

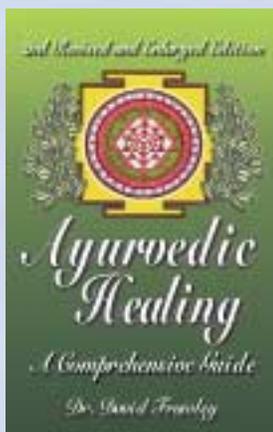
# Ayurveda: Ancient Science of the Ayurvedic Tradition

## Natural Health & Wellness

Ayurveda, the 5000-year-old healing science of India, has experienced a resurgence in popularity in the West. Ayurveda, literally "The Science of Life," is a healing modality based on experience. It is founded on careful observation and analysis of the connection between the physical body, mind, emotions and environment to create balance and harmony. Ayurveda is a powerful self-healing paradigm that allows virtually anyone to understand and correct imbalances and conditions that can lead to illness and physical imbalances.

Ayurveda is understood to be a holistic healing art, taking into account the continuum between mind and body, and understanding that the mind, the body, the emotions and the external conditions and environment all interact with one another and can impact one another. Ayurveda also recognizes that humans are each unique, but that they have certain primary characteristics that are identifiable based on the body-mind type that they have. This body-mind type is broken down into three primary types, as well as combinations of the types. These types are vata (air type), pitta (fire type) and kapha (water/earth) type. By understanding the body type, one can then adjust diet, lifestyle and daily routines to ensure optimum energy, radiance and health.

### Introductions to Ayurveda

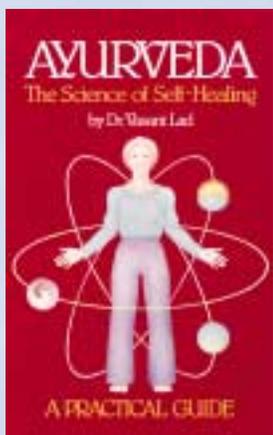


#### AYURVEDIC HEALING A Comprehensive Guide

By Dr. David Frawley

*Ayurvedic Healing* presents the Ayurvedic treatment of common diseases, covering over eighty different ailments from the common cold to cancer. It provides a full range of treatment methods including diet, herbs, oils, gems, mantra and meditation. The book also shows the appropriate life-style practices and daily health considerations for your unique mind-body type both as an aid to disease treatment and for disease prevention. This extraordinary book is a complete manual of Ayurvedic health care that offers the wisdom of this ancient system of mind-body medicine to the modern reader relative to our special health concerns today. The present edition is an expanded version of the original 1989 edition, covering additional diseases.

ISBN 0-914955-97-7 468 pp paperbound \$22.95

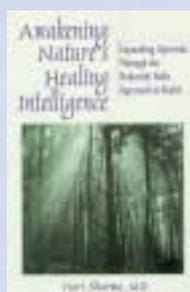


#### AYURVEDA: THE SCIENCE OF SELF HEALING A Practical Guide

By Dr. Vasant Lad

For the first time a book is available which clearly explains the principles and practical applications of Ayurveda, the oldest healing system in the world. This beautifully illustrated text thoroughly explains history & philosophy, basic principles, diagnostic techniques, treatment, diet, medicinal usage of kitchen herbs & spices, first aid, food aid, food antidotes and much more.

ISBN 0-914955-00-4 175 pp paperbound \$10.95

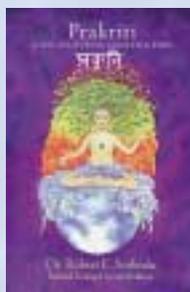


#### AWAKENING NATURE'S HEALING INTELLIGENCE Expanding Ayurveda Through the Maharishi Vedic Approach to Health

By Dr. Hari Sharma

This book shows how both modern science and the ancient Vedic science of India point to wholeness as an essential quality of existence. The book goes on to introduce a wide range of therapeutic measures offered by the Maharishi Vedic Approach To Health to bring about healing with deep and lasting results.

