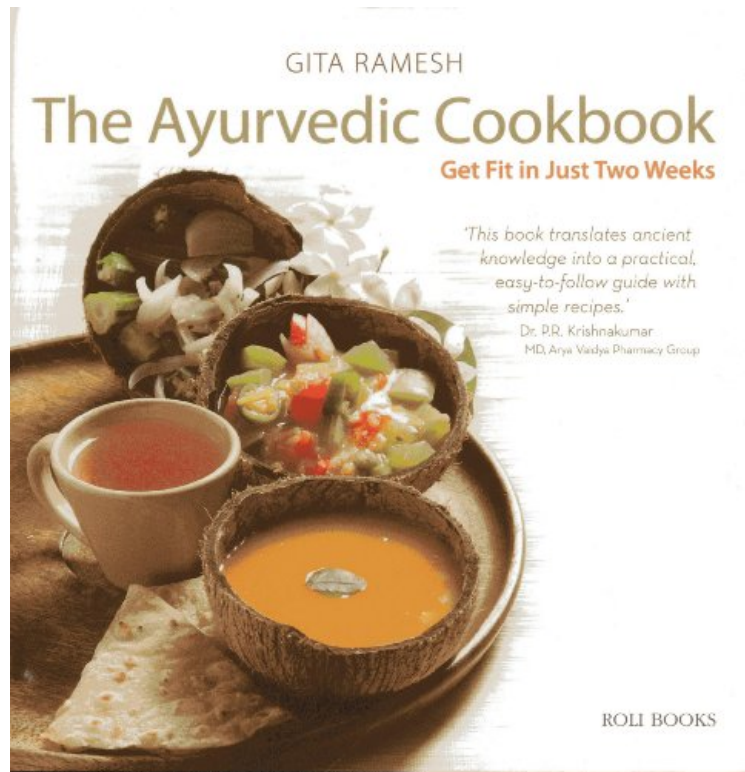


The Ayurvedic Cookbook

Gita Ramesh

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Gita Ramesh : The Ayurvedic Cookbook before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Ayurvedic Cookbook:

0 of 0 people found the following review helpful. This is a spa cookbook for a cleanse By Peter K. So many things wrong with this slim cookbook- biggest thing that is wrong is that it claims to be for all doshas, but its emphasis on watery foods is disastrous for Kaphas who are already water logged and require drying foods.- Impossible to find ingredients: try finding all the required different indian gourds, pumpkins, squashes in your local market, not to mention banana stem.- it's just a list of recipes with a 2 week plan that reads like a spa cleanse. With all the watery food, you'll be spending 2 weeks on the toilet You'd be better off just taking a laxative.- recipes are not convenient unless you have a spa chef doing all the work 1 of 1 people found the following review helpful. I was recommended this book by someone By Magdalene Burnsed I was recommended this book by someone, but the recipes aren't good for my strict diet, and honestly there are only a few recipes that look appetizing. 0 of 0 people found the following review helpful. Glas I bout it. By Gail Still a novice in the Ayurvedic world but this is helping

Ayurveda, or Ayurvedic medicine, is a system of traditional medicine native to India In Ayurveda, every human being is a unique combination of five elements provided to us by Mother Nature; Water, Earth, Fire, Air and Ether. In Ayurveda there are three primary life forces in the body or three biological humors. These are called Vata, Pitta and Kapha. Vata denotes Ether and Air, Pitta stands for Fire and Kapha is Water and Earth. This book details various

recipes to suit all body types - Vata, Pitta or Khapa. With the aim to offer a balanced diet, and maintain a healthy lifestyle, the recipes keep in mind one rule - food should be high in nutritional and medicinal value and retain its flavor.

About the Author Gita Ramesh is from a family of highly acclaimed Ayurvedic physicians in Palakkad, Kerala. In 1989, along with her husband, she set up Kairali Ayurvedic Centre in New Delhi which offers curative and therapeutic massages. Its success has led to another centre being opened at Palakkad, Kerala.