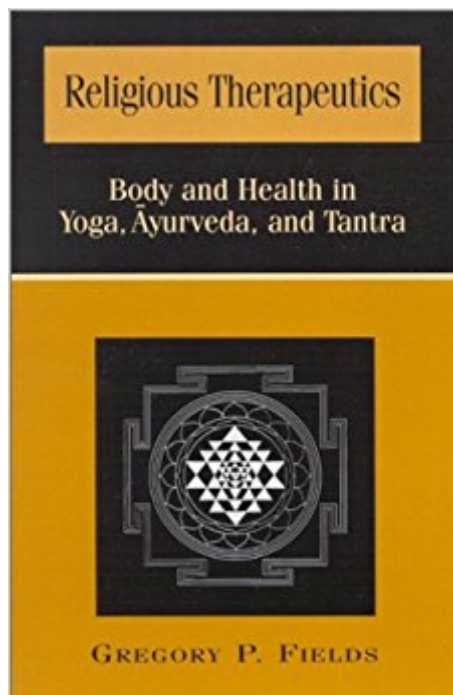




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# Religious Therapeutics: Body And Health In Yoga, Ayurveda, And Tantra (Suny Series, Religious Studies)



## Synopsis

Religious Therapeutics explores the relationship between psychophysical health and spiritual health and presents a model for interpreting connections between religion and medicine in world traditions. This model emerges from the work's investigation of health and religiousness in classical Yoga, Ayurveda, and Tantra--three Hindu traditions noteworthy for the central role they accord the body. Author Gregory P. Fields compares Anglo-European and Indian philosophies of body and health and uses fifteen determinants of health excavated from texts of ancient Hindu medicine to show that health concerns the person, not the body or body/mind alone. This book elucidates multifaceted views of health, and--in the context of spirituality and healing--explores themes such as mental health, meditation, and music.

## Book Information

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## Customer Reviews

"This book renders the Indian traditions of Ayurveda, Yoga and Tantra with great vividness, in terms that Westerners can understand, yet without concealing the profound foreignness of Indian culture. The work is timely and important. Its massive scholarship presents a forceful case for recognizing the contemporary relevance of Indian religious therapeutics. ...fascinating and lucid." -- S. Cromwell Crawford, author of *Dilemmas of Life and Death: Hindu Ethics in North American Context*

Gregory P. Fields is Associate Professor of Philosophy at Southern Illinois University-Edwardsville.

We often speak of this issue. But it is refreshing to read a good reference text on the religious and therapeutic history and practices of Ayurveda and Yoga Therapy. This completely contradicts the tendency among some to lump Ayurveda and Yoga Therapeutics into purely mechanical "Massage" systems. Well Done.

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