

Marma Points Of Ayurveda

The author’s Quantum Healing: Exploring the Frontiers of Mind/Body Medicine, aimed to show how health and sickness are controlled by awareness at the level of quantum physics, where mind and body are one. Now Dr Chopra has written a practical guide to harnessing that healing power of the mind, a book based on the principles of Ayureda, a 5000-year-old system of mind/body medicine that has recently been rediscovered. The book provides a step-by-step programme of mind/body medicine tailored to the individual's need. The result is a plan for re-establishing the body’s essential balance with nature.

In Ayurveda Marmas Are Mentioned. Susruta Samhita Deals With Marmas Elaborately. Those Who Practise Ayurvedic Massage Should Have The General Knowledge About Marmas. Now A Days The Acharyas Of Kalari Payattu (Martial Art) Know The Marmas And The Marma Treatment.In The Olden Days The Ayurvedic Doctors Had The Knowledge Of Some Marma Points Where They Used To Press And The Patient Became Unconscious And The Surgery Was Done. After The Operation Another Marma Point Was Pressed And The Patient Regained This Consciousness.If Any Marma Is Damaged The Body Gets Some Trouble. If Marmas Are Well Activated Some Diseases Can Be Cured. It Is Well Mentioned In This Book.

For the first time a book is available that clearly explains the principles and practical applications of Ayurveda.

training manual for marma therapy

The Basic Ayurvedic Principle

Marma Points of Ayurveda

The Complete Mind/body Guide

The Complete Book of Ayurvedic Home Remedies

Ayurvedic Cooking for Self-healing

Secrets of the Pulse

Nutrition and Integrative Medicine

In 30 Essential Yoga Poses, Judith Lasater draws on her wealth of yoga practice and teaching experience, as well as her training as a physical therapist, to present this comprehensive guide for beginning students and their teachers. The author discusses yoga's ancient eightfold path and its relevance in today's world, and goes to the heart of yoga—the all-important student-teacher relationship. Thirty essential yoga poses (asana), their variations, and breathing practices (pranayama) are also provided, with guidance for the student practicing at home, and points for the classroom teacher. Sequences are presented with photographic charts for easy visual reference, and a "Mantra for Daily Practice" and glossary of anatomical terms and resources for further study are also included.

Ayurvedic Massage is the first book on the subject, and the first new massage therapy introduced to the West since shiatsu. One of the oldest systems of medicine in the world, Ayurveda views the human being as intimately connected with the environment and all other life forms. Ayurvedic massage works on both the physical and mental levels, transmitting a life-giving energy that assists all systems of the body to repair and renew themselves. Practitioners concentrate on the marmas, subtle energy points that respond to gentle physical manipulation, and work with the needs of the different body types. The author guides both the novice and experienced practitioner through each step in the full body massage and explains which oils work best for particular body types. • Includes massage techniques for expectant mothers and their babies. • Outlines techniques and natural remedies for treating specific disorders, including arthritis, rheumatism, sciatica, and insomnia. • Offers a complete guide to the traditional forty-day beauty treatment as practiced in India, and includes recipes for massage oils, facial creams, and beautifying clay baths.

Thousands of years ago Ayurveda described multiple levels of the radial pulse that could be used to interpret the status of the organs and systems of the body as well as the mental and physical constititions of the individual. For the first time in the west this book presents this ancient are and provides a method by which anyone can learn to read his or her own pulse. Imbalances and potential disease states can be detected in their early stages, giving one the opportunity to correct them before they affect the quality of life. With practice and guidance, one can acquire the proficiency to use this knowledge to heal self and others. This book will give guidelines to think about various ways of feeling, reading and gathering information through the pulse. It is quite difficult to put subjective experience into words. It is an attempt to express these simple ways of feeling the pulse.

Five thousand years old, Ayurvedic massage has been shown to still the mind and body by lowering metabolic rates and inspiring feelings of peace and calm. Often administered as a part of a three-, five-, or seven-day program, these treatments are an integral part of deep cleansing, rejuvenation, and life-extension Ayurvedic programs called panchakarma or kya kalpa. This book by a noted practitioner features more than 15 of these treatments, each described in step-by-step detail and some synchronized with two therapists for up to two hours in length. It provides the reader with all the tools necessary to begin Ayurvedic treatments as a part of a spa menu or massage therapy program.

