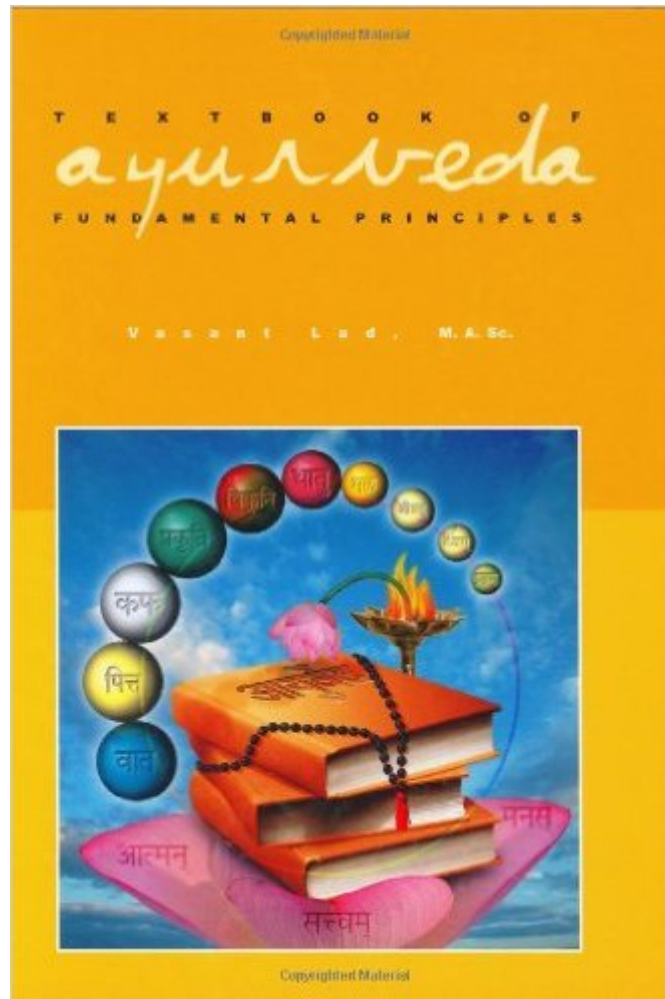


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# Textbook Of Ayurveda, Vol. 1: Fundamental Principles Of Ayurveda



## Synopsis

In his Ayurvedic Studies Program, Vasant Lad, Ayurvedic Physician, teaches Ayurveda as a science of moment-to-moment living. Each lecture that he gives flows from his own heart in a river of healing wisdom that is inspired by and pertinent to the students who are present at the time of the lecture. This textbook is a presentation of Dr. Lad's years of teaching in that classroom setting. It conveys the philosophical and fundamental principles of his first year Ayurvedic Studies Program at the Ayurvedic Institute in a dynamic and inspirational way. This book will give the student a detailed foundation upon which to pursue deeper knowledge, including that of the future volumes in this series.

## Book Information

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## Customer Reviews

Traditionally, ayurveda has been taught orally, with reference to ancient texts like the works of Charaka, Sushruta and Vagbhata; references that are still used today. These writings, which are believed to date thousands of years, contain the eternal and universal principles of the natural science of ayurveda; however they also contain therapies and lifestyle prescriptions which are hopelessly archaic; and materia medica which are no longer accessible (e.g. opium and camel's urine!). With the spread of ayurveda to the West, there emerged a great need for a text that not only catered to the western mode of thinking and education, but that also made connections between the ayurvedic view of anatomy and physiology, and that of the West. This book attempts to do just that. Dr. Vasant Lad is in the forefront of Vaidyas (ayurvedic practitioners) who have made ayurvedic

education available to the West. He started teaching ayurveda in the USA in 1980, and has produced many prominent writers and educators on the subject. His previous books include the popular Ayurveda; The Science of Self-Healing; and The Yoga of Herbs, co-written with Dr. David Frawley, a groundbreaking book introducing the concepts of ayurvedic herbology to the western public. This Textbook of Ayurveda comes as more in-depth ayurvedic education programmes develop in the West. It contains the necessary foundation for the understanding of a medical model far removed from the western allopathic paradigm. To understand and practise ayurveda, one literally needs to adopt, to immerse oneself in, a completely different perspective. Dr.

Destined to become the definitive English-language textbook of ayurveda Dr. Vasant Lad is a world-renowned ayurvedic physician, born and educated in India, with more than forty years of clinical experience. He is one of the world's leading teachers and scholars of ayurveda, and served as professor of clinical medicine at the University of Pune College of Ayurvedic Medicine & Surgery as well as director of its affiliated hospital. Currently, he is president of and a senior faculty member at the Ayurvedic Institute, in Albuquerque, New Mexico. Vasant Lad is the author of several professional texts and popular works on ayurveda and has written countless articles on the subject. There have been many textbooks published for intending practitioners of ayurveda, but until now nearly all of these have been in Sanskrit or more frequently Hindi or one of India's regional languages. Lacking facility in one or more of these, the English speaking student was left with one of two relatively time-consuming and unsatisfactory alternatives: consulting English-language translations of ayurveda's classics (i.e., the Sushruta and Charaka compendiums and the Astanga Hridaya, inter alia, a prospect unwieldy to say the least given the host of ancient therapies no longer in existence in today's world and the often untranslatable proper names of conditions and medicines) or compiling and correlating information from popular works on the subject and online sources. Dr.

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