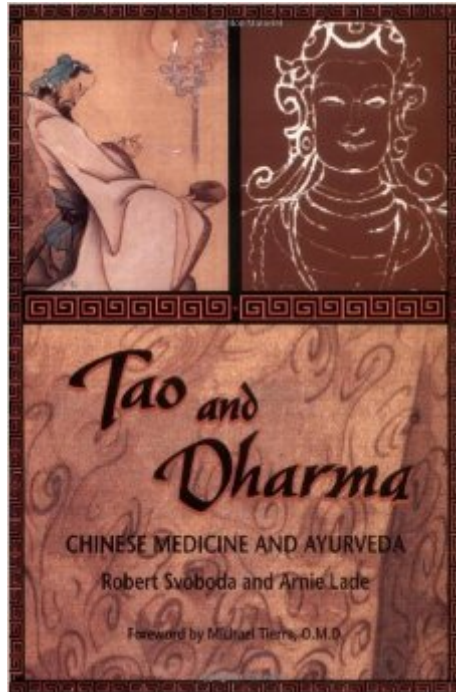


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# Tao And Dharma: Chinese Medicine And Ayurveda



## Synopsis

A pioneering effort in examining side by side two longest and continuously practiced systems of medicine.

## Book Information

Paperback: 155 pages

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## Customer Reviews

As far as I am aware, this is the only book out there in English to look at the connections and divergences in philosophy and praxis of Traditional Chinese Medicine and Ayurveda, the traditional healing techniques and systems of China and India respectively. As such, it provides an important service. It is written for the general public, and so, students of either or both of the healing systems won't find much new in the respective sections on them. However, it is an excellent introductory overview to both systems. In addition, serious students and practitioners will benefit from the attempt to look at the differences and similarities in the two ancient systems. While a much more in-depth account is certainly needed, I hope Svoboda, an excellent and extremely important writer, teacher, and practitioner of Ayurveda and Tantra, doesn't get around to it anytime soon, because I hope to eventually write it myself!

I am a yoga teacher and veterinarian. This book had a great descriptions of both ayurveda and TCM. I thought it had great depth, it looked at TCM in a number of cultures, almost like a medical cultural anthropology of TCM. The book also has a comprehensive comparison of the two systems of ancient medicine. I found this book to be useful for me as I begin my study of TCVM and continue

my study of ayurveda.

This book has the information it promises, and excellently written to make the comparisons clearly understandable and very readable as well. Glad i made the purchase!

excellent reference work. There are no other books I know that compare and contrast these two medical systems. Robert Svoboda is also one of the world's most respected writers on Ayurveda.

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