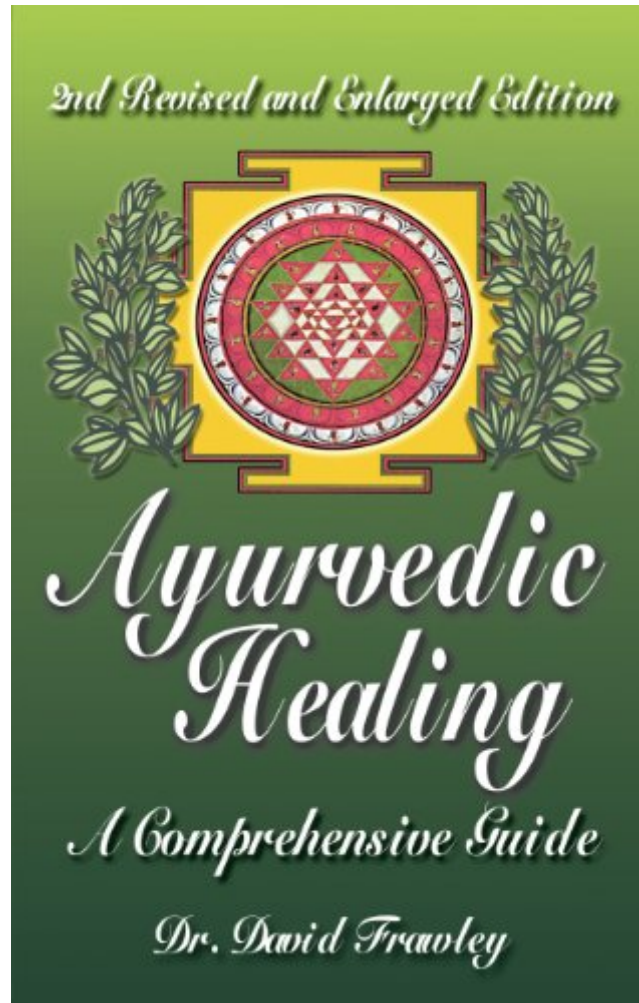


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# Ayurvedic Healing: A Comprehensive Guide



## Synopsis

Ayurvedic Healing presents the Ayurvedic treatment of common diseases, covering over eighty different ailments from the common cold to cancer. It provides a full range of treatment methods including diet, herbs, oils, gems, mantra and meditation. The book also shows the appropriate life-style practices and daily health considerations for your unique mind-body type both as an aid to disease treatment and for disease prevention. This extraordinary book is a complete manual of Ayurvedic health care that offers the wisdom of this ancient system of mind-body medicine to the modern reader relative to our special health concerns today. The present edition is an expanded version of the original 1989 edition, covering additional diseases and adding new treatments.

## Book Information

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## Customer Reviews

Ayurvedic Healing is an excellent book whether you know anything about the Vedic medical science of Ayurveda, or not. The book deals with: a) Finding out what body type you have, (vata-air, pitta-fire, kapha- earth/water) based on a questionnaire of health related questions b) It helps you determine what kind of diet you can follow to balance your system. c) It deals with common ailments as well as major diseases, covering everything from arthritis to AIDS d) You can learn how to use chants,

colors etc to relieve stress. And that's just section I. In section II, it deals with the technical preparations with the use of various herbs, oils etc, which ayurvedic doctors use. Thus this book is a comprehensive study of Ayurveda, which can be used to good effect by both the layman and the ayurvedic practitioner.

~I have read dozens of books on Ayurveda published in English; this stands out as simply the best of what I have read. It is sensitive, sympathetic to the conditions discussed, and lucid. A great work. So many others have been based on (and written with) excellent information and the best of intentions, but somehow have ended up being more confusing than helpful... even in something as basic as classifying doshas, I never really grasped them clearly until I read this book, which is laid out~~ calmly, clearly, and with massive knowledge and experience underlying its clarity. Again, an excellent book by someone who also seems to be a great human being-- it flows through all his words.~

I agree entirely with the other reviewers. This is one of the most complete, easy to understand, information rich "guides" on Ayurvedic Medicine I have read. Having taken many courses in this field, and using the practice, I have read much. I could have started with this one and kept it as a reference for the others! I highly recommend this one for anyone interested in Ayurvedic Medicine, from the practitioner to the remotely curious.

This is such a great little book. I no longer resonate with western medicine as I have had numerous reactions to it's "solutions" to my issues and I have trouble with the ineffective and limited diagnosis of traditional MD's. My issues of a "medical" or the physical imbalances, I used the remedies recommended in the book to jump start my thyroid. I feel great and also realized the unconscious reasons I slow down my thyroid. Funny how natural healing can open you up intuitively to why you create your own dis-ease or imbalances. I feel empowered to take care of my own issues instead of calling my practitioner.

This is the finest guide on ayurveda I have ever seen. This book is practical and is a great guide for a healthy life. If you take your health seriously this is the book for you.

This book is not for one who has a casual interest in Ayurveda as it is a "technical" Ayurveda manual. (for an introductory book I recommend Eat-Taste-Heal: An Ayurvedic Cookbook for Modern

Living). The first part of this book deals with an overall look at Ayurveda philosophy and "right living"; the second part goes over the treatment for specific illnesses which are divided by type of illness (digestive, circulatory, etc.). Overall the content is valuable and well-presented. In fact I would give the book five stars except that the index is woefully inadequate, not even including the illnesses written about in the second portion of the book.

I refer to this book regularly in my practice as an Ayurvedic Practitioner. I have owned the paperback version for awhile and bought the Kindle version so I could quickly look up all instances of a specific word (such as pancreas), rather than attempt to find it in the index. I highly recommend this book for the serious student or practitioner of Ayurveda. I appreciate that Frawley often includes the Chinese and Western herbs, which helps when a client tells me which herbs they are already taking. If you want to learn simple Ayurvedic tips just for your personal lifestyle, this book may be a bit overwhelming.

I have an older printing of this book, and to tell you the truth when I first looked into it, I thought it's just too much mumbo-jumbo from another culture for me to wrap my brain around. So it sat there for years. Last week, I took it out again, and this time, I can't put it down. The Tao says when the student is ready the teacher will appear. I guess I was finally ready. It's well planned, with two indexes. If you happen to look into the last one, you may think it's doesn't give much help, but that one's only about the herbs mentioned. Chapters and sections are logical and give you time to absorb one concept before going on to the next.....Yes, I still have much to learn, and I've marked and written in this book till I might have to buy a second one just to have a clean copy. I also have my iPad beside me, and I refer to it when I'm not clear on something. This is a teaching/reference book for someone who's not well versed in Ayurvedic healing but would like to be. I've run the gamut of healing modalities and diets in American culture. With this book, I feel I'm going to the well spring where ancient answers lie. I'm planning to get other David Frawley books. I do love a new journey. Don't you?

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