

Synopsis

In his Ayurvedic Studies Program, Vasant Lad, Ayurvedic Physician, teaches Ayurveda as a science of moment-to-moment living. Each lecture that he gives flows from his own heart in a river of healing wisdom that is inspired by and pertinent to the students who are present at the time of the lecture. This textbook is a presentation of Dr. Lad's years of teaching in that classroom setting. It conveys the philosophical and fundamental principles of his first year Ayurvedic Studies Program at the Ayurvedic Institute in a dynamic and inspirational way. This book will give the student a detailed foundation upon which to pursue deeper knowledge, including that of the future volumes in this series.

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Customer Reviews

Dr. Vasant Lad is a true Vaidya, a knower of reality. His latest work, The Textbook of Ayurveda, attests to his indisputable role as the foremost expert in this ancient healing science. --Deepak Chopra, MD and David Simon, MD Founders, The Chopra Center for Well Being
Dr. Vasant Lad is bringing out what are probably the most definitive textbooks on Ayurveda yet published in English, starting with this first volume on Basic Principles. The series is bound to revolutionize the study and practice of Ayurveda worldwide. All students of Ayurveda should seriously examine it. --Dr. David Frawley (Pandit Vamadeva Shastri) author Yoga and Ayurveda, Yoga for Your Type, Ayurvedic Healing, etc.

For the last twenty years, I have traveled extensively teaching the various aspects of Āyurveda. The great three Ayurvedic texts—Charaka, Sushruta and Vagbhata—Samhitas are quite authentic and contain several layers of meaning for the serious student. However, they are rather difficult for the beginner to follow and understand. I took an extract of these Three Greats and created a practical Ayurvedic Studies Program that I teach at The Ayurvedic Institute in Albuquerque, New Mexico. I love my students. They are sincere, hardworking and study Ayurveda in both the Ayurvedic Studies Program and in the more advanced Gurukula Program. Over the years, the students have repeatedly requested a textbook for our classes. The entire curriculum is taught in an eight-month period and all of its material cannot be put together in a single volume. Hence, I have decided to write three volumes of a general textbook of Ayurveda covering the basic principles and philosophies of Ayurveda, the clinical assessment of health and disease, and the management of disease. It gives me a great joy to write this preface for Volume I of the Textbook of Ayurveda. This book contains authentic teachings of the basic principles and philosophies of Ayurveda. I am quite sure that it will be a practical guide to all students of Ayurveda. Love and light,
Dr. Vasant Lad Albuquerque, New Mexico March 2002

Vasant Lad of the Ayurvedic Institute in Albuquerque, NM is the foremost scholar on Ayurveda in the US. This Volume 1 Textbook is mandatory reading for the student of Ayurveda. Clear and precise, no pages are wasted, and enormous amounts of information are conveyed by the time you reach the back cover. I have just started Volume 2 and so far so good. There are many great books for learning Ayurveda but as far as precise clinical information that is accessible to the average interested reader, this series cannot be beat.

excellent text. very informative and though at times the language made some sections difficult, it does a good job of covering an important and difficult subject.

I really enjoyed reading this book. It has a lot of information and it's easy to read.

What a wonderful book, from the cover and high quality paper to the satin bookmark. It is well written, with easy to understand diagrams and charts. From this superior work, it is clear that Ayurveda is more than a way of healing, or a way of thinking. Ayurveda is a philosophy that will help one live life more fully and with a deeper understanding of how our world works.

Great book on the topic. The only author of a true text on Ayurveda in the 21st Century.

The Textbook of Ayurveda - Fundamental Principles is written in a clear and easy to understand format. I purchased this book as an adjunct to a home study course I am taking from a different author. It's been helpful to read Dr. Lad's work in addition to the course work because his book explains the Ayurvedic concepts in a slightly different way that helps me to understand more fully the principles. I am pleased to have this volume in my library.

Great condition. Very extensive content

I'm using this book as the text for the ayurvedic portion of our advanced yoga teacher training. It is detailed enough to create a good foundation for students that would like to continue their study of Ayurveda.

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