

Venue:	Doody's Book Review Service
Title:	Book Review: Astangahrdaya: a scientific synopsis of classic ayurveda text, G.R. Arun Raj, et al.
Date:	2023
Type:	Book Review
Author(s)/ Presenter(s):	Vibhuti Jansari
Abstract (or Book Review):	<p>Description</p> <p>The book explores the ancient Ayurvedic system, with a specific focus on the teachings of Vagbhata found in the Astangahrdaya. A distinctive feature of the book is its structural approach, presenting information through tables. This format aims to enhance accessibility, enabling readers to reference and efficiently review the content quickly.</p> <p>Purpose</p> <p>This book responds to the rising global interest in Ayurveda since the WHO adopted the Alma Ata Declaration. As Ayurveda gains traction and becomes integrated into wellness programs in phytotherapy schools across Europe and the Americas, the book's goal is to offer a scientific synopsis of the significant Ayurvedic text, Astangahrdaya. The outlined objectives of the book appear commendable, particularly considering the growing global fascination with Ayurveda and the demand for information rooted in scientific principles. The book meets this demand by furnishing a well-organized and inclusive overview of fundamental Ayurvedic concepts.</p> <p>Audience</p> <p>The book's audience is individuals interested in Ayurveda, ranging from those studying the subject to practicing healthcare professionals. The mention of phytotherapy schools teaching Ayurveda suggests that students pursuing alternative medicine or herbal therapy may find the content relevant. Practitioners in various healthcare specialties, including traditional medicine, may also benefit from the book. As for whether the book meets the needs of its intended audience, it seems well-structured and comprehensive in covering key aspects of Ayurveda. Including tables for quick reference enhances accessibility, which could benefit students and practitioners seeking practical information.</p> <p>Features</p>

Astangahrdaya extensively covers various aspects of Ayurveda, aiming to provide a comprehensive understanding of the teachings of Vagbhata. It comprises eight comprehensive chapters that address various facets of Ayurveda, encompassing the Ayurvedic perspective on the human body, foundational principles, surgical methodologies, disease diagnosis and treatment, herbal remedies, pharmaceutical formulations, and the ayurvedic approach to food fortification. The inclusion of a roadmap for the future adds a forward-looking perspective to the classical text. Using tables to present information is a standout feature, providing readers with a quick reference and facilitating a streamlined survey of the content. The book's efficacy in meeting the needs of practitioners in specific medical specialties could vary, as the text's emphasis is on a broad overview rather than specialized details.

Assessment

The book provides valuable insights for those interested in rediscovering ayurvedic teachings. It is a valuable resource for researchers in medicine, traditional and alternative medicine, pharmacology, and drug discovery.