



Dravyaguna for Westerners: Ayurvedic Pharmacology for Western Herbs (Ayurvedic Medicine for Westerners)

Vaidya Atreya Smith

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In Ayurveda, the science of herbal medicine is called Dravya Guna Shastra or the “science of the attributes of substances”. Unfortunately, this science has been unavailable to the vast majority of Westerners due to language, terminology and culture. This textbook is a bridge for the Western doctor, herbalist, practitioner, or therapist to the ancient science of herbal medicines in Ayurveda. It is one of three textbooks that form a series on the important subjects of Ayurvedic diagnosis & pathology, Ayurvedic treatments and Ayurvedic medicines. This textbook is the result of 13 years of clinical research and 10 years of teaching experience in Ayurvedic herbal therapies. The textbook includes 115 herbal monographs that explain in detail the herb according to Ayurveda. Additionally there are 45 herbal formulas indicated by disorders – each adjusted for the cause of the disorder according to vata, pitta, or kapha dosha. Each monograph has a color photo of the medicinal plant and space to make personal notes. This textbook is used by a number of schools in Italy, Holland, Switzerland, France and the USA since 2009.

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