



Ayurveda for Health and Well-Being

By Shanti Gowans

Jaico Publishing House, 2008. Softcover. Condition: New. First edition. The term Ayurveda means The Science of Life. It comes from the Sanskrit words Ayur meaning life, and Veda meaning knowledge or science. Having served humanity continuously since time immemorial, Ayurveda is an encyclopedia of ancient wisdom, natural laws and hidden secrets of life. Ayurveda is the healing answer for the new millennium, with its mind-body wisdom enabling us to live magically every day. Ayurveda demonstrates a way for each of us to live in our minds and bodies with greater harmony, understanding, health, intimacy and grace. Contents:- Part I : WHAT IS AYURVEDA? : 1. Understanding Ayurveda 2. Longevity, Health, Healing 3. Evolution of Ayurveda, Ayurveda Vatarana Part II : CREATING THE UNIVERSE : 4. Creation as an on-going Event Psycho-spiritual Foundation 5. Primordial Pentads Panch Mahabhootas : i. The Space Element, Akasha Mahabhoota ii. The Air/Wind Element, Vayu Mahabhoota iii. The Fire Element, Tejas Mahabhoota iv. The Water Element, Jala/Aap Mahabhoota v. The Earth Element, Prithvi Mahabhoota Part III : NATURE`S CODES OF INTELLIGENCE : 6. The senses, Jnanendriyas 7. Smell, Gandha 8. What does the Universe Taste Like? Taste, Rasa : i. Sweet, Madhura : Nourishes ii. Sour,...



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