

Biographical Information

Vasant Lad, BAM&S, MASc, brings a wealth of classroom and practical experience to the United States. He received the degree of Bachelor of Ayurvedic Medicine and Surgery (BAM&S) in 1968 from the University of Pune, in Pune, India and a Master of Ayurvedic Science (MASc) 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 11 books on Ayurveda as well as hundreds of articles and other writings. With more than 500,000 copies of his books in print in the US, his work has been translated into more than 20 languages. His books include *Ayurveda, The Science of Self-Healing* and *Secrets of the Pulse* and he is 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*, *The Textbook of Ayurveda: Clinical Assessment, Volume 2*, and *The Textbook of Ayurveda: General Principles of Management and Treatment, Volume 3* are the set of textbooks covering the topics he teaches in his residential Ayurvedic Studies Programs. He is co-author of a book on marma therapy, *Marma Points of Ayurveda*, and the author of *Applied Marma Therapy Cards*, a flash card study set for marma therapy. Additionally, he teaches the practice of pranayama, breathing exercises, on the DVD *Pranayama for Self-Healing*. In 2015 the full color, hardcover edition of *Ayurvedic Cooking for Self-Healing* was released.

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 advanced training programs 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.