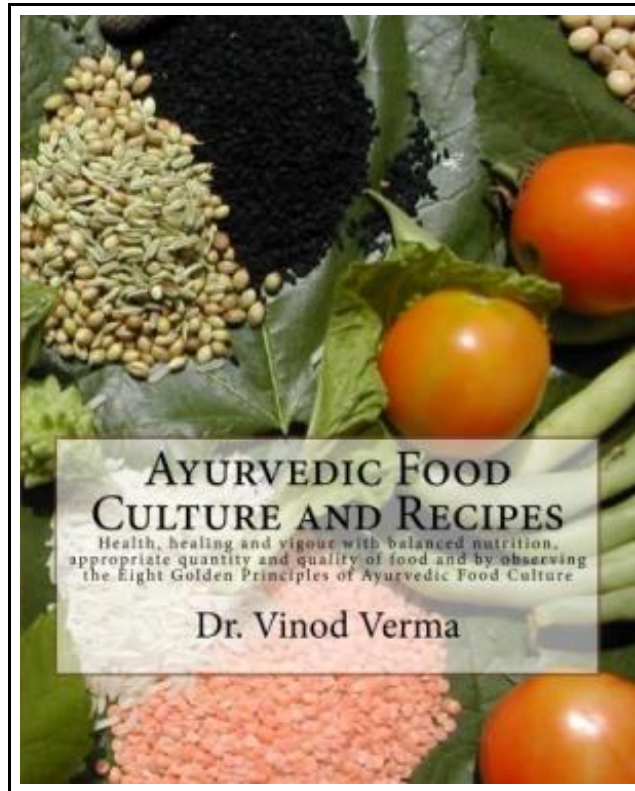


## Ayurvedic Food Culture and Recipes



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 260 pages. Dimensions: 10.0in. x 8.0in. x 0.6in. Ayurvedic Food Culture and Recipes by Dr. Vinod Verma Ayurvedic food means a harmonious combination of food products prepared with various seeds, herbs and spices in order to create equilibrium in your body and to rejuvenate you. This food should increase ojas (immunity and vitality) in the body. The preparation of the food, the way it is consumed and its quantity also play a significant role. The quality of the food should be according to the place, weather, climate, specific situation (like fatigue, sickness, stress etc. ) and the fundamental nature of an individual. The food preparation should be balanced in relation to the five fundamental elements (ether, air, fire, water and earth) of which the whole universe is made and in addition the equilibrium should be sought in the above-described factors. It is essential to know all these basic factors to comprehend properly about the Ayurvedic food preparations. This book is a key to health for those who wish to live a long, healthy and disease-free life with optimum energy level. Ayurvedic cooking does not mean Indian cooking and Ayurvedic cooking preparations do not have to be Indian. Ayurvedic principles are largely followed in many traditional homes in India. Nevertheless, not all Indian foods are prepared according to the principles of Ayurveda. Most existing books on Ayurvedic cooking are simply Indian cookbooks and those too at times are westernised. For example, the wheat bread eaten in most Indian homes is made with dough prepared simply with flour and water and this flat bread is baked on an iron pan. It is called chapati and it is freshly made for each meal. There is no salt or fat...



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