

Remedios Caseros En Ayurveda

Ayurvedaterapeutico

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Strands of Eternity - Vasant Lad 2004

The Sanskrit word, sutra, means thread or suture. It is the 'Strand of Eternity' that sews our two selves back together and reawakens us to that which we already are. This gorgeous book of poetry will act as a catalyst to your reawakening. With clarity, compassion and humour, each of Vasant Lad's poems is derived from the ancient sutras of Ayurveda and imparts timeless truths that can radically transform your perceptions, your understanding and your way of being in the world. Open to any passage and notice what is stirred inside of you as you drink from this deep well of spiritual nourishment.

Lectures on the Science of Human Life
- Sylvester Graham 1839

Secrets of the Pulse - Vasant Lad 2005

Thousands of years ago Ayurveda described multiple levels of the radial pulse that could be used to interpret the status of the organs and systems of the body as well as the mental and physical constitutions of the individual. For the first time in the west this book presents this ancient are and provides a method by which anyone can learn to read his or her own pulse. Imbalances and potential disease states can be detected in their early stages, giving one the opportunity to correct them before they affect the quality of life. With practice and guidance, one can acquire the proficiency to use this knowledge to heal self and others. This book will give

guidelines to think about various ways of feeling, reading and gathering information through the pulse. It is quite difficult to put subjective experience into words. It is an attempt to express these simple ways of feeling the pulse.

Ayurvedic Perspectives on Selected Pathologies - Vasant Lad 2018

With 55 in-depth chapters on common medical conditions that range from diabetes and chronic fatigue syndrome to headaches and fevers, Vasant Lad presents the perspective of Ayurvedic medicine in healing. These articles talk about classic remedies such as herbal therapies, yoga postures, diet, and panchakarma therapies. Learn natural ways to support other therapies and improve your overall health and well-being. This unique compendium is a testament to the relevance of Ayurveda in our modern world. Applying time-honored insights from this ancient science, it establishes an approach to disease management that is free from unwanted side effects. This book has arisen from Vasant Lads decades of clinical and classroom experience. By elucidating the fundamental imbalances behind a range of diseases, these articles guide practitioners towards addressing causes, alleviating symptoms and eliminating the conditions that allow a disease to recur. They will inspire valuable insights in the hearts of those wishing to manage the diseases that are so prevalent in our current age.

