

References:

- Susruta Samhita
Ashtanga Hridaya
Kashyapa Samhita
Charaka Samhita: Sutra-Sthana (Charaka)
E. AAswaran: Upanishades
Susie Hamilton : Indian philosophy: A very short introduction (2011)
Swami Sivananda: Mind-Its mysteries and Control
Jean Pierre Crittin : Ayurvedic Psychology (2010)
Gupta, Rosenberg : Ayurveda elimination process (2006)
D Frawley : Yoga & Ayurveda (2018)
Christine Stecher : Mantras (2015)
Vasant Lad : Textbook of Ayurveda, Volume 1-3 (2002) , Self-healing with Ayurveda (2010), Ayurveda herbal medicine (2020)
Dr Suhas Khsirsagar : Life by the Body Clock (2018)
Sivananda Yoga : Healthy and Relaxed with Ayurveda (2018)
Prof Murthy (translation): Sushruta Samhita (2008),
Vaghbata Gita (2001)
Ranade: Ayurvedic essence and methodology
D. Wujastyk : The roots of Ayurveda (2003)
M Sachs : Ayurvedic Beauty Care (1994)
Scrap: The Ayurveda Pampering Book (1997)
Pollozek, Behringer: The Timeless Ayurvedic Cuisine (2012)
Rhyner & Rosenberg : The great Ayurveda nutrition book (2012)
Svoboda : Ayurveda- Life, Health and Longevity (2004)
Frawley, D : The Great Ayurveda Healing Book (2005), Yoga & Ayurveda (2018) Jayaprakasam, B. Withanamides in Alzheimer's. Phtother Res. Jun 2010
Choudary M. Cholinesterase inhibiting withanolides. Chem Pharm Bull. (Tokoyo) Nov. 2004
J Pharm Pharmacol 50(9):1065-8. Changes in Thyroid Hormone w Ashwagandha Bhattari JP.
Journal of Ethnopharmacology 75. 2001 1-4. Alternative Medicine Review. Vol. 12. Number 1. 2007.
Monograph Centella asiatica Environ Sci Technology. 2009 Feb 1;43(3):878-83 Systemic CoQ level in animals: Part II. Unpublished study. Natreon, Inc.:2007.12 Pharmacologyonline. 2009;1:817-25
K. Govinda: Chakra Praxisbuch
Dr. S. Kshirsagar: Change you schedule, change your life

www.ayurveda-portal.de
www.ayurveda-journal.de
<http://www.ncbi.nlm.nih.gov/pubmed/17215708>
www.ayush.gov.in

Pictures and videos on Nayuryoga.com, Instagramm, Facebook, Podigee and Youtube, which are hostet by NAYurYoga are owned by the owner (NAYurYoga), licensed by musicfox or licensefree by pixabay.com, pexels.com, audiocrowd and licenced remastered by NCHSoftware and DSDV Editor.

The information on this website is not a substitute for medical advice, diagnosis or treatment. For more information pertaining to your personal needs please see a qualified health practitioner, MD.

You can find the
Terms Of Services
under the point:
Allgemeine Geschäftsbedingungen
in German.
You are self responsible for the understanding and translation of those.