

MB AYURVEDIC BODY TYPE 10

MARK LYTE,JOHN F. CRYAN

- 📖 **SCIENTIFIC BASIS FOR AYURVEDIC THERAPIES** LAKSHMI C. MISHRA,2003-09-29 ARGUABLY THE OLDEST FORM OF HEALTH CARE, AYURVEDA IS OFTEN REFERRED TO AS THE MOTHER OF ALL HEALING. ALTHOUGH THERE HAS BEEN CONSIDERABLE SCIENTIFIC RESEARCH DONE IN THIS AREA DURING THE LAST 50 YEARS, THE RESULTS OF THAT RESEARCH HAVE NOT BEEN ADEQUATELY DISSEMINATED. MEETING THE NEED FOR AN AUTHORITATIVE, EVIDENCE-BASED REFERENCE, SCIENTIFIC BA
- 📖 **AYURVEDA** ROBERT SVOBODA,1992 AYURVEDA, THE UNIVERSAL HEALING ART. MORE THAN A MEDICAL SYSTEM. DEVELOPED FROM THE VEDAS, INDIA’S ANCIENT BOOKS OF WISDOM, AYURVEDA COMBINES PHYSICAL, PSYCHOLOGICAL AND SPIRITUAL THERAPIES IN AN APPROACH TO HEALTH THAT IS AS RELEVANT TO THE MODERN WORLD AS IT WAS TO THE ANCIENT WORLD WHEN IT FIRST BECAME PART OF INDIA’S COLLECTIVE CONSCIOUSNESS. HERE IS A DEFINITIVE HANDBOOK OF A HEALTH CARE BOTH SENSIBLE AND SUBLIME, THAT IS STILL ALIVE AND WELL ITSELF—THE AUTHOR IS THE FIRST WESTERNER TO GRADUATE FROM AN INDIAN AYURVEDIC COLLEGE. UTILIZING HERBS AND MINERALS, PROPER NUTRITION AND PURIFICATION AND, ABOVE ALL, AFFIRMATIVE WAYS OF LIVING, AYURVEDA TREATS NOT JUST THE AILMENT BUT THE WHOLE PERSON AND EMPHASIZES PREVENTION OF DISEASE TO AVOID THE NEED FOR CURE. ITS ANCIENT MESSAGE HAS HELPED SPREAD THE NEW HOLISTIC THINKING IN THE WEST, ENCOURAGING US TO BECOME “STEWARDS OF LIFE” IN ORDER, NOW, TO GIVE CIVILIZATION ITSELF A CHANCE TO HEAL.
- 📖 **TRIDOSHA MADE EASY** JANARDHANA V HEBBAR, RAGHURAM YS, MANASA S,2019-11-13 FOR LEARNING AYURVEDA, UNDERSTANDING HOW TRIDOSHA WORKS IN THE BODY IS VERY IMPORTANT TO KNOW. THE THREE DOSHAS—VATA, PITTA AND KAPHA—FORM THE MOST BASIC AYURVEDIC PRINCIPLE UPON WHICH THE ENTIRE PRACTICE OF AYURVEDA IS POSTULATED. THE BOOK TRIDOSHA MADE EASY OFFERS: • THE BASIC UNDERSTANDING OF TRIDOSHA IN EASY LANGUAGE • FUNCTIONS, TYPES, QUALITIES AND PLACES OF TRIDOSHA • TRIDOSHA’S ROLE IN THE FUNCTIONING OF THE IMMUNE SYSTEM, ENDOCRINE SYSTEM, ETC. • TRIDOSHA’S ROLE IN MAINTAINING HEALTH AND CAUSING DISEASES • TRIDOSHA PRAKRITI—BODY TYPE • DISEASES AND SYMPTOMS CAUSED BY TRIDOSHA IMBALANCE • DIET AND LIFESTYLE TO BALANCE DOSHAS • A HEALTHY DAILY REGIMEN AND RELATIONSHIP WITH VATA, PITTA AND KAPHA • ASSOCIATION OF DOSHAS WITH AMA • CONCEPTS OF AVARANA AND GATA VATA—MADE EASY TO UNDERSTAND
