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Handbook of Ayurvedic Medicinal Plants: Herbal Reference ...

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The traditional form of medicine in India for more than five thousand years Ayurveda relies primarily on the proper use of foods and herbs to maintain or restore the body's natural state of balance. While Ayurvedic healing has in recent years become increasingly well known in the west Maya Tiwari is the first author to provide us with a comprehensive working guide to ayurveda as a way of life.

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Triphala is an Ayurvedic remedy consisting of three Ayurvedic spices — amla, bibhitaki, and haritaki. It may help reduce joint inflammation, improve digestion, and promote oral health. 6.

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