

Healing Through Ayurveda Herbs: In Your Kitchen Garden

By Dr Sonica Krishan

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Dr Sonica Krishan -

Dr Sonica Krishan is Author and Speaker in the areas of Healthy and Joyous Living through Ayurveda, Meditation, Yoga and other Contemplative practices Dr Sonica

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ayurveda healing | Information on using Ayurveda -

This system focuses on balancing the mind, body and spirit through the use of herbs and other body therapies, Ayurveda is considered the healing side of Yoga.

Healing through Ayurveda Herbs -

This book is easy to understand and contains significant knowledge about 50 healing herbs in your kitchen garden as well as Ayurveda dosha healing tips as well

Dr Gowthaman, B.A.M.S Ayurveda expert -

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Feb 02, 2015 Dr Sonica Krishan's interview as the Author of her third published book - 'Healing through Ayurveda' was conducted by Day & Night News Channel in the

Ayurveda - Wikipedia, the free encyclopedia -

Ayurveda or Ayurvedic medicine is a system of traditional Hindu medicine native to the Indian subcontinent. Contemporary practices derived from Ayurvedic traditions

List of plants used in herbalism - Wikipedia, the -

This is a list of plants that have been used as herbal medicine. The ability to synthesize a wide variety of chemical compounds that are used to perform important

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