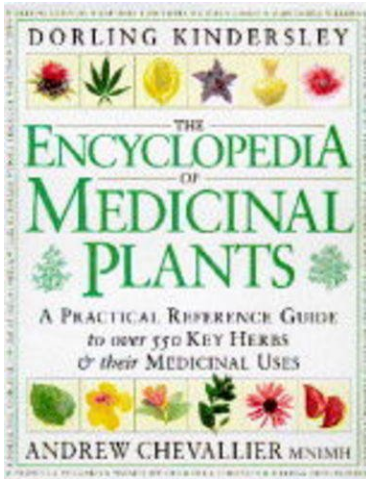


[PDF] The Encyclopedia Of Medicinal Plants

Andrew Chevallier - pdf download free book



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Description:

From Library Journal An illustrated edition of Hoffmann's earlier *The New Holistic Herbal* (Element, 1992), *The Complete Illustrated Holistic Herbal* offers a listing of over 200 herbs and detailed sections on their use in treating ailments associated with each major body system (circulatory, respiratory, digestive, nervous, reproductive, glandular, and urinary) as well as the major organs such as skin, ears, nose, and throat. In addition, an introduction to holistic medicine, instructions for making preparations, and a glossary are included. Hoffmann's effort is devoted almost solely to herbs found in North America (although this is not stated anywhere), with little information on habitat, growth, and gathering and no cautions on usage. For this latter type of information, one needs to consult *The Encyclopedia of Medicinal Plants*, which

covers herbs from all over the world, giving their location and cultivation. The encyclopedia begins with a history of herbal medicine and the herbal traditions of different cultures. Following is a visual guide to 100 key herbs from around the world, with details of their habitat, actions, traditional and current uses, latest research, preparations, cautions about usage, and useful cross references to particular ailments. In addition, there are shorter descriptions of 450 other herbs, with their history, habitat, therapeutic properties, and medicinal uses. The final section covers growing, harvesting, and processing herbs; making remedies; dealing with common ailments; and a glossary. Both books are well indexed, profusely illustrated, and authored by established authorities in the field of herbal medicine. (Hoffman, incidentally, served as the American consultant for Chevallier's book.) The Encyclopedia of Medicinal Plants is a better choice as a reference manual, due to its comprehensiveness, habitat information, cautions, and cross references, while The Complete Illustrated Holistic Herbal is stronger on explaining the physiology and the role of herbs in general holistic health. Valerie Vaughan, Hatfield P.L., Mass.

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From This lavish book, with color illustrations on every page, focuses on the traditional and folkloric use of 550 plants and on their pharmacology. Chevallier has selected herbs that are commonly used and are considered to have particular health benefits. A small number are included because they are of historical interest. The presentation of "key" medicinal plants features 100 of the best known, including aloe, cayenne, cinnamon, lemon, clove, sage, and ginger, for example. The other 450 herbs include such familiar plants as oats, horseradish, tarragon, heather, and hemlock, and such exotic herbs as ylang-ylang, Iceland moss, and scurvy grass. Each of the 550 profiles includes details of the plant's history, cultivation, key constituents, therapeutic properties, and traditional and current uses. Herbal preparations for self-treatment are explained. *George Cohen* --This text refers to an out of print or unavailable edition of this title.

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Indian medicinal plants or Ayurvedic medicinal Plants are the essence of Ayurveda and Ayurvedic treatments. When used judiciously and according to the basic principles they produce miraculous effects. Their role cannot be confined to mere curative of disease but they are also used for the well-being of human body. Hence, Ayurvedic drugs are rightly called the elixirs of life. I want Indian Medicine to become more popular in entire world, keeping that purpose in mind, I am introducing an encyclopedia of CD Rom and web site. So that you will get deep, most accurate and useful information about medicinal plants using in Ayurveda. Medicinal Herbs shows good result on disease cure. Ayurveda is the medical / Health care system in India, which uses this as treatment base, with 'theoretical principles'. The medicinal plants selected must meet two major criteria: (1) they must be in common use in at least two WHO Regions; and (2) there must be sufficient scientific data available to satisfy the requirements of the various sections in the monograph format. The recommended selection criteria discussed at the Third WHO Consultation on Selected Medicinal Plants (Ottawa, Canada, July 2001) were applied to the preparation of volume 4 of the WHO monographs. Preparation During the preparation of volume 4, more than 200 experts were involved in addition to members of WHO's Expert Advisory Panel on Traditional Herbal Medicines by Andrew Chevallier. First published in 1996, this well-known reference was recently updated in a 2016 edition. The book begins with general information regarding herbal medicine including how herbal medicine developed, herbal traditions from different parts of the world, and a history of the origins of herbal medicine. It contains information about more than 550 plants including both pharmacological information as well as the lore and traditional uses of plants. The first chapters include a brief description of active constituents in all medicinal plants, a concise history of herbal medicine, and an overview of modern herbal practices on each continent. Care is taken throughout to explain how traditional practices are balanced with conventional medicine. Medicinal plants, also called medicinal herbs, have been discovered and used in traditional medicine practices since prehistoric times. Plants synthesise hundreds of chemical compounds for functions including defence against insects, fungi, diseases, and herbivorous mammals. Numerous phytochemicals with potential or established biological activity have been identified. However, since a single plant contains widely diverse phytochemicals, the effects of using a whole plant as medicine are uncertain