- 📖 **SACRED & DELICIOUS** LISA JOY MITCHELL,2018-10-16 SACRED & DELICIOUS IS AN AWARD-WINNING VEGETARIAN COOKBOOK, A PRIMER ON AYURVEDA (INDIA’S ANCIENT WELLNESS SYSTEM), AND A GORGEOUS FOOD MEMOIR THAT CELEBRATES THE HEALING POWER OF FOOD. AUTHOR LISA MITCHELL WRITES INSPIRING AND CLEAR PROSE ABOUT THE POWER OF THE AYURVEDIC SYSTEM TO SUSTAIN GOOD HEALTH AND REVERSE CHRONIC HEALTH PROBLEMS, RECOUNTING HER OWN RECOVERY. THE BOOK INCLUDES 108 RECIPES AND MORE THAN 60 FULL-PAGE COLOR PHOTOS. MOST OF THE DISHES INCLUDE VEGAN OPTIONS, AND ALL BUT TWO ARE GLUTEN-FREE. ONLY TEN OF THE RECIPES REFLECT TRADITIONAL INDIAN COOKING. THE REST DEMONSTRATE HOW TO APPLY THE BALANCING PRINCIPLES OF AYURVEDA AND THE CREATIVE (YET SUBTLE) USE OF SPICES TO MODERN WESTERN CUISINES THAT MANY WESTERNERS PREFER. MITCHELL SHARES THE VEDIC PERSPECTIVE ON WHY FOOD IS SACRED AND HOW COOKS CAN BRING A SACRED INTENTION TO THEIR KITCHEN LABORS TO APPROACH FOOD PREPARATION AS SPIRITUAL PRACTICE. TRADITIONAL BLESSINGS FOR FOOD FROM VARIOUS CULTURES ARE SPRINKLED THROUGHOUT THE BOOK. IN APRIL 2019, SACRED & DELICIOUS WON SILVER MEDALS IN TWO PRESTIGIOUS BOOK INDUSTRY AWARDS COMPETITIONS: THE IBPA BENJAMIN FRANKLIN AWARDS (IN THE BODY, MIND, SPIRIT CATEGORY) AND THE NAUTILUS AWARDS (IN THE FOOD, COOKING, AND HEALTHY EATING CATEGORY). IT ALSO WON THE COOKBOOK CATEGORY IN THE BODY, MIND, SPIRIT BOOK AWARDS AND IS A FINALIST IN THE FOREWORD INDIES BOOK OF THE YEAR AWARDS (TO BE ANNOUNCED IN JUNE).
- 📖 **THE HOT BELLY DIET** SUHAS G. KSHIRSAGAR,2014-08-26 FROM AN INTERNATIONALLY RECOGNIZED PHYSICIAN WHO COMBINES EASTERN AND WESTERN MEDICINE, A GROUNDBREAKING DIET AND TOTAL BODY HEALTH PLAN CENTERED ON DIGESTIVE BALANCE AND METABOLIC TRANSFORMATION. THE COMPLAINTS THAT DR. SUHAS HEARS ON A DAILY BASIS, FROM HIGH BODY WEIGHT, LOW ENERGY, AND POOR SLEEP, TO HEADACHES, UNEXPLAINED CONGESTION, AND DEPRESSION, ALL HAVE A SURPRISING COMMON DENOMINATOR: A WEAK DIGESTIVE “FIRE.” DRAWING ON TRADITIONAL INDIAN PRACTICES AND PRINCIPLES, THE HOT BELLY DIET SHOWS YOU HOW TO OPTIMIZE YOUR DIGESTIVE POWERS TO FOSTER RAPID WEIGHT LOSS AND VIBRANT HEALTH. AT THE CORE OF THIS THREE-PHASE DIET THAT MAKES LUNCH THE MOST IMPORTANT MEAL OF THE DAY IS A DISH CALLED KHICHADI (PRONOUNCED KITCH-A-DE)—A COMPLETELY NUTRITIOUS BUT INCREDIBLY EASY-TO-MAKE MEAL THAT HELPS CLEAR OUT YOUR “AMA,” OR THE DIGESTIVE SLUDGE THAT ANTAGONIZES WEIGHT LOSS, PROVOKES HORMONAL IMBALANCES, AND ULTIMATELY TRIGGERS INFLAMMATION—THE ROOT CAUSE OF VIRTUALLY ALL DISEASE. THIS UNIQUE BOOK ALSO EXPLAINS WHAT FOODS ARE INCOMPATIBLE (MILK AND EGGS, FOR EXAMPLE), WHY THE SENSATION OF HUNGER IS ESSENTIAL, AND HOW TO TIME YOUR MEALS THROUGHOUT THE DAY TO AVOID SNACKING. THE HOT BELLY DIET CHANGES YOUR RELATIONSHIP WITH FOOD TO MAKE HEALTHY EATING—AND LIVING—EFFORTLESS. WHETHER YOU’RE SUFFERING FROM A CHRONIC CONDITION, LOOKING TO PREVENT FUTURE ILLNESS, OR JUST WANT TO FEEL YOUR BEST EVERY DAY, THE HOT BELLY DIET WILL RE-ESTABLISH YOUR BODY’S NATURAL BALANCE, CREATING A THINNER, HEALTHIER, AND HAPPIER YOU.
