Ayurveda Books

Resources
Books: Nataraj Books (703) 455-4996

Ayurveda, General
Ancient Art of Self Healing, The, *Yogi Bhajan*
Ayurveda, *Scott Gerson*
Ayurveda, *Vasant Lad*
Ayurveda: A Life of Balance, *Maya Tiwari*
Ayurveda Secrets of Healing, *Maya Tiwari*
Ayurvedic Cooking for Self Healing, *Lad & Lad*
Ayurvedic Encyclopedia, *Swami Sada Shiva Tirtha*
Ayurveda-Life, Health, & Longevity, *Robert Svoboda*
Ayurvedic Healing, *David Frawley*
Body Balance, *Karta Purkh Singh Khalsa*
Complete Book of Ayurvedic Home Remedies, The, *Vasant Lad*
Foods for Health & Healing, *Yogi Bhajan*
Herbal Defense, *Robyn Landis & Karta Purkh S. Khalsa*
Natural Healing Through Ayurveda, *Subash Ranade*
Prakruti, Your Ayurvedic Constitution, *Robert Svoboda*
Perfect Health, *Deepak Chopra*
Way of Ayurvedic Herbs, The, *Khalsa and Tierra*
Yoga of Herbs, The, *Lad and Frawley*

Ayurvedic Massage
Ancient Indian Massage, *Harish Johari*
Ayurveda: The Gentle Health System, *Hans Rhyner*
Ayurveda and Marma Therapy, *Avinash Lele*
Ayurvedic Beauty Care, *Melanie Sachs*
Massage Therapy in Ayurveda, *Bhagwan Dash*
Miracle of the Healing Hands, The, *Waheguru Khalsa*

Materia Medica
Medicinal Plants of India, *C.K.N. Nair and N. Mohanan*
CRC Handbook of Ayurvedic Medicinal Plants, *L.D. Kapoor*
Indian Materia Medica, *K.M. Nadkarni*
Medicinal Plants of India, *S.K. Jain, Robert A. Defilipps*
One Earth Herbal Sourcebook, *Alan Tillotson*
Materia Medica of Ayurveda, *Dash and Kashyap*
Major Herbs of Ayurveda, *Elizabeth Williamson*

Beauty
Ayurveda Beauty Care, *Melanie Sachs*
Absolute Beauty, *Pratima Raichur*

Ayurveda and Yoga
Yoga and Ayurveda, *David Frawley*
Yoga for Your Type, *David Frawley*

Advanced & Other Topics
Textbook of Ayurveda, *Vasant Lad*
Secrets of the Pulse, *Vasant Lad*
Ayurveda and the Mind, *David Frawley*