

Aphrodisiac Therapy Vajikarana Tantram

The book contains remedies using • Household ingredients such as ghee, honey, garlic, turmeric. • Spices such as ginger, cumin, black pepper and clove. • Pulses like black gram, green gram, horse gram. • Dairy products such as butter, ghee and yoghurt. • Dry fruits and nuts such as walnuts, dates, almonds and raisins. • Fruits such as pineapple, custard apple, banana and mango. • Vegetables like okra, cucumber, radish, carrot and more! Remedies from ancient Ayurveda textbooks - Charaka Samhita, Sushruta Samhita, Ashtanga Hrudayam etc. Explanation of how exactly the remedies are useful, in which particular symptoms, in which stage of disease? Folklore, tribal remedies from communities such as Soliga, Guni etc.

Contributed articles; includes Sanskrit text with English translation.

Atreya Ayurveda Publications is always engaged in bringing the unique and class books in India. Now for the first time, we are launching the eBook on Panchakarma to reach maximum no. of readers all around the globe. this book describes the practical aspects of Keraliya Panchakarma. It is one of the best book for practitioners to refer and practice. Intended Audience A Practical guide for Ayurveda Practitioners, CAM practitioners, health professionals, ayurveda learners and lovers. Outstanding Features ü Introduction of panchakarma Therapy ü Utility & importance of Panchakarma ü Illustrated Keraliya panchakarma therapies-External oil therapies- ü Illustrated Keraliya panchakarma therapies-External sudation therapies

Ayurveda is considered by many scholars to be the oldest healing science. Ayurveda means “The Science of Life.” The knowledge of Ayurved is originated in India more than 5,000 years ago and is often called the “Mother of all Healing.” It stems from the ancient Vedic culture and was taught for many thousands of years in an oral tradition from accomplished masters to their disciples. The Skin is the largest organ of the body, having a surface area of 1.8m² and measuring approximately 18% of the body weight. It reveals both the normal and pathological state of an individual. Beauty is not in a potion or in a magic pill. Everyone is beautiful in his or her own way – you just need a little natural and loving touch with Ayurvedic care. The face is one of the important areas that you need to take care of because all five senses are located here. In Ayurved Healing are pamper with exotic herbs, foods that are pure, and beauty care that is natural and simply divine. Ayurveda is having sound knowledge in treating skin diseases. It's not only treat the disease but also prevent from further complications. The word Kushtha is a broad term used for almost all skin disorders. The disease which has a spreading nature and which leads to demarcation of skin in the form of discoloration is known as Kushtha. In Ayurveda, almost all the skin diseases is explained under Kushtha- Rogadhikara and classified as 7 Maha-Kushtha and 11 Kshudra Kushtha. In Kushtha all three Dosha are vitiated along with four Dusya i.e. Twak, Mamsa, Rakta and Lasika

which play major role in pathogenesis of Kushtha. It is a Bahudosha vyadi where there is vitiation of Dosha to a greater extent. Kushtha is best known for its Doshakarmaja and Janmantara Anubandha attributes. It is enlisted under the Rakta Pradoshaja Vikara and Astamahagada. Skin is also the Sthana for Sparshanendriya. There is an inseparable relation between skin and Manas due to their Sarva Indriya Vyapakatva so any problem to the sparshanendriya also affects the Manas. Panchakarma are procedures where the Doshas are made Utklishta by the administration of Snehana and Swedana therapies and are expelled out through the nearest route. The five procedures coming under Panchakarma are Vamana (Emesis), Virechana (Purgation), Basti (Medicated enema) Nasya (Errhine) and Rakthamokshana (Bloodletting). Panchakarma are not only meant for Shodhana, but can also be used as measures for Langhana, Brumhana, Lekhana, and Shamana. Since the publication of book mainly based on complete knowledge about the concept of Kushtha (Skin Disorders) and its correlation with modern science. This book will be very helpful for UG, PG, PhD students for easy identification of various types of Kushtha, various single herbs or herbo-mineral drugs formulation and Agad uses in Kushtha along with treatment like Shodhana, Shamana and Nidan Parivarjanais added in detail. This book also contains skin disorders related to Children.

