



Ayurveda y rejuvenecimiento (Spanish Edition)

Fabián Ciarlotti

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Rasayana es el vocablo sánscrito de la medicina Ayurveda para el rejuvenecimiento, la longevidad y el mejoramiento de la calidad de vida. Es una ciencia muy desarrollada en el Ayurveda y está íntimamente conectada con todos los aspectos de cada individuo. Su objetivo final es conferir longevidad, ralentizar el envejecimiento y prevenir las enfermedades, mejorando la inmunidad y la resistencia. No sólo busca una vida más prolongada, sino también una mejor calidad de vida. Su esencia es la alquimia y sus medios son la alimentación, la fitoterapia, la meditación, el cambio en los estilos de vida, el manejo mental y la utilización de técnicas respiratorias y del sonido para conectarse con la felicidad interior. En Ayurveda y rejuvenecimiento, el reconocido médico ayurveda Fabián Ciarlotti explica y desarrolla cada uno de los pasos del Rasayana, >/i>en un camino hacia una vida más plena, más larga y siempre joven.

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