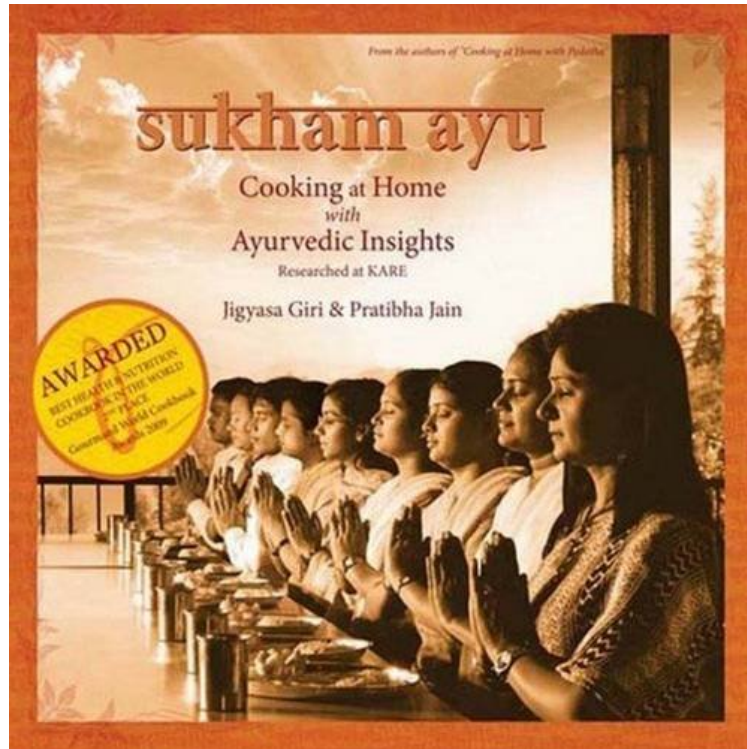


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## **Sukham Ayu: Cooking at Home with Ayurvedic Insights: (Gourmand Winner - Best Health Nutrition Cookbook in the World - Second Place)**

*Jigyasa Giri, Pratibha Jain*

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**Jigyasa Giri, Pratibha Jain : Sukham Ayu: Cooking at Home with Ayurvedic Insights: (Gourmand Winner - Best Health Nutrition Cookbook in the World - Second Place)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Sukham Ayu: Cooking at Home with Ayurvedic Insights: (Gourmand Winner - Best Health Nutrition Cookbook in the World - Second Place):

0 of 0 people found the following review helpful. Please review your book with a good vaidya before your write oneBy ShopperSorry to say. But, the author may not be practicing classical ayurved. Reason being some of the combinations would actually aggregate the 3 doshas and not the converse :(One example being 'Milky Vegetable Soup' which uses salt with Milk is not recommended by 'brihat trayi'?0 of 0 people found the following review helpful. This is an amazing cookbook!By AnandaThis is an amazing cookbook !! I use this book everyday if you really want to cook Ayurveda food and live the Ayurveda life style this is a great guide and way to start your journey ...1 of 1 people found the following review helpful. May be good for somebody who does not know the basics of ...By AashaiOverrated for an indian cook. May be good for somebody who does not know the basics of Indian /Ayurvedic cooking. Good packaging though!

Through centuries, great masters of science and philosophy have interpreted and defined life in myriad ways. According to Ayurveda, ayu or life is an orchestra of body, senses, mind and soul. For sweet music to flow, the body and the senses have to be nurtured in a way that they take care of the mind and soul. Balance, moderation and compatibility are the grand conductors of this heavenly orchestra that steer life away from sickness and suffering, thus leading to a well-lived life of happiness and contentment, or Sukham Ayu. This collection of recipes consists of daily, simple, vegetarian dishes that all Indian homes are familiar with. A closer look will reveal the fine thread of Ayurvedic insights binding them together, for what makes food healthy and 'Ayurvedic' is proper combinations, compatibility and methods of cooking. These recipes have been included with a clear focus on freshly cooked food, on the correct use of spices to enhance taste and good health, on the right combinations that make them tridoshik, or 'agreeable to all doshas'.

"I find this is a very handy book with details on sattvik food to build up a healthy body with a sound mind." --  
YOGACHARYA B. K. S. IYENGAR  
From the Author  
It has been our sincere endeavour to bring to you the great tenets of Ayurveda in simple, easy language and in a rhythm that we thought practical. As you turn these pages, you will find chapters that deal with different aspects of Ayurveda preceding each section of recipes. Thus, the first chapter "Who am I?" deals with the foremost dictum of Ayurveda, which places all of life within three categories of doshas or bodily humours - vata, pitta, kapha. This chapter is followed by a section on sweet dishes. The next chapter is "Self and the Elements" which deals with the connection between the five great elements and human existence, followed by a section on Soopa or soups. In this manner, sections of simple recipes are interwoven with compact pages of Ayurvedic teachings. More than anything else, this book aims to bring joy into cooking at home. It is, in a way, a culinary journey interspersed with ayurvedic insights, a peek into an ayurvedic system, each chapter leading you back home - with a basic home-style recipe. Although most of the recipes are for daily cooking, the home-style recipes are the first step into bringing Ayurveda and healthy, flavoursome cooking into your home. The recipe sections feature a selection of tridoshik preparations, which means that they can be eaten by persons of all constitutions (unless under supervised medical or diet treatment). However, any type of food is always more conducive to some and less to others, thus the popular proverb - one man's food is another man's poison. It is always interesting to know which foods one can eat regularly and which one should leave aside for occasional indulgences. So when you select a menu from this book for your family, all you have to do is identify who can eat more or less of each dish, based on the main ingredients. This is not as daunting as it may seem. When we sent a manuscript of these recipes to a friend to try out, she found that cooking and eating turned into a more conscious activity with the kids cheekily telling their kapha dad to go slow on the kheer, and the elder sister bossing over the younger one saying, "This salad is more for you than me!" What was really heart warming was when our friend said, "It somehow bound us all together and made eating time more fun!" We hope that along with the tingling of your taste buds, this book kindles your curiosity to know more about this great science of life. Jigyasa and Pratibha December 2008 .  
From the Inside Flap  
Through centuries, great masters of science and philosophy have interpreted and defined life in myriad ways. According to Ayurveda, 'ayu' or life is an orchestra of body, senses, mind and soul. For sweet music to flow, the body and the senses have to be nurtured in a way that they take care of the mind and soul. Balance, moderation and compatibility are the grand conductors of this heavenly orchestra that steer life away from sickness and suffering, thus leading to a well-lived life of happiness and contentment, or Sukham Ayu. You are what you eat, claims the popular adage. Add to this the knowledge that what you need to eat is not elaborate menus with unavailable and exotic ingredients, but simple home cooked food using regional and seasonal availables that suit your constitution. This is the quintessence of an Ayurvedic diet in a nutshell. This collection of recipes consists of daily, simple, vegetarian dishes that all Indian homes are familiar with. A closer look will reveal the fine thread of Ayurvedic insights binding them together, for what makes food healthy and Ayurvedic is proper combinations, compatibility and methods of cooking. Thus, these recipes have been included with a clear focus on freshly cooked food, on the correct use of spices to enhance taste and good health, on the right combinations that make them tridoshik, or agreeable to all doshas. Slight variations and unobtrusive additions and deletions to daily home cooking, along with Ayurvedic insights, make these recipes worth trying.