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

FOR SALE IN SOUTH ASIA ONLY

Verse work on diagnosis and treatment of diseases according to the ayurvedic system in Indic medicine.

This is definitely not a book for the timid, the faint- hearted and shy. What Khana Sutra really is, is the starting point of letting all your fantasies and inner desires come to life. It is a book that celebrates life and the creation of life sans the censorship whilst having fun in the process. It is a book of love and recipes to celebrate that love. Khana Sutra is a cheeky exploration of the past when subjects such as these were not taboo and could be openly discussed in civilized society. It started off as a 'cookbook' but grew beyond those boundaries. These are tried and tested recipes. Some have been documented in historical books and others have been handed down orally over the generations. They are easy to prepare and the trivia is fun to read. Well, not as much fun as you are going to have once you have tried out the recipes!

Caraka, The Master Physician, Is Believed To Have Lived In The First Century Ad. The Samhita Composed By Him Forms The Bedrock Of Ayurvedic Practice Today. His Contribution To India S Cultural Inheritance Was Profound. Caraka Samhita Was, In Fact, A Revision Of An Older Text Agnivesa Tantra, Which Was

Written Several Centuries Before Caraka S Time. Caraka S Revision Became So Popular That It Was Translated Into Tibetan, Arabic, English And Many Indian Languages. The Legacy Of Caraka Retells The Samhita In A New Format. Instead Of Adhering To The Sequence Of The Stha Nas In The Original, The Author Has Retold The Samhita Through Thematically Structured Chapters, In Contemporary Idiom. The Retelling Has Involved Some Degree Of Restructuring And Condensation But Has Ensured That Whatever Is Stated Can Be Traced Back To The Original. In A Detailed Introduction, The Author Has Commented On Specific Aspects Of Caraka S Philosophy, Concepts And Practice, As Seen From The Point Of View Of Modern Medicine. This Book Will Be Of Special Interest To Students Of A Yurveda, Medicine And Other Sciences, And Those Interested In The History Of Science In India.

On Ayurveda system of Indic medicine.

Sanskrit text with English translation on the treatment of male impotency, according to the ayurvedic system in Indic medicine.

Critical interpretation with text of Hindu Tantric text.

Rebalance your mind, body and spirit—the natural way! Ayurveda is an ancient system of prevention and treatment of illness by maintaining balance in the body, mind, and spirit according to your individual body type. Ayurveda For Dummies provides you with a comprehensive introduction to this area of complementary medicine, considering the origins and history of Ayurveda as well as practical guidance on utilizing the correct balance of nutrition and exercise, herbal remedies, yoga, and Ayurvedic massage to treat ailments and maintain a healthy, happy lifestyle. Helps you develop a diet based on your body type Advises you on ways to optimize your health by exercising to suit your body type Gives you trusted info on stretching your body with Yoga This hands-on, friendly guide helps you understand your body type and restore balance to your life using the principles of Ayurveda.

The definitive and essential source of reference for all laboratories involved in the analysis of human semen.

ü A quick practical guide which can be used in everyday practice. This book will help complementary health practitioners in understanding the principles and practices of Panchakarma therapy. All the procedures are explained vividly in easily perceivable manner with scientific reasoning. ü First time the author has tried to describe the fundamentals of Panchakarma and bio-purification distinctly in separate chapters, which is the unique contribution. ü In the chapter entitled “Fundamental principles of Bio-purification therapy”, the author has tried to explain the need, importance, utility, fundamentals, Basic considerations before bio-purification and practical considerations in vivid and beautiful manner. ü Basic considerations before Panchakarma and before Vamana etc karma are the unique feature of this book. ü Practical considerations of emesis etc. therapies are the highlighting feature of this book. ü Experiences of the practicing eminent physicians and my past 8 years experiences also included. ü Illustrative

diagrams, table, photos of procedure are included wherever necessary. ü More than 20 mode of actions of procedures for understanding the mechanism of therapy. ü More than 40 QR codes of treatment procedures added and by scanning this directs to YOUTUBE videos.

