



Everyday Ayurveda: Daily Habits That Can Change Your Life in a Day

Bhaswati Bhattacharya

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Time is scarce and precious in today's world and we seek solutions that are quick. While allopathic medicine tends to focus on the management of disease, the ancient study of Ayurveda provides us with holistic knowledge for preventing disease and eliminating its root cause.

Dr Bhaswati Bhattacharya takes you through a day in the life of Ayurvedic living.

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