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Ayurveda the Science of Self Healing by Dr Vasant Lad

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Ayurveda: The Science of Self-Healing by Vasant Dattatray Lad

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Yoga and Ayurveda: The Sciences of Self-Realization and

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Textbook of Ayurveda - Ayurvedic Institute

In Sanskrit, Ayurveda means â€œThe Science of Life.â€• Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the â€œMother of All Healing.â€• It stems from the ancient Vedic culture and was taught for many thousands of years in an oral tradition from accomplished masters to their disciples.

A Brief Introduction to Ayurveda

Vasant Lad. Ayurveda: The Science of Self-Healing. 178 pages, pb publication 2009. More books on homeopathy, alternative medicine and a healthy life www.narayana-verlag.com

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