



Ayurvedic Medicine for Westerners: Anatomy and Physiology in Ayurveda (Volume 1)

Vaidya Atreya Smith

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Anatomy and physiology in Ayurveda are based on the body's function rather than structure. Eventually both are of equal importance. Nevertheless, this fundamental difference is primary in understanding the logic of Ayurvedic medicine as a whole. This textbook is written for the Western student of Ayurveda who lacks the cultural context of India – the context that views the body, and creation in general, functionally. Many different details on Ayurvedic physiology are clearly distinguished from Ayurvedic anatomy in this book. Most books on this subject are either obscure, overly detailed, disorganized or confused. The goal of this textbook is to help students and practitioners of Ayurveda to better grasp the functional vision of Ayurveda through a logical, linear presentation of anatomy and physiology. The author of this textbook is a practitioner since 1987 and teaching since 1994. This unique combination allows the author, Vaidya Atreya Smith, to clearly explain the basic principles of Ayurveda. Once these concepts are thoroughly learned the following subjects of pathology, diagnosis and treatments become easy. In this book the Western student of Ayurveda will find a user friendly guide to de-crypt the profound ancient wisdom that is Ayurveda.

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