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Kimberly Bush Medicine / King, Madison & Horsfall, John  
University of Western Australia Publishing 2023  
xiv, 690 pages : colour illustrations, map, portraits ; 23 cm  
9781760802196  
\$ 59.99 / null  
1005 gm.

Before the colonisation of Australia, Aboriginal Australians lived on a wonderful larder of fresh fruit, vegetables and lean meat, in a land largely free from disease, with more exercise, less stress and supportive communities.

Today, in Aboriginal communities all over Australia, there are higher instances of heart disease, type 2 diabetes, renal disease, some types of cancer and lung diseases than in the general population.

This book is an attempt to preserve bush tucker knowledge for future generations of Aboriginal and non- Aboriginal people to ensure the information is not lost with the passing of Elders.

The authors describe over 250 species of the edible plants and fungi that were regularly gathered by the Indigenous peoples of the Kimberley of Western Australia before and after colonisation. Many of these plants and fungi are difficult to find today because of land clearing for crops and the farming of sheep and cattle.

<https://www.marymartin.com/web?pid=857706>

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Art of Yoga: Herbs for Health / Gautam Chakladar, Shishir Tandon  
Venus Publications, New Delhi 2023  
244p.; 23 cm.  
Bibliography Includes Index.  
9789390412792  
\$ 47.50 / HB  
650 gm.

Yoga and Ayurveda are not merely two separate but related healing disciplines of India. Each has its unique place and function, but each overlaps into the other on various levels. Yoga education can supplement school and university education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation. Research scholars, professional students, scientists, new entrepreneurs, and present manufacturers will find valuable educational material and wider knowledge of herbal medicine in this book. Comprehensive in scope, the book provides solutions that are directly applicable to the detailed information of herbal medicine. This book acts as a key, unlocking the mysteries of Eastern philosophies and medical practices.

<https://www.marymartin.com/web?pid=854967>

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Ashtanga Yoga: Practice and Philosophy / Farhan Zaidi, Falguni Damodaran

Edukeen Publishers, Delhi 2023

298p.; ill. 23 cm.

Bibliography Includes Index.

9789395626583

\$ 48.75 / HB

700 gm.

The word Ashtanga is comprised of two Sanskrit words, "Ashta" and "Anga." "Ashta" refers to the number eight, while "Anga" means limb or body part. Therefore, Ashtanga is the union of the eight limbs of yoga, into one complete, holistic system. These eight-limbs of yoga represent the various branches of the philosophy of the yoga sutras that form the foundation in the Ashtanga Yoga School. The Ashtanga philosophy is to integrate all of the eight limbs of yoga, which include: Yama (moral codes), Niyama (self-discipline), Asana (posture), Pranayama (breath control), Pratyahara (sense withdrawal), Dharana (concentration), Dhyana (meditation), and Samadhi (oneness with the self).

<https://www.marymartin.com/web?pid=854988>

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Aspects of Yoga / H. Kumar Kaul

B.R. Publishing Corporation, Delhi 2023

239p.; 22 cm.

Bibliography Includes Index.

9788170188100

\$ 31.25 / HB

500 gm.

Aspects of Yoga is a sterling contribution of Dr. H. Kumar Kaul, a noted academician and writer to the study of yoga. This work represents original research and breaks new ground in the field of yoga practices in Punjab. This is the first scientific and authentic analysis and exposition of practice of yoga in this state.

<https://www.marymartin.com/web?pid=855117>

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Indigenous Medicine and Knowledge / Mohan Kumar

World Heritage Inc., New Delhi 2023

232p.; ill. 24 cm.

Bibliography Includes Index.

9788195669455

\$ 43.75 / HB

600 gm.

Indigenous knowledge simply refers to health practices, approaches, knowledge and beliefs incorporating plant, animal and mineral based medicines, spiritual therapies, manual techniques and exercises, applied singly or in combination to treat, diagnose and prevent illnesses or maintain well-being. The World Health Organization (WHO) defines traditional medicine as "the sum total of the knowledge, skills, and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness".

<https://www.marymartin.com/web?pid=855116>

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An Introduction To The Yogasutra / Dipankar Chandra

Peridot Literary Books, Delhi 2023

272p.; 23 cm.

Bibliography Includes Index.

9788196192624

\$ 45.00 / HB

650 gm.

The Yoga Sutras are a practical textbook to guide your spiritual journey of remembering who you really are. Here are some important takeaways that every Yogi should know. The true meaning of Yoga is the union of body, mind, soul, and spirit. According to Yoga, we suffer because of the illusion of separation between our individual consciousness from Universal Consciousness or Brahman. The Yoga Sutras are a practical to guide your spiritual journey of remembering that union. The Yoga Sutras were composed by a man named Patanjali. There is not much known about him, except that he was presumably Indian and lived somewhere between the second and fourth century BC.

<https://www.marymartin.com/web?pid=855119>

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A Complete Book On Yoga: The Step-by-Step Guide to Yoga for Health and Beauty for Everybody / Gagandeep Chandok

Peridot Literary Books, Delhi 2023

292p.; ill. 24 cm.

Bibliography Includes Index.

9789390393862

\$ 48.75 / HB

700 gm.

Yoga is an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental wellbeing. Although classical yoga also includes other elements, yoga as practiced in the United States typically emphasizes physical postures (asanas), breathing techniques (pranayama), and meditation (dyana). There are many different yoga styles, ranging from gentle practices to physically demanding ones.

<https://www.marymartin.com/web?pid=855118>

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Hu Iwa Sia Bi Eniyan Eleran Ara : An Ethical Theory of Interaction in African Traditional Medicine (ATM) / Akin-Tiko Akinmayowa

Lagos-African Cluster Centre, University of Lagos Press and Bookshop Limited, Nigeria 2022

xiv, 110p.

Includes Index

9789789984572

\$ 25.00 / null

200 gm.

<https://www.marymartin.com/web?pid=859926>

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Essential Notes for Undergraduate Surgical OSCE / Kyi Kyi Win, Thaung Htike & Sim Sze Kiat

UNIMAS Publishers, Malaysia 2023

336p.

Includes Index

9789670054384

\$ 35.00 / null

500 gm.

This book is aimed to serve as a guide for the undergraduate medical students who are studying surgery and preparing for the undergraduate surgery OSCE examination. Although this book is not intended to replace any prescribed surgical textbook, but it would be a complementary book to the students who study in surgery and, it will help in understanding of the subject without difficulty. We made effort to set out writing this book from within the context of the examination format. We have tried our best to cover the OSCE stations on Surgical Photos, Surgical Tubes & Drains, Data Interpretations, Surgical Instruments, Basic Surgical X-rays, Surgical Procedural Skills, Informed Consent, and Neurological Surgery which have been discussed among surgeons to acquire the standardization of surgical teaching.

We hope that this book will help undergraduate medical students to gain the essential surgical knowledge.

<https://www.marymartin.com/web?pid=861090>

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Using Our Traditions: A Herbal and Nutritional Guide for Kenyan Families / TICAH  
TICAH-Trust for Indigenous Culture and Health, Kenya 2020

196p.

Includes Bibliography

9789914700824

\$ 50.00 / null

900 gm.

TICAH's popular herbal and nutritional guide, originally published in 2006, was updated in 2020 to include more plants, diseases and options for staying healthy.

<https://www.marymartin.com/web?pid=859282>

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