ISBN 0-914955-35-7 278 pp paperbound \$17.95

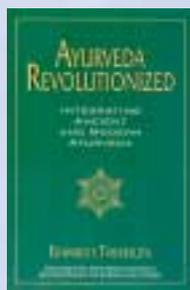


#### PRAKRITI Your Ayurvedic Constitution

By Dr. Robert Svoboda

Dr. Svoboda's 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 man's food is another man's poison. Therefore, to make one's life healthy, happy and balanced, the knowledge of constitution is absolutely necessary." (Dr Vasant Lad is the author of *Ayurveda: The Science of Self-Healing*, and co-author of *The Yoga of Herbs*.)

ISBN 0-965620-83-2 219 pp paperbound \$15.00



#### AYURVEDA REVOLUTIONIZED: INTEGRATING ANCIENT AND MODERN AYURVEDA

By Edward Tarabilda

This book gives readers a new perspective in the practice of Ayurveda. It is not meant to replace what exists at present, but to be complimentary. This system is not new, but is offered as a revitalized approach to Ayurveda. The thesis put forth by the author in this text is that it is not constitution, as modern Ayurveda contends, but rather Seven Disease Tendencies which are fundamental to the treatment of disease. In fact, this approach is mentioned by Charaka, the father of Ayurveda, in his *Charaka Samhita*, the authoritative texts of Ayurveda.

ISBN 0-914955-38-1 210 pp paperbound \$15.95

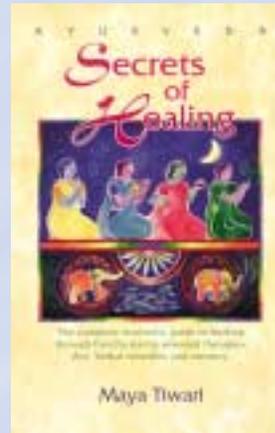
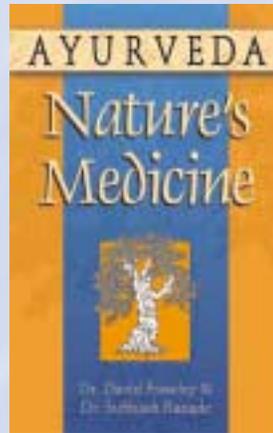
# Ayurveda In Depth

## AYURVEDA, NATURE'S MEDICINE

By Dr. David Frawley and  
Dr. Subhash Ranade

*Ayurveda, Nature's Medicine* is an excellent introduction to the full field of Ayurvedic Medicine from diet and herbs to yoga and massage. It has a notable emphasis on practical self-care and daily life regimens that makes it helpful for everyone seeking health and wholeness. The book is an excellent primer for students beginning in the field and who wish to have a firm foundation to understand the entire system

ISBN 0-914955-95-0 368 pp paperbound \$19.95



## AYURVEDA: SECRETS OF HEALING

By Bri. Maya Tiwari

*Ayurveda: Secrets of Healing* is the most complete offering of the original cleansing and rejuvenative therapies of Pancha Karma, first taught and practiced by the ancient Vedic seers. In this definitive work, Maya Tiwari is the first author to reveal this sophisticated and timeless healing process in a way which is both comprehensive and readily adaptable to modern western culture. This book "...will be of immense value to health professionals as well as those who are interested in healing themselves," says Dr. Deepak Chopra, M.D.

ISBN 0-914955-15-2 548 pp paperbound \$22.95

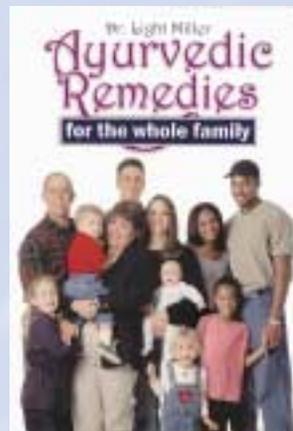
## Applying Ayurveda in Your Daily Life

### AYURVEDIC REMEDIES FOR THE WHOLE FAMILY

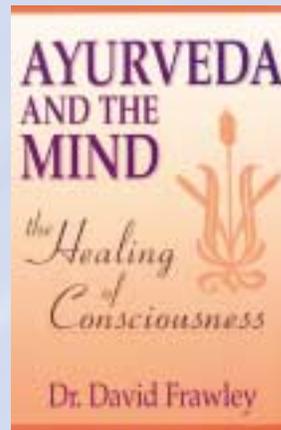
By Dr. Light Miller

*Ayurvedic Remedies for the Whole Family* is a resource book of universal value for anyone on the journey to self-healing. Light Miller presents enlightened approaches for each stage in the span of human life: pregnancy, birth, childhood, teen years, young adulthood, and the maturing years. All have their challenges and natural solutions. Light details a variety of common sense, natural, and alternative therapies easily available to everyone. A special section details seventy-five common illnesses with a complete list of specific diets, herbs, vitamins, minerals, homeopathics, and essential oils as well as therapies for each condition's healing.

