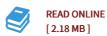


Easy Ayurveda Home Remedies: Based on Authentic, Traditional Ayurveda Practice (Paperback)

By M S Krishnamurthy, Jv Hebbar

Notion Press, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. The book contains remedies using -Household ingredients such as ghee, honey, garlic, turmeric. - Spices such as ginger, cumin, black pepper and clove. -Pulses like black gram, green gram, horse gram. -Dairy products such as butter, ghee and yoghurt. -Dry fruits and nuts such as walnuts, dates, almonds and raisins. -Fruits such as pineapple, custard apple, banana and mango. -Vegetables like okra, cucumber, radish, carrot and more! Remedies from ancient Ayurveda textbooks - Charaka Samhita, Sushruta Samhita, Ashtanga Hrudayam etc. Explanation of how exactly the remedies are useful, in which particular symptoms, in which stage of disease? Folklore, tribal remedies from communities such as Soliga, Guni etc.





Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

-- Jamil Collins

Absolutely among the best book I have possibly go through. I have go through and that I am certain that I am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book I have got go through within my personal existence and could be he finest book for ever.

-- Brian Bauch