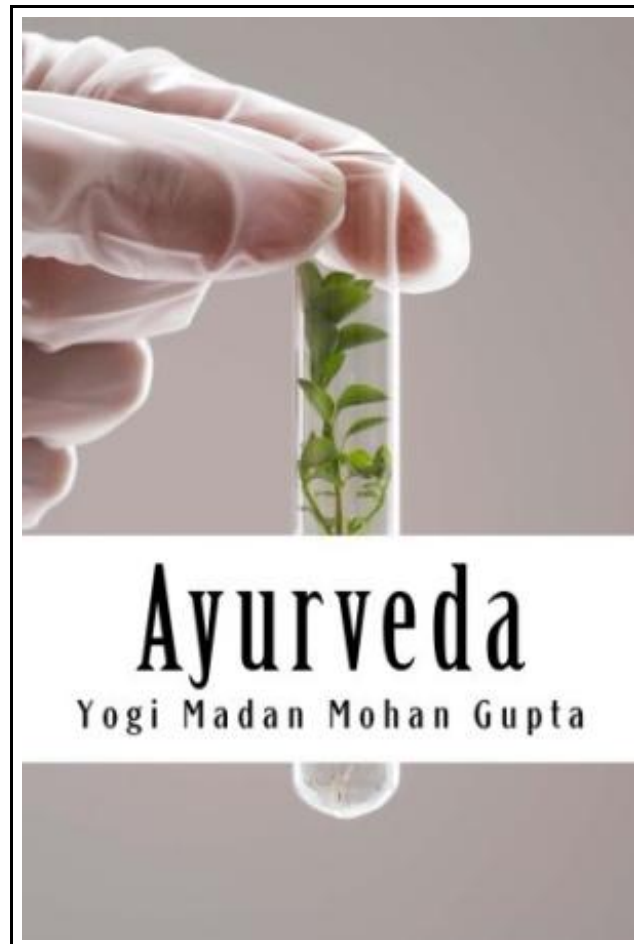


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.For the first time a book is available which clearly explains the principles and practical applications of Ayurveda, the oldest healing system in the world. The main premise of Ayurveda is a holistic take on human health in which the physical and the mental dimensions strongly intertwine with individual personality in order to promote well-being. Most Ayurvedic practitioners look beyond the obvious and try to treat a person through common sense. They deploy natural energy principles using knowledge of a person's mind body physiology, body type and lifestyle in order to determine the best possible way to treat them to a life of health, harmony and balance. The book, Ayurveda: Ayurveda principles for the absolute beginner will introduce you to the very concept of Ayurveda. You will learn about: The three cosmic forces The concept of doshas, prakruti (mind body constitution), and vikruti The three gunas or your basic character The seven dhatus (or vital tissues) The six tastes Some daily rituals The Ayurvedic way to exercise (or Yoga) along with basic yoga poses for detoxification of the body. The Ayurvedic way to eating Ayurvedic superfoods and much much more. Grab your copy now!.



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