Secrets of Ayurvedic Massage

Yoga of Herbs

Neti

Theory and Practice of Ayurvedic Acupuncture

Marma Treatment

Vedic Health Care System

Vital Body Points (Based on Suśruta Sāhira)

Most popular general introduction to Ayurveda, the alternate health science of India.

The effective yet gentle 'Sukshma' technique, for working with the Marma points at the emotional as well as on the physical level, is fully described in this book. Marma Therapy - the art of treating specific vital points on the human body - is one of the greatest healing secrets of Ayurveda. It can be used to detoxify, strengthen and revitalize the body, for rejuvenation and relaxation or to release blocked energy. The authors explain the theoretical basis of Marma Therapy, and then provide a detailed, fully illustrated guide to its use. For each Marma point, the authors provide information about its significance, the Ayurvedic element it relates to, the most appropriate oils to use, and what it can be used to treat. Clear step-by-step instructions and photographs illustrate the techniques, and advice is also included for self-treatment. The authors explain how to strengthen the Marmas through yoga and use mudras to support and complement Marma treatment. Finally, they describe how to treat common physical and emotional conditions, from headache and back pain, to exam nerves and insomnia.

Ayurveda, the ancient healing art of India, teaches that food plays an essential part in one's health and sense of well-being. Here is an authentic guide of the Ayurvedic approach to food and tasty vegetarian cooking. The recipes are formulated using herbs and spices to help balance constitution of each person. The effects of the foods on individual constitution are included with every recipe together with the medicinal properties of many of the foods. This is a cookbook and much more. The Chapters included in this book are on the principles of Ayurveda and individual constitution; maintaining one's health, digestion and constitutional balance; the importance of proper food combining for optimal well-being; setting up an Ayurvedic kitchen and planning menus inclusive of every member of your family; and more than 100 recipes of delicious Ayurvedic cuisine. Three more important sections are included-nearly three hundred simple remedies for everything from the common cold and skin problems to stabilizing blood sugar in diabeties, all using familiar household herbs, fruits and vegetables; a chart for determining your individual constitution; comprehensive food guide lines; and a listing of the qualities of foods and their effects on the doshas.

While a number of authors have written on "ayurvedic massage", most of them have not truly integrated the massage techniques into the science of ayurveda with the background and depth of knowledge of the authors in this volume. Dr. Ranade, one of the foremost authorities in the field of ayurveda, along with his co-author Dr. Rawat, himself an ayurvedic educator have integrated the principles of ayurveda at a level that can make the use of massage a serious therapeutic tool for the ayurvedic doctor or health practitioner. Ayurvedic massage has many unique features and advantages compared to many other types of massage therapy. Dramatic results can be obtained when the practitioner has the ability to adapt the massage technique according to body type, age, stage of the disorder or disease, as well as the general health of the digestion and the imbalances present in the client or patient. Most ayurvedic massage texts content themselves with differentiating the technique based on constitutional type of the body alone; while Drs. Ranade and Rawat, with their long-training and experience as professors and educators in the field, are able to provide insight and integration to the diverse aspects of this field to make it truly effective at a deeper level. In addition, they explain the different types of oils or other substances that can be used, as well as the circumstances and manner of determining which one is appropriate in a particular case. They describe how modifications to the stroke and direction of the stroke used can be applied based on the underlying circumstances unique to each client. The readers of this text will gain a background in ayurvedic theory, as well as applied therapy. Ayurvedic massage can be seen as a therapeutic tool in its own right as well as a predecessor to panchakarma treatment. For the first time the important concept of "marma massage" has been explained and described. This technique is extremely valuable and is becoming quite popular among practitioners of ayurveda both in India and abroad. A chapter on "Massage for Specific Diseases" highlights some important disease conditions for which the massage techniques can be very useful.

Lessons on the Path of Ayurveda

The Healing Power of Ayurvedic Vital Point Massage

A Primer for Clinicians

The Ancient Art of Ayurvedic Pulse Diagnosis

A General Introduction to Traditional Chinese Medicine

In Aurvedic Diagnosis and Treatment

Ayurvedic Healing Methods

This is the first book on marma therapy published in the West. It clearly describes the 107 main marma points in location, properties and usage. It explains in detail how to treat them with many methods including massage, aromas, herbs and yoga practices. Ayurveda and Marma Therapy is an essential reference guide for all students of Yoga, Ayurveda, massage or natural healing.

