

Robert Svoboda

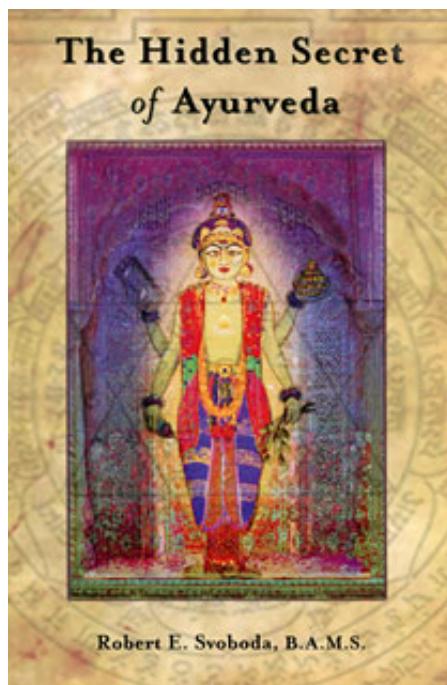
The Hidden Secret of Ayurveda

Reading excerpt

[The Hidden Secret of Ayurveda](#)

of [Robert Svoboda](#)

Publisher: The Ayurvedic Press



<http://www.narayana-verlag.com/b9669>

In the [Narayana webshop](#) you can find all english books on homeopathy, alternative medicine and a healthy life.

Copying excerpts is not permitted.

Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email info@narayana-verlag.com

<http://www.narayana-verlag.com>



CONTENTS

Preface /9

Foreword /11

Chapter 1 - Introduction and History /15

Longevity and Immortality /15

The Importance of Being Individual /16

The Roots of the Holistic Viewpoint /19

Disease and Remedy /21

Chapter 2 - The Three Principles or Doshas /25

The Universal Elements... /25

And Their Bodily Counterparts /27

Matter or Energy? /29

The Human Constitution /30

Chapter 3 - Factors Affecting the Harmony of the Three Principles /33

Time /33

Time of Day /33

Seasonal Time /35

Age /35

Celestial Time /36

Routine /37

Food /38

Taste /38

"Temperature" /40

Eating /42

Food and the Mind /46

Excerpt from Robert Svoboda „The Hidden Secret of Ayurveda“

Publisher: The Ayurvedic Press

Excerpted by Narayana Publishers, 79400 Kandern,

Tel.: +49 (0) 7626 974 970-0

Chapter 4 - Ayurvedic Treatment /49

Removal of the Cause /49

Purification and Palliation of the Three Principles /50

Rejuvenation and Virilization /52

Chapter 5 - Ayurveda and Tantra /55

Alchemy /58

Prana /59

The Three Channels /60

Prana and Nourishment /61

Breath Control /63

Diagnosis and Treatment in Tantra /63

Mantras and Language /64

Fire /65

Chapter 6 - Conclusion /67**Appendix /69**

Chart For Determining Your Constitution /69

Food Guidelines for Basic Constitutional Types /72

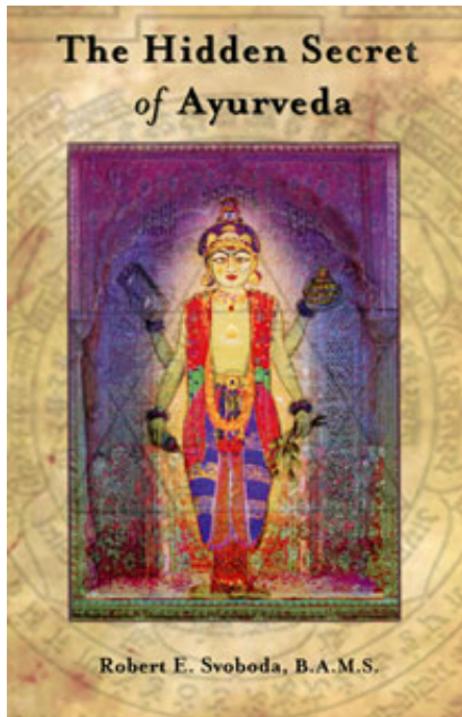
Bibliography /87**Glossary /88****Index /90**

Excerpt from Robert Svoboda „The Hidden Secret of Ayurveda“

Publisher: The Ayurvedic Press

Excerpted by Narayana Publishers, 79400 Kandern,

Tel.: +49 (0) 7626 974 970-0



Robert Svoboda

[The Hidden Secret of Ayurveda](#)

96 pages, pb
publication 2002



order