Ayurveda is widely considered to be one of the oldest health care traditions still in practice today. Originating in India over 3,500 years ago, it is increasingly recognized and practiced globally in many European countries and the United States. Food and nutrition play a crucial role in the health care model of Ayurveda. The Ayurvedic notions of good and bad taste or diet, the concept of food as medicine, especially to treat diabetes and cancer, convalescent food practices, and fasting therapy. The Ayurvedic Science of Food and Nutrition is unique in that it is the only book to investigate the possible correlation between ayurveda, making this health care tradition to potentially be incorporated into a Western clinical practice model when the latter becomes inevitable.

The Ayurvedic Science of Food and Nutrition - Priya Vrat Sharma - 1982

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