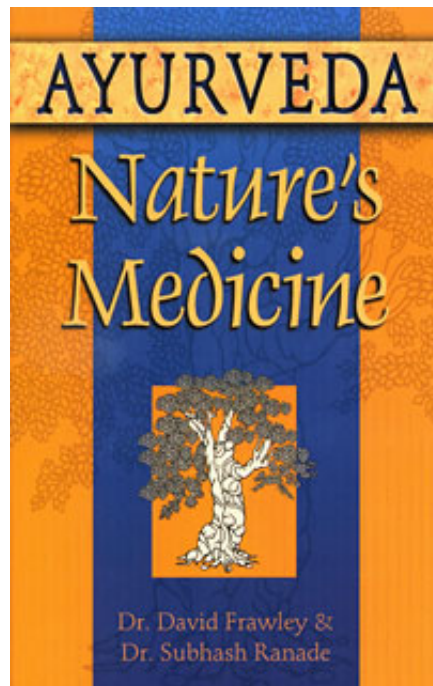


Frawley D. / Ranade S. Ayurveda, Nature's Medicine

Reading excerpt
[Ayurveda, Nature's Medicine](#)
of [Frawley D. / Ranade S.](#)
Publisher: Lotus Press



<http://www.narayana-verlag.com/b13259>

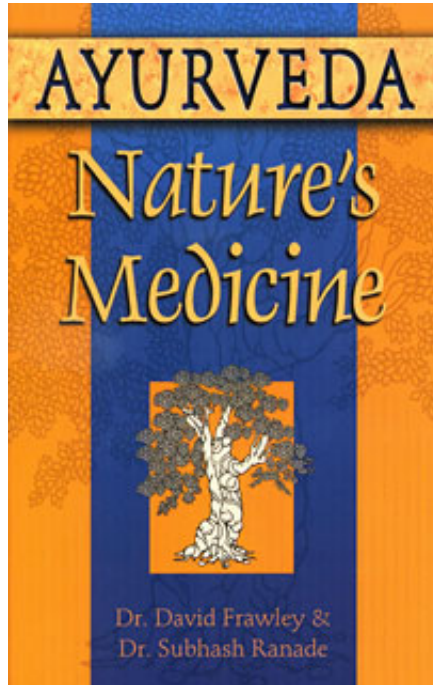
In the [Narayana webshop](#) you can find all english books on homeopathy, alternative medicine and a healthy life.

Copying excerpts is not permitted.
Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany
Tel. +49 7626 9749 700
Email info@narayana-verlag.com
<http://www.narayana-verlag.com>



Table of Contents

Foreword by Dr. Marc Halpern	iv
Preface by the Authors	vii
PART I - THE AYURVEDIC APPROACH TO HEALTH	
1. Ayurveda, the Science of Life: Historical and Philosophical Background	3
2. Enduring Principles of Ayurveda	37
3. Individual Constitution: Prakriti	61
4. The Ayurvedic Approach to Health	79
5. The Three Pillars of Life.....	99
PART II - METHODS OF AYURVEDIC TREATMENT	
6. Ayurvedic Herbology	125
7. The Disease Process According to Ayurveda.....	167
8. Ayurvedic Forms of Diagnosis	179
9. The Many Methods of Ayurvedic Treatment	193
10. Ayurvedic Clinical Procedures: Pancha Karma.....	211
11. Marma Points: Ayurvedic Pressure Points	231
12. Treatment of the Channel Systems (Srotamsi)	243
13. Yoga and Ayurveda.....	259
APPENDICES	
1. Diets for Dual Doshic Types by Dr. Marc Halpern.....	289
2. Glossary of Terms	315
3. Glossary of Herbs and Medicines	321
Bibliography.....	327
Resources.....	329
Index.....	345
About the Authors	359



Frawley D. / Ranade S.

[Ayurveda, Nature's Medicine](#)

368 pages, pb
publication 2012



More books on homeopathy, alternative medicine and a healthy life www.narayana-verlag.com