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David Frawley (or Vāmadeva Śāstrī दामोदरदास फ्रॉवेली), b. 1950, is an American Hindu teacher (acharya) and author, who has written more than thirty books on topics such as the Vedas, Hinduism, Yoga, Ayurveda and Vedic astrology, published both in India and in the United States.

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This book on Ayurveda by Dr. Frawley is perhaps the most comprehensive I have come across. With Subhash Ranade at the helms, the book is fast paced and brings out the concepts of Ayurveda in a nice, comfortable manner. There are not too many good books on Ayurveda, most deal with Ayurveda as an alternative medicine like they deal with TCM or Yoga.

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