

FREE YOGIC MANAGEMENT OF ASTHMA AND DIABETES PDF



Swami Saraswati Shankardevananda | 312 pages | 30 Oct 2006 | Bihar School of Yoga | 9788185787237 | English | Mungher, India

Yoga for the Treatment of Asthma

Yogic Management of Asthma and Diabetes, written by Dr Swami Shankardevananda Saraswati, under the guidance of Swami Satyananda Saraswati, explores two common disorders from a yogic perspective.

The book discusses the background, nature and cause of each disease, medical and yogic treatments, diet and the yogic path to health. Yogic

research into asthma and diabetes is presented, with details of clinical trials, case histories and yoga therapy camps.

Yoga's holistic approach to therapy and the effectiveness of yogic Yogic Management of Asthma and Diabetes in establishing good health are explained. This new edition includes revised yogic practice programs for each disorder.

Swami Shankaradevananda is a Doctor by profession and an Australian by birth. Coming under the influence of Swami Satyananda Saraswati he specialised in blending the traditional Yogic Management of Asthma and Diabetes and the science of yoga. Widely travelled and devoting his time to teach Yoga the learned Doctor has also written two other books "Effects of Yoga on hypertension" and "The practices of yoga for the Digestive System".

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