

Chinese Herbal Medicine Materia Medica By Dan Bensky

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The Healing Power of Chinese Herbs and Medicinal Recipes

Chinese Materia Medica - Chemistry, Pharmacology and Applications provides comprehensive and up-to-date information on the chemistry and pharmacology of commonly-used Chinese herbs. It gives an in-depth profile of the traditional experience of Chinese materia medica with modern scientific explanations. It also features the theories and concepts of Chinese materia medica from the Western medical perspectives, and the sources, production and quality control of Chinese materia medica. This book can be used both as a reference book and a textbook for specialized university and on-the-job training courses. It is essential reading for all students and practitioners of traditional Chinese medicine. It should also be of interest to those in education and research in natural products, pharmaceutical sciences and medicine.

Concise Chinese Materia Medica

Assists in the diagnosis of conditions resulting from fluid pathology and discusses approaches to treatment using both herbal remedies and acupuncture. The text is augmented by clinical cases and listings of formulae and herbs used in treatments.

Chinese Materia Medica Chemistry, Pharmacology and Applications

Chinese Materia Medica Flash Cards

Chinese Materia Medica

This work presents up-to-date information on chemical, pharmacological, clinical studies and historical uses of common dietary Chinese herbs. Authored by native experts in the field, the reader is introduced to each herb with a brief chronological review of Chinese literature on dietary herb uses, with chapters dedicated to each selected herb including color photos for each herb. In addition, Chinese characters as well as the Latin botanical name indices, and chemical structures for the known active compounds are also provided. The clear layout examines the health benefits that have been studied for centuries, including current clinical and toxicological data. A wide range of Traditional Chinese Medicine (TCM) herbs are investigated for their suitability into daily diets for maintaining general wellness or disease prevention. In the past decades, natural health products, dietary supplements, functional foods, or nutraceuticals have emerged in the West due to the increasing

demand for non-pharmaceutical healthcare products. Traditional Chinese Medicine disease prevention and treatment incorporates the use of foods, and herbal medicine in an integrated manner, and thus the dietary Chinese herbs in used in TCM for thousands of years could be sources for developing new, effective, and safe ingredients to capture the rapidly expanding opportunity in the global market place.

Chinese Herbal Medicine

The 'Visual Materia Medica of Chinese Herbs' is a concise, organized, and beautiful photo identification guide for over 350 common Traditional Chinese Medicine (TCM) herbs. Used by students, teachers, practitioners, and doctors in universities and clinics around the world, the 'Visual Materia Medica of Chinese Herbs' is the de facto standard for Chinese herb photo identification. Students use it to replace long hours in the herb room or having to carry herb samples. Doctors and practitioners can quickly cross reference Latin, English, and Pinyin names, as well as glance at the Chinese characters, properties, temperatures, and channels. The book has been used for everything from classroom lectures to USDA import inspection. Each Chinese Herb Features: Pinyin name with tone marks Common English name Latin/Pharmaceutical name Chinese name (Chinese characters) Temperature scale Channels entered Herb properties Over 350 hi-res color photos, 32 herb categories, table of contents, multiple indices, 112 pages. The 2nd edition fixes all of the

errors since the 1st edition, correcting herbs that were adulterated, replacements, or mislabeled.

The Contemporary Herbalist

This bilingual book contains a selection of Chinese medicine anecdotes drawn from China's enormous textual archive. The sections form collections of alternative names for: Each story begins with the Chinese characters, accompanied by the pin yin with tones to guide Western students with their Chinese pronunciation. Then the English version of the story follows with a glossary to assist Chinese students with their English pronunciation.

Dietary Chinese Herbs

Chinese Medicinal Identification

The first book to exclusively use Chinese medical theories and terminology to guide practitioners of Chinese medicine in the use of Western herbs • Written entirely according to the theory, diagnosis, and treatment paradigm of traditional Chinese medicine (TCM) • Explains how to combine and modify the standard TCM

formulas to non-Chinese herbs suitable for Western practitioners • Includes 58 monographs of common Western healing herbs, detailing how each plant is used clinically The ever-growing number of Chinese medicine practitioners in the West has brought about an amalgamation of many styles of Chinese medicine and various other forms of medicine from around the world. This book addresses the increasing demand for knowledge of how to integrate plants from outside the standard Chinese materia medica into the fold of Chinese medical practices in the West. It is the first in-depth guide to using Western herbs exclusively according to the theories, diagnoses, and treatments of traditional Chinese medicine that harmonizes the unique terminology and theories of TCM with other botanical medicines. The book contains 58 monographs, illustrated with full-color photographs, of herbs commonly used by Western herbalists. Each herb is grouped by the basic categorization for medicinals in Chinese medicine, such as Herbs that Resolve the Exterior and Herbs that Regulate Blood. The monographs detail the energetics, function and indication, channels entered, dosage and preparation, and contraindications of each plant. The author also explains how to use the herbs to modify standard formulas used in everyday Chinese herbal medicine, based on his own clinical experience. An appendix of Western Analogs for Chinese Herbs further highlights 40 Chinese medicinals that have related species growing in the West.

