

## *Ayurveda Today Index, Grouped by Issue*

<b>TITLE</b>	<b>AUTHOR</b>	<b>SUBJECT</b>	<b>YEAR</b>	<b>SEASON</b>
Vata Dosha	Stinnett	ayurveda, the science of	1988	fall
Ayurvedic Cuisine: Kitcheri	Usha Lad	nutrition, digestion &	1988	fall
Those Marvelous Herbs: Garlic	Goodman	herbology &	1988	fall
The Biodynamics of Ayurveda	Vasant Lad	ayurveda, the science of	1988	fall
Pitta, The Dosha of Transformation	Stinnett	disease & ayurveda	1988	summer
The Theory of the 5 Basic Elements	Vasant Lad	ayurveda, the science of	1988	summer
The Importance of Meditation	Goodman	spirituality & ayurveda	1988	summer
But for Whom?	Melanie Sachs	nutrition, digestion &	1988	summer
Those Marvelous Herbs: Onion	Goodman	herbology &	1988	summer
Ayurvedic Cuisine: Coconut Milk	Janhavi	nutrition, digestion &	1988	summer
Ayurvedic Cuisine: Coconut Saffron Rice	Janhavi	nutrition, digestion &	1988	summer
Ayurveda for Self Realization	Lad & Flint	spirituality & ayurveda	1988	summer
The Importance of Sanskrit in Ayurveda	Robert Svoboda	ayurveda, the science of	1988	winter
Winter Nasya	Diane Westwater	ayurvedic massave &	1988	winter
Obesity & Ayurveda	Vasant Lad	disease & ayurveda	1988	winter
Those Marvelous Herbs: Ginger	Goodman	herbology &	1988	winter
Ayurvedic Cuisine: Masala Rice	Usha Lad	nutrition, digestion &	1988	winter
Ayurvedic Cuisine: Raisin Chutney	Usha Lad	nutrition, digestion &	1989	fall
The 5 Types of Vata & Functions	Stinnett	ayurveda, the science of	1989	fall
A Gemstone for Vata: The Ruby	Arline Flint	subtle therapies - gems	1989	fall
Investigating Blue Color	Arline Flint	subtle therapies - color	1989	fall
Those Marvelous Herbs: Basil	Goodman	herbology &	1989	fall
Ayurvedic Cuisine: Peas Pilau	Usha Lad	nutrition, digestion &	1989	fall
Mudras	Vasant Lad	yoga	1989	fall
Asatmya - The Concept of Allergies in Ay	Vasant Lad	disease & ayurveda	1989	spring
Ayurveda & Spirituality	Stinnett	spirituality & ayurveda	1989	spring
Those Marvelous Herbs: Dandelion	Goodman	herbology &	1989	spring
Ayurvedic First Aid: Nose Bleeds	Vasant Lad	disease & ayurveda	1989	spring
The Stories Told by Lines of the Face	Vasant Lad	clinical assessment	1989	spring
Ayurvedic Cuisine: Bengali Kheer	Usha Lad	nutrition, digestion &	1989	spring
Ayurvedic Cuisine: Potato & Cabbage Veg.	Usha Lad	nutrition, digestion &	1989	spring
Ayurveda & Gemstones: The Diamond	Arline Flint	subtle therapies - gems	1989	spring
The Summer Season and Pitta Dosha	Vasant Lad	ayurveda, the science of	1989	summer
Ayurvedic First Aid: Athletes Foot	Vasant Lad	disease & ayurveda	1989	summer
Investigating Color, A look at Orange	Arline Flint	subtle therapies - color	1989	summer
Pranayama	Chaitanya	yoga	1989	summer
Ayurveda & Gemstones: The Pearl	Vasant Lad et al	subtle therapies - gems	1989	summer
Those Marvelous Herbs: Coriander	Vasant Lad	herbology &	1989	summer
Pitta Pacifying Diet	Vasant Lad	nutrition, digestion &	1989	Summer
Ayurvedic Cuisine: Lassi (Buttermilk)	Dorothy Seeger	nutrition, digestion &	1989	summer
Ayurvedic Cuisine: Kadhi (Yogurt Soup)	Dorothy Seeger	nutrition, digestion &	1989	summer
The Divine Balance	Stinnett	ayurveda, the science of	1989	winter
