



# **Textbook of Ayurveda, Volume Three: General Principles of Management and Treatment**

*Vasant Lad*

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# Textbook of Ayurveda, Volume Three: General Principles of Management and Treatment

Vasant Lad

## Textbook of Ayurveda, Volume Three: General Principles of Management and Treatment Vasant Lad

This book brings forth the practices of Ayurveda from the ancient texts and presents them in a systematic organization that is readily accessible to a Western audience. Vasant Lad provides comprehensive information on therapeutic modalities including diet and lifestyle recommendations, palliative and cleansing therapies, subtle healing methods including individual rejuvenation protocols, yoga and pranayama practices, and herbal substances as well as management techniques according to dosha, dhatu, srotamsi, and the subtle essences. Each section clearly explains the principles of the healing techniques, often with the steps outlined for the reader, in addition to the herbal substances and their practical application. It is an essential reference for the Ayurvedic practitioner.

One of Dr. Lad's favorite sutras from Charaka says that a true physician knows the body, mind, thoughts, feelings, and consciousness of the patient. Unless you enter the heart of your patient with the light of awareness, knowledge, compassion, and insight, you will not be able to diagnose their problem and treat the person accordingly.

Dr. Lad's students from all over the world learn Ayurveda, step by patient step, grounding their knowledge in the principles of a system that pre-dates Western medical concepts by thousands of years. Next, they learn the sophisticated methods of evaluation that Ayurveda provides. Mastering these techniques takes practice and dedication. The previous steps, well practiced, have prepared the student to enter into the next stage, where they can stand beside the client and guide them on their journey of healing.

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