With more than 40 years as a physician, educator and author, Vasant Lad brings a wealth of classroom and practical experience to the United States. A native of India, he served for three years as Medical Director of the Ayurveda Hospital in Pune, India. He was Professor of Clinical Medicine at the Pune University College of Ayurvedic Medicine for 15 years. He holds a Bachelor’s of Ayurvedic Medicine and Surgery (BAM&S) degree from the University of Pune and a Master’s of Ayurvedic Science (MASc) degree from Tilak Ayurved Mahavidyalaya. Vasant Lad’s academic and practical training include the study and practice of Allopathy (Western medicine) and surgery as well as traditional Ayurveda.

Beginning in 1979, he has traveled throughout the United States sharing his knowledge of Ayurveda. In 1984 he came to Albuquerque as Director, principal instructor and founder of The Ayurvedic Institute. Respected throughout the world for his knowledge of Ayurveda, Vasant Lad is the author of 14 books on Ayurveda as well as hundreds of articles and other writings. With over 500,000 copies of his books in print in the US, his work has been translated into more than 20 languages.
Ayurveda teaches that food plays an essential part in one’s health and sense of well-being. Direct from Dr. Vasant Lad and his wife Usha’s kitchen comes an authentic guide of the Ayurvedic approach to food. More than 100 recipes help balance individual constitution using herbs and spices. Each tasty recipe includes the effects of foods on individual constitution along with the medicinal properties of many of the foods. This book also serves as an Ayurvedic home remedy resource with nearly 300 simple remedies using familiar household herbs, fruits and vegetables.

Pranayama for Self-Healing
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Ayurvedic Cooking
for Self-Healing
Usha and Dr. Vasant Lad

ISBN 978-1-883725-05-1
256pp | 6 x 9 | $15.00

Learn the pranayamas that Vasant Lad has taught for years. By practicing these exercises you can enjoy benefits that include improved health and happiness.
VOLUME ONE
The Textbook of Ayurveda: Fundamental Principles
Vasant Lad, BAM&S, MASc
Hardcover | 7 x 10 | 368pp | $40.00

In his Ayurvedic Studies Program, Vasant Lad teaches Ayurveda as a science of moment-to-moment living. Each lecture that he gives flows from his own heart in a river of healing wisdom. This textbook conveys the philosophical and fundamental principles of Ayurveda in a dynamic and inspirational way, providing a detailed foundation upon which to pursue deeper knowledge.

“With the publication of The Textbook of Ayurveda, Ayurvedic education enters a new era. This...book should facilitate the development of the first true Ayurvedic colleges...”
—Robert E. Svoboda, BAMS, Ayurvedic Physician

VOLUME TWO
The Textbook of Ayurveda: A Complete Guide to Clinical Assessment
Vasant Lad, BAM&S, MASc
Hardcover | 7 x 10 | 416pp | $50.00

Vasant Lad presents in this book a systematic method for identifying the causes of illness and the stages in which a disease unfolds. This paradigm of cause and effect (etiology and pathogenesis) is the key to understanding how disease can be prevented through awareness of the subtle energetic disturbances that precede structural or functional damage. Sharing from a wealth of clinical experience, Dr. Lad imparts principles and methods of assessment using a combination of the most helpful Ayurvedic and modern techniques.
This book brings forth the practices of Ayurveda from the ancient texts and presents them in a systematic organization that is readily accessible to a Western audience. Vasant Lad provides comprehensive information on therapeutic modalities including diet and lifestyle recommendations, palliative and cleansing therapies, subtle healing methods including individual rejuvenation protocols, yoga and pranayama practices, and herbal substances as well as management techniques according to dosha, dhatu, srotamsi, and the subtle essences. Each section clearly explains the principles of the healing techniques, often with the steps outlined for the reader, in addition to the herbal substances and their practical application. It is an essential reference for the Ayurvedic practitioner.

Marma points are an important element of Ayurveda’s healing power. Developed in India centuries ago, these energy points profoundly affect the body, mind and spirit and facilitate the deepest levels of healing. Prana is the current of energy that infuses every cell within the body. Stimulating marmani (energy points) directly taps into this reservoir of energy and promotes health. A valuable resource for Ayurvedic practitioners and acupuncturists as well as medical doctors, massage therapists and yoga therapists. It serves as a foundation to develop tools for one’s own self-healing.
Ayurvedic Cooking for Self-Healing
Usha and Dr. Vasant Lad

Ayurveda, the ancient healing art of India, teaches that food plays an essential part in one’s health and sense of well-being. Here is an authentic guide of the Ayurvedic approach to food and tasty vegetarian cooking. The recipes are formulated using herbs and spices to help balance the constitution of each person. The effects of the foods on individual constitution are included with every recipe together with the medicinal properties of many of the foods. This is a cookbook and much more.

Illustrated with delectable photographs of the recipes throughout the book, this cookbook will inspire you to revisit your favorite foods and try some new ones as well. The hardcover edition includes all of your favorite tips and healing recipes from the original text, making it a book to be treasured for years to come.