- 📖 **NUTRITIONAL STRATEGIES FOR THE DIABETIC/PREDIABETIC PATIENT** JEFFREY I. MECHANICK,ELISE M. BRETT,2006-01-27 WHILE NUTRITION IS CENTRAL TO THE MANAGEMENT OF DIABETES, THERE IS NO ONEDIABETIC DIET. NUTRITIONAL PRESCRIPTIONS DEPEND ON THE TYPE OF DIABETES, FOOD PREFERENCES, LIFESTYLE, TREATMENT REGIMEN, COMORBIDITIES, STATE OF HEALTH, AND THE ROUTE OF CALORIC ADMINISTRATION. NUTRITIONAL STRATEGIES FOR THE DIABETIC/PREDIABETIC PATIENT IS A COMPREHENSIVE R
- 📖 **THE COMPLETE BOOK OF AYURVEDIC HOME REMEDIES** VASANT LAD, M.A.SC.,2012-02-22 BASED ON THE ANCIENT HEALING TRADITION FROM INDIA THAT DATES BACK THOUSANDS OF YEARS, THE COMPLETE BOOK OF AYURVEDIC HOME REMEDIES OFFERS NATURAL ALTERNATIVES TO CONVENTIONAL MEDICINES AND TREATMENTS WITH PRACTICAL ADVICE AND EASY-TO-FOLLOW INSTRUCTIONS. DR. VASANT LAD, A LEADING AUTHORITY IN THIS FIELD, HAS CREATED AN INVALUABLE GUIDE TO TREATING COMMON AILMENTS AND CHRONIC PROBLEMS WITH STRATEGIES TAILORED TO YOUR PERSONAL NEEDS BASED ON YOUR DOSHA. DR. LAD FIRST EXPLAINS THE PRINCIPLES BEHIND THE SCIENCE OF AYURVEDA, EXPLORING THE PHYSICAL AND PSYCHOLOGICAL CHARACTERISTICS OF EACH OF THE THREE DOSHAS, OR MIND-BODY TYPES--VATA, PITTA, AND KAPHA. ONCE YOU HAVE DETERMINED WHICH TYPE OR COMBINATION OF TYPES YOU ARE, DR. LAD HELPS YOU TO BEGIN YOUR JOURNEY TO THE ULTIMATE STATE OF BALANCE AND WELL-BEING. DR. LAD EXPLAINS WHY CERTAIN IMBALANCES OFTEN RESULT IN ILLNESS AND SHOWS YOU HOW TO RESTORE YOUR BODY TO NATURAL ORDER. YOU’LL LEARN WHICH TRADITIONAL AYURVEDIC REMEDIES--HERBAL TEAS AND FORMULAS, ESSENTIAL OILS, MEDITATION, YOGA--OFFER RELIEF FROM A VARIETY OF CONDITIONS, SUCH AS COLD AND FLU SYMPTOMS, HEADACHES, TOOTHACHES, SORE THROATS, HIGH CHOLESTEROL, VISION PROBLEMS, ANXIETY, AND DEPRESSION. DR. LAD ALSO SHOWS YOU HOW TO USE DIET AND SPECIFIC AYURVEDIC TECHNIQUES TO PREVENT FUTURE ILLNESS AND TO PROMOTE BODY CONSCIOUSNESS AND HEALTHY LIVING. THE COMPLETE BOOK OF AYURVEDIC HOME REMEDIES ENABLES US ALL TO EXPERIENCE THE BENEFITS OF AYURVEDA’S HEALING PROPERTIES THAT HAVE BEEN REFINED OVER THOUSANDS OF YEARS. ALL OF THE HERBS, FOODS, AND OILS DR. LAD RECOMMENDS CAN BE FOUND IN LOCAL HEALTH FOOD STORES OR THROUGH MAIL-ORDER CATALOGS. COMPLETE WITH AN EXTENSIVE GLOSSARY AND RESOURCE LIST, THIS IS THE DEFINITIVE GUIDE TO NATURAL, SAFE, AND EFFECTIVE REMEDIES, EVERYDAY KEYS TO A LIFETIME OF VITALITY AND WELL-BEING.
