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Ayurveda and Yoga: Uniting Ancient Science in the Modern Age



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**Editors Book Series ID:
IIPER1674112166**



Iterative International Publishers:
Novi, Michigan, USA
Chikkamagaluru, Karnataka, India

Imprint IIP
Registered publisher under Raja Rammohun Roy
Agency, Government of India and also under
Bowker My identifiers agency, USA

Important Dates:
Chapter/paper submission starts on: 5th Sep 2023
Last date for chapter/paper submission: 30th October 2023
Acceptance notification: 02nd November 2023

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Call for Chapters

Ayurveda and Yoga: Uniting Ancient Science in the Modern Age

Aim & Scope:

"Ayurveda and Yoga: Uniting Ancient Science in the Modern Age" is a book that explores the profound wisdom and practical applications of Ayurveda and Yoga in the context of our contemporary world. The aim and scope of this book encompass several key objectives.

- 1. Integration of Ancient Sciences:** The primary aim of the book is to elucidate how Ayurveda and Yoga, two ancient Indian sciences, can be harmoniously integrated into modern lifestyles. It seeks to bridge the gap between traditional knowledge and contemporary needs.
- 2. Holistic Well-being:** The book delves into the holistic approach of Ayurveda and Yoga towards health and well-being. It emphasizes their combined potential to address physical, mental, and spiritual aspects of a person's life, promoting overall balance and harmony.
- 3. Healing and Preventive Medicine:** It explores Ayurveda's principles of personalized medicine and Yoga's role in preventive healthcare. The book discusses how these practices can complement conventional medical approaches and contribute to a more comprehensive healthcare system.
- 4. Lifestyle Guidance:** "Ayurveda and Yoga: Uniting Ancient Science in the Modern Age" provides practical insights into adopting Ayurvedic dietary principles, daily routines, and Yoga practices to enhance vitality, manage stress, and prevent illnesses.
- 5. Mind-Body Connection:** The book elucidates the profound connection between the mind and body as understood by Ayurveda and Yoga. It explores meditation, mindfulness, and yogic techniques for mental clarity, emotional balance, and inner peace.
- 6. Global Relevance:** It explores how Ayurveda and Yoga transcend cultural boundaries and have gained recognition and popularity worldwide, promoting intercultural dialogue and understanding.

Overall, "Ayurveda and Yoga: Uniting Ancient Science in the Modern Age" seeks to empower readers with knowledge and tools to embrace these ancient sciences as a means to lead healthier, more balanced, and spiritually fulfilling lives in the context of today's fast-paced and often stressful modern world

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