Western Herbs according to Traditional Chinese Medicine

"A must-read for anyone coming to Ayurveda for the first time or as a readable brush-up for all. Sahara offers a contemporary explanation of Ayurvedic wisdom that resonates with today's readers."-Deepak Chopra Discover your Ayurvedic Dosha (mind-body type) and find foods, self-care practices, yoga poses, and meditations that are tailored to your unique needs. Best-selling author Sahara Rose Ketabi makes Ayurveda accessible with this contemporary guide to the world's oldest health system. Originating in India over 5,000 years ago, Ayurveda is the sister science to yoga. It's the age-old secret to longevity, digestive health, mental clarity, beauty, and balance that's regaining popularity today for its tried-and-true methods. Sahara Rose revitalizes ancient Ayurvedic wisdom with a modern approach and explains how adjusting the timing of your meals; incorporating self-care practices such as dry-brushing, oil-pulling and tongue-scraping; eating the correct foods for your digestive type; and practicing the right yoga and meditation practices for your unique personality will radically enhance your health, digestion, radiance, intuition, and bliss. With Idiot's Guides: Ayurveda, you will:

- Discover your unique Dosha and learn how it is reflected in your physiology, metabolism, digestion, personality, and even in your dreams.
- Learn how your body's needs change according to the season, environment, and time of day
- Find ways to regain luster, passion and flow in your life
- Enjoy easy-to-make, plant-based recipes
- Establish an Ayurvedic morning and nighttime ritual for optimal balance
- Learn how to balance your chakras according to your Dosha
- Use Ayurvedic herbs and spices to heal digestive issues, skin problems, hormonal imbalance, and other

ailments With plenty of fun facts, holistic humor, and sacred knowledge from Sahara that will help you seamlessly integrate Ayurveda into your lifestyle.

An Illustrated Chinese Materia Medica in Hong Kong

Chinese Materia Medica

Phytotherapy or herbal medicine is the most important therapy within Chinese medicine and is being used increasingly in the West. A Materia Medica for Chinese Medicine: plants, minerals and animal products describes 400 of the most important plants, minerals and animal substances used as treatments by Chinese medical practitioners. The items included have been selected according to their degree of clinical relevance. Each remedy is clearly described and illustrated on two facing pages, making this an easily accessible reference for both students and practitioners of Chinese herbal medicine. The clearly laid out text presents the following details for each herb or substance included: a detailed description of the characteristic features indications for safe use medicinal and toxic effects possible combinations with other substances full-colour illustrations, generally two for each substance, showing the detailed characteristics of the item described A Materia Medica for Chinese Medicine has been written by two medically trained doctors

who have worked as TCM therapists specializing in the use of Chinese herbs for more than 30 years. Based on their many years of teaching and practice, the book has been carefully compiled and designed to provide a concise and accurate practice-based reference for both students and practitioners.

Discussion of Cold Damage (Shang Han Lun)

Summary: "Presents the fundamental concepts and materials of traditional Chinese medicine organized in a way that supports learning and teaching according to traditional principles. Each category is placed in the context of traditional theory and practice beginning with a discussion of relevant pathologies (including the correct description of traditional diseases) and therapeutic principles used to address them" -- from the review.

Western Herbs in Chinese Medicine

One of the cornerstones of traditional Chinese medicine (TCM), herbal medicine has evolved over centuries of clinical practice and empirical results into a vast body of knowledge encompassing more than 6,000 substances, most of whose effects and uses have been documented and researched. The literature on Chinese medicinal herbs is unparalleled and unsurpassed in the world's medical knowledge;

the earliest known pharmacological work was composed before the end of the third century B.C. The first classical Chinese materia medica appeared during the late Han dynasty (25-220 A.D.) and included 365 entries of botanical, zoological, and mineral substances, listing their properties and effects. Subsequent materia medica were assembled during virtually every dynasty from the Liang (456-536 A.D.) to the Qing (1645-1911). Among the major treatments published during these centuries was the 30-volume *Materia Medica Arranged According to Pattern*, which had 1558 entries, more than 3,000 formulae, and became the official pharmacopoeia of herbal medicine in China for 500 years. *Illustrated Chinese Materia Medica* brings to the English language a lavishly illustrated atlas of the 320 herbs used most frequently in traditional Chinese medical practice. Each substance is profiled authoritatively in monographs that provide pharmaceutical, botanical and English names; flavor properties and channel tropisms; functions; clinical uses and major combinations; dosage and administration; and precautions. Intended for medicinal and pharmaceutical chemists as well as practitioners of homeopathic and alternative medicines, this materia medica offers a unique blend of authenticity that is derived from knowledge of classical Chinese literature with a clearly practical objective of presenting valuable information in a straightforward, easily comprehensible style.

