

Intro to Ayurveda

In this video, I'll explain the basic perspectives of Ayurveda, or traditional Indian medicine. Western perspectives are very good at helping us understand a piece of ourselves – cardiology, psychiatry, dermatology. Ayurveda offers a complementary perspective; a perspective that helps you understand how the different parts of you are connected. If we want to understand ourselves as comprehensive beings, an Ayurvedic perspective can be very useful.

References and further reading

- [Ayurvedic Dosha Quiz](#)
- Frawley, D. (2000). Ayurvedic healing: A comprehensive guide. Twin Lakes, Wisc: Lotus Press.
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- Kaptchuk, T. J. (2000). The web that has no weaver. Contemporary Books.
- Rastogi, S. (2010). Building bridges between Ayurveda and modern science. *International journal of Ayurveda research*, 1(1), 41.