ISBN 0-914955-80-2 488 pp paperbound \$24.95



## Ayurveda and the Mind



### AYURVEDA AND THE MIND The Healing of Consciousness

By Dr. David Frawley

*Ayurveda and the Mind* is perhaps the first book published in the West that explores specifically the psychological aspect of this great system. The book explores how to heal our minds on all levels from the subconscious to the superconscious, along with the role of diet, impressions, mantra, meditation, yoga and many other methods to create wholeness. "Opens the doors to a new energetic psychology," says Dr. Deepak Chopra, M.D.

ISBN 0-914955-36-5 356 pp paperbound \$19.95

## Cooking with Ayurveda

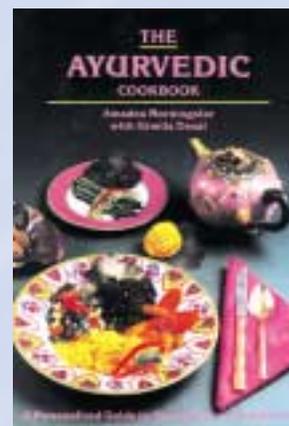
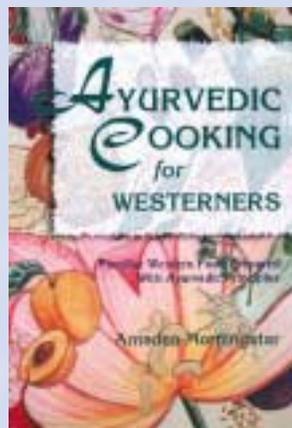
### AYURVEDIC COOKING FOR WESTERNERS

Familiar Western Food Prepared with  
Ayurvedic Principles

By Amadea Morningstar

Amadea Morningstar, co-author of the bestselling *Ayurvedic Cookbook*, received many requests for Western recipes that utilized Ayurvedic principles. Well, here it is! This is a "one of a kind" book that is a strong bestseller and represents a dramatic enhancement for people who want to practice Ayurvedic health practices in the West.

ISBN 0-914955-14-4 395 pp paperbound \$19.95



### THE AYURVEDIC COOKBOOK

A Personalized Guide to  
Good Nutrition and Health

By Amadea Morningstar and  
Urmila Desai

*The Ayurvedic Cookbook* provides a fresh new perspective on this ancient art of self-healing. Over 250 taste-tested recipes are specifically designed to balance each constitution, with an emphasis on simplicity, ease and sound nutrition.

ISBN 0-914955-06-3 351 pp paperbound \$17.95

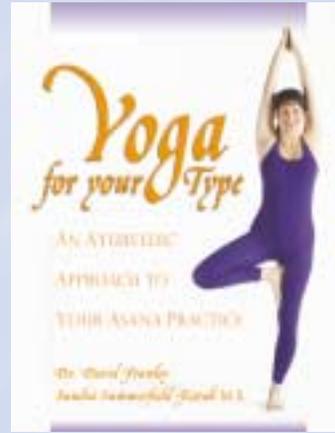
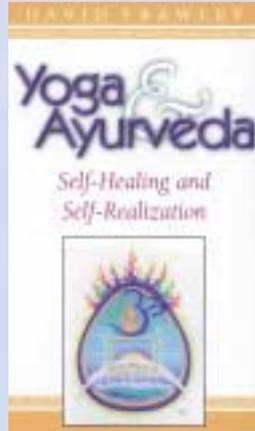


# Ayurveda and Yoga

## YOGA & AYURVEDA Self-Healing and Self-Realization

By Dr. David Frawley  
Yoga and Ayurveda together form a complete approach for optimal health, vitality and higher awareness. *Yoga and Ayurveda* reveals to us the secret powers of the body, breath, senses, mind and chakras. More importantly, it unfolds transformational methods to work on them through diet, herbs, asana, pranayama and meditation. This is the first book published in the West on these two extraordinary subjects and their interface. It has the power to change the lives of those who read and apply it.

