The Ayurvedic Institute supplies USDA certified organic products, whenever possible, and ensures that all our products are of the highest quality commercially available. As much as possible, we deal with suppliers who support sustainable harvesting of plant products and do not carry plants that are known to be endangered. Because of this, there may be times when we are out of stock on some herbs.

The Ayurvedic Institute is a member of the American Herbal Products Association (AHPA), a national trade association that focuses on herbs and herbal products.

Effective August 2019.

Prices and availability subject to change without notice.

This catalog is printed approximately every 6 months; please visit our online store for the most current prices.

Visit Ayurveda.com/shop

The product descriptions and statements in this catalog present information on traditional uses and properties of the plants and other components. These statements and information have not been evaluated by the Food and Drug Administration and are not intended to substitute for medical advice. The information and products contained herein are not intended to diagnose, treat, cure or prevent any disease. It is recommended that you consult your health care provider.
AYURVEDA IS A SANSKRIT WORD THAT MEANS “THE SCIENCE OF LIFE.”

It is an ancient art of healing that has been practiced continuously throughout India for over 5,000 years. Ayurveda is probably the oldest authentically recorded healing science in existence today, incorporating many philosophical systems and the integration of body, mind, and consciousness. Ayurveda seeks to understand and correct imbalances and to restore the innate intelligence and harmony of the person. It gives us the insight to understand individual constitution and to create balance within and around us.

According to Ayurveda each person is unique, a combination of physical, mental and emotional characteristics which is his or her constitution. Many factors, both internal and external, can affect this constitution. Examples of some of these stresses are: one’s emotional state, diet and daily food choices, seasons and weather, physical trauma, job and family relationships. Once we understand that these factors can cause an imbalance in our constitutions, we have a choice to take appropriate actions to nullify or minimize their effects, or eliminate the cause. Balance is the natural order; imbalance is disorder. Health is order; disease is disorder. Within the body there is a constant interaction between order and disorder. Once one understands the nature and structure of disorder, one can re-establish order.

Ayurveda identifies three basic types of energy or functional principles which are present in everybody and everything. There are no single words in English to describe these types of energy, so we use the Sanskrit words vata, pitta, and kapha. Energy is required to create movement of fluids and nutrients to the cells of the body, enabling it to function. There is also energy needed to metabolize the nutrients in the cells, and energy is needed to lubricate and maintain cellular structure. Vata is the energy of movement, pitta the energy of digestion and metabolism, and kapha the energy of lubrication and structure. All people have vata, pitta, and kapha but one is usually primary, one secondary, and the third least prominent. Disease in Ayurveda is viewed as the lack of proper cellular function because of an excess or deficiency of vata, pitta or kapha and/or the presence of toxins. In Ayurveda body, mind, and consciousness work together in maintaining balance. They are simply viewed as different facets of one’s being.
To learn how to balance body, mind, and consciousness requires an understanding of how vata, pitta, and kapha work together. In the physical body, **Vata, composed of Space and Air**, is the subtle energy associated with movement. It governs breathing, blinking, muscle and tissue movement, pulsation of the heart, and all movements in the cytoplasm and cell membranes. In balance, vata promotes creativity and flexibility. Out of balance, vata produces fear and anxiety.

**Pitta, made up of Fire and Water**, is represented by the body’s metabolic system. It governs digestion, absorption, assimilation, nutrition, metabolism, and body temperature. In balance, pitta promotes understanding and intelligence. Out of balance, pitta arouses anger, hate, and jealousy.

**Kapha is formed from Earth and Water** and is the energy that forms the body’s structure – bones, muscles, tendons – and provides the “glue” that holds the cells together. Kapha supplies the water for all bodily parts and systems. It lubricates joints, moisturizes the skin, and maintains immunity. In balance, kapha is expressed as love, calmness and forgiveness. Out of balance, it leads to attachment, greed, and envy.

Life challenges us with many opportunities. Although there is much over which we have little control, we do have the power to decide about our diet and lifestyle. To maintain balance and health, it is important to pay attention to these decisions. Diet and lifestyle appropriate to individual constitution strengthen the body, mind, and consciousness.
SIDHA SOMA SUPREME™

**Did you know that Vasant Lad, MASc, has a complete line of Ayurvedic healing products?**

They are formulated personally by him, following ancient Ayurvedic guidelines. These handcrafted products restore health and balance. Traditional uses are listed with each product.

### HERBAL EXTRACTS

<table>
<thead>
<tr>
<th>Name</th>
<th>Size</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ayurbiotic</strong></td>
<td>1 fl.oz.</td>
<td>$14.00</td>
<td>Helps maintain the vital energy of the body and supports a healthy immune system.</td>
</tr>
<tr>
<td><strong>Coloklin</strong></td>
<td>1 fl.oz.</td>
<td>$14.00</td>
<td>Maintains the normal function of the colon.</td>
</tr>
<tr>
<td><strong>Deep Love</strong></td>
<td>1 fl.oz.</td>
<td>$14.00</td>
<td>Supports emotional well being and promotes clarity and compassion in daily relationships.</td>
</tr>
<tr>
<td><strong>Heparklin</strong></td>
<td>1 fl.oz.</td>
<td>$14.00</td>
<td>Supports liver function and promotes healthy aging.</td>
</tr>
<tr>
<td><strong>Kardovite</strong></td>
<td>1 fl.oz.</td>
<td>$14.00</td>
<td>Promotes vital life energy and helps maintain healthy heart function.</td>
</tr>
<tr>
<td><strong>Rebirthing Breath</strong></td>
<td>1 fl.oz.</td>
<td>$14.00</td>
<td>Promotes the system's ability to assimilate prana and supports proper function of the lungs and colon.</td>
</tr>
<tr>
<td><strong>Sweet Memory</strong></td>
<td>1 fl.oz.</td>
<td>$14.00</td>
<td>Promotes clarity of perception, conscious capacity and learning ability.</td>
</tr>
</tbody>
</table>

### SHAKTI PRANA & SPECIAL FORMULAS

<table>
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<tr>
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<tbody>
<tr>
<td><strong>Draksha</strong></td>
<td>16 fl.oz.</td>
<td>$23.00</td>
<td>Made according to Vasant Lad’s recipe, this herbal preparation is crafted with organic grape juice, organic raisins, and traditional Ayurvedic herbs and spices. A good all-around tonic, promoting digestion and assimilation.</td>
</tr>
<tr>
<td><strong>Happy Tummy</strong></td>
<td>11 fl.oz.</td>
<td>$14.00</td>
<td>Kindles agni, improving digestion. Enhances smooth elimination and makes the tummy happy. The best breath freshener.</td>
</tr>
<tr>
<td><strong>Kumari Asava</strong></td>
<td>16 fl.oz.</td>
<td>$21.00</td>
<td>Made according to Vasant Lad’s recipe, this Ayurvedic herbal wine promotes vitality and the health of a woman’s reproductive system.</td>
</tr>
<tr>
<td><strong>Shakti Prana</strong></td>
<td>11 fl.oz.</td>
<td>$29.99</td>
<td>Shakti Prana contains all six tastes of Ayurveda: sweet, sour, salty, pungent, bitter and astringent. According to Ayurveda, it is important to have these six tastes daily. Based on ancient texts and formulated by Vasant Lad, Shakti Prana acts as a complete rejuvenative for all constitutional types.</td>
</tr>
</tbody>
</table>

