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Ayurveda: A Way of Life: Scientific Explanation of Ayurvedic Wisdom and Its Benefit for Body, Mind and Society

By Dr. Vinod Verma

Gayatri Books International. Paperback. Book Condition: New. Paperback. 204 pages. Dimensions: 11.0in. x 8.5in. x 0.5in. Ayurveda: A way of Life has been the first book ever that explains the ancient wisdom of Ayurveda in terms of modern science. It was published in India in 1990, thereafter in various European countries and America. It is a scholarly book that is meant to give the reader an insight into the classical tradition of this 5000 years old discipline. At the same time, the book is a guide in the living tradition of Ayurveda and inspires one to assimilate this age-old wisdom into daily life for enhancing energy to the optimum level. The book also highlights Ayurvedic psychology and importance of sattva (inner peace and stillness) and santosha (sense of contentment) in order to ward off the ailments. Modern medical research is directed toward finding cures for diseases, but there is little talk about finding methods to maintain good health and adopting preventive measures to avoid various ailments. Healthy living and preventive measures are not a part of the medical education. In Ayurveda, the principal focus is on maintaining good health and adopting a healthy way of living. The second important drawback in...



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