



Ayurvedic Perspectives on Selected Pathologies

By Vasant Lad

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From the archives of the quarterly journal, Ayurveda Today, published since 1988, this is a compilation of Vasant Lad's best articles on Ayurvedic remedies for both common and complex health problems. A must-have for the Ayurvedic practitioner, these clear, concise articles put forth a path to health and well-being for the layperson as well.

With almost twice the number of articles as the first, the new edition has 30 in-depth articles on common medical conditions including diabetes, headaches, and chronic fatigue syndrome presented from the perspective of Ayurvedic medicine. These articles talk about classic remedies such as herbal therapies, yoga postures, diet, and panchakarma therapies. Learn natural ways to support other therapies and improve your overall health and well-being.

This unique compendium is a testament to the relevance of Ayurveda in our modern world. Applying time-honored insights from this ancient science, it establishes an approach to disease management that is free from unwanted side effects. This book has arisen from Vasant Lad's decades of clinical and classroom experience. By elucidating the fundamental imbalances behind a range of diseases, these articles guide practitioners towards addressing causes, alleviating symptoms and eliminating the conditions that allow a disease to reoccur. They will inspire valuable insights in the hearts of those wishing to manage these diseases that are so prevalent in our current age.

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Editorial Review

About the Author

Vasant Lad brings a wealth of classroom and practical experience to the United States. He received the degree of Bachelor of Ayurvedic Medicine and Surgery from the University of Pune, in Pune, India in 1968 and a Master of Ayurvedic Science from Tilak Ayurved Mahavidyalaya in Pune, India in 1980. For 3 years, Vasant Lad served as Medical Director of the Ayurveda Hospital in Pune. 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. Vasant Lad founded and has served as the Director of The Ayurvedic Institute since 1984.

Vasant Lad 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.

Users Review

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