



## Healing Through Ayurveda: Tips for Dosha Understanding and Self Care

By Sonica Krishnan

Rupa & Co. Paperback. Book Condition: new. BRAND NEW, Healing Through Ayurveda: Tips for Dosha Understanding and Self Care, Sonica Krishnan, Humans, Men and women. Some skinny, some plump, Some creative, some perfectionists, some easy going. Some have a tough time fighting digestive disorders, some crib about skin afflictions, while some sniff and sneeze frequently. Trust it sounds familiar as you may yourself bear some of these traits. Even in a single family, all members have diverse personalities. People differ not only in looks and mental temperament, but also in attitude, tastes, reactions, and abilities. But ever wondered why? Ancient Indian science of Ayurveda has the answer to it. Ayurveda helps us categorize ourselves based on our inbuilt foundation, it is all about the play of vatta, pitta and kapha- the three primary body doshas. Knowing which dosha is dominant in us, why it gets aggravated, what illness the aggravation causes and how it can be balanced will make our won doctors. This book makes the task only simpler for you. It is the best guide to help you identify yourself, understand the actions (and reactions), physical and mental characteristics and balance the restore natural well-being for entire life.



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