Ayurveda

Essentials of Chinese Materia Medica and Medical Formulas

Chinese Herbal Medicine

Visual Materia Medica of Chinese Herbs

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Chinese Materia Medica

This clearly written, comprehensively indexed, and reader-friendly manual contains more than 350 monographs -- each describing the functions, indications, combinations, and applications of commonly used Chinese Materia Medica. Comprehensive monographs contain: details of main ingredients, taste and nature, channels entered, functions and indications, common dosage, precautions and contraindications. Unique tabular format lists provide "at-a-glance" accessibility. Summary tables in each chapter help you obtain quick overviews of the material covered. Unique coverage on toxicity and legal status. Comprehensive list of

appendices and indices -- listings are by pinyin, pharmaceutical, and English names for easy reference.

Essentials of Chinese Materia Medica

Oriental Materia Medica

This book is the second volume of a comprehensive 2-volume book covering modern pharmacological and clinical studies of the most commonly used Chinese herbal drugs. It contains monographs of 127 kinds of the most commonly used Chinese Materia Medica. The information on each herb was compiled by a research specialist active in the scientific investigation of that particular type of herb. The description on each drug includes an introduction (source, character and taste, actions and indications according to traditional Chinese medicine etc.), chemical composition, pharmacology, clinical studies, adverse effects and references. The translation of the book into English was done by qualified professionals in the field and the terms used are consistent with those used in Index Medicus, Chemical Abstracts and Botanical journals.

The Traditional Chinese Medicine Materia Medica Clinical

Reference & Study Guide

An innovative, deeply researched history of Chinese medicine in America and the surprising interplay between Eastern and Western medical practice Chinese medicine has a long history in the United States, with written records dating back to the American colonial period. In this intricately crafted history, Tamara Venit Shelton chronicles the dynamic systems of knowledge, therapies, and materia medica crossing between China and the United States from the eighteenth century to the present. Chinese medicine, she argues, has played an important and often unacknowledged role in both facilitating and undermining the consolidation of medical authority among formally trained biomedical scientists in the United States. Practitioners of Chinese medicine, as racial embodiments of “irregular” medicine, became useful foils for Western physicians struggling to assert their superiority of practice. At the same time, Chinese doctors often embraced and successfully employed Orientalist stereotypes to sell their services to non-Chinese patients skeptical of modern biomedicine. What results is a story of racial constructions, immigration politics, cross-cultural medical history, and the lived experiences of Asian Americans in American history.

Oriental Materia Medica

A major new translation of the Chinese classic Shang Han Lun by scholar and medical doctor Guohui Liu makes this foundational text fully accessible to English speaking clinicians for the first time. Extensive study and research underpins the translation; the author's understanding of both classical and modern Chinese enables him to interpret fully the ancient work within the theory of Chinese medicine. An extensive commentary explains the translation, the difficulties with the text, how it has been subsequently translated and expands on the theory laid out in the original text to reach an understanding that can be applied in the clinic for diagnosis and treatment. The value of this classic text lies primarily in its establishment of a basic framework for differentiation and treatment, but it also presents 112 formulas and 88 medicinal substances, which are commonly applied in clinical work for various conditions. In this edition, the 112 formulas are fully explained in the context of the clinical experiences of well-known ancient and modern doctors, and they are also laid out in two appendices, cross referenced to the text.

Chinese Traditional Herbal Medicine

This book, "Chinese Materia Medica", is going to introduce about more than 300 Chinese medicinal substances with illustrations and botanical pictures, including information on the Source, Explanation of Name, Habitat, Collection, Processing, Properties, Entered Channels, Characteristics, Actions, Clinical Applications,

Dosage & Administration, Cautions & Contraindications, Ingredients, and Pharmacological Research. Its aim is to show the herbs from as many aspects as we could, the traditional development and the contemporary new findings, the cultural legacy and the scientific evidence, the positive side and the negative side. We are sorry that the DVD content are not included.

