

Ayurvedic Resource Guide

Books: The list is alphabetical by author. All books are available at breathe books

Perfect Health: The Complete Mind Body Guide by Deepak Chopra, M.D.

The Perfect Health course taught at breathe books is based on the writings in this guide to leading an Ayurvedic life. Includes course material including understanding higher realities, doshas, restoring balance, release from addiction and opening channels of healing.

Perfect Digestion by Deepak Chopra, M.D.

I came across this perfect little book in India. It strips away all the complexities that Ayurveda can bring and concentrates just on the digestion process. Written specifically for people with Irritable Bowel Syndrome, but the information is can be universally applied.

Seven Spiritual Laws of Yoga by Deepak Chopra, M.D. and David Simon, M.D.

Instruction and discussion of the spirituality and philosophy of yoga as well as the poses and many aspects of the mind body connection. Includes photos of standing and sitting practice as well as breath work.

The 3-Season Diet, by John Douillard

This easy-to-follow food guide uses English instead of Sanskrit terms to describe the doshas and elements. Includes great information on exercise, dealing with cravings and weight loss.

Perfect Health for Kids, by John Douillard

How to incorporate Ayurvedic principals for children.

Ayurvedic DVD Series by John Douillard.

The three DVDs (stress reduction, weight loss and detox) are filled with excellent ideas for how to bring Ayurveda into your life on a regular basis. Each DVD includes segments on food, nutrition, daily routines, testimonials, meditation and yoga. Easy to use and follow.

Neti: Healing Secrets of Yoga and Ayurveda by Dr. David Frawley

This slim volume delves deep into the power of using a Neti pot, the history, benefits, variations and other Ayurvedic principals.

Ayurveda: Nature's Medicine by Dr. David Frawley and Dr. Subhash Rande
Philosophy, history, and practical applications of Ayurveda. Includes full descriptions on all levels of diet and herbs, yoga, meditation and diagnostic treatments.

Ayurveda and the Mind: The Healing of Consciousness, by David Frawley

Deeply investigates the emotional and psychological qualities of Ayurveda.

Dhanwantari: A Complete Guide to Ayurvedic Life, by Harish Johari
In-depth and fascinating look at Ayurvedic principals and how to incorporate them into your life. Includes details on diet, meditation, bathing, sleeping, exercise, breathing, sex, gem stones and more.

Ayurvedic Healing Cuisine. By Harish Johari
Recipes and philosophy of Ayurveda. Filled with fascinating classic Ayurvedic tidbits and good cooking advice.

Ayurveda & Panchakarma: The Science of Healing and Rejuvenation by Dr. Sunil V. Joshi
This book details the different traditional therapies used in Panchakarma, including food and diet, oil applications to body, nose, ears and eyes, marma point massage, disease and diagnosis. Dr. Joshi writes from an Eastern mind with a Western balance.

Ayurveda: The Science of Self-Healing, by Dr. Vasant Lad
The perfect little book of Ayurveda. Just enough information to get you going and not too much to overwhelm you. Includes charts and diagnostic information.

Ayurvedic Cooking for Self-Healing, by Dr. Vasant Lad and Usha Lad
Great recipes with Dosha reducing information. Also contains information of basic Ayurvedic nutrition, how to set up an Ayurvedic kitchen and Dosha-specific menus.

Complete Book of Ayurvedic Home Remedies, by Vasant Lad.
How-to guide for how to create your own remedies and details information on how to apply them. Includes breathwork, food, yoga, topical and internal remedies for thousands of ailments and conditions.

Wisdom of Healing, by Dr. David Simon
Comprehensive guide to the Ayurvedic lifestyle written from the point of view of a Western medical doctor (and co-founder of the Chopra Center). Includes many real-life health/medical situations and their Ayurvedic resolutions.

Ayurvedic Cooking and Ayurvedic Cooking for Westerners by Amadea Morningstar
Simply the best Ayurvedic cookbooks – chock full of recipes for the doshas with easy to use charts and food guides. Amadea warmly shares wisdom gained throughout her years of study and practice and gently encourages the reader to try new ways to balance their doshas through food as well as thought and action.

The Ayurvedic Guide to Polarity Therapy: Hands-on Healing by Amadea Morningstar

This book takes Ayurveda a step further and puts into practice Pranic energetic therapies based on Indian Yogic teachings. These exercises have a profound healing and balancing effect on the body, mind and emotions.

Ayurveda: A Life of Balance by Maya Tiwari.

Maya includes her personal story of what brought her to Ayurveda, as well as how to create a very deep Ayurvedic lifestyle. The book also includes recipes.

Prakriti: Your Ayurvedic Constitution by Dr. Robert Svoboda

Dr. Svoboda offers a detailed investigation into the Doshas, helping you determine your Prakriti (natural, balanced Doshic state) and your Vikriti (out-of-balance state) and how to gently bring yourself back to the natural place of balance you were born with. The first Westerner to graduate from an Indian Ayurvedic College, Dr. Svoboda easily moves between the two worlds and helps the reader gain a greater understanding of their personal constitution.

Web Sites:

Chopra.com

AyurvedicInstitute.com

AmadeaMorningstar.com

Lifespa.com