs antirheumatic agents skin and trauma care agents gynecological agents antidiabetic agents CNS agents rasayana drugs dental and ophthalmological agents and much more Ayurvedic Herbs includes cross-references to chapters when a particular plant has more than one indication and watercolor illustrations of twelve major herbs.

Medicine and Life Sciences in India

The Chemistry and Bioactive Components of Turmeric

Its Transmission and Impact on World Cultures

A Comprehensive Guide to Traditional Indian Medicine for the West

52 Sweet Recipes for a Joyful Raw Life

Tridoshik Recipes: the food Alchemy is not just another recipe book that can be found on the book shelves but is a unique contribution to the field, brilliantly channelling the everyday food we eat into a catalyst generating a harmonious continuity in wellbeing of body and mind.

Backed by a painstaking research spanning 15 years in exploring the nuances of linkages between basic determinants of health, as expounded by Auyrveda- the ancient Indian science of medicine; and the food we consume, the book vividly incorporates both, culminating in the recipes that can be consumed by each and every individual safely for perennial good health. The recipes in fact translate the famous quote- 'Let food be thy medicine' into reality. Written in a simple language, suggesting very practical recipes, the book has all the force to change the way of life reducing our dependence on frequent medical help and prove to be a pioneer in preventive health care, through food we eat! Ms Sharmila is a freelance writer and e-book author who hails from India. She has deep research interests in the ancient, traditional wisdom related to health and wellbeing that is hidden from wider public domain; and works with the intent and zeal to bring this knowledge to the forefront to make the human lives happier and healthier. A post graduate from Nagpur University, Nagpur India, she is currently pursuing her second Masters from National Law School of India University, Bangalore, India. She has undertaken extensive research in the field of Ayurveda, the ancient science of Medicine of India and has embarked on the mission to decipher and translate that knowledge into simple, practical guidelines for easy assimilation into daily chores of human species, thus imparting a synergic harmony of body and

mind- the perfect health, the easiest way! Her current book is the first step in this direction which simplifies the everyday usage of Tridoshik recipes for perennial health. Her future literary plans include publication of research based work on 'Contribution of Buddhism to Ayurveda' and other recipe books related to health.

Ayurveda-An Ancient Indian system Of Medicine, Its Not Only Medicinal Science, But The Science Of Life, Now a days its becoming More Popular in Western Countries Like Germany, also in USA, This Book is a Little effort to Introduce The Ayurveda For them, with the Basic principals Of Ayurveda, with some Home remedies, Life style According To Ayurveda, Also about Ayurveda Panchakarma(Detoxification Treatment), Some General and Skin Disorders and Its Management In Ayurveda, I hope this book really works for the initiative in the direction of Propagation Of Ayurveda Globally, I'M trying My hard to make Ayurveda Popular atleast People can understand Ayurveda will definitely help them to live Healthy and Happy Life, Only things to understand What is Ayurveda and Its basic Principal, I'M thankful To My Father Dr.Jagdishbhai and Mother Mrs.Veenaben, My Wife Dr.Bhavna and My Loving Daughter Bhakti for their support for Such activities and All My Patients who put their Trust In Ayurveda and Me, All My Friends and Family members to motivate me for Such Great Work Of my Life, Thank God and Also Thanks to LAP For Publishing Such Book, Pls, mail me your Feed back at drgaurang_joshi@yahoo.com,

