

Gharelu Ayurvedic Upchar

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Secrets of Indian Medicine, Dadi Maa Ke Nuskhe, The Complete Book of Ayurvedic Home Remedies, Caraka Samhitā. 3, The Ayurvedic Diet, Aushadh Darshan, Antibiotics and infection, Living with Rheumatoid Arthritis, The Complete Textbook of Animal Health & Welfare E-Book, The Holistic Gardener

The early chapters of this book lay the foundation for the author's integral approach to medicine and include explanations of the basic tenets of Ayurveda. He provides extensive examples of how, as a trained allopath, he formulated a synthesis of the four well-known systems of medicine - Ayurveda or Indian medicine, Allopathy or modern medicine, Homeopathy, and Nature Cure - to treat eye troubles, and further argues this same type of synthesis can be effectively worked out for the rest of the body. Case histories and question-and-answer sections make this a handbook for improving one's eyesight as well as an exposition of the secrets of Indian medicine.

From ancient times our grand mothers have treated us with their home remedies. Whenever we suffered from a cold, a headache or any other sickness, they would run to their kitchen and get a concoction for it instantly. Herbal remedies are the oldest and the most natural form of therapy.

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. From the Trade Paperback edition.

Classical treatise on ayurveda system in Indic medicine.

Do you drink six cups of coffee to get through the day? Do you feel bloated, sleep-deprived and tired? Are you on a diet of salami-pizza-alcohol that often leaves you reaching for that box of medicines? If yes, this is the book for you. Ayurvedic expert Reenita Malhotra Hora offers you a helping hand out of the negative cycle you have trapped yourself in. In three simple steps she teaches you the basics of Ayurvedic nutrition: - First, get to know your body and mind by understanding the subtle variations of the three doshas - vata, pitta and kapha - that comprise you, so you know which food combinations are most nutritious. - Second, since food is life source, realize the essential guna in the different food items you consume. - Third, consume only those foods that balance the elements of the six Ayurvedic ritus or seasons - Grishma, Varsha, Sharad, Hemant, Shishir, Vasant - so you are in harmony with nature. A one-stop, easy-to-use, jargon-free guide to nutritional wellness and a happier, healthier life.

"A well-written and comprehensive book that will be a valuable resource for patients with rheumatoid arthritis who are highly motivated to learn more about their disease."--Amazon.com.

The Complete Textbook of Animal Health and Welfare is a core text for students in animal care, animal technology or animal science programmes, and a supplementary text for related equine, wildlife and veterinary courses. It provides an in depth text for students at Further Education (FE) levels 2 and 3, and a foundation text for students studying in Higher Education. Each chapter covers the subject in depth (level 3 FE) via diagrams, images and text, then summarises it at a foundation level (level 2 FE) to engage students of

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different abilities. core text for students studying animal care, animal technology or animal science
supplementary text for related equine, wildlife and veterinary courses reflects all aspects covered in the
animal care curriculum highly illustrated written by author with expertise in this area with many contributions
from experienced educationalists and experts to ensure quality & validity covers all species

A handy pocket-size guide to natural remedies from your garden and store-cupboard for complaints ranging
from coughs and colds to aches and pains that allows you to save money and avoid taking mass-produced
chemicals on a regular basis. Fiann gives simple step-by-step instructions to make straightforward salves and
ointments, teas, rinses and syrups that will fill the first-aid cupboard, as well as identifying plants that can be
used straight away with no preparation required. Fiann's singular knowledge of the properties and uses of
herbs, fruit and flowers from the garden makes fascinating reading, as well as having extensive practical
applications.

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