Investigating Indigo Color	Arline Flint	subtle therapies - color	1989	winter
Tears	Vasant Lad	psychology & ayurveda	1989	winter
Those Marvelous Herbs: Turmeric	Goodman	herbology &	1989	winter
Ayurvedic Cuisine: Carrot Pickles	Usha Lad	nutrition, digestion &	1989	winter
The 3 Gunas, Satva, Rajas & Tamas	Arline Flint	ayurveda, the science of	1989	winter
Taking Ayurveda to Europe	Melanie Sachs	ayurveda, the science of	1989	winter
Ayurvedic Cuisine: Samosa	Usha Lad	nutrition, digestion &	1989	winter
Cholesterol & Excess Kapha	Vasant Lad	disease & ayurveda	1989	winter

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<b>TITLE</b>	<b>AUTHOR</b>	<b>SUBJECT</b>	<b>YEAR</b>	<b>SEASON</b>
Ayurvedic Cuisine: Potato Subji	Usha Lad	nutrition, digestion &	1990	fall
Samprapti (Pathogenesis) Part 1	Vasant Lad	disease & ayurveda	1990	fall
Jyotisha (Vedic Astrology)	Hart deFouw	jyotisha	1990	fall
Ayurvedic Herbalism, part 2	David Frawley	herbology &	1990	fall
Investigating Color; Violet	Arline Flint	subtle therapies - color	1990	fall
Triphala - A report from the Herb Room	Scott Cote	herbology &	1990	fall
Investigating Green Color	Arline Flint	subtle therapies - color	1990	spring
What is Health	Vivian White	ayurveda, the science of	1990	spring
Ayurvedic Cuisine: Chapatis	Usha Lad	nutrition, digestion &	1990	spring
Seasonal Influences on Human Energy	Vasant Lad	ayurveda, the science of	1990	spring
Now May the Twain Meet	Charles Goodman	ayurveda, the science of	1990	spring
Ayurveda & Gemstones: Beryl	Arline Flint	subtle therapies - gems	1990	spring
Those Marvelous Herbs: Cinnamon	Lennie J. Young	herbology &	1990	spring
Ayurvedic Cuisine: Ginger Drink	Usha Lad	nutrition, digestion &	1990	spring
Those Marvelous Herbs: Shatavari	herbroom	herbology &	1990	summer
Herbalism, Ayurvedic (part 1)	David Frawley	herbology &	1990	summer
Ayurvedic Cuisine: Ghee	Usha Lad	nutrition, digestion &	1990	summer
Incompatible Food Combination	Vasant Lad	nutrition, digestion &	1990	summer
Ayurveda & Gemstones	Chaitanya	subtle therapies - gems	1990	summer
Investigating Color: Yellow	Arline Flint	subtle therapies - color	1990	summer
Hypoglycemia	Athrine Thomas	disease & ayurveda	1990	summer
Migraine Headaches: An Ayurvedic Prospe	Vasant Lad	disease & ayurveda	1990	summer
Ayurvedic Cuisine: Eggplant Subji	Usha Lad	nutrition, digestion &	1990	winter
Ayurvedic Cuisine: Kapha Tea	Usha Lad	nutrition, digestion &	1990	winter
Sitopaladi: An Ayurvedic Compound	Scott Cote	herbology &	1990	winter
Samprapti (Pathogenesis) Part 2	Vasant Lad	disease & ayurveda	1990	winter
Herbs and the Digestive Process	David Frawley	herbology &	1990	winter
A Tasty Poem from the Herb Room	Scott Cote	herbology &	1990	winter
Nature's Medicine, Ayurveda	David Frawley	ayurveda, the science of	1991	fall
All That You Are Not	Ammons	spirituality & ayurveda	1991	fall
Asthi-Sandhi, Majja-Rogani	Vasant Lad	disease & ayurveda	1991	fall
Ayurvedic Cuisine: Puja Masur Dal	Usha Lad	nutrition, digestion &	1991	fall
Basil, The Great Protector	Teresa Hart	herbology &	1991	fall
Manas Prakruti / Psych. constitution	Vasant Lad	psychology & ayurveda	1991	spring