Seminar paper from the year 2008 in the subject Business economics - Economic and Social History, grade: 1,0, European University Viadrina Frankfurt (Oder) (Lehrstuhl für Wirtschafts- und Sozialgeschichte der Neuzeit), course: The Great Divergence. History and Legacy of Industrialization in Europe and Asia, language: English, abstract: The purpose of this paper is the discussion of a recent article presented by Joel Mokyr who offered, according to his own words, a new "variant of the European Miracle question"¹. The main thesis of his article The Great Synergy: the European Enlightenment as a factor in Modern Economic growth points to the European Enlightenment as being a crucial factor for attaining and establishing modern, i.e. sustainable economic growth in Europe once the British Industrial Revolution had overcome its humble beginnings at the end of the eighteenth century. Mokyr argues that the stability of economic growth which was reached in Europe after 1825 was to a great extent due to a new attitude towards the relation between technology and progress. This new attitude was the result of a development that had its roots in the European Enlightenment where the foundations for a new understanding of science and technology were laid. The outcome of this development was the unique 'idea of research' that made scientists and craftsmen cooperate, giving way to a very fruitful convergence of science and technology that helped making sustainable economic growth possible. This evolution mingled with the modification of institutional mechanisms which was a result of the Enlightenment, too. These two trends both formed a 'Great Synergy' that finally yielded the 'European Miracle'. To prove and strengthen his thesis, Mokyr compares the history of European sciences with those practiced in China coming to see that Chinese sciences were confined to and restricted by the Mandarin rulers, thus a situation similar to pre-enlightened Europe. But his comparisons to the Asian continent are limited to the situation in China. It could therefore be telling to have a look at Indian sciences, especially when discovering that India "had a well-established scientific and technological tradition of its own long before being subjected to an extended period of European colonial rule"². Going deeper into Indian history we will see, that on top of that, before the colonization by the British, "traditional knowledge generated large-scale economic productivity for Indians"³. Departing from these considerations, the present paper will put Mokyr's assumption under inspection examining the Indian history of science and technology. The arising problem is thus twofold, implicating questions that are clearly inter-related with each other and which are touching fields both of science and economy. [...]

Introduces the principles of traditional Indian medicine and discusses herbal and other natural treatments

The Complete Book of Ayurvedic Home Remedies

Science and Technology in Ancient India

Scientific Origin of Hinduism

Studies in the Medicine of Ancient India

Based on the Timeless Wisdom of India's 5,000-Year-Old Medical System

Part I. Osteology, Or The Bones of the Human Body

An introduction to the spiritual outlook, diet and general lifestyle of Ayurveda. The book includes diagnoses and recipes for treating basic problems and herbal cures for a range of ailments such as asthma, insomnia, sinusitis and others.

One of the two launch titles in the Perfect Health Library series by bestselling author Dr. Deepak Chopra, Perfect Weight focuses on Ayurveda, the ancient Indian science of life, to help readers conquer their weight problems.

India is credited with highly advance knowledge system since ancient times. Vedas and post Vedic literature composed in Sanskrit has been the storehouse of various branches of knowledge on science, spirituality, philosophy, culture, civilization, economy, polity, law and management, ayurveda, yoga, pharmacy. This knowledge was documented from time to time and carried forward for future generations until the mass scale destruction of Sanskrit manuscripts to plunder and loot and devastation of libraries of Nalanda, Takshshila, Vikramshila and Ujjain. It is also a fact that intellectual tradition of India has been subjected to utter neglect and stagnation and so there is an absence of Indian accounts in academic texts of India. As such, there is an ardent need to initiate a process to unlock these systems of knowledge currently atrophied due to centuries of neglect and stagnation. In view of the above, the present study was undertaken. This work is a humble attempt to apprise the readers about the advancement of Engineering and Technology in Ancient India in various fields. Hope the students and scholars will find this books equally

interesting and useful in their academics pursuits in Anceint Indian Civilizational Knowledge System.

An introduction to the basic principles of an ancient Indian science whose aim is to keep the body healthy in order to bring tranquillity to the mind and satisfy the spirit.

Medical Science in Ancient India

The Indian Art of Natural Medicine and Life Extension

Ayurvedic Inheritance

Engineering and Technology in Ancient India

The Science of Self-healing : a Practical Guide

History of Science and Technology in India in the Context of the 'Great Synergy'

The Indian knowledge of medicinal plant is very old and medicinal properties of plants are described in RIGVEDA and in atharvaveda (3500-1500 BC) from which ayurveda has developed. In ayurveda, the ancient well-known treatises are charak samhita dealing mostly with plans and sushrut samhita in which surgery is also mention A large portion of Indian population even today depends on the Indian System of medicine ayurveda, the ancient science of life ayurveda is based on principle of 'maintaining the healthy of a person and relieving the patient from the diseased condition.

Healing with Ayurveda

The Ancient Indian Science of Healing

A Way of Life

A Clinical Guide to the Healing Plants of Traditional Indian Medicine