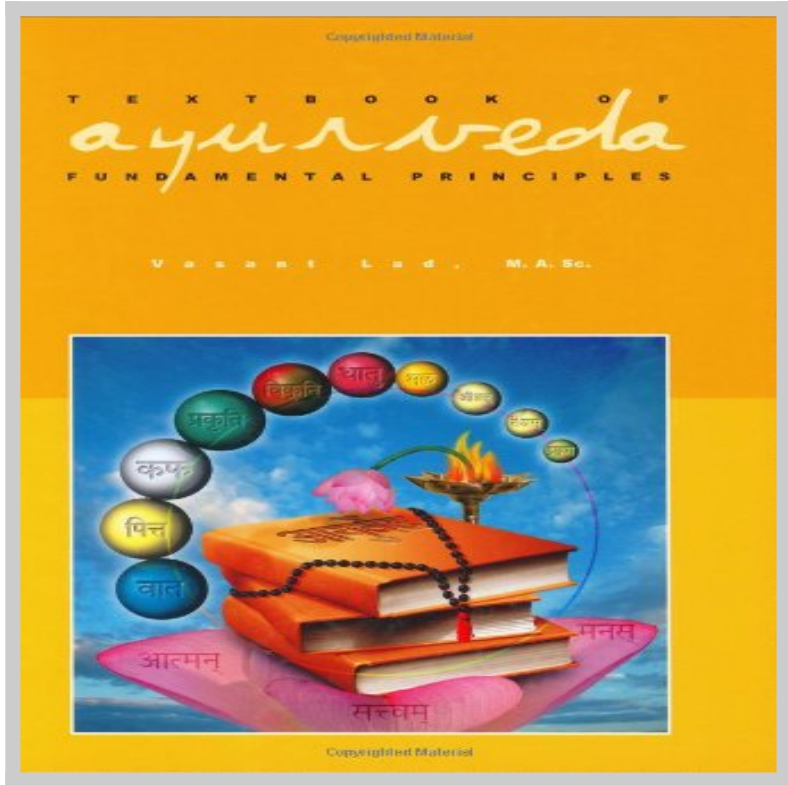


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In his Ayurvedic Studies Program, Vasant Lad, Ayurvedic Physician, teaches Ayurveda as a science of moment-to-moment living. Each lecture that he gives flows from his own heart in a river of healing wisdom that is inspired by and pertinent to the students who are present at the time of the lecture.

This textbook is a presentation of Dr. Lad's years of teaching in that classroom setting. It conveys the philosophical and fundamental principles of his first year Ayurvedic Studies Program at the Ayurvedic Institute in a dynamic and inspirational way. This book will give the student a detailed

foundation upon which to pursue deeper knowledge, including that of the future volumes in this series.