### HERBAL OILS

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<tr>
<td><strong>Sidha Soma Oil</strong></td>
<td>1 fl.oz.</td>
<td>$8.00</td>
<td>Helps keep nasal passages and sinuses clear. Maintains the proper function of prana, and ojas. Better for vata and kapha constitutions.</td>
</tr>
<tr>
<td><strong>Super Nasya Oil</strong></td>
<td>1 fl.oz.</td>
<td>$14.00</td>
<td>For nasal application, good for all constitutions. May help to relieve occasional congestion, tension or tightness in the neck and clear the mind.</td>
</tr>
<tr>
<td><strong>Ashwagandha Oil</strong></td>
<td>4 fl.oz.</td>
<td>$14.00</td>
<td>Balances all three doshas, is a nervine tonic and generally strengthens the nerves and muscles.</td>
</tr>
<tr>
<td><strong>Bakuchi Oil</strong></td>
<td>4 fl.oz.</td>
<td>$14.00</td>
<td>Is a traditional formula that is used topically. It promotes natural color complexion and may normalize skin discolorations. It is also reputed to maintain the tone of the skin.</td>
</tr>
<tr>
<td><strong>Bhringraj Oil</strong></td>
<td>4 fl.oz.</td>
<td>$14.00</td>
<td>Traditionally is massaged into the scalp and feet before bed. Its use is said to promote sound sleep and help to maintain healthy hair and bones. A good general massage oil for pitta, it can be diluted with sunflower oil.</td>
</tr>
<tr>
<td><strong>Dashamula Oil</strong></td>
<td>4 fl.oz.</td>
<td>$14.00</td>
<td>The “ten roots” oil works on the ten important openings of the body. It pacifies vata and rejuvenates all bodily tissues.</td>
</tr>
<tr>
<td><strong>MahaGanesh Oil</strong></td>
<td>4 fl.oz.</td>
<td>$14.00</td>
<td>Used topically, is said to give strength to weak muscles and joints. It relieves stress and fatigue in tissues, and may slow the aging process. Works best for vata and kapha. It can be diluted with sesame oil for overall body massage.</td>
</tr>
<tr>
<td><strong>Neem Oil</strong></td>
<td>4 fl.oz.</td>
<td>$14.00</td>
<td>A good skin tonic, it pacifies high pitta and cools the system when applied topically. For use as a general massage oil, dilute with sunflower oil.</td>
</tr>
<tr>
<td><strong>Nirgundi Oil</strong></td>
<td>4 fl.oz.</td>
<td>$14.00</td>
<td>Pacifies vata, relaxes the muscles and helps to induce natural sleep.</td>
</tr>
</tbody>
</table>
**HERBAL GHEES**

**Ashwagandha Ghee** 9 fl.oz. $21.99
Can be used internally and externally. Traditionally used for promoting ojas, prana, vigor, vitality and male virility. Good for calming vata and can be considered tridoshic in moderation. Supports the dhatus and maintains cellular integrity throughout the aging process.

**Brahmi Ghee** 1 fl.oz. $8.00
Good for lubricating nasal passages, brahmi is said to calm and cool the mind.

**Shatavari Ghee** 9 fl.oz. $21.99
Especially good to calm pitta and, according to Ayurvedic texts, is used to support and nourish the reproductive system. It can be taken internally or used externally. Shatavari Ghee is tridoshic but may increase kapha or ama with excessive use.

**Tikta Ghrita** 9 fl.oz. $21.99
Can be used internally or externally. It is bitter, so it may increase vata. Supports healthy liver function and maintains the health of deep tissues. Tikta ghee protects ojas. It is best for pitta or kapha.

**Triphala Ghee** 9 fl.oz. $21.99
Can be used internally or externally. Ayurvedic tradition says it promotes ojas, supports immunity, agni (digestive fire), all seven dhatus and is generally tridoshic.

**PRE-PACKAGED HERBAL TEAS**

Formulated by Vasant Lad, MASc, these specialized teas support wellness in many areas of health.

**Agni Churna** 2.5 oz. $6.50
This formula supports gastric fire, promotes appetite, digestion, absorption and assimilation, and helps to naturally detoxify the digestive tract. Balancing for all three doshas.

**Awareness Tea** 2.5 oz. $6.50
Promotes mental clarity, concentration and learning.

**Brain Tonic** 2.5 oz. $6.50
Promotes memory, intelligence and healthy brain activity. Reduces everyday mental fatigue and inability to concentrate.

**Cumin, Coriander, Fennel Tea** 4 oz. $6.00
Helps maintain healthy digestion, absorption, assimilation and elimination. Good for all three doshas and suitable for all ages.

**Dashamula Root Mix for basti** 2 oz. $5.00

**Enlightenment Tea** 2.5 oz. $6.50
Supports healthy function of the subtle and mental bodies, chakra function and promotes the unfolding of inner light.

**Get Well Tea** 2.5 oz. $6.50
Supports a healthy immune response and the system’s ability to burn and eliminate toxins in circulation.

**Good Night Sleep Tea** 2.5 oz. $6.50
Promotes muscle relaxation and deep, sound sleep.

**Guru Tea** 2.5 oz. $6.50
Promotes spiritual awakening and discipline, and supports the sattva quality in the mind.

**Kundalini Tea** 2.5 oz. $6.50
Supports the awakening of kundalini and the inner spiritual journey to attain enlightenment, while pacifying the indicated dosha. Specify for vata, pitta or kapha.

**Medhya Rasayana Intelligence Promoter** 2.5 oz. $6.50
Promotes cellular nourishment, intelligence, comprehension, understanding and appreciation.

**Prime Youth/Cleansing Tea** 2.5 oz. $6.50
Maintains youthfulness and supports the growth and development of healthy tissues, as well as tone, power and coordination.

**Shad Ras 6 tastes** 2.5 oz. $6.50
Promotes a happy and healthy life. Contains all six tastes: sweet, sour, salty, pungent, bitter and astringent. Supports healthy food choices.

**Tranquility Tea** 2.5 oz. $6.50
Promotes true inner tranquility and helps to relieve everyday stress and frustration.
NATURE’S FORMULARY

VEGETARIAN CAPSULES
60 per bottle

- **Arjuna** $20.00 For cardiac function.
- **Boswellia** $19.00 For joint function.
- **Guggulu** $21.00 For fat metabolism.
- **Gymnema** $19.00 For sugar metabolism.

Phyllanthus $17.00 For liver function.
Picrorrhiza $19.00 For liver function.
Shankhpushpi $20.00 Anxiousness and mood support

ORGANIC INDIA
Completely organic Ayurvedic herbs and formulas.

