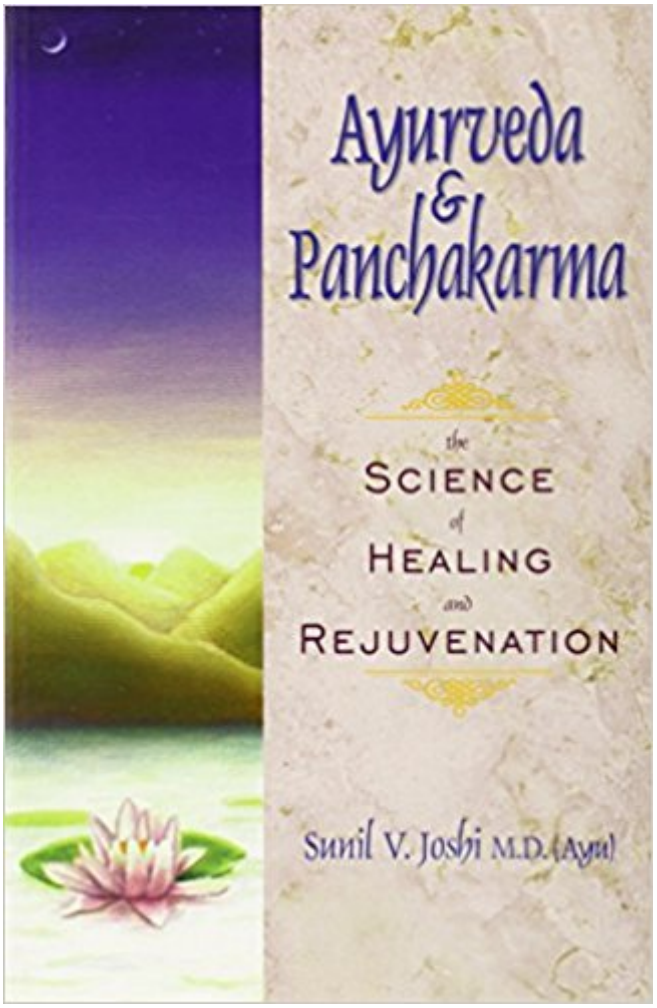
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Ayurveda And Panchakarma: The Science Of Healing And Rejuvenation



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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

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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 non 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.

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