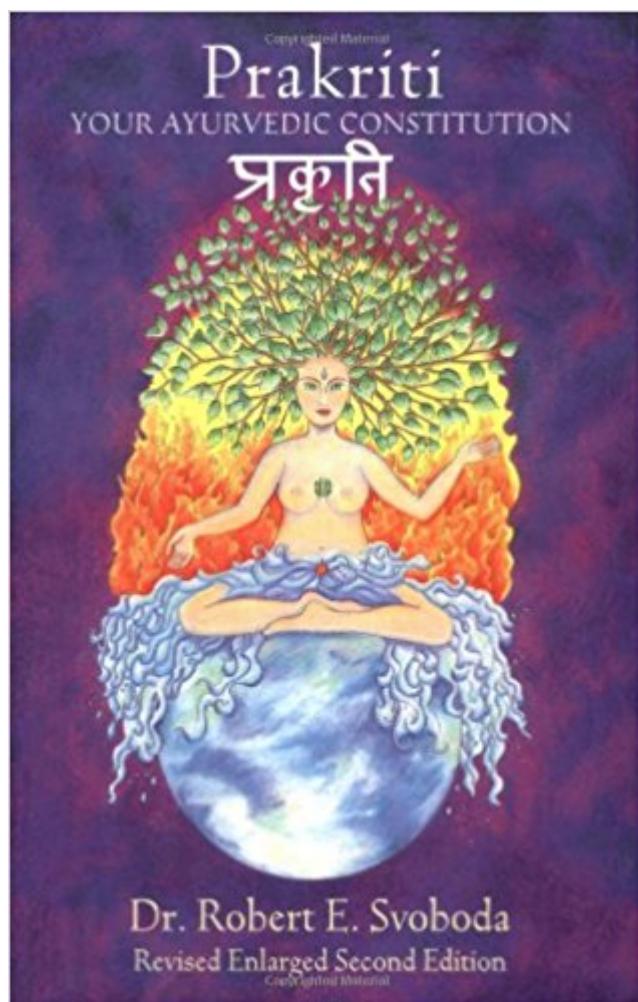


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# Prakriti: Your Ayurvedic Constitution (Your Ayurvedic Constitution Revised Enlarged Second Edition)



## **Synopsis**

Dr. Svoboda's original work on the constitutional types in Ayurveda has been considered a classic for many years. His new revision and expansion of the subject comes after much further research and practical experience. Dr. Vasant Lad points out: "The healing science of Ayurveda is based totally upon the knowledge of "prakriti", the individual constitution. If every individual knows his own constitution, then one can understand, for instance, what is a good diet and style of life for oneself. One man's food is another man's poison. Therefore, to make one's life healthy, happy and balanced, the knowledge of constitution is absolutely necessary." (Dr. Vasant Lad is the author of *Ayurveda: The Science of Self-Healing*, and co-author of *The Yoga of Herbs*.)

## **Book Information**

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## **Customer Reviews**

One of the best parts about this book is that it takes out so much of the mysticism behind Ayurveda. Dr. Svoboda uses a more scientific approach to describing the forces in the body and why Ayurveda makes sense, making Ayurveda much more approachable and practical for so many people. This book has changed the way I see friends and their actions as well as my relationship to so many of the foods/tastes that I eat. If you're even the slightest bit interested in Ayurveda and how it can be used to heal and balance the body, READ THIS BOOK!

Exceptionally well written. This Ayurvedic Constitution is the best and most thorough book I have

ever been able to read on this subject. I find most Ayurvedic books difficult to understand without really focusing, but this book I was able to grasp rather easily. Not that it is an "easy" read, it isn't but it is a more understandable read. I will keep this book as a reference and as a guide book for health and joy.

I read Prakriti Your Ayurvedic Constitution as part of my yoga teacher training. It is a must read and I would recommend it to everyone. If you ever wonder why your body behaves the way it does when you eat certain foods, or during certain times of the year then this book is for you. It helps you determine what your constitution is, Pitta, Vata, Kapha or some combination of the three. Determining what your constitution will help you understand why you crave certain foods, why you like one season or can tolerate one season better than another. Reading and understanding this book can enrich your life as wells of the lives of the people around you.

Excellent and well-written book on Ayurveda. For the first time I think I understand and therefore can appreciate this science. Must-read for anyone who wants to learn or brush up their knowledge.

I am just getting "into" ayurvedic and this book was recommended to me. I find it so comfortable to read, just an easygoing flow and I don't get a sensation of DO this, DON'T do that. Well, there are a couple instances of that, but that is because it is related to the principles of ayurvedic doshas - specifics related to advice on how to best get along with your constitutional makeup). This author intrigues me because he is so familiar and kind sounding. I see that he has written many other books, which in reading this one I am excited to order and read. I am a beginner AND this book was recommended to me by an expert, so I think this is a good overall book on the subject of Doshas/Prakriti. I am finding this book to be the perfect complement to my 2 favorite other books I currently have on ayurvedic, "The Complete Book of Ayurvedic Home Remedies" (Vasant Lad), and "Heaven's Banquet" (Miriam Kasin Hospodar), both of which I cannot recommend highly enough. For kind and easygoing diagnosis/treatment recommendations, the first. For recipes and yet again kind and easygoing style, the latter. I am so excited to have this book and so glad I ordered it. Enjoy it in good health, all! Namaste!

This very insightful book gives both general Ayurvedic guidelines for a healthy, balanced lifestyle for everyone to follow, as well as recommendations based on your specific Prakriti or mind-body type that you will be able to determine by reading the book. This knowledge of your Prakriti, then, will

shed light on many aspects of yourself: As you read, you will be surprised how many things about you will begin to make sense. This will give you a clear understanding of your habits and reactions. You will see them in a new light and make wise adjustments in your lifestyle leading to health, peace and harmony. It goes without saying that in order to pursue your noble goals in life, before anything you would need a balanced mind and healthy body and Dr. Robert Svoboda shows you the way in this enthralling book. Thank you Dr. Svoboda for providing us with your Ayurvedic wisdom!

Svoboda is brilliant. I heartily recommend his books. I first read this book as an introduction to Ayurveda and appreciated the writing style and depth of material. Now that I study Ayurveda formally, I continue to appreciate Prakriti for Svoboda's unique ways of explaining the subject matter. He gives a subtle spin to the material you won't find in other Ayurveda books. His unique analysis shows great depth and understanding. I guess I am a Svoboda fan ... I have read 4 of his books and found each one to have original insights into the subject matter. Reading his books is almost as if you had a guru explaining things to you - more than just a collection of facts on pages.

I liked this book because it gave you steps in figuring out your dosha. Once I figured it out I was able to see what foods and exercises were right for my body. Aryurveda has been around for a long time and I believe there is truth in its practice.

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