



## Ayurvedic Cooking for Self-Healing[Hardcover]

By Usha Lad, Dr. Vasant Lad

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**Ayurvedic Cooking for Self-Healing[Hardcover]** By Usha Lad, Dr. Vasant Lad

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Ayurveda, the ancient healing art of India, teaches that food plays an essential part in one's health and sense of well-being. Here is an authentic guide of the Ayurvedic approach to food and tasty vegetarian cooking. The recipes are formulated using herbs and spices to help balance the constitution of each person. The effects of the foods on individual constitution is included with every recipe together with the medicinal properties of many of the foods. This is a cookbook and much more.

From the kitchen of Usha and Vasant Lad come their favorite recipes. Passed along through both their families, these recipes are examples of balanced, tasty food from a long line of vegetarian cooking. Experience the health benefits of Ayurvedic cooking.

These important sections provide even more benefits from Ayurveda:

- \* Nearly 300 simple remedies for everything from the common cold and skin problems to stabilizing blood sugar in diabetics, all using familiar household herbs, fruits and vegetables!
- \*A chart for determining your individual constitution.
- \*Comprehensive food guidelines for basic constitutional types.
- \*A listing of the qualities of foods and their affects on the doshas

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## **Ayurvedic Cooking for Self-Healing[Hardcover]** By Usha Lad, Dr. Vasant Lad Bibliography

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### **Editorial Review**

#### About the Author

Vasant Lad, B.A.M.&S., M.A.Sc., brings a wealth of classroom and practical experience to the United States. He received the degree of Bachelor of Ayurvedic Medicine and Surgery (B.A.M.&S.) in 1968 from the University of Pune, in Pune, India and a Master of Ayurvedic Science (M.A.Sc.) in 1980 from Tilak Ayurved Mahavidyalaya in Pune. For 3 years, he served as Medical Director of the Ayurveda Hospital in Pune, India. He also held the position of Professor of Clinical Medicine for seven years at the Pune University College of Ayurvedic Medicine, where he was an instructor for many years. Vasant Lad's academic and practical training includes the study of allopathic medicine (Western Medicine) and surgery as well as traditional Ayurveda. In 1979, he began traveling throughout the United States sharing his knowledge of Ayurveda and, in 1981, he returned to New Mexico to teach Ayurveda. In 1984, he founded and began as Director of The Ayurvedic Institute.

Vasant Lad's books include Ayurveda, The Science of Self-Healing, and Secrets of the Pulse and co-author of The Yoga of Herbs and Ayurvedic Cooking for Self-Healing. His work from Harmony Books, The Complete Book of Ayurvedic Home Remedies, is a compendium of classic Ayurvedic treatments for common and chronic ailments. He is the author of a series of textbooks on Ayurveda. The Textbook of Ayurveda: Fundamental Principles, Volume 1, The Textbook of Ayurveda: Clinical Assessment, Volume 2, and The Textbook of Ayurveda: General Principles of Management and Treatment, Volume 3 are the first three of the four-volume set covering the topics he teaches in his eight-month Ayurvedic Studies Program. He is co-author of a book on marma therapy, Marma Points of Ayurveda. Dr. Lad just revised and expanded his book on specific therapies, Ayurvedic Perspectives on Selected Pathologies, which is now available.

Vasant Lad is the author of numerous books and respected throughout the world for his knowledge of Ayurveda. He is the author of 11 books on Ayurveda as well as hundreds of articles and other writings. With almost 500,000 copies of his books in print in the US, his work has been translated into more than 20 languages.

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