Vive Les Differences	Chaitanya	psychology & ayurveda	1991	spring
The Vedic Use of Gems	David Frawley	jyotisha	1991	spring
Herbs, Our Friends for Life	Teresa Hart	herbology &	1991	spring
Ayurvedic Cuisine: Masala Rice	Usha Lad	nutrition, digestion &	1991	spring
Becoming a Hands-On Practitioner	Donald	ayurvedic massage &	1991	spring
The Vedic Use of Gems (Part 2)	David Frawley	jyotisha	1991	summer
Cuisine: Rose Ghee	Theresa Hart	nutrition, digestion &	1991	summer
Ayurvedic Psychology	Vasant Lad	psychology & ayurveda	1991	summer
Cuisine: Rose Petal Jam	Theresa Hart	nutrition, digestion &	1991	summer
Astrology; Where are the stars?	David Frawley	jyotisha	1991	summer
Ayurvedic Cuisine: Vada (potato & chick pea patties)	Usha Lad	nutrition, digestion &	1991	summer
That which we call a rose	Theresa Hart	herbology &	1991	summer
Ayurvedic Cuisine: Upma	Usha Lad	nutrition, digestion &	1991	winter
Tratakam	Cathrine Thomas	spirituality & ayurveda	1991	winter
Anupans	Kevin Spelman	herbology &	1991	winter
Vegas; Ignoring Natural Reflexes or Urges	Vasant Lad	disease & ayurveda	1991	winter

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<b>TITLE</b>	<b>AUTHOR</b>	<b>SUBJECT</b>	<b>YEAR</b>	<b>SEASON</b>
An Ayurvedic View of Dreams & Sleep	David Frawley	psychology & ayurveda	1991	winter
The Ayurvedic Assessment of Pulse	Vasant Lad	clinical assessment	1992	fall
Methods of Knowing	Robert Svoboda	clinical assessment	1992	fall
Ayurveda & Modern Medicine: Quality & Quantity in Medical Sy	David Frawley	ayurveda, the science of	1992	fall
Ayurvedic Cuisine: Saffron Rice	Usha Lad	nutrition, digestion &	1992	fall
Quotes from Caraka Samhita	Caraka	disease & ayurveda	1992	spring
Kundalini, The Divine Mother	Vasant Lad	spirituality & ayurveda	1992	spring
Ayurvedic Cuisine: Spiced Poha	Usha Lad	nutrition, digestion &	1992	spring
An Ayurvedic View of Dream & Sleep ( Part2)	David Frawley	psychology & ayurveda	1992	spring
Medical Systems from the Ayurvedic Standpoint	David Frawley	Ayurveda, the science of	1992	summer
The Concept of Agni	Vasant Lad	nutrition, digestion &	1992	summer
Ayurvedic Cuisine: Poha (Rice flakes)	Usha Lad	nutrition, digestion &	1992	summer
A Constitutional Approach	Kevin Spelman	herbology &	1992	summer
Chavanprash	herbroom	herbology &	1992	winter
Rutu Charya, Seasonal Routines for Winter & Spring	Vasant Lad	ayurveda, the science of	1992	winter
Routines, A Life Well Lived	Robert Svoboda	ayurveda, the science of	1992	winter
Ayurvedic Cuisine: Palak (Spinach) Subji	Usha Lad	nutrition, digestion &	1992	winter
Swasam, Bronchial Asthma	Vasant Lad	disease & ayurveda	1993	fall
Choosing the Food for You	Vasant Lad	nutrition, digestion &	1993	fall
Ayurvedic Cuisine: Stuffed Masala Chili	Usha Lad	nutrition, digestion &	1993	fall
The Healing Power of Fruit	Usha & Vasant	nutrition, digestion &	1993	fall
Rutu Charya Routines for Summer & Fall	Vasant Lad	ayurveda, the science of	1993	spring
Ayurvedic Cuisine: Vegetable Pakora	Usha Lad	nutrition, digestion &	1993	spring
Hrdroga, Heart disease	Robert Svoboda	disease & ayurveda	1993	summer
Supporting the heart with herbs	Karuna Fluhart	herbology &	1993	summer
