

## Recommended Reading: Ayurveda Books for Students and Practitioners

This list of recommended books is intended **to supplement** the course and enhance your learning experience. While they **are not essential** to the course, reading any of them between classes can help deepen your understanding of the subject matter and provide additional perspectives and insights.

You don't need to buy all the books. Just pick one or two that interest you and suit your needs.

If you are unable to obtain any of the recommended books, please do not worry. The course is designed to cover all the necessary topics, and it is based on the information contained in these books. The course materials will provide you with the essential knowledge you need to succeed in the course, and the recommended books are simply an additional resource that can further enhance your understanding of the subject matter.

1. Dr. Vasant Lad - Textbook of Ayurveda Volume 1  
*(Detailed explanation of fundamental principles of Ayurveda, useful if you want to deeply study Ayurveda.)*
2. Ayurveda - The Science of Self-Healing by Dr. Vasant Lad  
*(Small book with main principles clearly explained.)*
3. Perfect Health by Deepak Chopra  
*(Great book to recommend for your clients to help them understand how Ayurveda works in simple language.)*
4. Sebastian Pole's Ayurvedic Medicine: The Principles of Traditional Practice  
*(Excellent book for those especially interested in herbs and Ayurvedic medicines.)*
5. Ayurvedic Quick Reference Guide by Manisha-Kshirsagar  
*(Useful to have for a quick reminder about the main Ayurveda principles and practices, brief clear explanations and charts given.)*
6. Healing the Thyroid with Ayurveda by Dr. Marianne Teitlebaum  
*(This is beyond fundamentals - gives a lot of practical application of Ayurveda in today's world and amazing insights into disease and prevention of disease.)*
7. Idiot's Guides Ayurveda by Sahara Rose Ketabi  
*(Easy to read and grasp the essential aspects of Ayurveda.)*

8. Prakriti by E.Svoboda

*(For a deeper insight into Doshas, prakriti.)*

**Ayurveda Recipe Books:**

- Eat for How You Feel by Divya Alter

*(Great explanations on balancing doshas through your meals. Recipes without nightshades, eggs, onion or garlic - following tradition of Shaka Vansya Ayurveda.)*

- Joy of Balance by Divya Alter

*(Recipes according to ingredients.)*