

# CONTENTS

Before You Begin	viii
Section 1 About the Workbook	1
Section 2 Introduction to Ayurveda	7
Section 3 Sankhya's Philosophy	13
Section 4 Doshas	29
Section 5 Tissues, Wastes and Channels	51
Section 6 The Disease Process	59
Section 7 Digestion and Indigestion	65
Section 8 Daily Activities	75
Section 9 Food and Diet	79
Section 10 Summary	89
Appendix	95
Bibliography	96
Resources	97
About the Author	98

# BEFORE YOU BEGIN

The Workbook has been arranged in ten sections. It is recommended to complete the Workbook sections in the given order.

Each section is linked to readings from *The Book of Ayurveda: A guide to personal wellbeing\** by Judith H Morrison (see p 98). You will need a copy of *The Book of Ayurveda* when using the Workbook.

The Appendix suggests readings from *Ayurveda: Life, Health & Longevity* by Robert E Svoboda (see p 99) for each section of the Workbook. To get the best out of the Workbook it is recommend you also have a copy of Dr Svoboda's book.

Prior to starting, look at paragraphs 1A, 1B and 1C in Section 1.

The Workbook has been designed so that the pages can be easily removed. As you finish each section add the Workbook pages to your own folder or ring binder, together with the notes you make from the readings and exercises for that section. Update the Contents on the previous page as you add your own material. By Section 10 you might have a thick file, and it can become useful reference material for you.

\*Some editions of *The Book of Ayurveda* have a different sub-title —

- *A holistic approach to health & longevity*
- *An interactive guide to using Indian healing for personal wellbeing*