The Ayurvedic view of Hypertension	Vasant Lad	disease & ayurveda	1993	summer
Ayurvedic Cuisine: Teas	Usha Lad	nutrition, digestion &	1993	summer
Daily Routines	Robert Svoboda	ayurveda, the science of	1993	winter
Empty Bowl Meditation	Kevala Kumbhak	spirituality & ayurveda	1993	winter
What the ancient Ayurvedic texts say about Neem	Vasant Lad	herbology &	1993	winter
The Nabhi Marmas	Vasant Lad	ayurvedic massage &	1993	winter
The Daily Routine	Vasant Lad	ayurveda, the science of	1993	winter
Ayurvedic Cuisine: Carrot Khir	Usha Lad	nutrition, digestion &	1993	winter
Shad Darshan (Part 1)	Vasant Lad	ayurveda, the science of	1994	fall
Healing with Household Herbs: Bay Leaf	Vasant Lad	herbology &	1994	fall
Ayurvedic Cuisine: Lima Bean Bhaji	Usha Lad	nutrition, digestion &	1994	fall
Creation	Robert Svoboda	ayurveda, the science of	1994	fall
Ayurvedic Cuisine: Corn Soup	Usha Lad	nutrition, digestion &	1994	spring
An Introduction to Ayurveda	Vasant Lad	ayurveda, the science of	1994	spring
Studying Ayurveda in India	Claudia Welch	ayurveda, the science of	1994	spring
Ayurvedic Cuisine: Mung Dal Kitchari	Usha Lad	nutrition, digestion &	1994	summer
Neem	Will Foster	herbology &	1994	summer
An Introduction to Panchakarma	Vasant Lad	ayurvedic massage &	1994	summer
Healing with Household Herbs: Cumin	Vasant Lad	herbology &	1994	summer
Ayurvedic Cuisine: Spicy Puri	Usha Lad	nutrition, digestion &	1994	winter
Malas, garlands, necklaces & rosaries	Vasant Lad	spirituality & ayurveda	1994	winter
Shad Darshan (Part 2)	Vasant Lad	ayurveda, the science of	1994	winter
Healing with Household Herbs: Bhringaraj	Kevin Casey	herbology &	1994	winter
Color Therapy - II	Karuna Fluhart	subtle therapies - color	1994	winter
Breathing is Life	Ann Harrison	yoga	1995	fall

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Sneha In Snehan And Skin	Vasant Lad	ayurvedic massage &	1995	fall
Ayurvedic Cuisine: Urad Dal Soup	Usha Lad	nutrition, digestion &	1995	fall
Prana	Vasant Lad	disease & ayurveda	1995	fall
Healing with Herbs: Prana	Michael Dick	herbology &	1995	fall
Shirodhara	Ed Danaher	ayurvedic massage &	1995	spring
Ojas	Vasant Lad	disease & ayurveda	1995	spring
Ayurvedic Cuisine: Cucumber Raita	Usha Lad	nutrition, digestion &	1995	spring
Healing with Herbs: Maintaing Ojas	Michael Dick	herbology &	1995	spring
Tejas	Vasant Lad	disease & ayurveda	1995	summer
Yoga Is Like Music	Ann Harrison	yoga	1995	summer
Food	Robert Svoboda	nutrition, digestion &	1995	summer
Ayurvedic Cuisine: Cilantro Chutney	Usha Lad	nutrition, digestion &	1995	summer
Healing with Herbs: Tejas & Agni	Michael Dick	herbology &	1995	summer
Ayurvedic Cuisine: Red Lentil Soup	Usha Lad	nutrition, digestion &	1995	winter
Polarity Therapy	Karuna Fluhart	subtle therapies -	1995	winter
Pregnancy And Infant Care	Vasant Lad	women & ayurveda	1995	winter
Yoga And Pregnancy	Betheyla	yoga	1995	winter
The Heart	Vasant Lad	disease & ayurveda	1996	fall
Healing with Herbs: Gandharva Haritaki	Michael Dick	herbology &	1996	fall
From the Panchkarma Department	Ed Danaher	ayurvedic massage &	1996	fall
The Pulse and the Heart	Vasant Lad	clinical assessment	1996	fall