ISBN 0-914955-81-0 360 pp paperbound \$19.95



## YOGA FOR YOUR TYPE An Ayurvedic Approach to Your Asana Practice

By Dr. David Frawley and Sandra Summerfield Kozak  
This is the first book that details how to choose Yoga asanas (Yoga poses) most appropriate for your unique body type according to the five thousand year old system of Ayurvedic medicine. These two systems of healing and energy management have long been regarded as effective methods of relieving stress, creating personal balance, eliminating ailments, and relieving chronic pain. *Yoga for Your Type* presents a fundamental

understanding of both Yoga and Ayurveda and provides the information needed for you to balance your energy and feel healthy.

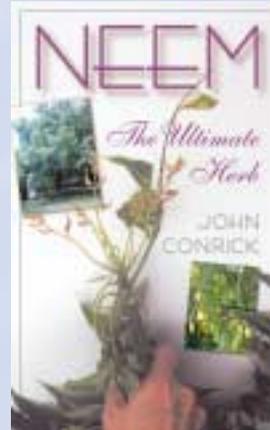
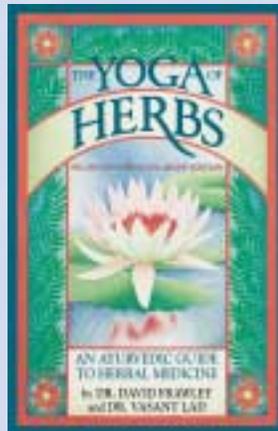
ISBN 0-910261-30-X 296 pp oversize paperbound \$29.95

# Ayurvedic Herbal Wisdom

## THE YOGA OF HERBS An Ayurvedic Guide to Herbal Medicine

By Dr. David Frawley and Dr. Vasant Lad  
For the first time, here is a detailed explanation and classification of herbs, using the ancient system of Ayurveda. More than 270 herbs are listed, with 108 herbs explained in detail. Included are many of the most commonly used Western herbs with a profound Ayurvedic perspective. Important Chinese and special Ayurvedic herbs are introduced. Beautiful diagrams and charts, as well as detailed glossaries, appendices and index are included

ISBN 0-941524-24-8 288 pp paperbound \$15.95



## NEEM: THE ULTIMATE HERB

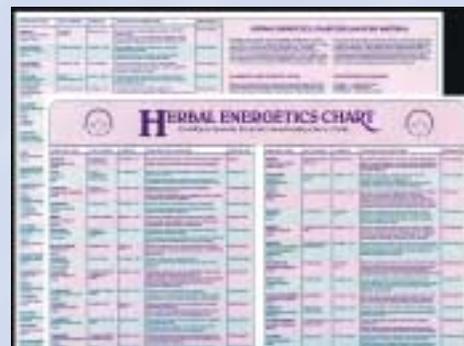
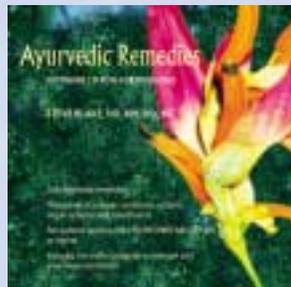
By John Conrick  
This is the most comprehensive book about the enormous potential uses for Neem, the world's most amazing plant. Neem has been used in the Ayurvedic tradition for thousands of years and is considered to be "The Village Pharmacy" because of its tremendous healing powers. This book provides easy to understand instructions for using neem along with credible scientific evidence as to its effectiveness.

ISBN 0-910261-32-6 184 pp paperbound \$12.95

## AYURVEDIC REMEDIES CD ROM Software for Windows 95/98/ME/XP

By Steve Blake  
This is an incredible resource for anyone interested in having instant access to information on herbs and other remedies used in the Ayurvedic tradition. The program details more than 360 Ayurvedic remedies and includes thousands of unique conditions, actions, organ systems and constituents allowing the user to acquire virtually any desired information instantly by lookup by a variety of means. There are also numerous photos of herbs incorporated in the program.

