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Ayurveda : life, health, and longevity / Robert E. Svoboda. p. cm. Includes bibliographical references and index. ISBN 1-883725-09-7 (alk. paper) 1. Medicine, Ayurvedic. 2. Longevity. I. Title. R605.S968 2004 615.5'38--dc22 2003024552 Although the information contained in this book is based on Ayurvedic principles

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When we use the word longevity in Ayurveda, we mean something different—life extension is considered a side benefit of a very comprehensive approach to life itself. The word Ayurveda literally means the knowledge (veda) of life (ayus). It studies how to be fulfilled and reach full human potential now, rather than simply adding a few good years. While Westerners focus on connecting the mind and body for living life to the fullest, Ayurveda focuses on connecting the mind, body, and self.

Anti-Aging and Longevity in Ayurvedic Medicine

Reference and Reading List. from Vasant Lad, B.A.M.&S., M.A.Sc. The modern texts are English language books that contain general and specific information about Ayurveda.

Reference and Reading List - Leading Ayurveda School

Ayurveda is the Science of Life and Longevity. Ayurveda is a 5000-year old system of health and longevity. An Ayurvedic consultation can help you understand your individual constitution and identify how your system manifests imbalances, helping you to become a co-healer in your own life.

Ayurveda is the Science of Life and Longevity.

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Synopsis. Ayurveda addresses the well-being of the entire being - physical, psychological and spiritual - in an approach to health and healing that is as relevant to the modern world as it was to the ancient world from which it emerged. Herbs and minerals, nutrition and purification, affirmative ways of living are a few of the ways in which Ayurveda treats not just the ailment but the whole

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person, emphasising prevention of disease to avoid the need for cure.

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