Stress, Rest and Restorative Asana	Ann Harrison	yoga	1996	fall
Ayurvedic Cuisine: White Radish Subji	Usha Lad	nutrition, digestion &	1996	fall
Yogasana For Seasonal Balancing of Pitta	Vasant Lad	yoga	1996	spring
Healing with Herbs: Bala in the Summer	Michael Dick	herbology &	1996	spring
Ayurvedic Cuisine: Mint Chutney	Usha Lad	nutrition, digestion &	1996	spring
The Three Nervous Systems and the Polarity Principle	Karuna Fluhart	subtle therapies -	1996	spring
Nadi Vijnanam (pulse reading) (Part 1)	Vasant Lad	clinical assessment	1996	spring
Nadi Vijnanam (pulse reading) (Part 2)	Vasant Lad	clinical assessment	1996	summer
Ayurvedic Teas	Zamyat Vimal	nutrition, digestion &	1996	summer
Kurmasana, theTortoise Pose	Ann Harrison	yoga	1996	summer
Why Have a Pulse Assessment?	Michael Dick	clinical assessment	1996	summer
Ayurvedic Cuisine: Mung Dal Kitchari	Usha Lad	nutrition, digestion &	1996	summer
Herbal Extracts and Cellular Agni	Michael Dick	herbology &	1996	winter
Nutrition at the Cellular Level: Pilu Paka & Pithara Pak	Vasant Lad	nutrition, digestion &	1996	winter
Ayurvedic Cuisine: After-dinner seeds	Usha Lad	nutrition, digestion &	1996	winter
Ayurvedic Cuisine: Agni Tea	Usha Lad	nutrition, digestion &	1996	winter
The Role of Asanas in Digestion	Ann Harrison	yoga	1996	winter
Yoga Asana and Healing Visualization	Ann Harrison	yoga	1997	fall
Treatment of Jwara Roga with Ayurvedic Herbs	Madhavi Rathod	herbology &	1997	fall
Agora III, The Law of Karma	Robert Svoboda	spirituality & ayurveda	1997	fall
Jwara Roga, An Ayurvedic Perspective on Fevers	Vasant Lad	disease & ayurveda	1997	fall
Ayurvedic Cuisine: Tapioca Kitchari (Subudana)	Usha Lad	nutrition, digestion &	1997	fall
Parkinson's Disease	Vasant Lad	disease & ayurveda	1997	spring
Ayurvedic Cuisine: Mixed Vegetable Subji	Usha Lad	nutrition, digestion &	1997	spring
Ayurvedic Cuisine: Saffron Rice	Usha Lad	nutrition, digestion &	1997	spring
Healing with Household Herbs: Fennel	herbroom	herbology &	1997	spring
Bow & Supported Bridge, Two Pitta Pacifying Yoga Postures	Betheyla	yoga	1997	spring
Kati Shula & Grudhrasi (backache & sciatica)	Vasant Lad	disease & ayurveda	1997	summer
Yoga, Ayurveda & Lower Back Pain	Betheyla	yoga	1997	summer

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Ayurvedic Cuisine: Mixed Vegetable Soup	Usha Lad	nutrition, digestion &	1997	summer
The Greatness of Saturn - A Therapeutic Myth	Robert Svoboda	jyotisha	1997	winter
Ayurvedic Cuisine: Samosas	Usha Lad	nutrition, digestion &	1997	winter
Shula (Pain) (Part 1)	Vasant Lad	disease & ayurveda	1997	winter
The Relationship of Karma to the Disease Process	Madhavi Rathod	spirituality & ayurveda	1997	winter
Mano Vaha Srotas - the Channel of the Mind	Vasant Lad	psychology & ayurveda	1998	fall
Ayurvedic Cuisine: Cauliflower & Potato Subji	Usha Lad	nutrition, digestion &	1998	fall
Awareness in Asana and its Effect on the Doshas	Ann Harrison	yoga	1998	fall
Yoga and the pains of past & future	Ann Harrison	yoga	1998	spring
Shula (Pain) (Part 2)	Vasant Lad	disease & ayurveda	1998	spring
Ayurvedic Cuisine: Shankhar Pali	Usha Lad	nutrition, digestion &	1998	spring
