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## The Roots of Ayurveda

#### By -

Penguin Books. Paperback. Condition: New. 416 pages. Dimensions: 7.6in. x 5.0in. x 1.0in.Ayurveda, the ancient art of healing, has been practiced in India for more than two thousand years and survives today as a living medical tradition whose principles are at the heart of many alternative therapies now used in the West. This science of longevity has parallels with Buddhist thought, and advocates a life of moderation through which the three humors of the body will be brought into balance. The writings selected for this volume are taken from Sanskrit medical texts written by the first Ayurvedic physicians, who lived between the fifth century b. c. and the fourteenth century a. d. Here readers will find wide-ranging and fascinating advice on the benefits of garlic therapy, prayers for protection against malevolent disease deities, surgical techniques, exercise regimens, the treatment of poisons, the interpretation of dreams, and more. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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