The Paratrisika (or Paratrimika) is a short Tantra that has been held in the highest esteem by Kashmir Saivism or Trika. After Somananda, Abhinavagupta has written two commentaries on it, a short one (Laghuvrtti) and an extensive one the present Vivarana which is presented here for the first time in an English translation. The Paratrisika Vivarana is one of the most fascinating but also most difficult texts of the Kashmir Saiva School, and of the mystical philosophical literature of India as a whole. It deals with Ultimate Reality (anuttara or para) and with the methods of realization, centred above all in the theory and practice of the mantra. Abhinavagupta displays here his great exegetical genius and presents a penetrating metaphysics of language, of the Word (vak) and its various stages in relation to consciousness. His language reflects in a luminous fashion the mystical experience contained in this text. The present translation of Abhinavagupta's masterpiece will not only be a milestone in the study of Kashmir Saivism, but it also makes available one of the major mystical texts of the Indian tradition to readers interested in philosophy and spirituality

This volume brings together a collection of papers by some experts in medicinal plants. It is presented as a contribution to clarifying the many policy and technical issues associated with the conservation, use, production and trade of medicinal plants. This publication draws attention to the huge contribution of medicinal plants to traditional and modern health care systems, but also alert the readers on the many problems and challenges facing their sustainable development, such as: assessment and management of the medicinal plant resource base; best harvesting and processing practices; trade issues and aspects dealing with the intellectual property rights on traditional medicine by indigenous peoples. The use of this document will help raise the awareness on medicinal plants as an important forest resource, and will help ensure that medicinal plants are adequately included in forest conservation and utilization programmes.

This is the first book to examine the same-sex weddings and same-sex couple suicides reported in India over the last two decades. Ruth Vanita examines these cases in the context of a wide variety of same-sex unions, from Fourteenth-century narratives about co-wives who miraculously produce a child together, to Nineteenth-century depictions of ritualized unions between women, to marriages between gay men and lesbians arranged over the internet. Examining the changing legal, literary, religious and social Indian and Euro-American traditions within which same-sex unions are embedded, she brings a fresh perspective to the gay marriage debate, suggesting that same-sex marriage dwells not at the margins but at the heart of culture. Love's Rites by Ruth Vanita is a finalist for a Lambda Literary Award.

Arguably the oldest form of health care, Ayurveda is often referred to as the "Mother of

All Healing." Although there has been considerable scientific research done in this area during the last 50 years, the results of that research have not been adequately disseminated. Meeting the need for an authoritative, evidence-based reference, Scientific Ba

In the last three decades, revolutionary achievements have taken place in nutraceutical and functional food research including the introduction of a number of cutting-edge dietary supplements supported by human clinical trials and strong patents. Novel manufacturing technologies including unique extraction processes, bioavailability improvements th

Despite spectacular advances, modern medicine faces formidable global challenges in several key areas—notably the persistence of major killer diseases such as malaria, tuberculosis, leprosy, and newer threats including HIV/AIDS, resistant infections, and Ebola. As such, modern medicine has not led to a significant decrease in chronic diseases like diabetes, obesity, and other degenerative and autoimmune diseases. The authors believe that modern medicine needs to experience a paradigm shift, an integration of traditions—in particular from the ancient systems like Ayurveda and Yoga. Integrative Approaches for Health: Biomedical Research, Ayurveda and Yoga brings together the basic principles of interdisciplinary systems approach for an evolving construct of future medicine. Such an approach is already emerging at the cutting edge of current research in omics, bioinformatics, computational and systems biology. Several leading institutions of medicine have adopted Yoga and complementary medicine to widen their reach, and deepen effectiveness in therapeutic practices. The amalgam of modern medicine, with its strengths in scientific rigor, blended with the basic principles of life drawn from Ayurveda and Yoga might evolve into a medicine of tomorrow. Integrative approaches are no longer alternative, perhaps taking these approaches is the only possible way to heal our sick planet. This book introduces important trends and tools for biomedical researchers and physicians alike, to innovate the practice of medicine for the better. Contains a harmonious confluence of ancient and modern concepts, historical perspectives, philosophical underpinnings, and a relevant review of literature supported by worldwide case studies. Provides a critical analysis of ancient wisdom, pointing to potential areas for future research, which provide food for thought for public debate on integrative health care for the twenty-first century. Explains Ayurveda knowledge, and its relevance to drug discovery, nutrition, genomics, epigenetics, regenerative biology, longevity and personalized medicine. Shares Yoga knowledge insights, and explains its relevance to body–mind complex relationships, psychology, neurobiology, immunoendocrinology, bioenergetics, consciousness, and cognitive sciences. Offers illustrations and logic diagrams for enhanced understanding of the concepts presented.

