



The Way of Ayurvedic Herbs: A Contemporary Introduction and Useful Manual for the World's Oldest Healing System

Karta Purkh Singh Khalsa, Michael Tierra

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Ashwaganda for stamina and vitality.....ajuna for heart health.....dandelion for breast wellness.....gokshura to reach a sexual peak. Traditional Ayurveda, using the principles of the three doshas, constitutional body typing and highly individualized therapies, is the oldest continuously practiced healing system on Earth. Over those many centuries, generations of Ayurvedic scholars and physicians have reviewed, inspected, dissected and refined the system to perfect a highly effective form of health, balance and healing. Now, two of the world's leading Ayurvedic herbalists, both leaders of the holistic health renaissance, and who, together, bring a total of over 75 years of practice to the work, have crafted a manual for making Ayurveda understandable and eminently, practically useful. The Way of Ayurvedic Herbs is more than an herb manual. It is a life path to well-being.

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