

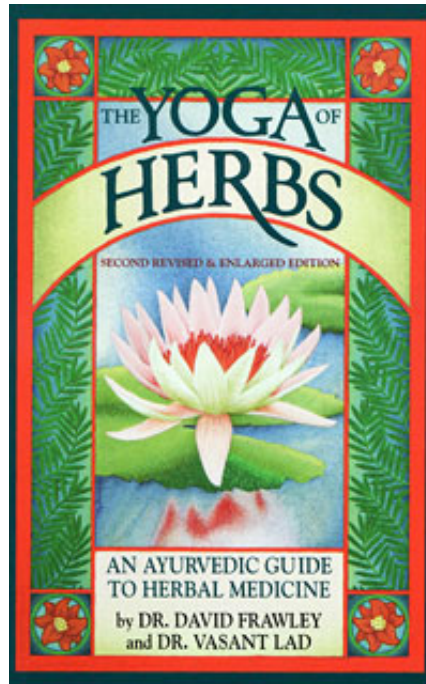
# Frawley D. / Lad V. The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine

Leseprobe

[The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine](#)

von [Frawley D. / Lad V.](#)

Herausgeber: Lotus Press



<http://www.narayana-verlag.de/b9695>

Im [Narayana Webshop](#) finden Sie alle deutschen und englischen Bücher zu Homöopathie, Alternativmedizin und gesunder Lebensweise.

Das Kopieren der Leseproben ist nicht gestattet.  
Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern  
Tel. +49 7626 9749 700  
Email [info@narayana-verlag.de](mailto:info@narayana-verlag.de)  
<http://www.narayana-verlag.de>



# CONTENTS

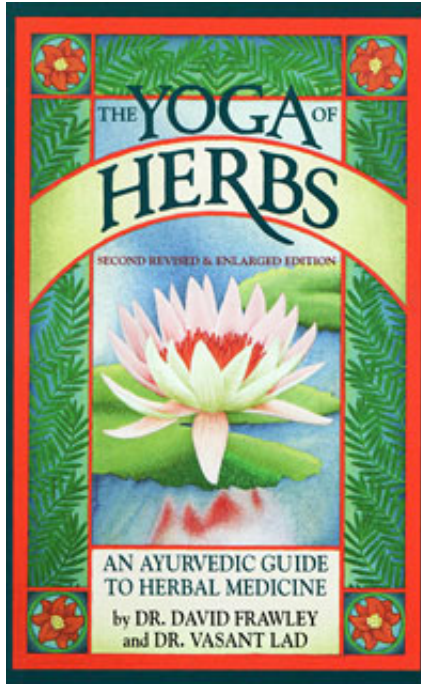
PREFACE	xi
FOREWORD	xiii
HERBOLOGY: EAST AND WEST	1
THE MANIFESTATION OF CONSCIOUSNESS INTO PLANTS	3
BACKGROUND OF AYURVEDIC MEDICINE	7
Spiritual Background	7
The Three <i>Gunas</i>	7
The Five Elements	8
The Three <i>Doshas</i>	10
The Seven <i>Dhatus</i> and <i>Ojas</i>	16
The Five <i>Pranas</i>	18
Bodily Systems ( <i>Srotas</i> )	18
<i>Agni</i> and Plants	21
HERBAL ENERGETICS	23
Taste ( <i>Rasa</i> )	23
Energy ( <i>Virya</i> )	25
<i>Vipaka</i> , Post-digestive Effect	26
<i>Prabhava</i> , Special Potency	27
Description of the Six Tastes	28
MANAGEMENT OF INDIVIDUAL CONSTITUTION ( <i>DOSHA</i> )	37
Management of <i>Kapha</i>	38
Management of <i>Pitta</i>	40
Management of <i>Vata</i>	42
Detoxification/Management of <i>Ama</i>	44

HERBAL THERAPEUTICS	49
Alterative Herbs ( <i>Rakta Shodhana karma</i> )	49
Antiparasitical and Anthelmintic Herbs ( <i>Krutmghna karma</i> )	50
Astringent Herbs ( <i>Stambhana karma</i> )	51
Bitter Tonic and Antipyretic Herbs	54
Carminative Herbs ( <i>Vata-anuloman</i> )	56
Diaphoretic Herbs ( <i>Svedana karma</i> )	58
Diuretic Herbs ( <i>Mutrala karma</i> )	59
Emmenagogues ( <i>Raktabhisarana karma</i> )	61
Expectorant and Demulcent Herbs ( <i>Kasa-Svasahara</i> )	63
Laxative and Purgative Herbs	65
Nervine and Antispasmodic Herbs	66
Stimulant and Digestive Herbs ( <i>Dipana-Pachana karma</i> )	69
Tonics	71
HOW TO PREPARE AND USE HERBS	
ACCORDING TO AYURVEDA	77
HOW TO PREPARE HERBS AYURVEDICALLY	77
The Five Main Methods of Herbal Preparation	
( <i>Pancha Kashaya</i> )	77
ADDITIONAL METHODS OF HERBAL PREPARATION	80
Medicated Oil ( <i>Siddha Taila</i> )	82
Medicated Ghee ( <i>Siddha Ghrita</i> )	84
Media of Intake ( <i>Anupana</i> )	85
Herbs for External Usage	86
Routes of Administration	87
Times of Administration	88
Compounds	90
Dosages	92
MANTRA, YANTRA AND MEDITATION	95
HERBS FOR AYURVEDIC USAGE	97
A. COMMONLY AVAILABLE HERBS	99
B. SPECIAL ORIENTAL HERBS	155
APPENDICES	188
I. Beverage Teas for The Three <i>Doshas</i>	189
II. Herb Chart	191

III. First Aid Treatments	224
IV. English Glossary	228
V. Sanskrit Glossary	231
VI. Latin Appendix	234
VII. Special Ayurvedic and Chinese Herbs	237
BOTANICAL INDEX	253
GENERAL INDEX	257
BIBLIOGRAPHY	265
ABOUT THE AUTHORS	266

#### TABLE, CHART AND DIAGRAMS

Table 1	The Human Constitution ( <i>Prakruti</i> )	13A
	Chart of the Six Tastes	30
Diagram 1	Cosmic Evolution	9
Diagram 2	Seats of <i>Vata, Pitta, Kapha</i>	13
Diagram 3	Seven <i>Dhatus</i> in Plants	17
Diagram 4	The Breath of Plants	19
Diagram 5	Time Mandala	47
Diagram 6	<i>Shri yanira</i>	94
Diagram 7	Aloe	101
Diagram 8	Calamus	107
Diagram 9	<i>Chakras</i>	156
Diagram 10	<i>Amalaki</i>	157
Diagram 11	<i>Ashwagandha</i>	161
Diagram 12	<i>Bibhitaki</i>	164
Diagram 13	Gotu Kola	171
Diagram 14	<i>Guggul</i>	173
Diagram 15	<i>Haritaki</i>	175
Diagram 16	<i>Pipyali</i>	181
Diagram 17	<i>Shatavari</i>	184
Diagram 18	Herbs & Organ Chart	187



Frawley D. / Lad V.

[The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine](#)

284 Seiten, kart.  
erschienen 2008



**bestellen**

Mehr Bücher zu Homöopathie, Alternativmedizin und gesunder Lebensweise

[www.narayana-verlag.de](http://www.narayana-verlag.de)