Samskaras in relation to disease	Madhavi Rathod	disease & ayurveda	1998	spring
Headache Relief: A comparison of Herbal & Western	Beth Biegler	herbology &	1998	summer
Sattva, Rajas & Tamas: Attaining a quiet mind with Ayuryoga	Betheyla	yoga	1998	summer
Shirah Shula (Headache)	Vasant Lad	disease & ayurveda	1998	summer
Ayurvedic Cuisine: Tomato Soup	Usha Lad	nutrition, digestion &	1998	summer
Ayurvedic Cuisine: Coconut Chutney	Usha Lad	nutrition, digestion &	1998	winter
Vyadhi Marga & Dosha Gati - pathways of disease &	Vasant Lad	disease & ayurveda	1998	winter
The Attributes of the Doshas & Ayuryoga	Betheyla	yoga	1998	winter
Causative Factors of Ama	Vasant Lad	nutrition, digestion &	1999	fall
Ayurvedic Cuisine: Stuffed Okra	Usha Lad	nutrition, digestion &	1999	fall
Meda Vaha Srotas	Betheyla	yoga	1999	fall
AyurYoga and the Sites & Subdoshas of Vata, Pitta & Kapha	Betheyla	yoga	1999	spring
Relationships	Vasant Lad	psychology & ayurveda	1999	spring
Ayurvedic Cuisine: Sidha Dugdham (Medicated Milks)	Usha Lad	nutrition, digestion &	1999	spring
The Inner Workings of Mind	Vasant Lad	psychology & ayurveda	1999	summer
Ayurvedic Cuisine: Murrura Chivda (Snack Food)	Usha Lad	nutrition, digestion &	1999	summer
Prana and Pranayama	Betheyla	yoga	1999	summer
Bhasmas: The Alchemical Preparations of Ayurveda	Vasant Lad	disease & ayurveda	1999	winter
Ayurvedic Cuisine: Peanut Chutney & Sesame Seed Chutney	Usha Lad	nutrition, digestion &	1999	winter
Vibrational Healing: Accessing Psyche Thru Physical Intellig	Karuna Fluhart	subtle therapies -	1999	winter
Prakruti	Dr. Vasant Lad	Janma, Deha, and	2000	fall
Women's Medicine and Doshic Concepts	Coen Van Der	Ancient Greek &	2000	fall
Fundraising Activities	Glen Crowther	fundraising	2000	fall
Dashamula	Beth Biegler	herbology &	2000	fall
Ayurvedic Cuisine: Green Pea Bhaji	Usha Lad	nutrition, digestion &	2000	fall
Bala Kshaya : Chronic Fatigue Syndrome (Part 1)	Vasant Lad	disease & ayurveda	2000	spring
Ayurvedic Cuisine: Green Mung Soup	Usha Lad	nutrition, digestion &	2000	spring
Fundraising Activities	Glen Crowther	fundraising	2000	spring
Aromatherapy, Ayurveda & the Power of Essential Oils	Sonia Elisa	subtle therapies -	2000	spring
Bala Kshaya: Chronic Fatigue Syndrome (Part 2)	Vasant Lad	disease & ayurveda	2000	summer
AyurYoga practice for Chronic Fatigue Syndrome	Ann Harrison	yoga	2000	summer
Fundraising Activities	Glen Crowther	fundraising	2000	summer
Bala, the Gift of Strength	Beth Biegler	herbology &	2000	summer
Ancient Greek Medicine & Ayurveda	Coen van der Kroon	ayurveda, the science of	2000	summer
Ayurvedic Cuisine: Mung Dal Kitchari	Usha Lad	nutrition, digestion &	2000	summer
Ayurvedic Herbs:Punarnava	Beth Biegler	herbology &	2000	winter
Determining your Constitution: Assessment of Prakruti	Dr. Vasant Lad	Prakruti Assessment	2000	Winter
Bile and Pitta	Coen Van Der	Ancient Greek	2000	winter
Assessment of Prakruti	Dr. Vasant Lad	Determining Your	2000	winter

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Fried Rice	Usha Lad	Ayurvedic Cuisine	2000	Winter
Punarnava: Healing Waters of Life	Beth Biegler	Ayurvedic Herbs	2000	Winter
