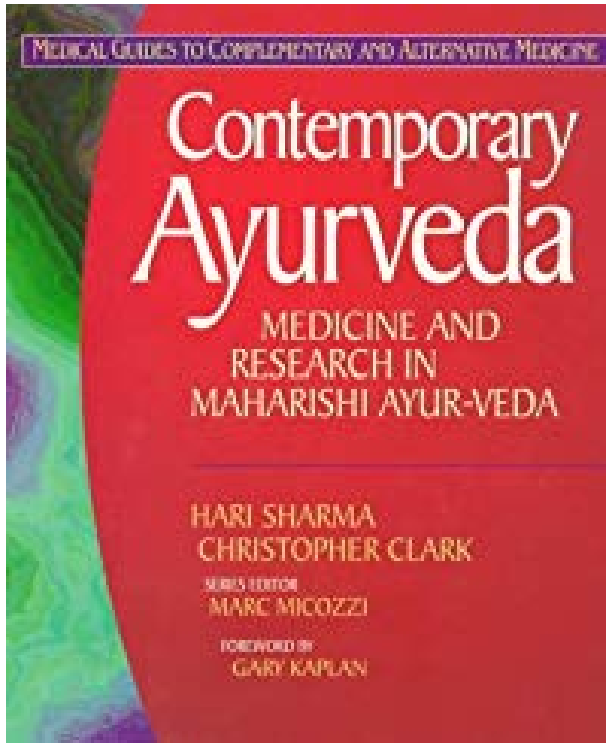


# Contemporary Ayurveda: Medicine and Research in Maharishi Ayur-Veda



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This book aims to present a coherent exploration and review of both the principles and practice of MAV, as well as the research outcomes which support and illuminate practice. It is not a treatment manual, but it does present a foundation for understanding the principles and practice of MAV, both within specific medical specialties and generally in health promotion and disease prevention. The text reviews core aspects of pathogenesis and diagnosis in MAV, details daily and seasonal routines for disease prevention and describes purification therapies.