In this book, the author reveals the ancient Ayurvedic system of acupuncture called Siravedhana or Marmapuncture which has remained secret or many years. It is a comprehensive introduction forthe layperson to understand not only Ayurvedic acupuncture but Ayurveda also. On the other hand, through detailed drawings and explanations it is also an indepth instructional manual for practitioners.

Women have made it clear that they desire a broader, integrative approach to their care. Here, for the first time, Integrative Women's Health weaves together the best of conventional treatments with mind-body interventions, nutritional strategies, herbal therapies, dietary supplements, acupuncture, and manual medicine, providing clinicians with a roadmap for practicing comprehensive integrative care.Presenting the best evidence in a concise, accessible format, and written exclusively by female clinicians, this text addresses many aspects of women's health, including feminine perspectives on aging, spirituality and sexuality, specific recommendations for the treatment of cardiovascular disease, rheumatoid arthritis, HIV, headaches, multiple sclerosis, depression, anxiety, and cancer, as well as integrative approaches to premenstrual syndrome, pregnancy, menopause, fibroids, and endometriosis. Homeopathic, Ayurvedic and traditional Chinese medicine practitioners provide insight into the ways in which these systems manage reproductive conditions.As leading educators in integrative medicine, editors Dr. Maizes and Dr. Low Dog demonstrate how clinicians can implement their recommendations in practice, but they also go beyond practical care to examine how to motivate patients, enhance a health history, and understand the spiritual dimensions of healing.

For learning Ayurveda, understanding how Tridosha works in the body is very important to know. The three Doshas–Vata, Pitta and Kapha–form the most basic Ayurvedic principle upon which the entire practice of Ayurveda is postulated. The book Tridosha Made Easy offers:
• The basic understanding of Tridosha in easy language
• Functions, types, qualities and places of Tridosha
• Tridosha’s role in the functioning of the immune system, endocrine system, etc.
• Tridosha’s role in maintaining health and causing diseases
• Tridosha Prakriti–Body Type
• Diseases and symptoms caused by Tridosha imbalance
• Diet and lifestyle to balance Doshas
• A healthy daily regimen and relationship with Vata, Pitta and Kapha
• Association of Doshas with Ama
• Concepts of Avarana and Gata Vata–made easy to understand

Clinical Practice of Sushrutokta Marm Chikitsa and Siravedhan Highlighting Acupuncture

The Energy Pathways for Healing Body, Mind and Conciousness with a Comparison to Traditional Chinese Medicine

Traditional Indian Techniques for Balancing Body and Mind

Advanced Thai Yoga Massage

Ayurvedic Massage Therapy

Marma Chikitsa

Ayurveda

In Aurvedic Diagnosis and Treatment

With 55 in-depth chapters on common medical conditions that range from diabetes and chronic fatigue syndrome to headaches and fevers, Vasant Lad presents the perspective of Ayurvedic medicine in healing. These articles talk about classic remedies such as herbal therapies, yoga postures, diet, and panchakarma therapies. Learn natural ways to support other therapies and improve your overall health and well-being. This unique compendium is a testament to the relevance of Ayurveda in our modern world. Applying time-honored insights from this ancient science, it establishes an approach to disease management that is free from unwanted side effects. This book has arisen from Vasant Lads decades of clinical and classroom experience. By elucidating the fundamental imbalances behind a range of diseases, these articles guide practitioners towards addressing causes, alleviating symptoms and eliminating the conditions that allow a disease to recur. They will inspire valuable insights in the hearts of those wishing to manage the diseases that are so prevalent in our current age.

The Art and Science of Vedic Counseling is the best counseling guide available for students, teachers, and practitioners of Ayurveda, Yoga, and related healing arts. The book is an ever-cherished collection of knowledge, wisdom and a practical, clinical reference. I highly recommend the book to all those who love Yoga & Ayurveda. -Vasant Lad, B.A.M.&S., M.A.Sc - Ayurvedic Physician

Ayurveda, the ancient healing art of India, teaches that food plays an essential part in one's health and sense of well-being. Here is an authentic guide of the Ayurvedic approach to food and tasty vegetarian cooking. The recipes are formulated using herbs and spices to help balance the constitution of each person. The effects of the foods on individual constitution is included with every recipe together with the medicinal properties of many of the foods. This is a cookbook and much more. Included in this book are chapters on: the principles of Ayurveda and individual constitution; maintaining one's health, digestion and constitutional balance; the importance of proper food combining for optimal well-being; setting up an Ayurvedic kitchen and planning menus inclusive of every member of your family and more than 100 recipes of delicious Ayurvedic cuisine. These important sections include even more benefits from Ayurveda: nearly 300 simple remedies for everything from the common cold and skin problems to stabilizing blood sugar in diabetics, all using familiar household herbs, fruits and vegetables! A chart for determining your individual constitution. Comprehensive food guidelines for basic constitutional types.