- 📖 **ARTIFICIAL INTELLIGENCE IN IoT AND CYBORGIZATION** RAJESH KUMAR DHANARAJ,BHARAT S. RAWAL,SATHYA KRISHNAMOORTHY,BALAMURUGAN BALUSAMY,2023-10-31 THIS BOOK INTRODUCES THE CONCEPT OF COMBINING ARTIFICIAL INTELLIGENCE (AI) AND INTERNET OF THINGS (IoT) WITH REAL HUMAN ORGANS TO FORM A CYBERNETIC ORGANISM OR CYBORG. IT IS A CONCEPT OF MAN-MACHINE MIXTURE WHICH HELPS IN RESTORING OR ENHANCING THE ABILITY OF A BODY PART BY INTEGRATING SOME TECHNOLOGY OR ARTIFICIAL COMPONENT WITH THAT BODY PART. THESE SMART ARTIFICIAL ORGANS ACT AS A SUBSTITUTE FOR REAL ORGANS HAVING VARIOUS CAPABILITIES LIKE SCANNING THE BODY, DETECTING AND TRANSMITTING THE DIAGNOSTIC DATA TO MACHINES. FOR EXAMPLE, AN ARTIFICIAL HEART IS CAPABLE OF MONITORING THE OVERALL HEALTH OF A PERSON, AND LUNGS CAN INFORM THE DOCTOR OF ABNORMALITIES. THIS BOOK BENEFITS ACADEMIC RESEARCHERS AND INDUSTRIALIST WHO WORK IN THE FIELD CYBORGIZATION AND IoT WITHIN HUMAN BODIES.
- 📖 **THE WAY OF AYURVEDIC HERBS** KARTA PURKH SINGH KHALSA,MICHAEL TIERRA,2008 AYURVEDIC HERBS HAVE REACHED THE MAINSTREAM OF HEALTH CARE - NOW TWO EXPERTS TEACH YOU ABOUT THE EARTH’S OLDEST HEALING SYSTEM.
- 📖 **TOXICOLOGICAL PROFILE FOR LEAD** ,2007
- 📖 **CUMULATED INDEX MEDICUS** ,1992
- 📖 **NUMEROLOGY** HARISH JOHARI,1990-11-01 FOR THE FIRST TIME, A TANTRIC SCHOLAR AND EXPERT IN THE HINDU TRADITIONS OF AYURVEDA AND ASTROLOGY PRESENTS A SYSTEM OF NUMEROLOGY THAT COMBINES NUMERICAL CALCULATIONS, ASTROLOGICAL DATA, AND AN ANALYSIS OF BODY TYPE. HE ILLUSTRATES THE VEDIC SQUARE AND THE VISUAL PATTERNS THAT CAN BE DERIVED FROM IT, CASTING A REVEALING LIGHT ON THE MORE ESOTERIC INTERPRETATIONS OF NUMBERS AND THEIR RELATIONSHIP TO ONE ANOTHER. RECOMMENDATIONS ARE GIVEN REGARDING STRONG AND WEAK PERIODS OF DAY OR YEAR, FAVORABLE COLORS AND PRECIOUS STONES TO BE WORN, AND MEDITATIONS AND MANTRAS TO BE PRACTICED FOR HEALTH AND PROSPERITY. EXPLAINS HOW TO DETERMINE THE PSYCHIC NUMBER, NAME NUMBER, AND DESTINY NUMBER; HOW THESE NUMBERS RELATE TO EACH OF THE NINE PLANETS, AND HOW THEY APPLY TO EVERY ASPECT OF LIFE--INCLUDING PERSONALITY, TEMPERAMENT, INTELLIGENCE, TALENTS, SEXUALITY, SPIRITUALITY, FINANCES, TRAVEL, AND HEALTH.