VEGETARIAN CAPSULES
90 per bottle

- **Ashwagandha** 400 mg. $25.00 Provides nutritional support to energize and rejuvenate.
- **Brahmi – Gotu Kola** 400 mg. $21.00 Energy and memory support. Enhances physical, mental, and emotional clarity.
- **Joy!** 300 mg. $25.00 Uplifts mood, boosts energy. Reduces tension and stress.
- **Liver Kidney** 325 mg. $25.00 Nourishes and supports the liver and kidneys. Reduces toxicity and protects the body from stress.
- **Memory** 300 mg. $25.00 Helps improve mental clarity and focused attention. Supports and nourishes the brain.

- **Neem** 325 mg. $21.00 Ayurvedic herb that helps to maintain healthy skin.
- **Shatavari** 800 mg. $22.00 Gentle support to tone and strengthen the body, especially the reproductive system.
- **Triphala Formula** 480 mg. $22.00 Digestive and colon support aids in nutritional assimilation.
- **Tulsi – Holy Basil** 500 mg. $25.00 Supports strength and stamina. Promotes immunity and stress resilience.
- **Turmeric Formula** 500 mg. $30.00 Ayurvedic Purifying Formula. Used for its anti-oxidant, anti-inflammatory and skin beautifying properties.

VADIK HERBS
Unique potions based on ancient Ayurvedic techniques deliver the properties of the herbs directly into the blood stream, enabling their benefits to be felt more quickly.

LIQUID HERBAL PREPARATIONS

- **Energy Tonic** 8 fl. oz. $15.00 Mind/body tonic (Ashwagandharishta).
- **Heart Tonic** 8 fl. oz. $15.00 Heart tonic and rejuvenator.
- **Kumari Asava** 8 fl. oz. $15.00 Female revitalizer.
- **Liver Tonic** 8 fl. oz. $15.00 Liver cleanser and rejuvenator.
- **Surakta** 8 fl. oz. $15.00 Blood purifier.
BANYAN BOTANICALS
Traditional Ayurvedic herbs and formulas made from the highest quality ingredients and completely vegetarian.

**HERBAL TABLETS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amalaki</td>
<td>$18.00</td>
<td>Detoxifying and rejuvenating for pitta types.</td>
</tr>
<tr>
<td>Ashwagandha</td>
<td>$19.00</td>
<td>Rejuvenative for vata and kapha types; promotes vitality and strength.</td>
</tr>
<tr>
<td>Blood Cleanse</td>
<td>$19.00</td>
<td>Detoxification and support for healthy blood and skin.</td>
</tr>
<tr>
<td>Brahmi / Gotu Kola</td>
<td>$19.00</td>
<td>Rejuvenative for the brain &amp; nervous system.</td>
</tr>
<tr>
<td>Everyday Greens</td>
<td>$19.00</td>
<td>Whole food source of vitamins, minerals, and antioxidants.</td>
</tr>
<tr>
<td>Haritaki</td>
<td>$17.00</td>
<td>Detoxifying and rejuvenating for vata types.</td>
</tr>
<tr>
<td>Healthy Hair</td>
<td>$19.00</td>
<td>Promotes healthy, lustrous hair growth.</td>
</tr>
<tr>
<td>Healthy Kapha</td>
<td>$19.00</td>
<td>Restores and maintains balanced kapha.</td>
</tr>
<tr>
<td>Healthy Pitta</td>
<td>$19.00</td>
<td>Restores and maintains balanced pitta.</td>
</tr>
<tr>
<td>Healthy Skin</td>
<td>$19.00</td>
<td>Supports healthy, radiant skin from within.</td>
</tr>
<tr>
<td>Healthy Vata</td>
<td>$19.00</td>
<td>Restores and maintains balanced vata.</td>
</tr>
<tr>
<td>Heart Formula</td>
<td>$19.00</td>
<td>Supports proper function of the heart.</td>
</tr>
<tr>
<td>Immune Support</td>
<td>$19.00</td>
<td>Promotes health and supports proper function of the immune system.</td>
</tr>
<tr>
<td>I Sleep Soundly</td>
<td>$19.00</td>
<td>Promotes sound, restful sleep.</td>
</tr>
<tr>
<td>Joint Support</td>
<td>$19.00</td>
<td>Maintains healthy function of the joints and muscles.</td>
</tr>
<tr>
<td>Kapha Digest</td>
<td>$19.00</td>
<td>Appetite and digestive stimulant.</td>
</tr>
<tr>
<td>Kidney Formula</td>
<td>$19.00</td>
<td>Supports proper function of kidneys and adrenals.</td>
</tr>
<tr>
<td>Liver Formula</td>
<td>$19.00</td>
<td>Supports proper function of the liver.</td>
</tr>
<tr>
<td>Lung Formula</td>
<td>$19.00</td>
<td>Supports proper function of the lungs.</td>
</tr>
<tr>
<td>Macuna (Kapikacchu)</td>
<td>$19.00</td>
<td>Rejuvenative for the reproductive &amp; nervous systems.</td>
</tr>
<tr>
<td>Men's Support</td>
<td>$19.00</td>
<td>Promotes vitality, strength and proper function of the male reproductive system.</td>
</tr>
<tr>
<td>Mental Clarity</td>
<td>$19.00</td>
<td>Promotes memory and intelligence.</td>
</tr>
<tr>
<td>Neem</td>
<td>$18.00</td>
<td>Detoxification for pitta and kapha; supports healthy skin.</td>
</tr>
<tr>
<td>Para Cleanse</td>
<td>$19.00</td>
<td>Maintains a healthy digestive environment.</td>
</tr>
<tr>
<td>Pitta Digest</td>
<td>$19.00</td>
<td>Digestion formula for pitta types.</td>
</tr>
<tr>
<td>Pollen Protect</td>
<td>$19.00</td>
<td>Respiratory support for common seasonal irritants.</td>
</tr>
<tr>
<td>Shatavari</td>
<td>$19.00</td>
<td>Rejuvenative for vata and pitta; promotes vitality and strength.</td>
</tr>
<tr>
<td>Stress Ease</td>
<td>$19.00</td>
<td>Balancing formula for coping with stress and fatigue.</td>
</tr>
<tr>
<td>Sweet Ease</td>
<td>$19.00</td>
<td>Reduces kapha and promotes healthy blood glucose levels.</td>
</tr>
<tr>
<td>Tranquil Mind</td>
<td>$19.00</td>
<td>Promotes relaxation and sleep.</td>
</tr>
<tr>
<td>Trim Support</td>
<td>$19.00</td>
<td>Supports proper metabolic function and weight management.</td>
</tr>
<tr>
<td>Triphala</td>
<td>$16.00</td>
<td>A balancing formula for detoxification and rejuvenation.</td>
</tr>
<tr>
<td>Turmeric</td>
<td>$19.00</td>
<td>Boost immunity and brain function.</td>
</tr>
<tr>
<td>Vata Digest</td>
<td>$19.00</td>
<td>Digestion formula for vata types.</td>
</tr>
<tr>
<td>Women's Support</td>
<td>$19.00</td>
<td>Promotes vitality, strength and proper function of the female reproductive system.</td>
</tr>
<tr>
<td>Triphala Guggulu</td>
<td>$23.00</td>
<td>Detoxification and rejuvenation support for metabolic function.</td>
</tr>
<tr>
<td>Yogaraj Guggulu</td>
<td>$23.00</td>
<td>Reduces vata in the joints, nerves and muscles.</td>
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**GUGGULUS**