A listing of the qualities of foods and their affects on the doshas.

Daily Habits That Can Change Your Life in a Day

Ayurveda and Acupuncture

Based on the Timeless Wisdom of India's 5,000-Year-Old Medical System

Ayurvedic Perspectives on Selected Pathologies

The Encyclopedia of Ayurvedic Massage

**A Comprehensive Resource for the Understanding & Practice of Traditional Indian Medicine
A Comprehensive Guide**

Established by the Western Han dynasty more than 2,000 years ago, Traditional Chinese Medicine (TCM) is currently finding increased acceptance. A General Introduction to Traditional Chinese Medicine explores the thinking behind TCM, its philosophy-based theory, and its cutting-edge uses in today's clinical practice. The book covers: Establishment and development of TCM's clinical system. Basic features of TCM TCM's philosophical bases: primordial qi, yin-yang and Five Elements TCM's medical model, method, and architecture Organized to make information easily accessible, each chapter contains: Goals & Requirements and Key Contents understand the core and the outline of the chapter Endnotes for readers to learn some cultural and historical information peculiar to China Glossary for readers to understand more specific information about TCM and Chinese culture Complete with chapter outlines and ancillary material, this carefully designed guide brings a time-tested practical application to changing conditions. It is meant as a bridge between east and west. In this regard, it has been a collaboration of an easterner with profound knowledge of the west and a westerner with profound knowledge of the east.

While medical professionals continue to practice traditional allopathic medicine, the public has turned toward nutritional and integrative medical therapies, especially for addressing the proliferation of chronic diseases. Written by leaders in the academic and scientific world, Nutrition and Integrative Medicine: A Primer for Clinicians presents a practical application to changing conditions. It is meant as a bridge between east and west. In this regard, it has been a collaboration of an easterner with profound knowledge of the west and a westerner with profound knowledge of the east. The term yoga has many traditional meanings. In Ayurveda, the medical science of India, yoga refers to the right usage and right combination of herbs. A special combination of substances designed to bring about a specific effect upon the body or mind is thus called yoga. This coordinated or integrated usage of herbs is based upon the an herbal energetics. This is a system for determining the qualities and powers of herbs according to the laws of nature, so that herbs can be used objectively and specifically according to individual condition. A yogic usage of herbs implies such an harmonic application of the potencies of herbs. In this book, for the first time, this Ayurvedic h western herbs, as well as to a few major oriental herbs, both Indian and Chinese. It is the purpose of this book not to present Ayurveda in the distance, as some-thing foreign or anci-ent, but to make it a practically applied syst-em of herbalism. This book is just a presentation of traditi-onal Ayurvedic know-ledge. It attempts to show living

restore health. This book provides users with a guide to evaluating and recommending nutritional and integrative therapies. The book offers insights on the microbiome of the human body, examines the relationship of human health to the microbiome of the food we ingest, and introduces the concept of "food as information." It provides en healing modalities, mind-body medicine, and an investigation of psychological trauma as related to disease causation. Integrative therapies, including water, light, and sound therapy, are explored, and information on healing chronic disease through nutrition, the tooth-body connection, the role of toxins in disease causation, and electromagn

- well as its management, is presented.
- Marma Manual
- Healing Secrets of Yoga and Ayurveda
- Postures and Energy Pathways for Healing
- Significance of Ayurvediya Marma
- VPK Basics
- Life, Health and Longevity

Ayuryoga
A practical manual for the Western massage therapist.

