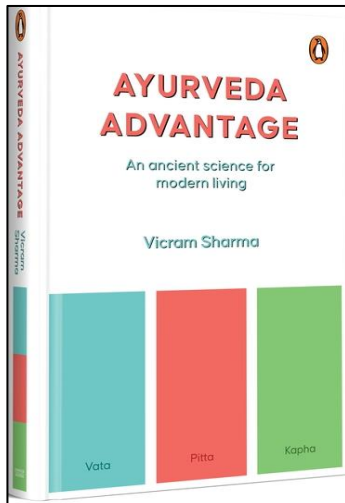


Book review



AYURVEDA ADVANTAGE (An imprint of Penguin Random House) Vicram Sharma

This book has been authored by Gin Vicram Sharma of the Baidyanath family. It describes Ayurveda and its advantage in Seventeen Chapters with specific references to Fire of Life, Power of Flavour, Prana and Ojas, Obesity, Herbs, Species, Cleansing within the body, Meditation and Spirituality.

He explains Meditation as a tool to help one empty countless unnecessary thoughts that clutter the mind. According to an article published by National Science Foundation in the US, a person on an average think anywhere between 12000 to 60000 thoughts a day. A study showed that 80 percent of these thoughts are negatively oriented. This means that the mind is feeding the system with a majority of thoughts that are dark, destructive and depressing. Moreover, 75 percent of the thoughts we had the previous day are repeated.

Spirituality is a concept broad and wide enough to hold many different perspectives on the same truth within parameters of a Cosmic ethic. The Spiritual dimension of Ayurveda guides our physiology to connect us with something bigger and beyond the physical.

The author asserts that alignment with Dharma helps one's life flow peacefully and also prays that the holy path of Ayurveda bless our lives with serendipity and transcendence!!!

Dr. I. P. Saxena
Editor