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This book on Ayurveda by Dr. Frawley is perhaps the most comprehensive I have come across. With Subhash Ranade at the

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helms, the book is fast paced and brings out the concepts of Ayurveda in a nice, comfortable manner. There are not too many good books on Ayurveda, most deal with Ayurveda as an alternative medicine like they deal with TCM or Yoga.

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The leaves are used as
herbal medicine to
alleviate cough and
fever, pain, and
general
gastrointestinal

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disorders as well as to cure dermatologic disorders. Similarly, the fruit juice and oils can be used in the treatment of liver disease, gastrointestinal disorders, chronic wounds or other dermatological disorders. Hoodia gordonii: Hoodia

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