

Download Lessons From The Ayurveda

The Basics of Ayurveda in Six Lessons Lesson 1: The 5 Elements. Lesson 2: The 3 Doshas. Lesson 3: Vata Dosha. Lesson 4: Pitta Dosha. Lesson 5: Kapha Dosha. Lesson 6: The Causes of Disease. While Ayurveda has widely been restricted to the very elite or reduced to simply being about doshas (an Ayurvedic concept that roughly translates as fundamental constituents of the body), there is a lot more to Ayurveda than may initially meet the modern eye. Introduction: The Ayurveda is the Vedic science of life. It contents the fields of biology, botany herbology, anatomy, nutrition, hygiene, medicine and surgery. This branch of vedic knowledge is revealed by Sri Bhagavan Dhanvantari, an incarnation of the Supreme Lord. Therefore it is a perfect science and it will amaze the science reader. Lessons From The Ayurveda by Navayauvana Dasa Adhikari. Table of Contents: Preface Introduction Section I - Principles of the Body Tri-Dosha: The Three Energy Principles Sapta-Dhatu and Sapta-Agni The Six Rasa The Process of Digestion and Elimination Section II - Nutrition The Scientific Method of Eating Sample Diets and Suggestions Foods: Their Qualities and Uses Section III - Purifying Diet ...