"Neurology is a quantitively small corner of medicine that, increasingly, occupies a position of outsized importance and distinction in both the practice of medicine and in the health and well-being of society. The Decade of the Brain came into public awareness in 1990 as an initiative of president George W. Bush involving the NIH and NIMH "to enhance public awareness of the benefits to be derived from brain research"(1). In the intervening 20 years since 1999, we have seen significant increases in understanding the myriad of neurological diseases that confront society"--

Based on the ancient healing tradition from India that dates back thousands of years, The Complete Book of Ayurvedic Home Remedies offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being.

Ayurveda, The Universal Healing Art. More Than A Medical System. Developed From The Vedas, India&Rsquo;S Ancient Books Of Wisdom, Ayurveda Combines Physical, Psychological And Spiritual Therapies In An Approach To Health That Is As Relevant To The Modern World As It Was To The Ancient World When It First Became Part Of India&Rsquo;S Collective Consciousness. Here Is A Definitive Handbook Of A Health Care Both Sensible And Sublime, That Is Still Alive And Well Itself&Mdash;The Author Is The First Westerner To Graduate From An Indian Ayurvedic College. Utilizing Herbs And Minerals, Proper Nutrition And Purification And, Above ALL, Affirmative Ways Of Living, Ayurveda Treats Not Just The Ailment But The Whole Person And Emphasizes Prevention Of Disease To Avoid The Need For Cure. Its Ancient Message Has Helped Spread The New Holistic Thinking In The West, Encouraging Us To Become &Lsquo;Stewards Of Life&Rsquo; In Order, Now, To Give Civilization Itself A Chance To Heal.

- Ayurvedic Healing
- Energy Points in Yogic Healing
- Ayurvedic Massage
- Applied Marma Therapy Cards
- Ayurveda and Marma Therapy
- Art and Science of Vedic Counseling
- Ayurvedic Cooking for Self-Healing

Time is scarce and precious in today's world and we seek solutions that are quick. While allopathic medicine tends to focus on the management of disease, the ancient study of Ayurveda provides us with holistic knowledge for preventing disease and eliminating its root cause. Dr Bhaswati Bhattacharya takes you through a day in the life of Ayurvedic living.

Presents the Ayurvedic treatment of common diseases, covering over eighty different ailments from the common cold to cancer.

Based on Dr Lad's 40 years Ayurvedic clinical and classroom experience, this 30 card set is sourced from his popular Marma Therapy seminars. Each full colour flash card has a larger illustration with the name of the point and its location, for practice. The other side of the card has a more detailed illustration with the therapeutic applications of each point listed, for study. Contents: 23 anatomical cards with marma points; Healing through Energy Points; Emotions, the Organs, and Marma Points; Chakra Breathing and Sounds; Meditation for Self-Healing: So Hum; Empty Bowl Meditation; Guidelines for Touch and Pressure; Applying Essential Oils & Oil Selection. According to Dosha Included in the set are two meditations that Vasant Lad highly recommends. Additionally, instructions on sound therapy that balances the marma points according to the chakras is provided. Marma points useful for emotional healing are outlined as well as the proper essential oils for healing the doshas-vata, pitta, kapha-through marma point therapy. Flash cards are printed on a 16 point cardstock and coated with a UV protective coating, making them quite durable.

"Presents healing energetics of Ayurvedic marma points and compares them with Chinese system of acupuncture. Based on traditional medicine system from India, provides commentaries of diagnostic and therapeutic scope for each marma point including techniques for massage, detoxification, acupressure, aromatherapy, yoga and meditation"

- Science of Marma
- Perfect Health
- Llewellyn's Complete Book of Ayurveda
- Everyday Ayurveda
- The Lost Secrets of Ayurvedic Acupuncture
- The Science of Self-healing : a Practical Guide
- Healing Your Life

