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The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine ...

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Included are many of the most commonly used western herbs with a profound ayurvedic perspective. Important chinese and special ayurvedic herbs are introduced. Beautiful diagrams and charts, as well as detailed glossaries, appendices are included.

The Yoga Of Herbs: An Ayurvedic Guide to Herbal Medicine ...

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

The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine ...

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

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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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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.

The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine ...

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.

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