

**MOUNT MADONNA INSTITUTE
COLLEGE OF AYURVEDA
TEXTBOOK & SUGGESTED READING LIST**

AYURVEDIC HEALTH COUNSELOR PROGRAM 2022		
REQUIRED TEXTBOOKS*	AUTHOR	ISBN
Ashtanga Yoga Primer	Hari Dass, Baba	0918100046
Ayurveda: The Science of Self-Healing	Lad, Vasant	0914955004
Textbook of Ayurveda: Fundamental Principles, Volume 1&2	Lad, Vasant	1883725070
The Complete Book of Ayurvedic Home Remedies	Lad, Vasant	0609802860
The Way of Ayurvedic Herbs	Khalsa, Tierra	978-0940985988
The Yoga of Herbs (2nd edition)	Frawley, David & Vasant Lad	0941524248
Vagbhata's Astanga Hridayam- (Volume 1, Chowkhamba Krishnadas Academy (January 10, 2000))	Murthy, Prof. K.R. Srikantha	978-8121800228
Yoga & Ayurveda: Self-Healing and Self-Realization	Frawley, David	978-0914955818
ADDITIONAL READING		
Ayurveda: A Comprehensive Guide to Traditional Indian Medicine for the West	Ninivaggi, Frank John MD	9780313348373
Ayurveda: A Quick Reference Handbook	Kshirsagar, Manisha	978-0940676954
Ayurvedic Cooking for Self-Healing	Lad, Vasant	1883725054
Ayurvedic Medicine: The Principles of Traditional Practice (mostly herbal monographs)	Pole, Sebastian	0444310090X
Ayurvedic Pharmacology and Therapeutic Uses of Medicinal Plants Dravyagunavignyan	Gogte, Vaidya VM	978-8189798505
Ayurvedic Properties & Uses of Herbs (can be found at Ayurveda World at MMC)	Revol, Pashupati George	N/A
Panchakarma: The Ayurvedic Art and Science of Detoxification and Rejuvenation	Kshirasagar, Dr. Suhas, Dr. Manisha, Manas	978-1608692415
The Art and Science of Vedic Counseling	David Frawley & Suhas Kshirsagar	978-0940676350
The Ayurvedic Cookbook	Morningstar, Amadea	0914955063
*This is a required and recommended list based on class work and professor requests as of the start of the program. Occasionally, professors will add reading assignments that may require additional texts.		
Books highlighted in yellow are used for Foundations courses, including assigned reading for the courses.		

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Exotic India	https://www.exoticindiaart.com/book/