



Rasayana for Childcare: Joy of Herbs and Healing

Venkat

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This is a book of herbal recipes for childcare based on a concept in Ayurveda called Rasayana. Rasayana deals with methods to live long and live well. The recipes selected can be prepared at home using ingredients from the kitchen, garden, supermarkets or Indian stores. The book includes stories woven over the ages around these herbs, legends that they star in, their vernacular names and citations from ancient Ayurveda Materia Medica that reveal the nature of the Rasayana herbs. The beautiful photographs of plants, interesting hand-drawn illustrations and tit-bits are a celebration of the cultural history associated with the herbs. The book will not only be a pleasure to read and use but also a treasure to keep for young mothers and children's care-givers.

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