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<tbody>
<tr>
<td>Gokshuradi Guggulu</td>
<td>$23.00</td>
<td>Supports proper function of the genito-urinary tract.</td>
</tr>
<tr>
<td>Kaishore Guggulu</td>
<td>$23.00</td>
<td>Reduces pitta inflammations in the joints and muscles.</td>
</tr>
<tr>
<td>Kanchanar Guggulu</td>
<td>$23.00</td>
<td>Reduces kapha accumulation in the tissues.</td>
</tr>
<tr>
<td>Punarnavadi Guggulu</td>
<td>$23.00</td>
<td>Reduces kapha swelling and pitta inflammations.</td>
</tr>
<tr>
<td>Shilajit</td>
<td>$23.00</td>
<td>Promotes detoxification and rejuvenation.</td>
</tr>
<tr>
<td>Simhanad Guggulu</td>
<td>$23.00</td>
<td>Detoxification and rejuvenation for joints.</td>
</tr>
<tr>
<td>Triphala Guggulu</td>
<td>$23.00</td>
<td>Detoxification and rejuvenation support for metabolic function.</td>
</tr>
<tr>
<td>Yogaraj Guggulu</td>
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**THE AYURVEDIC INSTITUTE**

**HERBAL PRODUCTS**

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<td>Reduces vata in the joints, nerves and muscles.</td>
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</table>
CIRCLE OF HEALTH

Traditional handmade rasayanas formulated to bring the five elements back into balance. These rasayanas restore your youthful state of physical and mental health and expand your state of happiness. Each rasayana has 100,000 milligrams of rare and unique herbs in a complex formula that is preserved in pure ghee, raw honey and brown rice syrup.

**Anti-stress Pitta/Brahmi (Prash) Rasayana**
300 gm. / 9.6 oz. $30.00
Pitta or fire balancing tonic. Supports the nervous system, maintains awareness, creativity, happiness, mental health, pranic energy, tranquility, concentration, memory and healthy emotions.

**Joint Support/Guggulu Rasayana**
300 gm. / 9.6 oz. $30.00
Vata or Air balancing tonic. Promotes circulation, metabolism, digestion, immunity and a healthy nervous system.

**Blood Support/Manjishta Rasayana**
300 gm. / 9.6 oz. $30.00
Pitta and Kapha balancing tonic. Helps support and maintain healthy blood.

**Pancreas Support/Shilajit (Churna) Rasayana**
100 gm. $30.00
Kapha or earth balancing tonic. Helps to maintain healthy blood sugar levels, digestion and metabolism. In powder form with no honey or sugar.

**Blood Pressure Support/Rashona Rasayana**
300 gm. / 9.6 oz. $30.00
Vata and Pitta balancing tonic. Promotes healthy heart function. Reduces everyday stress and tension, promotes sound sleep, a healthy nervous system and the blood.

**Immune Support/Guduchi Rasayana**
300 gm. / 9.6 oz. $30.00
For all body types. Supports the immune system, healthy blood, circulation and the absorption of nutrients.

**Liver and Spleen/Neem (Prash) Rasayana**
300 gm. / 9.6 oz. $30.00
Pitta or fire balancing tonic. Supports healthy liver and spleen function.

**Male-Repro/Kapikachu (Prash) Rasayana**
300 gm. / 9.6 oz. $30.00
Vata or air balancing tonic. Helps invigorate and strengthen the body. Promotes a healthy reproductive system.

**Physical Rejuv (Pitta)/Chyavan Prash**
300 gm. / 9.6 oz. $30.00
A tridoshic formula to maintain all around health and vitality. Supports a healthy immune system, metabolic function and the respiratory system.

**Physical Rejuv (Vata)/Ashwagandha Rasayana**
300 gm. / 9.6 oz. $30.00
Vata or air balancing tonic. Promotes strength and endurance. A traditional male rejuvenative.

**Weight Support/Somalata Rasayana**
300 gm. / 9.6 oz. $30.00
Kapha or earth balancing tonic. Helps to maintain proper body weight.

**Female Support/Shatavari Prash Rasayana**
300 gm. / 9.6 oz. $30.00
Good for all body types. Supports proper function of the female reproductive system. A traditional female rejuvenative.

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**BANYAN BOTANICALS HERBAL TINCTURES**

- **Ginger**
  Supports overall health, wellness and comfort. 1 oz. $12.00

- **I Travel Well**
  Supports the body’s natural ability to adapt to the stresses of travel including changes in time zone. 1 oz. $12.00

- **Kutki**
  Supports proper function of the liver and immune system. 1 oz. $12.00

- **Neem**
  Detoxification for pitta and kapha. 1 oz. $12.00

- **Triphala**
  Balancing formula for detoxification and rejuvenation. 1 oz. $12.00

- **Turmeric**
  Supports digestion and overall health and well-being. 1 oz. $12.00
The Ayurvedic Institute carries traditional Ayurvedic and Western herbs. Our herbs are organic, when available, and always of the highest quality. Most herbs may be purchased in bulk quantities, subject to stock. Some herbs are available in limited quantities only. On quantities of 8 to 16 oz. there is a bulk discount of $0.25 less per ounce. We limit sales to a maximum of 16 oz. as we are not a wholesaler.

**AYURVEDIC HERBS**

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Pre-Packaged Herbs and Spices

- **Amalaki**: 2.5 oz. $5.00
- **Ajwain**: 3 oz. $12.00
- **Bhumy Amalaki**: 2.5 oz. $5.00
- **Cardamom pods organic**: 1.5 oz. $6.00
- **Ginger root organic, crystallized**: 4 oz. $5.20
- **Hing, wheat-free, asafoetida compound**: 1 oz. $3.75
- **Mustard Seed brown, organic**: 3 oz. $3.00
- **Saffron Spanish**: 1 gm. $12.50
- **Salt natural mineral, domestic**: 10 oz. $5.60 / 26 oz. $9.75
- **Sat Isabgol psyllium husk**: 3 oz. $3.75
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ESSENTIAL OILS AND ATTARS

Essential oils are highly concentrated, complex chemicals extracted from whole plant matter. Attars are extracted through distillation and blended in a base of sandalwood essential oil.

ATTARS

1 dram vials

Hina Oil $11.00
A warming, relaxing scent known for sharpening psychic abilities and bringing clarity of mind. Nourishes heart energy and devotion. In small amounts, balancing to all three doshas.

Jasmine Oil $15.50
Sweet, cooling and moisturizing, jasmine nourishes the tissues, strengthens nervous system, and acts as an emmenagogue and aphrodisiac. Has antibacterial and antidepressant qualities. Tridoshic, increases kapha long term.

Khus Oil Vetiver $11.50
Calm the solar plexus and purifies the mind, blood and skin. It improves concentration and is a woman's hormone balancer. It is grounding, strengthening, tonic and regenerating. With antiseptic qualities, it is a relaxant and aphrodisiac. Cooling, khus soothes vata and pitta; elevates kapha.

