



Vital Healing: Energy, Mind and Spirit in Traditional Medicines of India, Tibet and the Middle East - Middle Asia

Marc S. Micozzi, MD, PhD, Donald McCown, Mones Abu-Asab

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The traditional medicines of Middle Asia are rich and varied - from the Unani and Siddha medicines of southern India, to the Sufi healing practices of the Middle East.

For the first time, Dr. Marc S. Micozzi draws together the ancient healing wisdom of traditional Indian, Tibetan, and Middle Eastern medicines. He sets forth the compelling idea that vital energy, expressed as 'prana' in the Indian practice of Ayur Veda and 'qi' in traditional Chinese medicine, is a unifying concept that underpins and connects all of these traditions. Describing the origins, health promotion strategies, diagnostic techniques, and modern-day uses of each approach, he also draws parallels to and finds correlations with mainstream Western concepts, and demonstrates how these CAM therapies fit within the context of their own cultures and ours.

This groundbreaking book will be of interest to practitioners of all Middle Eastern and Asian medical traditions, complementary and alternative health practitioners, and anyone else with an interest in Middle Eastern and Asian approaches to health and wellbeing.

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