



CONTENTS

<i>Preface</i>	9
<i>Acknowledgement</i>	11
The Beginning	13
The Ocean of Wisdom	21
The Holistic Way	29
Basic Concepts of Āyurveda	35
Concept of Health	47
Prakṛti and Constitution	61
The Seven Supportive Elements	67
Preventive Medicine	71
Adaptation	77
Minerals and Inorganic Drugs	81
Standardisation in Āyurveda	89
Genetics and Āyurveda	103
<i>Dravya-guṇa</i> —The Science of Drugs	107

<i>Srotas</i>	125
Internal Medicine and Treatment	129
<i>Pañcakarma</i>	141
Surgery	147
<i>Agada Tantra</i> : Toxicology	157
<i>Bhūta Vidyā</i> : Psychiatry	161
<i>Rasāyana</i> : Rejuvenation	165
<i>Vājīkaraṇa Tantra</i> : Aphrodisiacs	171
Immunity: The Āyurvedic View	175
Spiritualism and Āyurveda	179
The Road Ahead	191
Glossary	195
Bibliography	