Neroli $19.00
Benefits the lungs and heart, acting as a sedative and tonic for the nervous system. Helps with anxiety and depression resulting from stress. Rejuvenating on the skin, it is also considered a female reproductive tonic.

Rose Oil $38.50
Promotes love and ojas. Cooling and astringent, rose acts as a nervine, cell regenerator and antidepressant. Very fragrant and tridoshic.

ESSENTIAL OILS

1 dram vials unless noted

Eucalyptus $10.00
A pungent and cooling oil, it is externally cooling and heating internally. Acts as a decongestant and is diaphoretic and a bronchodilator.

Jatamansi Oil $15.00
Soothing, cooling and clearing to the nervous system, a sedative, expectorant and demulcent. Tridoshic, but will elevate vata and kapha long term.

Lavender $9.00
Sweet, astringent, and cooling, lavender benefits the lungs and mind. It helps to calm the mind and is uplifting.

Patchouli $11.75
With sweet, astringent, and cooling properties, this oil can be a mild aphrodisiac and memory stimulant while being grounding. It is antidepressant, antibacterial and calming to the brain, heart, and mind.

Sandalwood Oil $39.00
Improves concentration and meditation; is cooling, antibacterial, and diuretic. Properties include being a nervine, sedative, antispasmodic and tissue regenerative. Promotes ojas. Benefits vata and pitta and is neutral for kapha.

Tulsi Oil $11.50
The favorite of Krishna and Lakshmi, tulsi purifies the mind, body and spirit. Good for the complexion, circulation, metabolism and heart. Acts as a nervine, antispasmodic and febrifuge. Good for vata and kapha, elevates pitta long term.

BANYAN BOTANICALS SKIN BALMS

Beauty Balm 4 oz. $22.00
Firms and rejuvenates the tissues.

Breast Care Balm 4 oz. $20.00
Massage aid for regular breast care.

Joint Balm 4 oz. $20.00
Relief for stiff and aching joints.

Muscle Balm 4 oz. $22.00
Soothes a tired or sore muscular system.

Soothing Skin Balm 4 oz. $20.00
Relief for irritated and inflamed skin.

Trim Balm 4 oz. $22.00
Tones the tissues and supports weight management.
OILS

There may be an extra shipping charge.

Castor Oil 4 fl. oz. $5.70/ 8 fl. oz. $7.00
Traditionally taken internally as a purgative, or used externally alone or as a compress. It is used topically in cases of local high pitta, ama and rashes. Food grade, cold pressed. Made by Heritage Brand.

Coconut Oil pint $8.25
Pure, refined, organic, food grade, glass container.

Sesame Oil pint $9.00/quart $16.00/½ gallon $26.00
Organic, for internal or external use. It has a penetrating action making it useful for abhyanga (daily body massage). Internally it is heating which may increase pitta and heavy which could increase kapha. However, these qualities make it a beneficial oil for vata. Food grade, cold pressed.

Sunflower Oil pint $8.00/quart $12.00/½ gallon $21.00
For internal or external use. Its light and cool qualities are good for pitta and kapha. It may be aggravating for vata types. Organic.

Kapha Massage Oil pint $20.50/quart $31.75/½ gallon $55.00
Balancing for kapha types, this herbalized oil is in a sesame and almond oil base. A. Muzda Enterprises.

Pitta Massage Oil pint $20.50/quart $31.75/½ gallon $55.00
Balancing for pitta types, this herbalized oil is in a sunflower, sesame and coconut oil base. A. Muzda Enterprises.

Vata Massage Oil pint $20.50/quart $31.75/½ gallon $55.00
Balancing for vata types, this herbalized oil is in a sesame and almond oil base. A. Muzda Enterprises.

Mahanarayan Oil 4 fl. oz. $11.00 /pint $24.25
A traditional Ayurvedic herbal oil, similar to MahaGanesh oil, but more heating. Good topically for joint pain. Sesame oil base. A. Muzda Enterprises.

Kapha Massage Oil 4 fl. oz. $10.00 / 12 fl. oz. $21.00 / 34 fl. oz. $39.00

Pitta Massage Oil 4 fl. oz. $10.00 / 12 fl. oz. $21.00 / 34 fl. oz. $39.00

Vata Massage Oil 4 fl. oz. $10.00 / 12 fl. oz. $21.00 / 34 fl. oz. $39.00

PUJA ITEMS

For use in Vedic rituals.

Cow Dung 2 oz. $2.00

COPPER ITEMS

Copper 2‑Part Stand $22.00
Pure copper stand, for agni hotra (fire ceremony), puja, homa, etc. Used to hold the pyramid to protect whatever the pyramid is sitting on and stability.

Copper 7.5” Small Bowl Spoon $9.00
Small copper spoon used with copper pyramid.

Copper 9” Large Bowl Spoon $12.00
Larger copper spoon used with copper pyramid.

Copper Fitted Cover $23.00
Pure copper fitted cover for top of pyramid, for agni hotra (fire ceremony), puja, homa, etc.

Copper Offering Dish $11.40
Pure copper offering dish, for agni hotra (fire ceremony), puja, homa, etc. Used to hold the offering supplies for the ceremony.

Copper Pyramid $55.00
Pure copper pyramid for agni hotra, puja, homa, etc. The main vessel for fire ceremony. Set on 2 part stand for better stability.

Copper Tongs $15.00
Copper tongs used with copper pyramid.

For more information on Agni Hotra, see “Agni Hotra: Havan on Earth” on page 20.
MALAS AND NECKBEADS

Malas are necklaces of various materials used for mantra recitation, prayer and other devotional practices. They are also worn for the beneficial effects of their materials—seeds, wood beads, gemstones or other special materials. All malas are knotted (vs. strung), have a tassel, and usually have 108 beads. Please check for availability before ordering.

Crystal mala, $44.00
Clear, good for all doshas.

Om Namah Shivaya Bracelet $14.00
Engraved with “Om Namah Shivaya” mantra, it is balancing to the system.

Lotus Seed mala, 54 beads $20.00/27 beads $12.00
Lotus seed is sacred, cooling and is believed to promote spiritual and material prosperity.

Rose Quartz mala, $44.00
Pink. Stimulates love and opens the heart chakra.

Rosewood mala, medium $20.00
mala, large $24.00
Heating and improves circulation, red rosewood can strengthen the aura of an individual and protect from negative energy.

Rudraksha mala, small $26.00
When Shiva first came out of deep meditation, it is said that a few tears dropped on the earth from his loving eyes and trees grew from those tears. Rudraksha seeds are from these trees. They open the heart chakra and are good for meditation and protection. Traditionally, the smaller the rudraksha bead, the better its quality.

Sandalwood mala, medium, smooth beads $48.00
mala, large, smooth beads $80.00
Very calming and cooling, it soothes pitta dosha. Sandalwood is said to attract positive subtle vibrations. It brings clear perception and can be used in worshiping any deity. Very fragrant.

Tulsi mala, medium, 108 beads $16.00
Krishna loves tulsi. Prepared from the stems of the tulsi (holy basil) plant, it is a medicinal plant and helps to balance vata and kapha. Tulsi helps to improve devotion and love in the heart.

