



Ayurveda Resources

AYURVEDA & FOOD

Recipes: [Here](#)

Ayurvedic Chef School: [Here](#)

Tips, Principles, and cooking: [Here](#)

JOURNALS, MAGAZINES, LIBRARIES

IJAR International Journal of Ayurvedic Research: [Here](#)

Scriptures in Sanskrit (Charaka Samhita): [Here](#)

NLAM National Library of Ayurvedic Medicine: [Here](#)

Ayurveda Magazine and Health Tourism: [Here](#)

Ayurveda & Yoga: [Here](#)

International Catalogue of Ayurvedic Publications Jamnagar: [Here](#)

VEGETARIAN RECIPES

Pumpkin Curry Soup: [PDF](#)

HERBS AND AYURVEDIC PRODUCTS

Banyan Botanicals: [Here](#)

Natural Bloom: [Here](#)

Himalayan Health Care: [Here](#)

Om Organics: [Here](#)

GOVERNMENT AND UNIVERSITY ARTICLES/PUBLICATIONS

Benchmarks for Training in Ayurveda: [Here](#)

University of Maryland Overview of Ayurveda: [Here](#)

UMD Additional pages:

1) Alternative Medicine: [Here](#)

2) Mind-body Medicine: [Here](#)

3) Herbal Medicine: [Here](#)

RECOMMENDED READINGS

- Ayurvedic Medicine: Principles of Traditional Practice, by Sebastian Pole
- Textbook of Ayurveda, by Vasant Lad, Volumes 1-3
- An Elementary Textbook of Ayurveda, by Frank John Ninivaggi, M.D.
- The Healing Cuisine, by Harish Johari
- Marma Points of Ayurveda, by Vasant Lad
- Ayurveda and the Mind, by David Frawley, Ph.D.

BOOKS & Catalogs

A Catalogue of Books on Ayurveda from Lotus Press: [HERE](#)

Charaka Samhita – About: [HERE](#)

More information: [HERE](#)

Charaka Samhita Free downloads: [HERE](#)

Volume 1: [HERE](#)

Volume 2: [HERE](#)

Complete Book of Home Remedies – Free Download by Vasant Lad: [HERE](#)

NATIONAL AYURVEDIC ORGANIZATIONS/MEMBERSHIPS

NAMA: National Ayurvedic Medical Association: [HERE](#)

AAPNA: Association of Ayurvedic Practitioners of North America: [HERE](#)

Wikipedia Link: [HERE](#)