



Dear Ayurveda Student,

Please find the following documents attached.

Book 1 Chapter 5: Dhatus:
The Seven Bodily Tissues

1. [Book 1 Chapter 5 PDF](#)
2. [Asthi Dhatu Teeth PDF](#)
3. [Dhatus PDF](#)

Thank you.

Namaste,
Karyn



According to Ayurvedic principles, by understanding oneself, by identifying one's own constitution, and by recognizing sources of doshic aggravation, one can not only follow the proper guidelines to cleanse, purify, and prevent disease, but also uplift oneself into a realm of awareness previously unknown.

— *Vasant Lad* —

AZ QUOTES