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AYURVEDA : SAINS DAN PENGAMALAN
(AYURVEDA : SCIENCE AND PRACTICE)

Terjemahan / Translation
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Universiti Malaya
AYURVEDA : SAINS DAN PENGAMALAN
(AYURVEDA: SCIENCE AND PRACTICE)

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AYURVEDA: SCIENCE AND PRACTICE

This booklet outlines the basics of Ayurveda with brief insightful and useful information for the general awareness about Ayurveda for medical practitioners. Ayurveda, which means knowledge of life, is being practiced in the Indian subcontinent for the past 5000 years. It is the world's oldest science of healing. It focuses on health in a holistic manner by ensuring a healthy body and mind. It has an individualised system of treatment. This booklet attempts to explain how one can easily use Ayurveda for a healthy lifestyle by using the principles of Ayurveda. This compilation covers the fundamental concept, origin, meaning, aims and objectives, various formulations, unique features as well as preventive and curative components of treatments, safety and efficacy of Ayurvedic medicines and therapies and a short description of the essence of Ayurveda - Panchakarma, a complete detoxification and bio purification technique. It ends with some important facts about Ayurveda.

Pengarang

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