



# The Book of Ayurveda

*Judith Morrison*

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## **The Book of Ayurveda** Judith Morrison

**Beautifully repackaged and completely redesigned, this practical guide to the ancient Indian healing system of Ayurveda has been a popular reference since its 1995 publication.** Ayurveda offers personalized ways to achieve and maintain long-term wellness based on your unique combination of fundamental energies. In an accessible, practical format, *The Book of Ayurveda* unlocks the secrets of health and longevity by exploring the influence of these vital energies on your physical and emotional wellbeing and offers a lifestyle guide designed to maximize health, longevity, and enjoyment of living.

According to Ayurveda, it is the imbalance of your vital energies that leads to the development of disease. *The Book of Ayurveda* offers suggestions on how to tailor your diet and daily routine to balance your energies and achieve physical equilibrium and harmony. Included is a chart indicating foods that can pacify or aggravate your constitution, conditions and diseases to which you are specifically prone, and holistic techniques—such as meditation, herbology, and massage—that can soothe and balance.

## **The Book of Ayurveda Details**

Date : Published July 1st 1995 by Touchstone  
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## From Reader Review The Book of Ayurveda for online ebook

### **Kris says**

I believe in the concepts of this book, but find it confusing to figure it all out.

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### **Kim says**

This book is perfect for us Westerners who have never been exposed to the Ayurvedic methods. This book is just an introduction to Ayurveda. Morrison gently explains the principles behind Ayurveda so that we are able to understand basically how it all works.

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### **Carol Eshleman says**

Really liked this. Seemed to be a good introduction to what is obviously a very complicated practice. Made me want to study more.

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### **Araminta Matthews says**

A decent overview. It does an excellent job at clarifying the infrastructure of doshas, dosha balance, and how everything we do, experience, or have has qualities of doshas. I'm starting to see connections between my habits and my health I had never considered before this book. Worth the read.

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### **Angela Stephen says**

I guess this is good for an intro, but that should just be in the title. The title denotes some kind of all inclusiveness that hardly applies to this. Pictures are pretty elementary, buuut! The organization is great, and my husband could understand it.

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### **Stephanie says**

This is a decent but dumbed-down intro to Ayurveda. As a serious student I dislike that the Sanskrit has been omitted for concepts such as the tissues. The worst part is the design and editing. The book has numerous typos, and a font that is hard to read and often printed on dark purple to boot. I am scratching my head as to why this was an assigned text for my yoga therapy training - other books are much more comprehensive and more professional.

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### **Reiden says**

The Book Of Ayurveda has good general information on Ayurvedic practices. The main thing that turned me off was the overly basic illustration throughout the book.

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### **Rhonda Kauffman says**

Great intro to ayurveda.

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### **Jude Arnold says**

Wow! I thought I knew what Ayurvedic Medicine was - NOT!  
Very interesting, informative and useful!  
By the time I finished this I was really confused!  
What are my primary energies?  
How do I tell if they are out of balance?  
Do you limit or emphasize the energy to bring it into balance?  
So, I loaned the book to my wise GoodReads friend Ginny to read.  
Then I'm going to reread it again!  
All I can tell you is that Ayurveda is like Feng Shui - it relates to every aspect of life!  
It has practical applications to everything!

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### **Belann says**

Covered a vast amount of information for such a small book (almost too much). Definitely gives a strong background of Ayurvedic principles.

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### **Keshia says**

An excellent introduction of the comprehensive medical system and science of life that focuses on the subtle energies in all things, Ayurveda, is made available in this read. Some time and effort may be necessary to 'wrap the brain' around concepts somewhat new to western medicine, but overall this is an informative and simple read.

You will learn about the three vital energies called doshas and how many foods, objects, climates, the operation of the mind, health, disease, and individual body constitution, etc. relate to them; Pitta, Vata and Kapha. The disease manifestation process is sure to strike a chord with those recovering or suffering from any ailment of the body from the most minor to the severe.

The gems contained in this book are the many pictures, illustrations, charts, diagrams, and exercises. There is something for everyone. I recommend this book for all lightworkers, seekers, and individuals on the enlightened journey!

### **Josie says**

I'm really interested in Ayurveda, but I didn't really like the way this book was written. I guess what I'm really looking for is not "an introduction to" but rather some deeper understandings of this way of thinking about food and dosha types.

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### **Payal says**

Has partlu served to form a foundation on Ayurveda for me

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### **Sirpa Grierson says**

Good, basic outline of the Indian practice of medicine that integrates physical and emotional well-being. If you really want to learn what "type" you are, go to an Ayurvedic specialist, but this many thousands of years old tradition adds a lot to our understanding of unbalance as it manifests itself in modern Western culture.

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### **Jenna says**

Nice picture book / summary

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