Fundraising Activities	Glen Crowther	fundraising	2000	winter
Bile and Pitta	Coen van der Kroon	Gynecology and Ayurveda	2000	Winter
Ayurvedic Cuisine: Fried Rice	Usha Lad	nutrition, digestion &	2000	winter
Ayurvedic Cuisine: Chapatis	Usha Lad	nutrition, digestion &	2001	fall
Shamana (Part 2)	Vasant Lad	ayurvedic cleansing	2001	fall
Friends of Ayurveda	Sonia Elisa	fundraising	2001	fall
Fundraising Activities	Glen Crowther	fundraising	2001	fall
Ashwagandha: A Different View of Horse Power	Beth Biegler	herbology &	2001	fall
Ayurvedic Cuisine: Tapioca Khir	Usha Lad	nutrition, digestion &	2001	spring
Floral Waters: Discovering the Action of Suble Aromatherapy	Sonia Elisa	subtle therapies -	2001	spring
Fundraising Activities	Glen Crowther	fundraising	2001	spring
Manas Prakruti: Your Mental Constitution	Vasant Lad	psychology & ayurveda	2001	spring
Brahmi: Reweaving the Fabric of the Mind	Beth Biegler	herbology &	2001	spring
Carrier Oils: Their Use in Aromatherapy and Ayurveda	Sonia Elisa	subtle therapies -	2001	summer
Ayurvedic Cuisine: Spicy Sauteed Asparagus	Usha Lad	nutrition, digestion &	2001	summer
Shamana (Part 1)	Vasant Lad	ayurvedic cleansing	2001	summer
Shatavari: Celebrating the Matrix of Creation	Beth Biegler	herbology &	2001	summer
Prameha and Diabetes (Part 1)	Vasant Lad	disease & ayurveda	2001	winter
Ayurvedic Cuisine: Varan Phala	Usha Lad	nutrition, digestion &	2001	winter
An Aromatherapy Approach to Diabetes	Sonia Elisa	subtle therapies -	2001	winter
Shardunika & Prameha: Balancing the Devourer & the	Beth Biegler	herbology &	2001	winter
Ayurvedic Cuisine: Carrot Raita	Usha Lad	nutrition, digestion &	2002	fall
Kala: The Concept of Time	Vasant Lad	ayurveda, the science of	2002	fall
Ayurveda and the Blood Type Diet	Yolande Manson	nutrition, digestion and	2002	fall
Chitrak, or What the Fire Said	Beth Biegler	herbology &	2002	fall
Ayurvedic Cuisine: Mung Dal and Vegetable Bhaji	Usha Lad	nutrition, digestion &	2002	spring
Prameha and Diabetes (Part 2)	Vasant Lad	disease & ayurveda	2002	spring
Neen: A Cool Herb in a Hot Season	Beth Biegler	herbology &	2002	spring
Yoga's Role in Balancing Diabetic Conditions	Karayianis & van	yoga	2002	spring
Asatmya (Allergies)	Vasant Lad	disease & ayurveda	2002	summer
Vata and Prana	Coen van der Kroon	ancient greek	2002	summer
Shankhapushpi: Uncovering the Nature of Mind	Beth Biegler	herbology &	2002	summer
Ayurvedic Cuisine: Ghee (Clarified Butter)	Usha Lad	nutrition, digestion &	2002	summer
An Introduction to Ayurvedic Bodywork	Jaisri Lambert	ayurvedic massage &	2002	winter
Ayurvedic Cuisine: Squash Subji	Usha Lad	nutrition, digestion &	2002	winter
Eranda: A Laying On of Hands	Beth Biegler	herbology &	2002	winter
Rutu Charya	Vasant Lad	seasonal routines &	2002	winter
Snehana (Oil Massage)	Vasant Lad	ayurvedic massage &	2002	winter
Asana from the Floating World: Yoga as Rasayana	Beth Biegler	yoga	2003	fall
Rasayana Chikitsa: The Art of Rejuvenation	Vasant Lad	herbology &	2003	fall
Vastu Shastra: The Entrance to a Building	Vasant Lad	vastu shastra	2003	fall
Seasonal Routine for Fall	Vasant Lad	seasonal routine &	2003	fall
