



# Yoga y Ayurveda (Alternativa) (Spanish Edition)

*Alfredo Lauría*

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El Yoga y el Ayurveda conducen al hombre a su estado natural de balance y tranquilidad, nacieron hermanos y tienen un alto valor preventivo y curativo.

Yoga (unión) es la ciencia de la unión con el Ser Superior. Ayurveda (ayur: vida; veda: conocimiento) es la ciencia de vivir, de la vida diaria.

El Yoga es, fundamentalmente, una ciencia de autorrealización y apunta más al manejo de la mente, desde ya, sin descuidar al cuerpo. El Ayurveda es, fundamentalmente, una ciencia de la autosanación y apunta más al manejo del cuerpo, también, desde ya, sin descuidar a la mente. El Ayurveda indica qué tipo de Yoga es apropiado y qué pranayamas o asanas son beneficiosos de acuerdo a la constitución particular de cada persona –biotipos o doshas–, para poder llegar al fin último del control y absorción mental.

Para ambos, Yoga y Ayurveda, la salud debe entenderse como el equilibrio y el vibrar a tono con la naturaleza. Uno y otro sostienen que el paraíso no es un lugar sino un estado de conciencia. Este libro intenta demostrarlo.

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