



## Ayurvedic Cooking

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By Ramesh Patel

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2001. Paperback. Book Condition: New. Dust Jacket Condition: New. First Edition. Within the Ayurvedic tradition, the food regime is a vital aspect. Wholesome meals are to be eaten calmly, followed by a short period of contemplation. Particularly recommended are energy-giving foods known as sattvic , whole milk, wheat-based products, rice and vegetable oil. Foods which sap energy, called tamasic , should be avoided. This book takes you back to the basic pleasure of awareness, and appreciate the properties of the ingredients. Printed Pages: 152. Size: 14 Cms x 22 Cms.

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