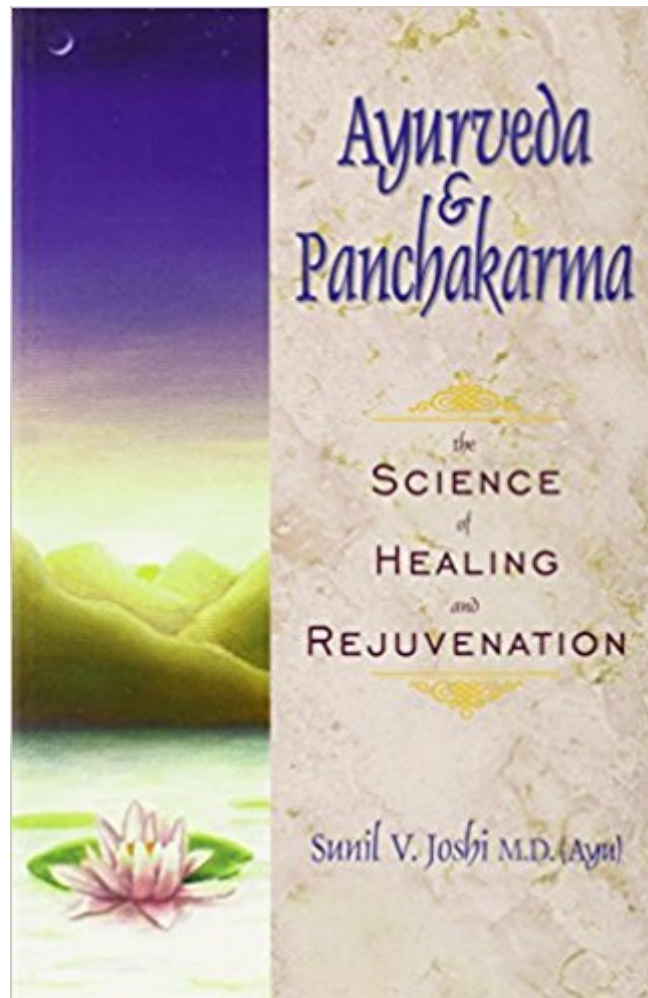




Ebook Directory
the best source of ebook

The book was found

Ayurveda And Panchakarma: The Science Of Healing And Rejuvenation



Synopsis

Offers the deepest insights into the principles of Ayurveda, as well as the most complete explanation of the theory and practice of Panchakarma.

Book Information

Paperback: 320 pages

Publisher: Lotus Press; 1st edition (March 21, 1997)

Language: English

ISBN-10: 0914955373

ISBN-13: 978-0914955375

Product Dimensions: 5.7 x 0.7 x 8.6 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 12 customer reviews

Best Sellers Rank: #451,612 in Books (See Top 100 in Books) #98 in [Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda](#) #1394 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#) #35096 in [Books > Self-Help](#)

Customer Reviews

An effective resource for the Ayurvedic student. However, if you are not an Ayurvedic student, beware. This might be good if you are going to pay a practitioner for PK and want an overview of what you are getting yourself into. Ayurveda is very complex and this guide will not help you do PK on your own without a qualified practitioner. For a practitioner/student myself, I was able to consider his insight while doing my home pancha karma.

A good and easy reading book. Most suitable for those with prior knowledge and experience in Ayurveda and Panchakarma.

An excellent book. It may, however, be hard to practice in the typical Western lifestyle/habits (for example, all fermented foods and leftovers are no-no. Air conditioning is bad, too, meaning drafts of cold, dry air.). But then one will have to pay the price in terms of poor health despite all of the wealth and luxuries.

This is an excellent book to learn about Ayurveda and its modalities of treatment.

This is an extraordinarily informative book that does a tremendous job of putting panchakarma in the broader perspective of overall ayurvedic practice. Although the book is written at a level for practitioners, non-practitioners like myself will find it immensely useful.

One of the best books on Ayurveda and Panchakarma.

I have been a fan of Ayurveda for a few years and have read many books. However none of them explain the foundation and roots of Ayurveda quite like Dr. Sunhil does in this book! His background in western medicine helps compare the two practices and answers many of my questions. I highly recommend this book to those who would like to learn more about Ayurveda or just are starting their studies in becoming a practitioner.

This book is a godsend for those with chronic and autoimmune diseases who have given up on mainstream medicine, and are trying to figure out how to heal pretty much on their own. Amazing that this 5,000 year old wisdom is so superior to what is being offered by modern medicine. Mostly you just hear about the cutesy spa and beauty treatments kind of ayurveda, to which I never paid much attention. What a revelation to learn about pancha karma and the very serious and effective side of ayurveda.

[Download to continue reading...](#)

Ayurveda and Panchakarma: The Science of Healing and Rejuvenation Ayurveda:

ASHWAGANDHA: The Miraculous Herb!: Holistic Solutions & Proven Healing Recipes for Health, Beauty, Weight Loss & Hormone Balance (Ayurveda, Natural Remedies, Hormone Reset Book 1)

Ayurveda: Ayurvedic Essential Oils & Aromatherapy for Amazing Relaxation, Beautiful Skin &

Tremendous Healing! (Ayurveda, Essential Oils, Natural Remedies, DIY Book 1) Textbook of

Ayurveda, Vol. 1: Fundamental Principles of Ayurveda Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling,

Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones:

Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Soul

Mind Body Science System: Grand Unification Theory and Practice for Healing, Rejuvenation,

Longevity, and Immortality Ayurveda: The Science of Self Healing: A Practical Guide Reiki: The

Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki:

Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1)

Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura,

Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone)
Crystal Healing: Simple Guide To Understanding The Benefits Of Crystals (Healing Stones ,Energy
Healing,Crystal Healing Book 2) Crystal Healing: The Ultimate Reference Guide To Understanding
The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras Book 1) Crystal
Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones,
Energy Healing, Crystal Healing, Chakras) The Ayurveda Way: 108 Practices from the
World's Oldest Healing System for Better Sleep, Less Stress, Optimal Digestion, and More
Yoga & Ayurveda: Self-Healing and Self-Realization Ayurveda and the Mind: The Healing of
Consciousness The Wheel of Healing with Ayurveda: An Easy Guide to a Healthy Lifestyle The
Ayurveda Bible: The Definitive Guide to Ayurvedic Healing (Subject Bible) Healing Your Life:
Lessons on the Path of Ayurveda Absolute Beauty: The Secret to Radiant Skin and Inner Vitality
Through the Art and Science of Ayurveda

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)