- 📖 **MICROBIAL ENDOCRINOLOGY: THE MICROBIOTA-GUT-BRAIN AXIS IN HEALTH AND DISEASE** MARK LYTE,JOHN F. CRYAN,2014-07-05 THE FIELD OF MICROBIAL ENDOCRINOLOGY IS EXPRESSLY DEVOTED TO UNDERSTANDING THE MECHANISMS BY WHICH THE MICROBIOTA (BACTERIA WITHIN THE MICROBIOME) INTERACT WITH THE HOST (“US”). THIS INTERACTION IS A TWO-WAY STREET AND THE DRIVING FORCE THAT GOVERNS THESE INTERACTIONS ARE THE NEUROENDOCRINE PRODUCTS OF BOTH THE HOST AND THE MICROBIOTA. CHAPTERS INCLUDE NEUROENDOCRINE HORMONE-INDUCED CHANGES IN GENE EXPRESSION AND MICROBIAL ENDOCRINOLOGY AND PROBIOTICS. THIS IS THE FIRST IN A SERIES OF BOOKS DEDICATED TO UNDERSTANDING HOW BI-DIRECTIONAL COMMUNICATION BETWEEN HOST AND BACTERIA REPRESENTS THE CUTTING EDGE OF TRANSLATIONAL MEDICAL RESEARCH, AND HOPEFULLY IDENTIFIES NEW WAYS TO UNDERSTAND THE MECHANISMS THAT DETERMINE HEALTH AND DISEASE.
- 📖 **ESSENTIALS OF MEDICAL ASTROLOGY** DR. K S CHARAK,2002
- 📖 **HERBAL MEDICINE** IRIS F. F. BENZIE,SISSI WACHTEL-GALOR,2011-03-28 THE GLOBAL POPULARITY OF HERBAL SUPPLEMENTS AND THE PROMISE THEY HOLD IN TREATING VARIOUS DISEASE STATES HAS CAUSED AN UNPRECEDENTED INTEREST IN UNDERSTANDING THE MOLECULAR BASIS OF THE BIOLOGICAL ACTIVITY OF TRADITIONAL REMEDIES. HERBAL MEDICINE: BIOMOLECULAR AND CLINICAL ASPECTS FOCUSES ON PRESENTING CURRENT SCIENTIFIC EVIDENCE OF BIOMOLECULAR EF
- 📖 **BRITISH MEDICAL JOURNAL** ,1927
- 📖 **THE HANDBOOK OF WELLNESS MEDICINE** WAGUIH WILLIAM ISHAK,2020-08-20 WELLNESS MEDICINE IS THE FIELD THAT FOCUSES ON IMPROVING OVERALL FUNCTIONING, QUALITY OF LIFE, AND WELLBEING, BEYOND SYMPTOM MANAGEMENT OF MEDICAL ILLNESS, LEADING TO RESTORATION AND MAINTENANCE OF HEALTH. THE HANDBOOK OF WELLNESS MEDICINE PROVIDES A PRACTICAL GUIDE TO THE LATEST IN EVIDENCE-BASED MEDICINE, AS WELL AS BEST PRACTICE, TO ASSIST HEALTHCARE PROFESSIONALS IN UTILIZING THE FULL RANGE OF INTERVENTIONS TO IMPROVE WELLNESS AND HELP PATIENTS COMPLETE THEIR JOURNEYS TO FULL HEALTH. THE VOLUME IS ORGANIZED INTO FIVE PARTS: PART I INTRODUCES THE CONCEPT OF WELLNESS BY DETAILING THE DEFINITIONS AND ASSESSMENT/MEASUREMENT METHODS, AND

FORMULATING WELLNESS PLANS. PART II DESCRIBES WELLNESS PLANS IN MAJOR ILLNESSES, CATEGORIZED BY ORGAN SYSTEM/DISORDER. PART III COVERS THE METHODS TO IMPROVE WELLNESS IN SPECIAL POPULATIONS. PART IV DETAILS EACH WELLNESS INTERVENTION, INCLUDING THE SCIENTIFIC EVIDENCE BEHIND IT AND ITS PRACTICAL APPLICATION. PART V FOCUSES ON INTEGRATING AND PERSONALIZING THE INTERVENTIONS INTO ONE’S LIFE TO MAINTAIN WELLNESS.

