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ayurveda /ayur ve da/ (i yur ved-ah) (i yur-va dah) [Sanskrit] a classical system of medicine founded 5000 years ago and currently practiced in India.

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ISBN 978-1-883725-07-5 Hardcover, 368 pages In his Ayurvedic Studies Program, Vasant Lad, Ayurvedic Physician, teaches Ayurveda as a science of moment-to-moment living.

Kripalu - kripalu school of ayurveda

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