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The traditional form of medicine in India for more than five thousand years Ayurveda relies primarily on the proper use of foods and herbs to maintain or restore the body's natural state of balance. While Ayurvedic healing has in recent years become increasingly well known in the west Maya Tiwari is the first author to provide us with a comprehensive working guide to ayurveda as a way of life.

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Synopsis This handbook is filled with over 50 illustrations and descriptions of approximately 250 plants which are used for herbal medicine. It includes information on medicinal plants ranging from Abies spectabilis to Zizyphus vulgaris. The purpose of this handbook is to make available a reference for easy, accurate identification of these herbs.

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