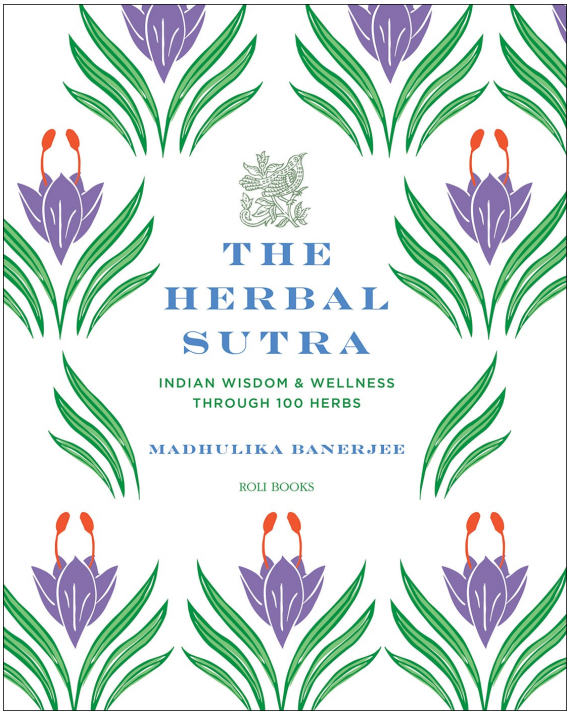
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The Herbal Sutra

Indian Wisdom & Wellness Through 100 Herbs

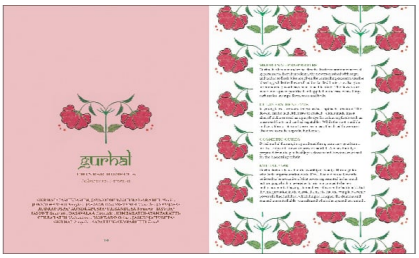
Madhulika Banerjee

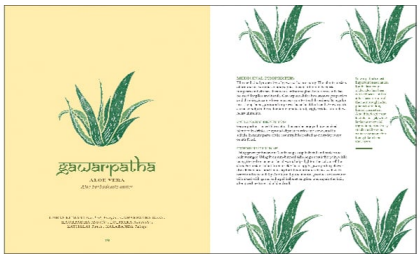
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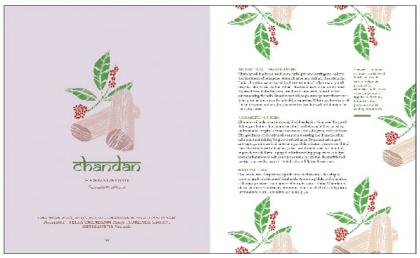
- A beautifully produced cloth bound edition, each herb in the book is showcased with illustrations inspired by the traditional block printing art of India
- A sobering read in light of climate change on how several herbs become endangered due to their rising popularity through mass-produced cosmetic, health products
- Explores the deep complementarity between nature, knowledge and culture in most practices in our society

The Herbal Sutra: Indian Wisdom and Wellness through 100 Herbs is a journey into the heart of India's herbal legacy. A stunningly illustrated compendium of 100 of India's most illustrious herbs, the book documents their ancient wisdom, versatile applications and remarkable benefits. From haldi (turmeric) – a powerful antiseptic that is widely used for beauty rituals and for its anti-inflammatory goodness to jamun (Indian blackberry), a rich source of vitamins and antioxidants, and the kokum (butter tree) prized for its sweet and tangy taste, a reliable savior from the summer heat, these herbs form India's rich heritage, offering a wealth of benefits. Harnessing the power of these herbs accompanied by illustrations that are inspired by India's hand block printing tradition, this beautiful book sheds light on how to live better, eat better and make holistic choices using these sacred herbs that have been a part of our generational wisdom.

Madhulika Banerjee teaches at the Department of Political Science at the University of Delhi, and is the author of *Power, Knowledge, Medicine*. Her work in the field of politics of alternative knowledge systems such as Ayurveda is well regarded. She also works on health, water, and agricultural security.







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