



# Rasayana: Ayurvedic Herbs for Longevity and Rejuvenation (Traditional Herbal Medicines for Modern Times)

By H.S. Puri

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Until relatively recently, much of the information on India's research into their medicinal plants has remained within India, mainly published within Indian journals. However, today the field of Ayurveda is expanding, with the integration of herbs and minerals discovered in other countries and the strengthening of academic knowledge networks worldwide. Focusing on Rasayana, the least understood branch of Ayurveda, this volume provides detailed information on the plants used in various polyherbal, polymineral Rasayana preparations and describes their therapeutic benefits for numerous disorders. It is a comprehensive reference suitable for anyone involved in medicinal and aromatic plant research.

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*By H.S. Puri*

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## **Rasayana: Ayurvedic Herbs for Longevity and Rejuvenation (Traditional Herbal Medicines for Modern Times) By H.S. Puri Bibliography**

- Sales Rank: #2717709 in Books
- Published on: 2002-10-17
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .88" w x 7.01" l, 1.89 pounds
- Binding: Hardcover
- 368 pages



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#### **About the Author**

Harshranjit S. Puri is formerly of the Central Council for Research in Ayurveda in India.

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