Anecdotes of Traditional Chinese Medicine

A modern reference guide on the benefits of incorporating traditional Chinese medicine into modern-day therapies! *The Healing Power of Chinese Herbs and Medicinal Recipes* is an easy-to-follow introduction to the history of traditional Chinese phytomedicine. This useful guide clearly explains the basics of this unique medical system and describes in detail the therapeutic properties and use of medicinal herbs and herbal recipes. The book includes a bibliography, glossary, contact information for herbal dealers and Oriental medicine schools, and an indexed list of 300 commonly used Chinese medicinal herbs and 245 herbal recipes. In *The Healing Power of Chinese Herbs and Medicinal Recipes*, you will find the fundamentals, evolution, and development of the herbal formulas of the 4,000-year-old Oriental Materia Medica, also known as *ben cao*. The book contains 11 sections documenting the therapeutic applications, dosages, precautions, and modern research findings of 138 of the most popular medicinal herbs. In addition, this resource provides 101 of the most frequently prescribed master recipes by

famous ancient physicians, including their origin, ingredients, actions, indications, and modern clinical uses. The Healing Power of Chinese Herbs and Medicinal Recipes offers an in-depth education on: tonic herbs herbs that adjust the yin and yang of the body herbs that invigorate circulation of vital energy, qi, and blood herbal tranquilizers herbal diaphoretics herbal expectorants, antitussives, and antiasthmatics herbal pain killers herbs which regulate digestion and elimination herbal diuretics herbal antipyretics, antimicrobials, and detoxicants antitumor herbs The Healing Power of Chinese Herbs and Medicinal Recipes provides up-to-date information on the effectiveness of traditional Chinese medicine, as well as how to use Chinese medicinal herbs in conjunction with Western conventions. This comprehensive reference will benefit healthcare practitioners who want to include Oriental medicine in their practice, and anyone who is interested in Chinese herbs or patients for whom conventional medicine has offered no relief.

Herbs and Roots

This full-color reference offers practical, evidence-based guidance on using more than 120 medicinal plants, including how to formulate herbal remedies to treat common disease conditions. A body-systems based review explores herbal medicine in context, offering information on toxicology, drug interactions, quality control, and other key topics. More than 120 herbal monographs provide quick access to information on the historical use of the herb in humans and animals,

supporting studies, and dosing information. Includes special dosing, pharmacokinetics, and regulatory considerations when using herbs for horses and farm animals. Expanded pharmacology and toxicology chapters provide thorough information on the chemical basis of herbal medicine. Explores the evolutionary relationship between plants and mammals, which is the basis for understanding the unique physiologic effects of herbs. Includes a body systems review of herbal remedies for common disease conditions in both large and small animals. Discusses special considerations for the scientific research of herbs, including complex and individualized interventions that may require special design and nontraditional outcome goals.

Pharmacology and Applications of Chinese Materia Medica

This manual, to be published in two volumes, provides a condensed overview of the analytical investigation of 80 Chinese Herbal Drugs which are most frequently in use. Thin layer chromatographic-, high pressure liquid chromatographic- and gas chromatographic-fingerprint analytical techniques allow the detection of all main low-molecular constituents of a plant drug and even single constituents can be visualized. Analytical results thereof are shown in numerous color figures. The quality proof of the investigation meets the standard of the European Drug Regulatory Authority. Furthermore, this volume gives a detailed description of the analytical methods used for several drugs. Bioactive constituents, pharmacological

and biological activities of several single herbal drugs as well as their therapeutic applications are discussed.

Veterinary Herbal Medicine E-Book

The Divine Farmer's Materia Medica

This is a quick-reference manual and study guide for the most important 320 classic single herbs used in Chinese Medicine.

Chinese Herbal Medicine

The book of 本草綱目 Ben Cao Gang Mu, translated as "Essentials of Chinese Materia Medica" was completed by Li Shizhen in 1578, after conducting readings of 800 other medical reference books and carrying out 30 years of field study. For this and many other achievements, Li Shizhen is compared to Shennong, a god in Chinese mythology who gave instruction on agriculture and herbal medicine. The Compendium of Materia Medica has 53 volumes in total. The text is written classified into 16 divisions and 60 orders. For every herb there are entries on their names, a detailed description of their appearance and odor, nature, medical

function, effects and side recipes etc. With the publication of Compendium of Materia Medica, not only did it improve the classification of how traditional medicine was compiled and formatted, but it was also an important medium in improving the credibility and scientific values of biology classification of both plants and animals. Compendium of Materia Medica is also more than a mere pharmaceutical text, for it includes a vast amount of information on topics as wide-ranging as biology, chemistry, geography, mineralogy, geology, history, and even mining and astronomy, which might appear to have little connection with herbal medicine.

