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Ayurveda. Most existing books on Ayurvedic cooking are simply Indian cookbooks and those too at times are westernised. For example, the wheat bread eaten in most Indian homes is made with dough prepared simply with flour and water and this flat bread is baked on an

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iron pan. It is called chapati and it is freshly made for each meal. There is no salt or fat in the chapatis. They may be slightly smeared with ghee (clarified butter) on the top after they are ready. The chapatis are eaten with various vegetable or meat preparations, which are salted. However,

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to my utter surprise, many of the so called Ayurvedic cookbooks had instructed to add salt in the dough for chapatis, obviously to make the taste comparable to the salted bread eaten in the West. There are also many deep-fried, oily and fatty recipes written under the name of Ayurvedic

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equipment and time constraint. Since I have spent a substantial part of my adult life in Europe and also three years in the USA, and have travelled around the world, my recipes are very often cross-cultural but modified according to the principles of Ayurveda. Dr Verma

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is a world renowned scientist who has studied Neurobiology in Paris in the University of Pierre et Marie Curie (old Sorbonne) and has worked in prestigious places like National Institutes of Health, Bethesda, USA and Max Planck Institute in Germany. She resolved to do

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research in health rather than disease after having worked in a pharmaceutical company in Germany in 1984. She was the first one to bring scientific aspects of Ayurveda to the West. Her books on Yoga and Ayurveda a comprehensive and holistic scientific system appeared in

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only a recipe book but also describes the Ayurvedic food culture, which can help many people heal their digestion-related ailments. The use of modern equipments to shorten the time and systematic preparations of numerous spice combinations make

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Saran. Foreword:

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"Tea is so intrinsically intertwined with India, especially meals. I'm guilty of downing cup after cup of breakfast tea or chai without thinking of its origins or ayurvedic uses.

Nandita is an excellent teacher, about the history of tea, how to make it and what to serve with it. This is the

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course in history in addition to the delicious tea recipes to delight your palate. Chef K.N.Vinod, Restaurateur/Co-founder Indique Hospitality Group

This book contains recipes for simple meals that can give therapeutic effects,

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which are part of the daily diet of many people living by the rules of Ayurveda, now not only in India, but also far beyond its borders: the Americas, Europe, Asia, and Australia. Ayurveda is a 5,000 year old system of natural healing that has its origins in the Vedic culture of India.

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The primary goal of Ayurvedic medicine is to promote good health rather than fight disease. It is based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit. According to the knowledge of Ayurveda, the three

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Ayurvedic body types, or doshas, are Vata, Pitta, and Kapha. In nature, water, fire, and air always communicate with each other. The same process is in the human body. Thus, different combinations of the three doshas determines individual characteristics of each personality.

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Imbalance of the three doshas is the main cause of any disease. People awarded with a perfectly balanced constitution by nature usually have a gifted inner sense of harmony, good health, and excellent digestion. However, most people dominate one or two doshas,

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and to achieve a balance, they need to maintain a healthy lifestyle and eat right. Ayurveda is a perfect complement to the live food lifestyle and cuisine. To get you started, here are some delicious Ayurvedic recipes to inspire you. I hope you enjoy it! Here is a preview of what

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