

Handbook Ayurvedic Medicinal Plants Reference

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This handbook is filled with over 50 illustrations and descriptions of approximately 250 plants which are used for herbal medicine. It includes information on medicinal plants ranging from *Abies spectabilis* to *Zizyphus vulgaris*. The purpose of this handbook is to make available a reference for easy, accurate identification of these herbs. Derived from India,

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Ayurveda, in fact, is the very foundation stone of the ancient medical science of India.¹ It has eight divisions that deal with

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different aspects of the science of life and the art of healing: (1) kaya cikitsa, or internal medicine; (2) salya tantra, or surgery; (3) salakya tantra, or the treatment of diseases of the head and neck; (4) agada tantra, or toxicology; (5) bhuta vidya, or the ...

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This handbook is filled with over 50 illustrations and descriptions of approximately 250 plants which are used for herbal medicine. It includes the most current information available today on medicinal plants ranging from *Abies spectabilis* to *Zizyphus vulgaris*. The purpose of this handbook is to make available a reference for easy, accurate identification of these herbs.

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good ship Mayflower carried passengers who understood the medicinal virtues of plants, for a descendant of these men bore the most honoured name in the practice of herbal healing— that of Samuel Thomson. Thomson (1769-1843), although almost

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entirely "self-taught," was the man who, by his writings and untiring practical work became the prime

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The Handbook of Medicinal Plants is divided into three main sections. The first section covers the use of herbal medicines throughout history in China, Australia, the Americas, the Middle East, and the Mediterranean, emphasizing the need for future medicinal plant research.

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The debate continues on how these plants work and how they should be used. Blending scientific fact with folk uses and the author's personal experience, Handbook of Medicinal Herbs, Second Edition provides the most well rounded discussions of safety, efficacy, toxicity, and rational use found in any herbal reference.

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Handbook of Medicinal Herbs | James A. Duke | download

This quick-reference handbook spells out hundreds of life-saving techniques, commonsense tips, and time-tested herbal remedies that everyone should know. From how to perform basic CPR and the Heimlich Maneuver to the best immediate response to natural disasters, you'll find the most practical, effective actions to take to ensure survival.

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Reissued as a companion edition to *Trying to Give Ease: Tommie Bass and the Story of Herbal Medicine*, this illustrated reference guide covers over 700 medicinal plants, of which more than 150 are readily obtainable in health food stores and other outlets. Based on the Appalachian herbal practice of the late A. L. "Tommie" Bass, each account of a plant includes the herbalist's comment, an ...

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Duke University Press - A Reference Guide to Medicinal Plants

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