Applied Marma Therapy Cards
Vasant Lad, BAM&S, MASc

Based on Vasant Lad’s more than 40 years’ Ayurvedic clinical and classroom experience, this 30 card set is sourced from his popular Marma Therapy seminars. Each full color card has a larger illustration with the name of the point and its location, for practice. The other side of the card has a more detailed illustration with the therapeutic applications of each point listed, for study.

Includes Healing through Energy Points; Emotions, the Organs, and Marma Points; Guidelines for Touch and Pressure; and much more.
Secrets of the Pulse: The Ancient Art of Ayurvedic Pulse Diagnosis
Vasant Lad, BAM&S, MASc
172pp | 7” x 10” | $20.00

Showing the principles and application of Ayurvedic pulse diagnosis, this book springs from the ancient Vedic traditions as taught to Vasant Lad from guru to disciple, as well as his own clinical experiences and practice over the last 30 years. Written with the health practitioner in mind yet still accessible to the layman, this book can be used as a classroom text or as a self-study guide in learning to read your own pulse. There are hundreds of charts, diagrams and drawings that illustrate how the pulse feels under the tips of the fingers, while detecting the status of organs and systems of the body.

Ayurvedic Perspectives on Selected Pathologies
3rd Edition
Vasant Lad, BAM&S, MASc
Paperback | 7 x 10 | 480pp | $29.00

This unique compendium is a testament to the relevance of Ayurveda in our modern world. Applying time-honored insights from this ancient science, it establishes an approach to disease management that is free from unwanted side effects. This book has arisen from Vasant Lad’s decades of clinical and classroom experience. By elucidating the fundamental imbalances that lead to a range of diseases, these articles guide practitioners toward addressing causes, alleviating symptoms and eliminating the conditions that allow a disease to reoccur.
Strands of Eternity:
A Compilation of Mystical Poetry and Discourses
Vasant Lad, BAM&S, MASc
ISBN 10: 1-883725-10-0
Hardcover  |  6¼” x 9¼”  |  78pp  |  $10.00

The Sanskrit word *sutra* means thread or suture. It is the ‘Strand of Eternity’ that sews our two selves back together and reawakens us to that which we already are. This gorgeous book of poetry will act as a catalyst to your reawakening.

With clarity, compassion and humor, each of Vasant Lad’s poems is derived from the ancient sutras of Ayurveda imparting timeless truths that can radically transform your perceptions and your way of being in the world.

Ayuryoga: VPK Basics
Vasant Lad, BAM&S, MASc and Maria E. Garré, M.Ed., E-RYT-500
ISBN 978-1-883725-20-4
24pp  |  6 x 9  |  $5.00

Designed for those seeking to increase balance in their lives through yogasana, pranayama and meditation. This booklet offers practical guidelines to practice yoga using the wisdom of the doshas to lead one’s practice.

A brief introduction to the doshas enhances one’s understanding of their constitution, allowing the reader to select the optimal asanas, meditation, and pranayama that support their unique body, mind, and consciousness.

All practitioners can benefit from a greater understanding of the doshic constitution and then apply this to their yoga practice. Yoga teachers can recommend this useful booklet for their students and clients as a take-home handbook. This beautiful, full color booklet offers balancing guidelines for the three doshas, Ayuryoga® instruction for each dosha, pranayama recommendations, and meditation for your constitution and includes 57 illustrated poses.
Ayurveda: Life, Health and Longevity
Robert E. Svoboda, BAMS
ISBN 978-1-883725-09-9
258pp | 6 x 9 | $15.00

Ayurveda addresses the well-being of the entire being – physical, psychological and spiritual – in an approach to health and healing that is as relevant to the modern world as it was to the ancient world from which it emerged. Herbs and minerals, nutrition and purification, affirmative ways of living are a few of the ways in which Ayurveda treats not just the ailment but the whole person, emphasizing prevention of disease to avoid the need for cure. The Ayurvedic principles and practices outlined in this book form a sound basis for accessing optimal health in balance.

The Hidden Secret of Ayurveda
Robert E. Svoboda, BAMS
ISBN 978-1-883725-04-4
96pp | 5 1/2 x 8 1/2 | $6.00

The Hidden Secret of Ayurveda is a basic introduction and overview Ayurveda. Offering fundamental information on the teachings of Ayurveda, ways to stay in balance and the factors that affect your balance, and a brief treatise on treatments and the esoteric aspects of Ayurveda. The book provides the reader with working principles of Ayurveda and shows how to adapt and integrate these into life in a practical way, for today’s health needs.

Robert E. Svoboda is the first Westerner to graduate from a college of Ayurveda and be licensed to practice in India. The author of a dozen books on Ayurveda and Jyotish, he teaches throughout the world. Both books are available on Amazon.com as Kindle eBooks.
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Nicolai Bachman

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