

Biographical Information

Vasant Lad, B.A.M.&S., M.A.Sc., brings a wealth of classroom and practical experience to the United States. He received the degree of Bachelor of Ayurvedic Medicine and Surgery (B.A.M.&S.) in 1968 from the University of Pune, in Pune, India and a Master of Ayurvedic Science (M.A.Sc.) in 1980 from Tilak Ayurved Mahavidyalaya in Pune. For 3 years, he served as Medical Director of the Ayurveda Hospital in Pune, India. He also held the position of Professor of Clinical Medicine for seven years at the Pune University College of Ayurvedic Medicine, where he was an instructor for many years. Vasant Lad's academic and practical training includes the study of allopathic medicine (Western Medicine) and surgery as well as traditional Ayurveda. In 1979, he began traveling throughout the United States sharing his knowledge of Ayurveda and, in 1981, he returned to New Mexico to teach Ayurveda. In 1984, he founded and began as Director of The Ayurvedic Institute.

Vasant Lad is the author of numerous articles and many books, including *Ayurveda*, *The Science of Self-Healing* and *Secrets of the Pulse* and co-author of *The Yoga of Herbs* and *Ayurvedic Cooking for Self-Healing*. His work from Harmony Books, *The Complete Book of Ayurvedic Home Remedies*, is a compendium of classic Ayurvedic treatments for common and chronic ailments. He is the author of a series of textbooks on Ayurveda. *The Textbook of Ayurveda: Fundamental Principles, Volume 1* and *The Textbook of Ayurveda: Clinical Assessment, Volume 2* are the first two of the four-volume set covering the topics he teaches in his eight-month Ayurvedic Studies Program. He is co-author of a book on marma therapy, *Marma Points of Ayurveda*. The third volume of the textbook series on management of disease will be published by the autumn of 2009.

Vasant Lad presently is the Director of The Ayurvedic Institute in Albuquerque, New Mexico and teaches the Ayurvedic Studies Programs, Level 1 and 2 as well as an advanced program in India each year. Vasant Lad also travels throughout the world, consulting privately and giving seminars on Ayurveda, its history, theory, principles and practical applications.