Vaijayanti mala, white vaijayanti $18.00/mala, vaijayanti and crystal $30.00
Lord Vishnu and Krishna love this mala. Vaijayanti means that which brings victory. It is very balancing for all doshas.
INCENSE

Shoyeido 14 gms. $3.25
Amethyst (Balance), Diamond (power), Ruby (strength), Emerald (awareness) or Sapphire (devotion), with ceramic holder

Nippon Kodo 50 sticks, $3.75
Aqua, Lavender, White Plum with ceramic holder

Amber Kasturi Superior 20 gm. $1.50

Clove, SAC 10 cones $1.00

Daigen-Koh Japanese rosewood 24 gm. $3.00

Nag Champa 40 gm. $4.50

Padmini Dhoop $1.65 superfine, small box

Primo Yellow Rose 25 gm. $5.75

Pure Sandalwood 50 gm. $4.00

Sai Flora 25 gm. $2.50

Shivranjani 10 gm. $1.75

Sugandha Shringar $1.75

The Mother’s India Fragrances 12 sticks, $2.50
Buddha, Ganesha, Lakshmi, Om

Triple Amber Supreme 30 gm. $3.00

White Sandalwood 50 gm. $2.50

Copal Resin, White 1 oz. $1.50

Frankincense Resin 1 oz. $2.00

Myrrh Resin 1 oz. $1.25

Wood Incense Burners $1.00 ea.
Clarifying Mask 50 gms. $18.50
A unique formulation of minerals and herbs, known in India for their powerful antiseptic and antifungal properties, effective in the treatment of pimples, blackheads and eruptions of the skin for adults and children over 12. Calms irritated skin without drying or redness. Smooths and softens.

Pregnancy Body & Massage Oil 8 oz. $21.75
Contains the highest quality organic, anti-oxidant, nutritive and nourishing botanical and base oils to help support healthy skin, prevent stretch marks and bring a sense of well being. Apply to the whole body after bath or anytime throughout the day with gentle strokes after the first trimester through postpartum.

Sarada’s Love Ayurvedic Baby Massage Oil 8oz. $14.25
Welcome your new baby with loving massage to bestow and enhance bonding, security, protection and the special benefits that come from touch. Your baby will reap the positive aspects of oil massage to assist in healthy growth, calmness, and strength. Baby Massage Oils are also beneficial to adults! Apply on feet and lower legs before bedtime to calm or apply to the whole body anytime.

Scar Healing Oil 2 oz. $21.25
Contains the finest botanical ingredients known for centuries to enhance the body’s natural power to heal. Useful for scars resulting from injuries, surgeries, wounds, and stretch marks.

Sochi Ayurvedic Nourishing Oil 8 oz. $20.50
Sochi offers the natural effulgence of ancient flowers, herbs, and oils in an exquisite daily herbal body oil that gives nourishing, moisturizing and healing benefits throughout the entire day.

Tigress Healing Oil 2 oz. $22.00
The Maha (Great) of traditional Ayurvedic soothing and strengthening oils. Excellent relief for acute trauma and chronic conditions.

Tridoshic Body & Massage Oil 4 oz. $14.00
Traditionally prepared with organic base oils and over 45 organic sustainable herbs to nourish and promote radiant skin and optimal well-being. Tridoshic Shakti enhances vibrancy and rejuvenates with Nature’s botanicals, essential fatty acids, and anti-oxidants. Apply after bath or anytime throughout the day.

Tridoshic Shakti Body & Massage Oil 8 oz. $20.00
Traditionally prepared with organic base oils and over 45 organic sustainable herbs to nourish and promote radiant skin and optimal well-being. Tridoshic Shakti enhances vibrancy and rejuvenates with nature’s botanicals, essential fatty acids, and anti-oxidants. Apply after bath or anytime throughout the day.
BODY SPLASH
Rose Water 4 oz. spray top $6.90
Rose Water 8 oz. spray top $10.10
Pure food grade scented waters from Heritage Store

HAIR OILS
Vadik Herbs Amla hair oil 8 oz. $22.00
A. Muzda Brahmi hair oil 4 oz. $9.00/9 oz. $14.25
Banyan Botanicals Healthy Hair oil 4 oz. $11.50

LIP BALMS
Alba Botanica, .15 oz. 4.25 gm $3.00
coconut cream
Nanak Lip Balm, .18 oz. $2.50
almond, coconut, spearmint, unscented
Soothing Touch, .25 oz. 7 gm $4.25
vanilla chai, unscented

NETI POTS
Neti Wash Eco Neti Pot $16.00
Unbreakable, natural bioplastic
Neti Salt Ancient Secrets, brand, 8 oz. $3.15

PAIN BALMS
Tiger Balm .63 oz. $8.00
Red, external analgesic
Tiger Liniment 2 fl.oz. $10.25

SHAMPOO AND CONDITIONER
Auromere Ayurvedic Shampoo 16 fl. oz. $10.00
Aloe Vera, for dry-normal hair
Auromere Ayurvedic Shampoo 16 fl. oz. $10.00
Neem Plus 5, for normal-oily hair
Shikai Shampoo 12 fl. oz. $9.75
all natural for everyday, fine or dry hair
Shikai Conditioner 12 fl. oz. $9.75
all natural for everyday
Shikai Highlighting Conditioner 12 fl.oz. $10.50
all natural

SKIN MOISTURIZER
Shikai Hand & Body Lotion 8 fl.oz. $10.25
Japanese Citrus, Sandalwood

SOAP
Auromere 2.75 oz. $3.00
Sandal-turmeric, Tulsi-neem
Chandrika 2.64 oz. $1.50
Margo Neem 3.25 oz. $1.75
Mysore Sandal 2.64 oz. $2.75
Soil and Earth .25 gm $5.00
Jasmine & Patchouli; Neem, Basil & Honey; Sandalwood & Turmeric; Red Sandalwood & Frankincense

TONGUE SCRAPERS AND TOOTHPASTE
Tongue scrapers are made in the USA of highest quality materials.
Copper $9.00 Kapha
Stainless Steel $7.25 Tridoshic
Auromere Neem Toothpaste $8.00
licorice, non-foaming mint or cardamom (no sodium lauryl sulfate)

VARIOUS PRODUCTS
Copper Drinking Cup 14 oz. $20.00
Eye Cups plastic $3.50
Ginger Baking Soda Organic bath Mixture 8 oz. $5.00/16 oz. $10.00
Gent-L-Care Disposable Enema Set $5.00
Tea Tree Oil Desert Essence brand, 1/2 oz. $9.50/1 oz. $12.00
Wool Flannel 18" x 24" $16.00
For application of oils and ointments
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 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 12 books on Ayurveda as well as hundreds of articles and other writings. With over 700,000 copies of his books in print in the US, his work has been translated into more than 20 languages.
Based on Dr. 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. 30 x 7.5” cards

**Pranayama for Self-Healing**  
DVD, 79 minutes, $15.00 Demonstrated by Vasant Lad, BAM&S, MASc  
These special breathing exercises unfold cellular intelligence and make the individual happy, peaceful and blissful. Vasant Lad give complete anatomical explanations of the effects and physiological benefits of practicing each pranayama exercise. He gives examples of his patient’s case histories and the wonderful results from these practices.

