


[DOWNLOAD](#)


Health Rejuvenation and Longevity Through Ayurveda : Holistic and Preventive Herbs for Better

By Chander Mohan Ghai

Deep and Deep. Condition: New. Contents: Foreword. Preface. I. Body constitution and Ayurvedic herbs: 1. Introduction. 2. Know your body constitution (Personality). 3. Preparation and administration of herbs. 4. Anupana. II. Holistic and preventive herbs: A. Herbs which improve mental acuity, memory and intelligence (Psychoprotective): 5. (I). Brahmi (Bacopa Monnieri). (II). Mandukaparni (Centella Asiatica/Hydrocotyle Asiatica). 6. Shankhapushpi (Convolvulus Pluricaulis Choisy). 7. Vacha (Acorus Calamus). 8. Petha/Kaddu (Benincasa Hispida). B. Herbs which promote rejuvenation and longevity (Rasayana): 9. Ashwagandha (Withania Somnifera Linn.). 10. Amla (Phyllanthus Emblica). C. Herbs which strengthen the heart and prevent heart ailments (Cardioprotective): 11. Sarpagandha (Rauwolfia Serpentina Benth.). 12. Arjun (Terminalia Arjuna W. & A.). 13. Jatamansi (Nardostachys Jatamansi). D. Herbs which enhance the vital force, i.e. immunity and defence of the body (Immuno-modulator): 14. Giloy (Tinospora Cordifolia Willd.) Miers. E. Herbs which manage the gastric and respiratory problems: 15. Mulethi (Glycyrrhiza Glabra). 16. Kuth (Saussurea Lappa). 17. Ustakhuddus (Lavendula Stoechas). F. Herbs which activate nervous system and alleviate depression and anxiety: 18. Malkangni (Celastrus Paniculatus Willd.). 19. Tagar (Valeriana Jatamansi/Valeriana Wallichii). III. Herbs for prevention and management of dreaded diseases: AIDS and cancer: 20. Management of AIDS with herbs. 21. Management of cancer with herbs. 22. The...



[READ ONLINE](#)
[6.14 MB]

Reviews

A brand new eBook with a brand new standpoint. I could possibly comprehend everything out of this composed e publication. Your life span will likely be enhanced once you total reading this pdf.

-- Willa Ritchie

Without doubt, this is the best work by any author. I really could comprehend everything using this written e publication. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Hiram Romaguera

Related PDFs



The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds, Nicola Baxter, Geoff Ball, This is a super-size first reading book for 3-5 year olds, with an engaging story, colourful pictures...



Read Write Inc. Phonics: Green Set 1 Storybook 2 My Dog Ned

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 210 x 148 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 sounds. Each set...



Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus (I Can Read Book 2)

HarperCollins, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword by Raph Koster. Introduction. I. EXECUTIVE CONSIDERATIONS. 1. The Market. Do We Enter the Market? Basic Considerations. How and Which Niche? Market Analysis: Who Are...



Kingfisher Readers: Your Body (Level 2: Beginning to Read Alone) (Unabridged)

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: Your Body (Level 2: Beginning to Read Alone) (Unabridged), Brenda Stone, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the sphere of learning to read. This new...



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



My Windows 8.1 Computer for Seniors (2nd Revised edition)

Pearson Education (US). Paperback. Book Condition: new. BRAND NEW, My Windows 8.1 Computer for Seniors (2nd Revised edition), Michael Miller, Easy, clear, readable, and focused on what you want to do Step-by-step instructions for the tasks you care about most Large, full-color,...