ISBN 0-940985-24-1 CD ROM Software Program \$39.95



## HERBAL ENERGETICS CHART

By Dr. David Frawley  
This herb chart is based upon an energetic classification of herbs. The effects of herbs are explained according to the properties of their tastes and of the elements which compose them. It presents a scientific and objective herbal energetics that can be used to understand the properties of all herbs. Most of the herbs in this chart are used in Ayurveda, with the addition of some unique Western herbs. A few unique Ayurvedic herbs are also introduced.

ISBN 0-941524-29-9 laminated, two-sided chart 9" x 12" \$4.95

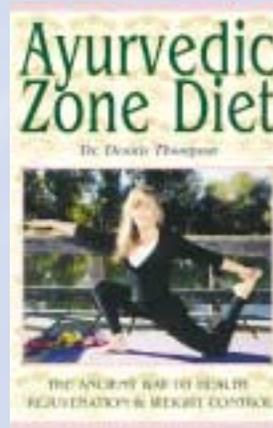
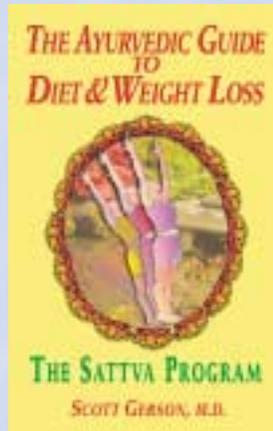
## Ayurvedic Dietary and Weight Loss Guidelines

### THE AYURVEDIC GUIDE TO DIET & WEIGHT LOSS

By Dr. Scott Gerson

This extraordinary book presents a time-tested, simple, and medically sensible approach to weight loss and maintenance. Viewing the body as a pattern of intelligence that is unique for each person, Ayurveda provides the key to establishing the body's natural state of balance. Besides being an extremely powerful and efficient path to weight loss, this tenet has applications for strengthening immunity, preventing disease, and achieving higher levels of well-being than we ever thought possible. Dr. Gerson has given us a very practical, deeply insightful resource that will serve as a guide for all readers interested in optimal health and weight control.

ISBN 0-910261-29-6 408 pp paperbound \$21.95



### AYURVEDIC ZONE DIET The Ancient Way to Health Rejuvenation and Weight Control By Dr. Dennis Thompson

*Ayurvedic Zone Diet* combines the ancient wisdom of Ayurveda for health and healing with a modern scientific approach to body typing physiology. By focusing on the three basic body types and their corresponding zones of physiological function, this book offers solutions for everything from chronic health problems and weight control to proper exercise and lifestyle management. It is essential reading for all who want to lose weight, stay young, and be healthy.

ISBN 0-914955-85-3 201 pp paperbound \$15.95

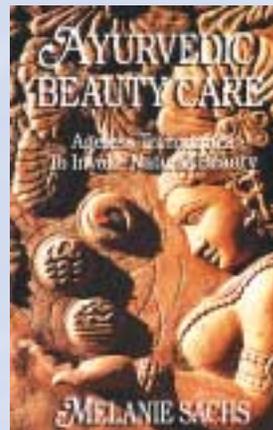
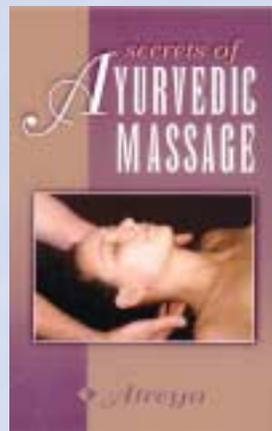
## Ayurvedic Body Care Techniques and Treatments

### SECRETS OF AYURVEDIC MASSAGE

By Atreya

*Secrets of Ayurvedic Massage* is a practical manual for the Western massage therapist. However, it goes beyond an ordinary manual because it deeply penetrates the Ayurvedic understanding of the life force, Prana. Ayurveda is a system that treats individuals, and in accordance with these principles, this book explains how each type of person should be given an Ayurvedic massage.

ISBN 0-914955-49-7 192 pp paperbound \$15.95



### AYURVEDIC BEAUTY CARE Ageless Techniques to Invoke Natural Beauty

By Melanie Sachs

*Ayurvedic Beauty Care* presents both ancient and modern Ayurvedic secrets for beauty care. The aim of this book is to elevate our western understanding of beauty to new levels with deeper Ayurvedic insights. These insights hold powerful health promoting and enhancing methods and luxurious beauty techniques such that all levels of beauty (outer, inner, secret) can be realized in our increasingly fast paced and chaotic world.

