

Textbook Of Ayurveda, Vol. 1: Fundamental Principles Of Ayurveda By Vasant Lad

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Ayurveda is the ancient Indian system of natural and holistic medicine. When translated from Sanskrit, Ayurveda means the science of life (the Sanskrit root

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Ayurveda or Ayurvedic medicine is a system of traditional Hindu medicine native to the Indian subcontinent. Contemporary practices derived from Ayurvedic traditions

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ayurveda /ayur ve da/ (i yur ved-ah) (i yur-va dah) [Sanskrit] a classical system of medicine founded 5000 years ago and currently practiced in India.

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