

Caldecott, T., *Ayurveda, Science of Life*, Mosby, St. Louis, 2006, 376 pp., hardcover

I find most of the books from India on the topic of Ayurveda confusing, disappointing, or both. I spoke to my friend Alan Tillotson, PhD, RH (AHG) who is an Ayurvedic scholar about my impressions and he agreed. According to Alan, the practice of Ayurveda in India was severely suppressed during British rule (1776-1947) and most of what is practiced today is a reconstituted and simpler form of the once complex and ancient system of medicine. Since Alan was trained in Nepal where the traditional practice of medicine was never intercepted or suppressed, I suspect he knows what he is talking about! There have been several good introductions to Ayurveda by American practitioners (David Frawley, Robert Svoboda), but it has been left to a Canadian clinical herbalist, Todd Caldecott, RH (AHG) to pen the most comprehensive and authoritative text to date on the practice of Ayurveda. Todd starts with an in-depth introduction to the theory and practice of Ayurveda, including the use of diet, yoga, herbs, meditation, exercise, and massage as therapies. He discusses the treatment of disease, diagnosis, pathology, Ayurvedic pharmacy, common formulas, and includes monographs of 50 essential Indian herbs. Todd has spent many years learning, practicing, and mastering what many scholars believe is the oldest system of medicine in the world. When he mentions the uses for an herb it is not the usual list of 30 diseases it cures. Here one finds a combination of traditional use, along with clinical experience that makes this book both unique and a treasure.

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<http://www.herbaltherapeutics.net/bookreviews2005.htm>