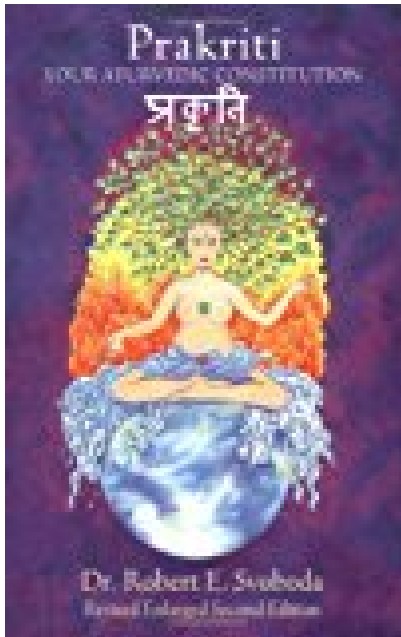


Prakriti Your Ayurvedic Constitution

Your Ayurvedic Constitution Revised

Enlarged Second Edition



BOOK DETAILS

- Author : Dr. Robert Svoboda
- Pages : 224 Pages
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BOOK SYNOPSIS

Dr. Svobodas original work on the constitutional types in Ayurveda has been considered a classic for many years. His new revision and expansion of the subject comes after much further research and practical experience. Dr. Vasant Lad points out: "The healing science of Ayurveda is based totally upon the knowledge of "prakriti," the individual constitution. If every individual knows his own constitution, then one can understand, for instance, what is a good diet and style of life for oneself. One mans food is another mans poison. Therefore, to make ones life healthy, happy and balanced, the knowledge of constitution is absolutely necessary."

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