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This book on Ayurveda by Dr. Frawley is perhaps the most comprehensive I have come across. With Subhash Ranade at the helms, the book is fast paced and brings out the concepts of Ayurveda in a nice, comfortable manner. There are not too many good books on Ayurveda, most deal with Ayurveda as an alternative medicine like they deal with TCM or Yoga.

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