ISBN 0-914955-11-X 285 pp paperbound \$17.95

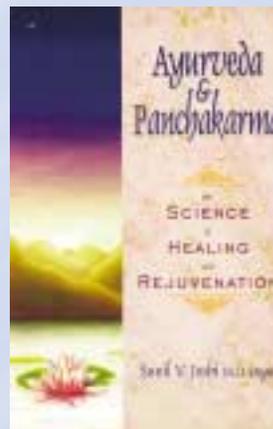
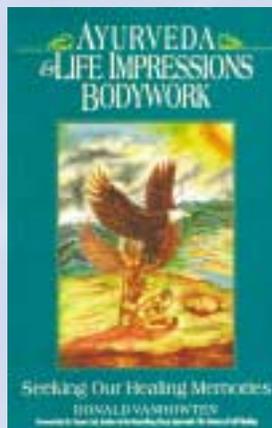
### AYURVEDA & LIFE IMPRESSIONS BODYWORK

Seeking Our Healing Memories

By Donald VanHowten

We all have holding patterns that are so habitual, they literally leave an historic imprint on the membranes of the body. These membranes store our actions, experiences, emotions and beliefs. They in turn represent our impressions of life, in a "hard copy" of flesh. This book takes the wisdom from the East, specifically from the ancient science of Ayurveda, and combines it with a version of the Western medical model, stirs in large portions of awareness, safety, and support, adds practical visual techniques, and passes this recipe along into your capable hands and hearts. Whether you are in the health field or a lay person simply interested in taking better care of yourself and others, you will find *Ayurveda & Life Impressions Bodywork* a refreshing, insightful and practical approach to updating our old life impressions.

ISBN 0-914955-24-1 296 pp paperbound \$19.95



### AYURVEDA & PANCHAKARMA The Science of Healing and Rejuvenation

By Dr. Sunil Joshi

"This book will help answer many of the questions that Westerners often ask about Ayurveda" states Professor Kenneth Zysk, Ph.D. Ayurveda and Panchakarma is the study of Ayurvedic purification. The author, Dr. Sunil V. Joshi, began his clinical practice in 1981 in India, specializing in Panchakarma therapy. Since 1989, Dr. Joshi has traveled extensively throughout the U.S. giving lectures and teaching workshops on Ayurveda. A "Treasurehouse of wisdom is accessible to more people through this wonderful book", says Dr. Deepak Chopra, M.D.

ISBN 0-914955-37-3 316 pp paperbound \$19.95

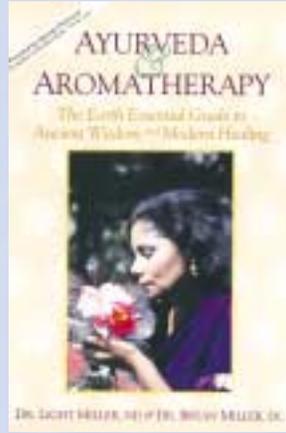
## Ayurveda and Other Modalities

### AYURVEDA & AROMATHERAPY The Earth Essential Guide to Ancient Wisdom and Modern Healing

By Dr. Light Miller and Dr. Bryan Miller

This book integrates the ancient healing science of Ayurveda with the modern development of Aromatherapy. The authors have long term experience in clinical practice and have created a phenomenal resource for anyone who wants to use Ayurveda or Aromatherapy for self-health or as a practitioner. The body-type paradigm of Ayurveda is interwoven nicely with the aromatherapeutic actions of essential oils.

ISBN 0-914955-20-9 368 pp paperbound \$21.95

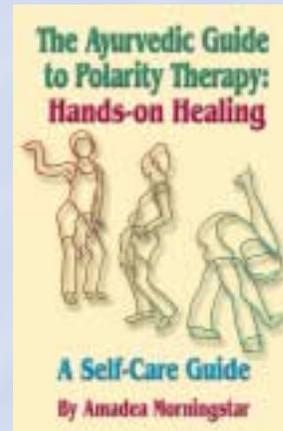


"Both sciences, Ayurveda and aromatherapy, offer hope for the healing of mankind, and this book is a huge contribution to their joining. The book's step-by-step self diagnoses of metabolic types and "how to use" format make it easy for the Western mind to understand and apply these important healing modalities."