**Secrets of the Pulse: Ancient Art of Ayurvedic Pulse Diagnosis**  
172 pp. $20.00 Dr. Vasant Lad, MASc  
Revised 2nd edition, 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 more than 30 years. Provides a method by which anyone can learn to read the pulse.

**Strands of Eternity**  
Hardcover, 78 pp. $10.00 Vasant Lad  
Whether you read it at the beginning/ending of your day, or as a prelude to meditation, Vasant Lad’s words will guide you into states of reality where the answers to Life’s eternal secrets are held.

**Textbook of Ayurveda: Fundamental Principles, Vol 1**  
Hardcover, 368 pp. $40.00 Vasant Lad, MASc  
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.

**Textbook of Ayurveda: Clinical Assessment, Vol 2**  
Hardcover, 416 pp. $50.00 Vasant Lad, MASc  
Vasant Lad presents in this book a systematic method for identifying the causes of illness and the stages in which a disease unfolds. Sharing from a wealth of clinical experience, he imparts principles and methods of assessment using a combination of the most helpful Ayurvedic and modern techniques.

**Textbook of Ayurveda: Management and Treatment, Vol 3**  
Hardcover, 668 pp. $80.00 Vasant Lad, MASc  
Provides comprehensive information on the therapeutic modalities of Ayurveda including diet and lifestyle recommendations, palliative and cleansing therapies, subtle healing methods such as individual rejuvenation protocols, yoga and pranayama practices, and herbal substances as well as management techniques according to dosha, dhatu, srotamsi, and the subtle essences.

**The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine**  
265 pp. $15.95 Dr. David Frawley and Dr. Vasant Lad  
Here, for the first time, is an introduction to Ayurveda, herbal energetics, and a detailed explanation and classification of over 250 Western, Chinese and Ayurvedic herbs according to Ayurveda principles. Eminently practical, with many diagrams.
The Hidden Secret of Ayurveda 96 pp. $6.00
Robert E. Svoboda; B.A.M.S.
An excellent introduction and overview of the profound, ancient Indian healing system known as Ayurveda.

Light on Life: Introduction to the Astrology of India 438 pp. $19.95
Hart deFouw and Robert E. Svoboda
Jyotisha, or Indian astrology, is an ancient and complex method of exploring the nature of time and space and its effect upon the individual. The subject has been clarified and explained by two experts and long-term practitioners, who have created a complete and thorough handbook that can be appreciated and understood by those with very little knowledge of astrology.

Light on Relationships: The Synastry of Indian Astrology 296 pp. $16.95
Hart deFouw and Robert E. Svoboda
Building on some of the best principles from both Eastern and Western astrological traditions, this is a synthesized approach to horoscope compatibility analysis, developed over years of experimentation.

Prakriti: Your Ayurvedic Constitution $15.00 206 pp.
Dr. Robert E. Svoboda
New, revised, enlarged second edition!
Here is an excellent and thorough introduction to Ayurveda, packed with practical information. Topics covered are: constitutional characteristics, food, nutrition, routine, balance, disease, and rejuvenation.

Tao and Dharma: Chinese Medicine and Ayurveda 155 pp. $12.95
Robert E. Svoboda and Arnie Lade
Explores the enduring features of humanity’s oldest, continually practiced systems of medicine. Examined are these two great systems of medicine, studying closely the historical, theoretical and practical relationships.

Vastu: Breathing Life into Space 296 pp. $25.00
Robert Svoboda addresses Vastu, the classical Indian art (or science) of architectural form, by sensitizing the reader to the dynamics of space, alignment, and form in ever-expanding orbits of individual life. He enters the realms of classical Indian medicine (Ayurveda) and astrology (Jyotisha), which are of the greatest importance to realizing Vastu and its contours in one’s life.
BOOKS ON AYURVEDA

Ayurveda and the Mind: The Healing of Consciousness 346 pp. $19.95
Dr. David Frawley
Explores how to heal our minds on all levels from the subconscious to the superconscious, along with the role of diet, impressions, mantra, meditation, yoga and many other methods to create wholeness.

Ayurvedic Astrology 272 pp. $19.95
Dr. David Frawley
Ayurvedic medicine represents the healing branch of yogic science, while Vedic astrology provides its understanding of time and karma. Ayurvedic astrology teaches the interface of these two extraordinary systems in the Vedic astrology of healing.

Ayurvedic Healing: A Comprehensive Guide 368 pp. $22.95
Dr. David Frawley
Revised, enlarged second edition! Ayurvedic principles, therapies, and various remedial measures. Contains methods of Ayurvedic constitution balancing such as diet, herbs, oils, aromas, gems and lifestyle counseling, along with information on classical herbal formulas.

Soma in Yoga and Ayurveda: The Power of Rejuvenation and Immortality 400 pp. $19.95
Dr. David Frawley
Cracks the secret code of “Soma” and demystifies the myth and logic about its practical application. Outlines that the real fountain of Soma is well within you and tapping into that nourishment will make your life enlightened and blissful.

Yoga and Ayurveda: Self-Healing and Self-Realization 345 pp. $19.95
David Frawley
Examines the interface of these two subjects and reveals the secret powers of the body, breath, senses, mind, and chakras. Unfolds transformational methods to work through diet, herbs, asana, pranayama, and meditation.

Ayurveda Cookbook $29.95 220 pp
Rupen Rao and Aparna Pattewar
Offers recipes for a healthy vegetarian lifestyle based on Ayurvedic recommendations. A divine blend of traditional Indian knowledge of Ayurveda and traditional vegetarian Indian recipes based on Ayurveda.

Ayurvedic Cooking for Westerners: Familiar Western Food Prepared with Ayurvedic Principles 395 pp. $19.95 Amadea Morningstar
Offers familiar Western foods lovingly prepared with Ayurvedic principles. Learn how to cook fresh, easy to make recipes for healthy folks, as well as those with illnesses, including allergies and candida.

Ayurvedic Herbs: The Comprehensive Resource for Ayurvedic Healing Solutions $39.95 476 pp
by Virender Sodhi, MD (Ayurved), ND
Combines the traditional knowledge of Ayurvedic medicine with the latest scientific research. Chronic diseases go into remission when people follow Ayurvedic lifestyles, yoga exercises, breathing therapy, along with taking Ayurvedic herbs. Especially helpful for doctors, research professionals, scientists, students and people who are keenly interested in improving personal health.

Ayurvedic Medicine 400 pp. $75 Sebastian Pole
Details over 100 plant profiles of Ayurvedic herbs, with images of fresh and dried plants, and 50 traditional formulas, including characteristics, usage, combinations, contraindications, and safety and dosage information for each.

The Ayurvedic Vegan Kitchen 192 pp. $19.95
Talya Lutzker
Follow an Ayurvedic diet without the use animal products. Offering whole-food, vegan alternatives with over 120 delicious recipes that provide healing flavors and harmony to the mind and spirit.

