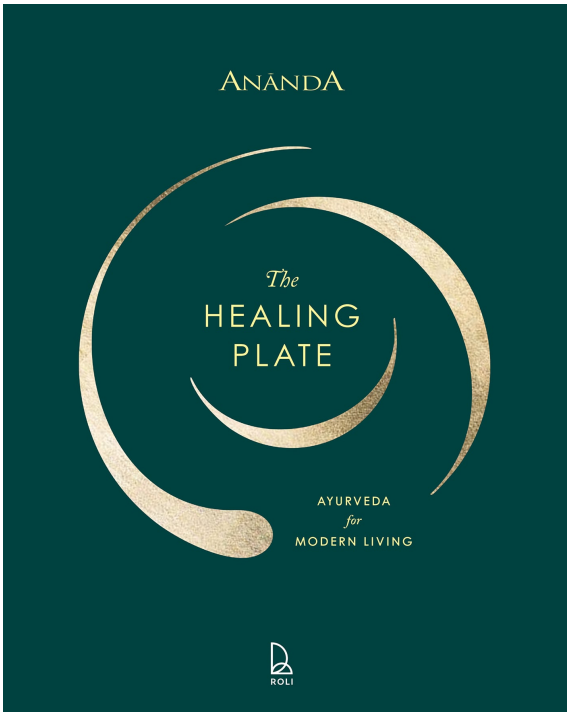
TITLE INFORMATION
Tel: +1 212 645 1111
Email: ussales@accartbooks.com
Web: https://www.accartbooks.com/us



Ananda

The Healing Plate

Ananda In the Himalayas

ISBN	9789349474567
Publisher	Roli Books
Binding	Hardback
Territory	USA & Canada
Size	8 in x 10 in
Pages	308 Pages
Illustrations	154 color
Price	$50.00

- A contemporary entry point to Ayurveda, translating classical principles into accessible practices, recipes, and rhythms for today's fast-paced, screen-heavy lives
- Centered on individuality rather than prescription, the book emphasizes personalized wellbeing - honoring different body types, lifestyles, and life stages
- A holistic approach to modern health, offering tools for eating, moving, resting, and living in harmony with nature to cultivate long-term vitality and resilience.

At its essence, Ayurveda – the traditional science of life – is

the art of aligning with nature. Whether it is the human body, changing seasons or the circadian rhythms that guide our days, Ayurvedic living is about respecting the intelligence of the universe and finding harmony with its cycles. This makes Ayurveda both layered and deeply personal. There is never one sweeping solution; rather, it is an individualized approach that honors each person's unique body type. It is about eating, moving, and resting in rhythm with our natural tendencies, and rediscovering balance so that we may live not just longer, but better, with vitality, clarity and grace.

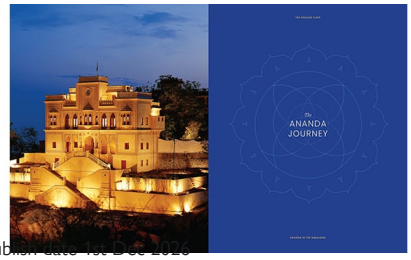
This book is intended to be a bridge between tradition and contemporary living. It is an attempt to democratize the wisdom of classical Ayurvedic texts – profound and intricate – and make them relevant to lives shaped by late nights, rushed meals, and overstimulation from constant screen time. Though we may be far removed from the slower pace of ancient life, it is precisely through Ayurveda that we can access some of the most practical and transformative tools for modern wellbeing.

If Ayurveda teaches us anything, it is that that health is not merely the absence of illness, but the presence of harmony, which looks different for each of us. The practices and recipes within are meant to be explored, adapted, and made your own. Because Ayurveda isn't about restriction, but expansion and guiding you through life with resilience and joy.

Ananda (anandaspa.com) is one of the world's most acclaimed wellness destinations, nestled within a 100-acre Maharaja's estate in the foothills of the Himalayas. For over 25 years, it has been a global authority in integrative wellbeing—drawing guests from more than 70 countries seeking transformative programs rooted in Ayurveda, Yoga, Meditation, and Vedanta. Recognized internationally for its authentic approach to wellness, Ananda continues to set the standard for evidence-based holistic living.

The Healing Plate represents Ananda's first culinary book, bringing together the retreat's accumulated wisdom in a form readers can bring into their own kitchens and daily lives. The recipes, developed and refined over decades by Ananda's culinary and wellness teams, are organized around essential pillars of modern wellbeing: energy, digestion, inflammation, immunity, detoxification, cognition, and sleep.

This approach has always been grounded in the principle that healing is deeply personal—shaped by individual constitution, environment, seasons, and lifestyle. That philosophy is threaded throughout this book: practical, science-informed, and rooted in Ayurveda, one of the world's most enduring systems of health knowledge.







Publication date: 1st Dec 2026