



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). Mandukparni (Centella Asiatica/Hydrocotyle Asiatica). 6. Shankhapushpi (Convolvulus Pluricaulis Chois). 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 Will) 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 Will.). 19. Tagar (Valeriana Jatamansi/Veleriana 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...



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