

<b>Venue:</b>	Doody's Book Review Service
<b>Title:</b>	Book Review: Therapeutic nutrition in ayurveda, Panjak Wanjarkhedkar, et al.
<b>Date:</b>	2024
<b>Type:</b>	Book Review
<b>Author(s)/ Presenter(s):</b>	Audrey Anderson
<b>Abstract (or Book Review):</b>	<b>Description</b>
	The authors start with a broad overview of Ayurvedic nutrition, followed by subsequent chapters on therapeutic nutrition for disorders in each body system.
	<b>Purpose</b>
	The purpose of this book is to compare traditional Western-styled medical nutrition to Ayurvedic therapeutic nutrition used to help heal imbalances. Holistic nutritionists and Ayurvedic practitioners could use this book as a reference. It could also be used as a textbook for Ayurveda.
	<b>Audience</b>
	The book meets the needs of a wide-based audience. The editors are well recognized, more so in the East. The foods that some chapters recommend are not readily available in all areas of the world. It would be useful to offer a more global approach to alternatives.
	<b>Features</b>
	The book discusses nutritional plans to meet the needs of all the doshas (the three energy forces that govern the body and mind) when a person suffers from a specific body system disorder. The book includes a glossary of Sanskrit terms and translations. Each chapter is so full of information that ingestion should occur in small amounts and over time. And the next bite should not be taken until the previous one is completely digested!
	<b>Assessment</b>
	Being relatively new to the practice of Ayurveda, this book has increased my hunger for knowledge in the area of nutrition. The citations and references are numerous so moving forward will be easy.