Ayurvedic Cuisine: Date Khir	Usha Lad	nutrition, digestion &	2003	fall
Svedana, Therapeutic Sweat	Vasant Lad	ayurvedic massage &	2003	spring
Seasonal Routine for Spring	Vasant Lad	seasonal routine &	2003	spring
An Introduction to Vastu Shastra	Vasant Lad	vastu shastra	2003	spring
Chandana: The Bouquet of Bliss	Beth Biegler	herbology &	2003	spring
Vastu Shastra: The Site	Vasant Lad	vastu shastra	2003	summer

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Ayurvedic Cuisine: Buttermilk Curry	Usha Lad	nutrition, digestion &	2003	summer
Natural Summer Beauty	Sonia Elisa	ayurvedic beauty care	2003	summer
On the Sweetness of Breathing: Yashti Madhu and Prana	Beth Biegler	herbology &	2003	summer
Vastu Shastra: Subtle Factors Affecting Vastu	Vasant Lad	vastu shastra	2003	winter
Ayurvedic Cuisine: Tur Dal Soup No. 2	Usha Lad	nutrition, digestion &	2003	winter
Herbal Rasanayanas for Prana Vaha Srotas	Vasant Lad	herbology &	2003	winter
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Where the Breath Takes You: Yoga & the Prana Vaha Srotas	Beth Biegler	yoga	2003	winter
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Ayurvedic Cuisine: Turmeric Pickle	Usha Lad	nutrition, digestion &	2004	fall
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Herbal Rasayanas for Anna Vaha Srotas	Vasant Lad	herbology &	2004	spring
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Ayurvedic Institute...Then & Now	unknown	general	2004	summer
Ganesha Ayurveda Ashram	Vasant Lad	fundraising	2004	summer
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Ayurveda Under Cultivation	R. Svoboda	philosophy & ayurveda	2004	summer
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Finding Time to Cook	Michele Khalef	nutrition, digestion &	2004	winter
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Tracing Our Bloodlines: Asana and Rakta Vaha Srotas	Beth Biegler	yoga	2005	fall
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Bodies of Water: Asana and the Ambu Vaha Srotas	Beth Biegler	yoga	2005	spring
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Embodiment of Taste: Asana and Rasa Vaha Srotas	Beth Biegler	yoga	2005	summer
Brief Overview of Ayurvedic Pharmacology	Vasant Lad	Herbs, minerals and	2005	summer
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On Being Moved: Asana and Mamsa Vaha Srotas	Beth Biegler	yoga	2005	winter
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Pear Ginger Crumble	Michele Schulz	Food & Balance	2007	Fall
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Confetti Salad & Candied Fennel Seeds	Michele Schulz	Food & Balance	2007	Spring
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Rasayanas for Kundalini Rising	Vasant Lad	ayurvedic herbs	2007	Summer
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Creamy Dandelion Salad	Michele Schulz	Food & Balance	2008	Spring
Practice and Non-attachment	Barbara Cook	Yoga Sutras of Patanjali	2008	Spring
The Healing Power of Mudra	Vasant Lad	Mudra, Ayurvedic mudras	2008	Spring
Management of Rasa Dhatu Mala	Vasant Lad	Ayurvedic Herbs	2008	Summer
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