



Ayurveda: The Science of Traditional Indian Medicine

By Dr Bhagwan Dash and Suhasini Ramaswamy

Roli Books, New Delhi, India, 1998. Hard Cover. Book Condition: New. Dust Jacket Condition: New. First Edition. Rooted in the methods and practices of a 2,000 year old civilization, Ayurveda is one of the oldest systems of healing in the world. This book introduces you to the basic principles of an ancient Indian science whose aim is to keep the body healthy in order to bring tranquillity to the mind and satisfy the spirit. Also included are a range of home remedies which can be safely prepared with products from your own kitchen. Printed Pages: 84. Size: 8.9 x 7.9 Inches.



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