



The Roots of Ayurveda: Selections from Sanskrit Medical Writings (Revised edition)

By Dominik Wujastyk

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Roots of Ayurveda: Selections from Sanskrit Medical Writings (Revised edition), Dominik Wujastyk, Ayurveda, the ancient art of healing, has been practised in India for over 1000 years and survives today as a living medical tradition whose principles are at the heart of many of the complementary therapies now used in the West. This "science of longevity" has parallels with Buddhist thought and advocates a life of moderation through which the three humours of the body will be brought into balance. The practical advice offered in this text ranges from the benefits of garlic therapy to prayers for protection against malevolent disease deities, and from the effects and treatments of poisons to the interpretation of dreams.

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