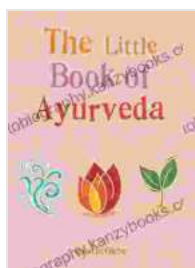


The Little Book of Ayurveda: A Comprehensive Guide to the Ancient Indian System of Natural Healing

Ayurveda is an ancient Indian system of natural healing that has been practiced for over 5,000 years. It is a holistic system that takes into account the whole person, including the mind, body, and spirit. Ayurveda believes that health is a state of balance, and that illness is caused by an imbalance of the doshas, which are the three energies that govern the body.

The Little Book of Ayurveda is a comprehensive guide to this ancient healing system. It covers everything from the basics of Ayurveda to specific treatments for common ailments. Written by a leading Ayurvedic doctor, this book is a must-read for anyone interested in learning more about this powerful healing system.

The three doshas are:



The Little Book of Ayurveda (The Gaia Little Books Series) by Ignacja Glebe

★★★★☆ 4.1 out of 5

Language : English
File size : 9405 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 99 pages

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- **Vata** is the dosha of air and space. It governs movement, communication, and creativity.
- **Pitta** is the dosha of fire and water. It governs digestion, metabolism, and energy.
- **Kapha** is the dosha of earth and water. It governs structure, stability, and immunity.

Each person has a unique balance of the three doshas. This balance is determined by our genetics, our diet, our lifestyle, and our environment. When the doshas are in balance, we are healthy. When the doshas are out of balance, we become ill.

Ayurveda offers a wide range of treatments to help restore balance to the doshas. These treatments include:

- **Diet**
- **Lifestyle**
- **Herbal medicine**
- **Yoga**
- **Meditation**

Ayurvedic treatments are gentle and non-invasive. They are designed to support the body's own healing abilities.

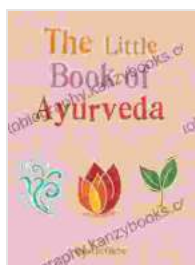
Ayurveda can be used to treat a wide range of common ailments, including:

- **Digestive problems**

- **Skin problems**
- **Respiratory problems**
- **Mental health problems**
- **Chronic pain**

Ayurveda is a safe and effective system of natural healing that can help you achieve optimal health and well-being.

The Little Book of Ayurveda is a comprehensive guide to this ancient healing system. It is a valuable resource for anyone interested in learning more about Ayurveda and how it can be used to improve their health and well-being.

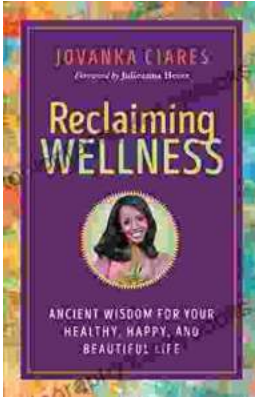


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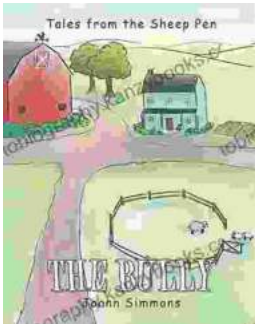
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