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The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine. Vasant Lad, David Frawley. Lotus Press, 1986 - Health & Fitness - 255 pages. 5 Reviews. For the first time, here is a detailed explanation and classification of herbs,

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using the ancient system of Ayurveda. More than 270 herbs are listed, with 108 herbs explained in detail.

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In Ayurveda, the medical science of India, yoga refers to the right usage and right combination of herbs. A special combination of substances designed to bring about a specific effect upon the body or mind is thus called yoga. This coordinated or integrated usage of herbs is based upon the ancient Ayurvedic science of herbal energetics.

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wild and inhospitable moorland known as Batty Green to build a viaduct on the Midland Railway Company's ambitious new Leeds to Carlisle Line. Among them are three very different women - tough widow Molly, honest and God-fearing Mary Pratt, and Helen Parker, downtrodden by her ...

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For the first time, The Yoga of Herbs offers a detailed explanation and classification of herbs, using the ancient system of ayurveda. More than 270 herbs are listed, with 108 herbs explained in detail. Included are many of the most commonly used Western herbs with a profound ayurvedic perspective. Important Chinese and special ayurvedic herbs are introduced as well.

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Yoga of herbs is a must read. If you are interested in the Ayurvedic guide to herbs, this is the book for you. Chock full of wonderful information and explanation about how the traditional system of Ayurvedic healing uses the botanicals available to them. Product came promptly from the seller, was in the condition stated, and I recommend them.

*Review: The Yoga of Herbs:
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Author: Vasant Lad, David

Publisher: Lotus Press.

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inhospitable moorland known as Batty Green to build a viaduct on the Midland Railway Company's ambitious new Leeds to Carlisle Line. Among them are three very different women - tough widow Molly, honest and God-fearing Mary Pratt, and Helen Parker, downtrodden by her husband and seeking a better life. When tragedy strikes, the lives of the three women are bound together, and each is forced to confront the secrets and calamities that threaten to tear their families apart.

The term yoga has many traditional meanings. In Ayurveda, the medical

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science of India, yoga refers to the right usage and right combination of herbs. A special combination of substances designed to bring about a specific effect upon the body or mind is thus called yoga. This coordinated or integrated usage of herbs is based upon the ancient Ayurvedic science of herbal energetics. This is a system for determining the qualities and powers of herbs according to the laws of nature, so that herbs can be used objectively and specifically according to individual condition. A yogic usage of herbs implies such an harmonic application

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of the potencies of herbs. In this book, for the first time, this Ayurvedic herbal science is applied to western herbs, as well as to a few major oriental herbs, both Indian and Chinese. It is the purpose of this book not to present Ayurveda in the distance, as some-thing foreign or anci-ent, but to make it a practically applied syst-em of herbalism. This book is just a presentation of traditi-onal Ayurvedic know-ledge. It attempts to show living Ayurveda, its creative and practical application to changing conditions. It is meant as a bridge between east and west. In this

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regard, it has been a collaboration of an easterner with profound knowledge of the west and a westerner with profound knowledge of the east.

Indian psychology created a new standard in scholarly work on its first publication by Kegan Paul in the thirties. The present reprint of all the three volumes of this classic meets the needs of students and teachers of Indian Psychology as well as the general reader interested in the study of Indian philosophical - psychological literature.

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All you need to know about herbs, nutrients, and yoga for enhancing mental health. Many physicians and therapists agree that herbs and mind-body practices enhance health, but many more are reluctant to integrate them into their clinical work because of a lack of training or, given how long it takes to master the use of hundreds of different herbs, a lack of time. But the trend is clear: clients and consumers alike want control over their health care choices, making the time ripe for a practical resource that

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guides both the clinician and the consumer on complementary and alternative medicine (CAM). This book answers that call. Three noted experts in integrative medicine, Drs. Brown, Gerbarg, and Muskin, demystify the complexities of alternative mental health care, giving readers a comprehensive yet accessible guidebook to the best treatment options out there. From mood, memory, and anxiety disorders to ADD, sexual enhancement issues, psychotic disorders, and substance abuse, every chapter covers a major diagnostic category. The authors then present a range

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of complementary and alternative treatments- including the use of herbs, nutrients, vitamins, nootropics, hormones, and mind-body practices- that they have found to be beneficial for various conditions within each category. For example, B complex vitamins and folate have been shown to help with depression; omega-3 fatty acids can offer relief for bipolar sufferers; coherent and resonant breathing techniques-used by Buddhist monks-induce healthy alpha rhythms in the brain to relieve anxiety; the elderly can boost their memory by taking the ancient medicinal

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herb *Rhodiola rosea*; and those with chronic fatigue syndrome can find comfort in acupuncture and yoga.

Focusing on evidence-based approaches, the research, the authors' clinical experience, and the potential risks and benefits of each treatment are carefully examined. Brown, Gerbarg, and Muskin have distilled an otherwise daunting field of treatment down to its basics: their overriding approach is to present the CAM methods that are most practical in a clinical setting, easy to administer, and low in side effects. With helpful summary tables at the end of

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each chapter, clinical pearls, and case vignettes interspersed throughout, this is a must-have resource for all clinicians and consumers who want the best that alternative medicine has to offer.

Popular medicine.

Contains a full description of Ayurveda on all levels from diet and herbs to yoga and meditation, explaining both Ayurvedic diagnostic and treatment methods.

Working with 12 common herbs, Amy Jirsa offers recipes and ideas to open your mind, strengthen your

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body, and nourish your spirit. In-depth profiles show you how to unlock the powerful properties of calendula, chamomile, cinnamon, dandelion, echinacea, elder, ginger, holy basil, lavender, nettle, rose, and turmeric through delicious teas and foods, luxurious salves, skin and hair care treatments, complementary yoga poses, and meditations. Discover the natural keys to radiant health and wellness.

Most popular general introduction to Ayurveda, the alternate health science of India.

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Ayurveda, the ancient healing art of India, teaches that food plays an essential part in one's health and sense of well-being. Here is an authentic guide of the Ayurvedic approach to food and tasty vegetarian cooking. The recipes are formulated using herbs and spices to help balance constitution of each person. The effects of the foods on individual constitution are included with every recipe together with the medicinal properties of many of the foods. This is a cookbook and much more. The Chapters included in this book are on the principles of Ayurveda

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and individual constitution; maintaining one's health, digestion and constitutional balance; the importance of proper food combining for optimal well-being; setting up an Ayurvedic kitchen and planning menus inclusive of every member of your family; and more than 100 recipes of delicious Ayurvedic cuisine. Three more important sections are included-nearly three hundred simple remedies for everything from the common cold and skin problems to stabilizing blood sugar in diabetics, all using familiar household herbs, fruits and vegetables; a chart for determining your individual

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constitution; comprehensive food guide lines; and a listing of the qualities of foods and their effects on the doshas.

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