



Ayurvedic Medicine for Westerners: Clinical Protocols & Treatments in Ayurveda (Volume 3)

Vaidya Atreya Smith

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One of the most important aspects of Ayurvedic medicine is the rich variety of therapeutic approaches integrated in the system. Therapeutics in Ayurveda is not a hodgepodge of different therapies, rather it is a comprehensive vision of health and well-being supported by nature's abundant wealth of therapeutic substances. The fundamental vision of therapeutics is based on the functional vision of Ayurveda. This textbook explains in a clear, linear manner the main approaches, treatment protocols and different categories of treatments available in Ayurvedic medicine, the basis of which is lifestyle and nutritional therapies. A full section is devoted to herbal formulas with clear guidance on how to successfully use them therapeutically.

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