



The Practice of Yoga for the Digestive System

By Swami Shankardevananda

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Faulty diet, tension and lack of exercise are the chief causes of most digestive disorders. This book explains how the practices of yoga and yogic diet can be utilized to balance these factors and eliminate digestive problems. Written by Dr. Swami Shankardevananda Saraswati under the guidance of Swami Satyananda Saraswati, the book combines the traditional medical view with the ayurvedic and yogic views of healthy digestion.

Includes practical information on food and digestion: a medical section on digestive disorders, their causes and cures: and a practice section complete with detailed instructions and diagrams.

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The Practice of Yoga for the Digestive System By Swami Shankardevananda **Bibliography**

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Editorial Review

About the Author

A medical doctor by profession and an Australian by Birth, Dr. Swami Shankardevananda met Swami Satyananda Saraswati in 1974 and evinced keen interest in blending alchemically the science of Yoga and medicine into a unified system. Pursuing his interest in yoga he travels around the world and teaches yoga. He has also authored another Book "The Effects Of Yoga on Hypertension".

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