📖 **GUIDELINES FOR THE MANAGEMENT OF SNAKEBITES SECOND EDITION** WHO REGIONAL OFFICE FOR SOUTH-EAST ASIA,2016-08-17 SNAKEBITES ARE WELL-KNOWN MEDICAL EMERGENCIES IN MANY PARTS OF THE WORLD ESPECIALLY IN RURAL AREAS. AGRICULTURAL WORKERS AND CHILDREN ARE MOST AFFECTED. THE INCIDENCE OF SNAKEBITE MORTALITY IS PARTICULARLY HIGH IN SOUTH-EAST ASIA. RATIONAL USE OF SNAKE ANTI-VENOM CAN SUBSTANTIALLY REDUCE MORTALITY AND MORBIDITY DUE TO SNAKE BITES. THESE GUIDELINES ARE A REVISED AND UPDATED VERSION OF THOSE PUBLISHED IN 2011. THE GEOGRAPHICAL COVERAGE EXTENDS FROM INDIA IN THE WEST TO DPR KOREA AND INDONESIA IN THE EAST NEPAL AND BHUTAN IN THE NORTH AND TO SRI LANKA AND INDONESIA IN THE SOUTH AND SOUTH-EAST. SNAKES INHABITING THE INDONESIAN ISLANDS EAST OF WALLACE’S LINE (WEST PAPUA AND MALUKU ISLANDS) ARE PART OF THE AUSTRALASIAN ELAPID FAUNA DIFFERING FROM THOSE WEST OF THIS LINE. THIS PUBLICATION AIMS TO PASS ON A DIGEST OF AVAILABLE KNOWLEDGE ABOUT ALL CLINICAL ASPECTS OF SNAKE-BITE TO MEDICALLY TRAINED PERSONNEL INCLUDING MEDICAL DOCTORS NURSES DISPENSERS AND COMMUNITY HEALTH WORKERS. THEY AIM TO PROVIDE SUFFICIENT PRACTICAL INFORMATION TO ALLOW MEDICALLY TRAINED PERSONNEL TO ASSESS AND TREAT PATIENTS WITH SNAKE-BITES AT DIFFERENT LEVELS OF THE HEALTH SERVICE.

📖 **SAHASRAYOGAM R. VIDYANATH,2006** ANCIENT TREATISE ON AYURVEDIC SYSTEM IN INDIC MEDICINE; SANSKRIT TEXT WITH ENGLISH TRANSLATION.

📖 **MEDICINAL HERBS AND FUNGI** DINESH CHANDRA AGRAWAL,MURALIKRISHNAN DHANASEKARAN,2021-01-21 THE EVER-RISING INCREASE IN THE CONSUMPTION OF MEDICINAL HERBS AND ITS PRODUCTS AND ITS EXPOSURE IN THE HUMAN POPULATION HAVE GENERATED CONCERNS ABOUT THE POTENTIAL NEUROTOXICITY OF SEVERAL NEW AND EXISTING BOTANICALS. THIS BOOK OFFERS AN ACCURATE, RELEVANT, AND COMPREHENSIVE COVERAGE OF A WIDE VARIETY OF MEDICINAL HERBS AND FUNGI AFFECTING THE CENTRAL AND PERIPHERAL NERVOUS SYSTEM. IT INCLUDES REVIEW ARTICLES THAT THOROUGHLY DESCRIBE THE BENEFITS AND ADVERSE EFFECTS OF SOME OF THE MOST COMMONLY USED MEDICINAL HERBS AND FUNGI, AND THE PATHOPHYSIOLOGICAL MECHANISMS UNDERLYING THEM. THE BOOK PROVIDES AN ALL-INCLUSIVE OVERVIEW OF THE DIVERSE ASPECTS OF MEDICINAL HERBS AND FUNGI RELATED TO NEUROTOXICITY AND/OR NEUROPROTECTION, RANGING FROM DISCUSSIONS OF CELLULAR AND MOLECULAR PROCESSES AND PATHOLOGY TO CLINICAL ASPECTS. THE RICH COMPILATION BRINGS TOGETHER THOROUGH AND EXTENSIVE RESEARCH UPDATES ON THE ADVANCES IN THE FIELD. THE CHAPTERS HAVE BEEN CONTRIBUTED BY THE EXPERIENCED AND EMINENT ACADEMICIANS, RESEARCHERS, AND SCIENTISTS WORKING IN THE FIELD ACROSS THE GLOBE.

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Mb AYURVEDIC BODY TYPE 10 INTRODUCTION

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