

In Gratitude for a Mother's Blessings



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*Like a diya in a restless wind,
You burned quietly for me.
This book carries your light,
Long after the flame touched you.*

वैद्य राजेश कोटेचा
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FOREWORD

The book “Ananta Radiance” thoughtfully reflects the relevance of Ayurveda’s timeless wisdom in addressing contemporary dimensions of wellness. The book positions Ayurveda as a dynamic and enduring system that addresses contemporary concerns related to beauty, sustainability and conscious living through holistic, compassionate and nature-aligned principles. Ayurveda, India’s traditional holistic healthcare system, emphasises that true beauty and wellbeing arise from harmony between the body, mind, and nature. It highlights that beauty is not merely external or superficial, but a natural reflection of inner balance and overall health.

This book presents a clear and structured approach to beauty and wellbeing rooted in Ayurveda. It brings together practical insights on the philosophy of beauty, seasonal care, daily self-care, use of herbs, emotional wellbeing, safety, sustainability, and dosha-based routines, and connects traditional wisdom with contemporary lifestyles.

I commend the authors Dr. Neha Tank Modha and Mr. Nilkanth Maradia for this valuable contribution and extend my best wishes for the success of this publication.

राजेश कोटेचा

(Rajesh Kotecha)

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