A comprehensive resource by one of the world's most respected Ayurveda experts Ayurveda is the art of good life and gentle healing. It is a holistic system of medicine that includes prevention, psychology, diet, and treatment. Join Hans H. Rhyner, a leading authority on Ayurveda, as he explores the principles, therapies, and collected knowledge of this powerful approach to health and wellbeing, including: Anatomical Aspects (Rachana Sharira) Evolutionary Physiology (Kriya Sharira) Constitution (Prakruti) Pathology (Samprapti) Diagnostics (Nidana) Pharmacology (Dravya Guna) Treatment Strategies (Chikitsa) Nutritional Sciences (Annnavijnana) Preventative Medicine (Swasthavritta) Quintet of Therapeutics (Panchakarma) Clinical Applications Filled with natural treatment suggestions and herbal remedies for dozens of conditions, Llewellyn's Complete Book of Ayurveda provides detailed explanations of the most important topics in the field, such as: The Legend of Ayurveda Creation and Evolution (Sankhya) Logic and Analysis (Nyaya-Vaisheshika) Yoga The Channel System (Srota) Vital Points (Marma) Seven Basic Tissues (Sapta Dhatus) Biological Fire (Agni) Toxic Wastes (Ama) Somatic Constitution Psychic Constitution Causes of Disease (Nidana) Six Stages of Pathogenesis (Kriya Kala) Observation and Examination Principles of Treatment Acupuncture and Moxibustion Eight Considerations on Food Diet for Your Constitution Kitchen Pharmacy Daily Healthy Habits (Dinacarya) Rules for Different Seasons (Rutacarya) Ethical Life (Sadvritta) Purificatory Treatments (Pradhanakarma) Dietetics (Pascat Karma) Ethics Spirituality in Psychotherapy (Vedanta) Ayurveda Surgery Ayurveda Psychiatry Vastu-Vedic Geomancy Medical Astrology And Much More

Expand your Thai yoga massage practice with advanced postures and energy work to treat stress, back pain, headaches, and several other common conditions • Includes step-by-step photographs for more than 50 advanced Thai yoga massage postures • Illustrates in full color the locations of the sen lines and explains their specific therapeutic qualities and connections to ayurveda and the 5 kosha bodies • Details successful treatment plans for 8 common ailments with custom 60-minute Thai yoga massage posture flows as well as ayurvedic and yoga recommendations for continued healing and prevention at home In the unique healing system of Thai yoga massage--based on yoga, ayurveda, and the martial arts--the practitioner uses his or her own hands, feet, arms, and legs to gently guide the recipient through a series of yoga postures while palming and thumbing along the body ' s energy pathways and pressure points, known in the Thai tradition as sen lines and in ayurveda as marma points. Providing a way to expand one ' s Thai yoga massage practice, this book includes step-by-step photos and guidelines for more than 50 advanced Thai yoga postures as well as successful treatment plans for 8 common ailments: stress, back pain, stiff neck and shoulders, arm and hand exhaustion, headaches, constipation, fibromyalgia, and anxiety/depression. Each treatment plan offers a customized one-hour Thai yoga massage posture flow specific to that ailment along with ayurvedic and yoga recommendations for continued healing and prevention after the massage session. This comprehensive guide also illustrates the exact location of the sen lines and marma points, detailing their therapeutic indications and connections to ayurveda and the five kosha bodies, as well as explaining how to incorporate them into sessions for deeper healing.

The Marmas (Vital points) are very sensitive, tender and vulnerable points in human body. Injury to them leads to deformity or even to death. Therefore, the knowledge of the Marmas is very essential for physicians and surgeons. This book is an attempt in this direction. Based on 54 verses of Susruta Samhita Saurashtra, Chapter 6, it explains the Ayurvedic concept of Marmas, along with their various types, location in the body, nature, their size, anatomy, physiology, pathology and possible treatments. It also tries to correlate the Ayurvedic Marmas with the vital points in other alternative systems of medicine--Yoga, Unani, Siddha, Homoeopathy and Acupuncture.

The neti pot is one of the most popular new methods of personal hygiene and health improvement ... This simple tool for nasal irrigation, coming from the ancient tradition of Yoga and Ayurveda, is a great way to counter nasal congestion, sinus allergies, headaches, and many other health problems ... -- P. [4] of cover.

- 30 Essential Yoga Poses
- Integrative Women's Health
- Marma Therapy
- An Anthology of Essential Reading from Ayurveda Today
- Integrative Neurology
- Tridosha Made Easy
- For Beginning Students and Their Teachers
- Healing is a personal journey. Ayurveda provides a foundation for self understanding and a clear road map for how to live life in a manner that will support your healing process. This book is about unlocking your healing potential. In this book, Dr. Marc Halpern shares his own personal journey of healing himself from a crippling autoimmune disorder and seven years of subsequent chronic fatigue. Along the way he reveals the Lessons On The Path. Lessons that anyone can use to support their own healing journey... the lessons of Ayurveda
- An Ayurvedic Guide to Acupuncture
- Massage Therapy for Diseases of Vital Areas