Harvey Diamond, co-author, *Fit for Life*

"*The Ayurvedic Guide to Polarity Therapy* is a book to inspire you, revitalize you, and is a toolbox for jumpstarting your body, mind and spirit. Amadea Morningstar is truly an inspiration! This book will make you laugh and sink into yourself. It is a gentle reminder of the ancient ways of healing. Read this book! Take it in. Share the teachings... feel your spirit growing with love, respect and spiritual integrity. Thank you Amadea."

Rose Diana Khalsa, RPP, teacher



### THE AYURVEDIC GUIDE TO POLARITY THERAPY: HANDS-ON HEALING A Self-Care Guide

By Amadea Morningstar

Polarity Therapy is a dynamic approach to energetic healing arising from ancient Ayurveda, the indigenous medicine of India. Here, Amadea Morningstar, best-selling Ayurvedic author and Registered Polarity Practitioner, explores how you can personally use these two vitally rejuvenative systems for your own self-healing, with movement, mantra, food, herbs, meditation, and self-counseling techniques.

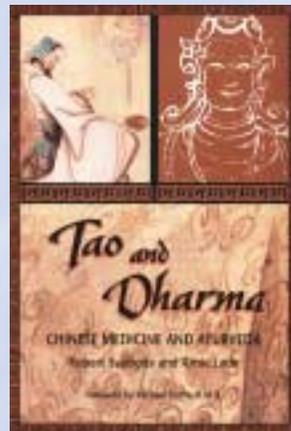
ISBN 0-914955-94-2 368 pp paperbound \$22.95

### TAO AND DHARMA Chinese Medicine and Ayurveda

By Dr. Robert Svoboda and Arnie Lade

*Tao and Dharma* explores the enduring features of humanity's longest and continually practiced systems of medicine. These two indigenous healing arts arising independently in China and India communed and exchanged experience, techniques, and therapeutic substances over the epochs of their development. This book's interesting and valuable comparison provides a pioneer effort in examining side by side two great systems of medicine, studying closely the historical, theoretical and practical relationships.

ISBN 0-914955-21-7 155 pp paperbound \$12.95

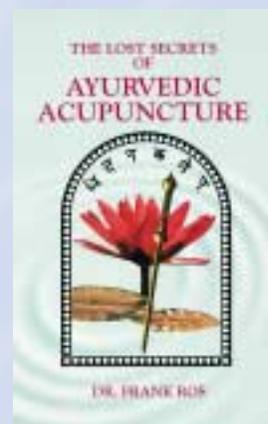


"Traditional Chinese and Ayurvedic medicine constitute the two major legacies for health and healing from the ancient world... the Taoist Yin-Yang philosophy and the three Doshas of Ayurveda... were used according to their respective cultural contexts to determine the most balance and appropriate diet, herbs, exercise and lifestyle according to inherited constitution, life work and climate...."

Dr. Michael Tierra, O.M.D., co-author of *Chinese Traditional Herbal Medicine*

"Dr. Ros' instructive book on *Ayurvedic Acupuncture* demonstrates the wonderful spirit of Oneness which exists in Oriental Medicine...It highlights the fact that since ancient times the mutual communication between India and China led to the establishment of the one Truth in both ancient cultures."

Dr. Jianling Zhou, M.D. (China), D.Ac.



### THE LOST SECRETS OF AYURVEDIC ACUPUNCTURE

By Dr. Frank Ros

Ayurvedic Acupuncture is based upon the Suchi Veda, a 3,000 year old Vedic text which, in the Ayurvedic system, is the Science of Acupuncture. It has been practiced as an accessory therapy since it was used in conjunction with other forms to effect healing. It belongs more correctly to the branch of surgery, one of the eight medical disciplines of Ayurveda. Long before Acupuncture was popularized in China it was part of the Ayurvedic system.

