



## Dhanwantari: A Complete Guide to the Ayurvedic Life

By Harish Johari

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A guide to living the Ayurvedic way from one of its most celebrated practitioners.

- A vast and practical presentation of Ayurvedic principles addressing diet, breathing, meditation, bathing, sleeping, exercise, medicine, jewelry, and sex

Over the past 20 years Harish Johari's books and workshops on India's Ayurvedic traditions of cooking, massage, numerology, gemology, meditation, and Tantra have changed the lives of countless individuals in the West and have established Johari's reputation as the foremost ambassador of the Ayurvedic life. Now, for the first time, Johari's vast knowledge of Ayurveda and Yoga has been distilled into one convenient volume.

Named for the classical Indian god of medicine, Dhanwantari is a complete guide to living the Ayurvedic way. Chapters focus on diet, breathing, bathing, meditation, sleeping, exercising, medicine, jewelry, and sex. Anyone seeking a logical, scientific, and practical set of principles for daily life will discover an excellent guide in the time-tested system presented here. By improving the health of their bodies and minds, individuals will find that a greatly expanded breadth of life experiences is suddenly open to them.

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## **Dhanwantari: A Complete Guide to the Ayurvedic Life** By Harish Johari Bibliography

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Review

"Harish Johari is Ayurveda's Renaissance man." (*Yoga Journal*)

"A fine introduction both to the science of Ayurveda and to its cuisine." (*Hinduism Today*)

From the Back Cover

HEALTH / AYURVEDA

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Composer, artist, and Tantric scholar, HARISH JOHARI began his training in Ayurveda at an early age, studying with several traditional practitioners. He is the author of *Ayurvedic Massage*, *The Healing Power of Gemstones*, *The Healing Cuisine*, *Tools for Tantra*, *Chakras*, *Numerology*, and *Breath, Mind, and Consciousness*. He divides his time between India, Germany, and the United States.

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