

Textbooks and Materials

There are several required and recommended texts for the program listed below. One copy of each book is available in our school library for use while on the property. Please refer to the course descriptions of what is offered the year you will begin your studies (year A or B) to determine which books you will need to buy first.

Please note: Additional costs may be required for certain classes (ex. Copy packets or materials fees) – check course descriptions to see what courses incur these fees. Specific copy packet fees will be given at or prior to the start of a course, and are due upon receipt of the packet.

All copy packets and manuals for the semester are available on the student page and you are free to choose to use only electronic versions and avoid printing costs.

Required Books (additional may books may be added to the curriculum)

- Copy Packets – please check course descriptions for which classes require packets.
- *The Textbook of Ayurveda: Fundamental Principles, Volume One* - Vasant Lad
- *The Textbook of Ayurveda: A Complete Guide to Clinical Assessment, Volume Two* - Vasant Lad
- *Secrets of the Pulse* - Vasant Lad
- *Loving-Kindness: The Revolutionary Art of Happiness* - Sharon Salzberg
- *The Upanishads Penguin Classics* - tr. Valerie Roebuck Year A
- *Seven Systems of Philosophy* - Ramanujan Tignait
- *Bhagavad Gita*- tr. Eknath Easwaran Year C
- *Caraka Samhita*. 4 vols. Sharma, Priyavrat V., editor-translator. Chowkhamba Sanskrit Series. (Available from Vedic Books or Nataraj Books)
- *Astanga Hrdayam of Vagbhata*: Text, English Translation, 3 vols. set by Murthy, K.R. Srikanta. (Available from Vedic Books or Nataraj Books)
- *Sushruta Samhita*. 3 vols, Chaukambha Orientalia (Available from Vedic Books or Nataraj Books)

Please note: the last 3 books listed above – while it is highly recommended to have all 3, due to cost students can choose to share these volumes, or elect to buy them over time (starting with purchasing Caraka first).

Required Materials

- A Sphygmomanometer and pen light are required for clinical internship.

Recommended Books

- *Dorland's Pocket Medical Dictionary* - Dorland
- *The Merck Manual of Medical Information, Second Edition: The World's Most Widely Used Medical Reference - Now In Everyday Language* by Mark H. Beers
- *Ayurvedic Cooking for Self-Healing*. 2nd ed. - Vasant and Usha Lad
- *The Ayurvedic Cookbook* – Amadea Morningstar
- *Ayurvediya Kriya Sarira - A Text Book of Ayurvediya Physiology* - Dr. Yogesh Chandra Mishra
- *Marma Points of Ayurveda by Vasant Lad and Anisha Durve*
- *Mosby's Manual of Diagnostic and Laboratory Tests*
- *Clinical Anatomy in Ayurveda* – Suresh Chandra & Dinkar Govind Thatte
- *Pilgrimage to the Mother* - Alakananda Ma Devi
- *The Rainbow Bridge* - Alakananda Ma Devi

Sources for Books from India

1. Vedic Books <http://www.vedicbooks.net/>

2. Nataraj Books

www.natarajbooks.com

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