

Book Review

PRIMER OF AYURVEDA

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Gujarat Ayurved University at Jamnagar has started 3 months introductory course in Ayurveda in 1980 at Institute for Post Graduate Teaching and Research in Ayurveda. Since then more than 80 students from the countries like Germany, Poland, England, Ireland, Switzerland, Netherlands, USA, Canada, Matta, Russia, Ukrain, Mongolia, Australia, Vietnam, Japan, Ruminion, Island have come to this university to attend various courses. The institute is also imparting teaching and training to students of foreign MOU institutes of Gujarat Ayurved University from countries like Argentina, Italy, Germany the Netherlands and U.K. At the outset of the spread of Ayurvedic education abroad, in English medium, the necessity of teachers, books and scholars is but natural.

PRIMER OF AYURVEDA : Mainly deals with fundamental principles of Ayurveda, it highlights concepts of Ayurveda Tridosha, Mind in health and disease, the unique concept of Prakriti Pariksha & studies on Gunas and diagnostic methods in Ayurveda. Evolution of diseases, i.e. Samprapti Vijnana is elaborately discussed in a very simple language. Practical approach to understand Yoga and fundamental principles of Rasayana therapy is the crown of this nice presentation by which beginners know the essentials of Ayurveda.

International centre for Ayurvedic studies, Gujarat Ayurved University Jamnagar has published this book in 2008.

It is my humble opinion that the author has left no stone unturned for preparing the subject matter of

the book. The beginners shall learn a lot from the study of this book as an introduction to Ayurveda. It shall be a good companion to the visiting professor imparting lectures in foreign countries too.

As it is a day light fact, that necessity is the mother of invention, let me add, this book is the beginning of series of introductory handbooks on different topics and subjects in Ayurveda for foreigners.

In nut shell, every scholar of Ayurveda shall agree that, it is very hard to crack the nut, similarly modern correlation of Tridosha is a very tough and pain taking job. This is very efficiently done in a scientific manner. This is an asset of this book. The author deserves esteem respect.

THE AUTHOR -

A scholar, academician, esteem author and renowned Professor has contributed almost 11 books in English, Sanskrit, Hindi, Gujarati languages. His life time achievement is honoured by D. Lit. and other Awards. He has highlighted the subject satisfactorily.

Let us hope for his healthy, long active life and expect continuous contribution to Ayurveda very similarly for the noble aim.

Long live genius professor.

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