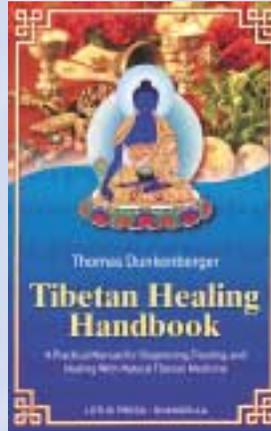
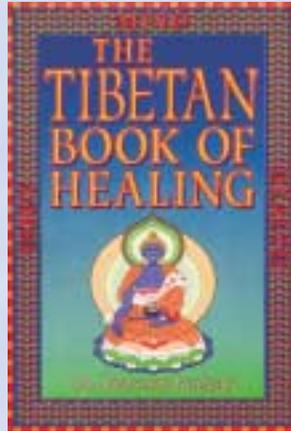
ISBN 0-914955-12-8 206 pp paperbound \$15.95

## Tibetan Medicine

### THE TIBETAN BOOK OF HEALING

By Dr. Lobsang Rappagay

Dr. Rappagay is one of the foremost Tibetan doctors in the world today and is also a psychologist. *The Tibetan Book of Healing* contains many helpful practices, going into diet, herbs and meditation and providing a number of methods and techniques to follow for self-healing purposes. It contains a wealth of information that will make the book a constant companion for those really seeking to improve their state of well-being. ISBN 0-910261-40-7 201 pp paperbound \$12.95



### TIBETAN HEALING HANDBOOK A Practical Manual for Diagnosing, Treating and Healing with Natural Tibetan Medicine

By Thomas Dunkenberger

This book will inform you about the essential correlations and approaches taken by the Tibetan science of healing. It describes the entire spectrum of application possibilities for those who want to study Tibetan medicine and use it for treatment purposes. At the same time, it provides information about holistic remedies so that interested readers can take action to restore their inner harmony and health.

ISBN 0-914955-66-7 240 pp paperbound \$15.95

## Healing Music

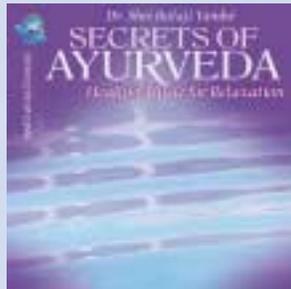
### SECRETS OF AYURVEDA Healing Music for Relaxation

By Dr. Shri Balaji Tambe

*Healing Music* touches and connects the three most important points of the body: the hara, the heart, and the pituitary gland. In Ayurveda, health means balance and illness means imbalance. Furthermore, imbalance signifies that the three doshas Vata, Pitta, and Kapha are disturbed. Healing music is capable of bringing these three energies back into balance and releases the regenerating, rejuvenating energies.

ISBN 0-910261-47-4 62 minutes Music CD

Inner Worlds Music \$17.95



"The warm, powerful voice of Dr. Shri Balaji Tambe dominates with vibrations that are certain to trigger many healing responses. His music puts the listener into a state of deep rest, and many people come to him in order to absorb this energy through the music and become healthy again... His voice is accompanied by typical instruments such as the harmonium, violin, flute and drums."

Inner Worlds Music, from the album jacket



### About Lotus Press

Lotus Press is one of the world's leading publishers in the field of Ayurveda, alternative health, Reiki and the spiritual tradition of Sri Aurobindo. Lotus Press has an annotated full-color catalog with more than 400 titles as well as a comprehensive website at [www.lotuspress.com](http://www.lotuspress.com).

Lotus Press titles are translated into more than 20 languages around the world and are considered to be the standard in the field of Ayurvedic knowledge.

**Order Information:** All titles available from your local bookseller or contact Lotus Press. To order from Lotus Press call or send the cost of the book(s) plus s/h of \$2.50 for the first book and 75¢ for each additional book for orders within the USA. (Wisconsin residents add 5.5% sales tax.) Foreign shipping will be quoted upon request. Visa, Mastercard, American Express and Discover cards accepted.

Request our free, annotated full color catalog of more than 400 titles in the field of spirituality, traditional health and wellness, alternative health, Ayurveda, Reiki and classical spiritual traditions of the world.

Lotus Press  
PO Box 325, Twin Lakes, WI 53181 USA.  
262 889 8561 (office phone) 262 889 2461 (office fax)  
800 824 6396 (toll free order line)  
[www.lotuspress.com](http://www.lotuspress.com) [lotuspress@lotuspress.com](mailto:lotuspress@lotuspress.com)