



## Yoga and Cardiovascular Management

By Swami Satyananda Saraswati

Yoga Publications Trust (Bihar School of Yoga), Munger, India. Paperback. Book Condition: New. Yoga and Cardiovascular Management is a compilation of the discussions between Swami Satyananda Saraswati and a group of French medical experts, physicians and yoga teachers who shared their views on yoga and the medical management of cardiovascular disease. The discussions shed light on the yogic approach of managing the whole range of heart and vascular diseases in relation to the medical viewpoint. Both yoga and medicine are sciences in their own right and while they complement each other in managing disease, yoga is shown to embrace the whole individual nature in getting to the root and cause of the disease. Printed Pages:149. Size: 14 Cms x 22 Cms.



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