This yoga book, written in a concise and easy-to follow manner, helps you tackle the peculiar problems associated with girls in teens, like PMS. There are asanas to help your radiant skin glow better, figure correction and height improvement; indeed, everything to help you have a beautiful body and a beautiful soul. For, a beautiful 'young lady' like you deserves all the beautiful things in the world.

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Here is an all-inclusive reference to ayurveda beneficial for families as well as health practitioners. Included are the basic principles of ayurveda; its history; and a generous

selection of therapies including herbs, nutrition, aromas, meditation, colors, gems, exercise, special message techniques, and rejuvenating measures known as pancha karma. Pathology and diagnosis are covered in plain English along with a discussion of the most commonly used ayurvedic herbs. Other new information includes ayurvedic hatha yoga, general healing, pregnancy and post-partum, and stress reduction.

This unique book provides a comprehensive picture of the vivid kaleidoscope of traditional medicine in Asia presented by 34 eminent authors from 15 countries belonging to the different systems like Ayurveda and Chinese Traditional Medicine. Important emerging areas such as harmonization of the traditional systems with modern medicine and the growing role of these systems in the health care structure of countries are also dealt with. Legislation and regulation of these systems and practitioners, an area of growing concern, the need for good preclinical toxicology studies and scientific clinical evaluation of the products and medicinal plants used for therapy are exhaustingly dealt with. The vital issue of protection of traditional systems of medicine and patenting of medicinal plants is discussed in detail. The book is replete with suggestions, and ideas aimed at making traditional systems more effectively, and more widely used for health care. The book also covers the prevailing situation regarding the use and other aspects of traditional medicine in the 10 Member countries of the South-East Asia Region of the World Health Organization.

The Vedic tradition of India is rooted in Sanatana Dharma, the eternal and universal truths that are beneficial to everyone. It includes many avenues of self-development that an increasing number of people from the West are starting to investigate and use, including: Yoga Meditation and spiritual practice Vedic astrology Ayurveda Vedic gemology Vastu or home arrangement Environmental awareness Vegetarianism Social cooperation Global peace And much more Vedic Culture shows the advantages of the Vedic paths of improvement and self-discovery that you can use in your own life to attain personal awareness, happiness, and fulfillment. It also provides a new view of what these avenues have to offer from some of the most prominent writers on Vedic culture in the West, who discovered how it has affected and benefited their own lives. For the benefit of individuals and for social progress, the Vedic system is as relevant today as it was in ancient times. Discover why there is a growing renaissance in what the Vedic tradition has to offer in Vedic Culture.

Classical work on Ayurvedic therapeutics; Sanskrit text with English translation. Atreya Ayurveda Publications is always engaged in bringing the unique and class books in India. Now for the first time, we are launching the eBook on Panchakarma to reach maximum no. of readers all around the globe. Intended Audience A complete practical guide for panchakarma technicians, massage therapists, naturopaths, herbalists, Spa consultants, allied health markets health beginners, and ayurveda learners. Outstanding Features ü A quick practical guide which can be used in everyday practice. This book will help panchakarma technicians and massage therapists in understanding the principles and practices

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