



Ayurvedic Food Culture and Recipes: Health, Healing and Vigour with Balanced Nutrition, Appropriate Quantity and Quality of Food and by Observing the

By Dr. Vinod Verma

Gayatri Books International. Paperback. Condition: New. 260 pages. Dimensions: 9.9in. x 8.0in. x 0.7in. During the recent years, Ayurvedic wisdom has been propagated by religious or sectarian gurus rather than by Vaidyas (traditional Ayurvedic physician), scholars and Indian women, who have kept the Ayurvedic tradition alive for thousands of years. Gurus tend to mould the Ayurvedic wisdom from scientific to sectarian. This book, written by a woman Ayurvedic scholar, who has also had Western education in medical sciences, is a valuable piece of work, as it puts forward the scientific aspect of Ayurveda in context of its food culture and preparations. It is a prime example of the integration of scientific values in Indian cultural tradition. The book highlights the rational basis of what we should eat, when, how and why. The book contains authentic Ayurvedic food culture and mode of preparation of various international recipes by applying Ayurvedic principles. Scriptural wisdom of Ayurveda does not tell you to give up your glass of wine or leave out your favourite dishes. The way to good health is not through insipid food, but to enjoy the colours and flavours of life and have sensuous fulfilment with various rasas (tastes) of the cosmos....



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