Balance Your Hormones, Balance Your Life 352 pp. $18.00 Claudia Welch, MSOM
Combines Eastern medical theory with Western science to provide uncommon insights into hormones, women’s health concerns, lifestyle and diet. Designed to be readable and accessible for all women, including students and practitioners of Western medicine, Ayurveda, Traditional Chinese Medicine.

The Book of Ayurveda: A Holistic Approach to Health and Longevity 190 pp. $16.00
Judith H. Morrison
Written by a student of Vasant Lad, explores the influence of vata, pitta and kapha on one’s physical and emotional well-being and offers a lifestyle guide designed to maximize health, longevity and enjoyment of living.
Ayurveda and Life Impressions Bodywork: Seeking Our Healing Memories
282 pp. $19.95 Donald VanHowten
The membranes of the body store our actions, experiences, emotions and beliefs. They represent our impressions of life, in a “hard copy” of flesh. This book offers a refreshing, insightful and practical approach to updating our old life impressions.

Ayurvedic Tongue Diagnosis 480 pp. $29.95
Walter ‘Shantree’ Kacera, D.N., Ph.D
In addition to offering a comprehensive understanding of the art of tongue diagnosis, this book includes ancient and modern healing practices based on healing tastes, herbal therapies and dietary protocols.

OTHER TEXTS

Agnihotra: Havan on Earth
$12.00 90 pp
Ellie Hadsall
This simple fire ceremony, conducted in a small copper pyramid and infused with vibrational frequencies of brief, specific Sanskrit chants, creates an energy field that promotes harmony and peace. Within that space, negativity cannot exist, allowing life forms to return to a natural state of wholeness. Includes a full explanation of the ceremony and its benefits with step-by-step instructions.

The Art and Science of Vedic Counseling
$19.95 336 pp
David Frawley and Suhas Kshirsagar
Vedic counseling teaches us that our lives are a product of our own action or karma. Who we are and what we experience, both individually and collectively, is the result of forces that we have set in motion and are ultimately responsible for. We are responsible for ourselves.

Asana Pranayama Mudra Bandha
$43 pp. $24.95
Swami Satyananda Saraswati
This text is used as the main practical text for the teaching of asana, pranayama, mudra, bandha and shat karma within the Certificate and Diploma Courses in Yogic Studies at Bihar Yoga Bharati.

An Easy Guide to Meditation 46 pp. $2.00
Roy Eugene Davis
A very good introduction, this small booklet is a step-by-step guide for beginning meditators.

An Easy Guide to Ayurveda 160 pp. $5.00
Roy Eugene Davis
This helpful book explains how to experience inner balance and authentic spiritual growth.

The Gheranda Samhita
Hardcover, 59 pp. $10.00
Translated by Rai Bahadur Srisa Chandra Vasu
Hatha Yoga is one of the most important forms of Yoga in which attempt is made to attain concentration or Samadhi by purification of the body and physical exercises.

Hatha Yoga Pradipika 642 pp. $24.95
Swami Mukti Bodhananda
An important text that enumerates the essentials of yoga—of immense practical value.

The Hatha Yoga Pradipika
Hardcover, 63 pp. $12.00
Translated by Pancham Sinh
Explains in clear terms the asanas, pranayama, mudras, and the samadhi, which are essential in the practice of yoga. It also discusses the philosophy underlying yoga.

384 pp $22.99
James Green
A compilation of natural home remedies. Green emphasizes that herbal medicine-making is fundamental to every culture on the planet and accessible to everyone. So, first head into the garden and learn to harvest your own herbs, and then head into your kitchen and whip up a batch of raspberry cough syrup, or perhaps a soothing elixir to erase the daily stresses of modern life.

How the Art of Medicine Makes the Science More Effective: Becoming the Medicine We Practice
$27.95 256 pp Claudia Welch, DOM
Examines how we know what we know, the mechanics of doctor-patient emotional contagion, and the degree to which a patient’s sensory experience in a medical office affects their experience of treatments delivered. Offers practical steps for doctors to cultivate more refined perceptive abilities and improve results.

The Language of Ayurveda
Spiral-bound book, 2 CDs $39.00
Nicolai Bachman
A collection of invocation chants, verses and terms relevant to the study of Ayurveda.
The Language of Jyotisha
94 pp. 1 CD $27.00
Nicolai Bachman

Malas, Mantras, and Meditation 56 pp. $6.00
Sandra Ducey
Learn proper use of malas and the meaning of mantras. Includes a complete listing of the different types of malas and their meanings.

Mantra Yoga and Primal Sound 196 pp. $14.95
David Frawley
The yogic meaning of the prime seed mantras and letters of the Sanskrit alphabet along with their application for body, mind and spirit. Unfolds secrets of how to use mantra with pranayama and many esoteric meditation practices.

The Nakshatras 216 pp. $15.95
Dennis M. Harness, Ph.D.
This book shows you how to access the wisdom of the Nakshatras in your personal life and society. Understand the energies of the stars and learn how to utilize them to bring their lives into harmony with the great forces of the universe.

Planetary Herboilogy 486 pp. $17.95
Michael Tierra
This comprehensive handbook describes over 400 medicinal herbs, integrating western herbs into the traditional Chinese and Ayurvedic systems.

Sanskrit Flash Cards $33.00
Nicolai Bachman
Learn how to correctly read, pronounce and alphabetize words in the Devanagari script of Sanskrit with these 108 Flash Cards. CD with pronunciation for each letter and the alphabet chanted by the author.

Seven Systems of Indian Philosophy 261 pp. $14.95
Pandit Rajmani Tigunait, Ph.D.
A concise and comprehensive outline of the major schools of Indian philosophy. A straightforward introductory survey, it is also a basic reference to be turned to again and again.

Spice Blends 50 recipe cards + spice blends, $17.99
Danit Eliav
With this recipe card box you can mix-and-match spice-blend cards with the recipe cards and create a variety of flavors each time, by using different spice blends for the same recipe.

Sri Vijnana Bhairava Tantra: The Ascent 499 pp. $18.95
Swami Satyasangananda Saraswati
The theme of Bhairava tantra is Dharana, or concentration. This translation and commentary of a classical Tantric text sheds light on the practice of Dharana.

Vedanta Book of Definitions 138 pp. $4.95
Sri Adi Sankaracarya with commentary by Swami Tejomayananda
Sri Adi Sankaracarya lovingly introduces the basic principles of Vedanta—the science of life. Presented in the form of a dialogue, the disciple asks with genuine eagerness and the Guru answers with patience, depth and precision.

Vaaatu: The Indian Art of Placement: Design and Decorate Homes to Reflect Eternal Spiritual Principles $12.95 128 pp Rohit Arya
Vaaatu elucidates principles that orient and plan each element of a structure. A building’s site, ground plan, shape, and orientation are all-important considerations.

Yoga and the Sacred Fire 294 pp. $19.95
Dr. David Frawley
Explores the evolution of life and consciousness according to the cosmology and psychology of Fire, viewing Fire not only as a material but also as a spiritual principle.

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Cabbage Subji Photo courtesy Ayurvedic Cooking for Self-Healing on page 17102.
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<td>$7.00</td>
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