A Materia Medica for Chinese Medicine

The first English monograph on Chinese crude and decoction pieces used in Hong Kong, An Illustrated Chinese Materia Medica in Hong Kong is as innovative as it is authoritative. The 'introduction' provides an in-depth analysis of the history and characteristics of the Chinese medicines industry in Hong Kong, helping the readers to develop a proper understanding of the local market of Chinese medicines and acquire a sound knowledge of crude drugs and decoction pieces. An informative, useful resource book which closely ties in with the regulation of Chinese medicines in Hong Kong, this book includes numerous items of Chinese medicines commonly used in Hong Kong but not recorded in the Pharmacopoeia of the People's Republic of China. Collected personally by the authors and editors and

now displayed in the HKBU Bank of China (Hong Kong) Chinese Medicine Centre, the crude drugs and decoction pieces introduced in the book have all undergone rigorous authentication by experts. This is a reference book for those engaged in the teaching, research, sale, trading, clinical work and other forms of Chinese medicine. This book contains description of over 500 commonly used Chinese herbs with full colour and actual size pictures of the herbs. This is a publication which will be treasured by many who practise or use Chinese medicine for promotion of health.

An Illustrated Chinese Materia Medica

Chinese Medical Herbology and Pharmacology integrates contemporary understanding of the ancient practice of Chinese herbal medicine with essential safety information for a context in which use of pharmaceutical and traditional medicines is increasingly integrated in the treatment of illness. In 1,266 information-packed pages, this text offers healthcare practitioners, researchers, educators and students information for a lifetime of learning and practice: 670 in-depth herb monographs; 1150 photographs, classic line drawings, and chemical structure diagrams; far-reaching insights from academic, clinical, research and regulatory professionals; traditional uses and combinations, dosages, toxicology, cautions and contraindications; safety index, herb-drug interactions, clinical studies and research; and more.

An Illustrated Chinese Materia Medica

Essentials of Chinese Materia Medica and Medical Formulas: New Century Traditional Chinese Medicine presents specific knowledge about the source, medicinal nature, action and application of more than 800 commonly-used Chinese materia medica, as well as the efficacy and application of more than 740 kinds of commonly-used Chinese medical formulas. Notably, all of the content is presented in table form, making the information easier to access, understand and apply. Each primary herbal medicine is introduced with color pictures, and each primary formula is presented with efficacy analysis pictures. The book provides readers with essential information on Chinese materia medica and formulas and how to use them accurately, including the most common Chinese materia medica used in clinics and in commonly used clinical formulas. This is an essential reference for traditional medical professionals and those interested in traditional Chinese medicine, including advanced undergraduate and postgraduate students. Includes over 800 Chinese materia medica and 740 medical formulas with their essential information Combines 514 color pictures of medicine material crude slices and 255 formulary efficacy analysis pictures Organized with concise forms, facilitating understanding and memorization

Fluid Physiology and Pathology in Traditional Chinese Medicine

A treatise on using plants from outside the standard Chinese materia medica within the Chinese medical paradigm. This book first discusses some historical information, then introduces a method to integrate new plants into Chinese medicine, and finishes with a materia medica covering some of the most common plants used in Western herbal medicine. This is a continuation of the author's first book, *Western Herbs According to Traditional Chinese Medicine*.

Acupuncture

Authoritative work. Descriptions of more than 1,000 acupuncture points, discussion of techniques etc. 741 p. B/W illus.

Jade Remedies

"The Chinese Materia Medica Flash Cards contain the essential information for the beginner on 305 different medicinals. The information was cross-referenced with what is being taught in the West and what is being taught in China in order to insure as accurate as possible content. The cards have a clear colour photo of their respective materia medica and are colour coded by category. They contain information on: names (hanzi, pin yin, pharmaceutical, English) -- properties -- channels -- dosage -- source text -- actions and indications -- cautions and

contraindications" -- on container.

The Energetics of Western Herbs

This Materia Medica and Herbal Reference has been organized and developed to make Chinese herbology accessible to the Western reader or practitioner. The book also includes extensive use of Chinese herbal formulae and specific treatment of disease conditions. There are a number of useful index listings including Latin name, Chinese name, Chinese herbal formulae and a general index.

Chinese Medical Herbology and Pharmacology

The new 2nd edition of Chinese Herbal Medicine: Formulas & Strategies, the companion volume to Chinese Herbal Medicine: Materia Medica, is designed to serve as both a textbook for students and an authoritative reference for practitioners of traditional Chinese medicine. Included in the new edition are over 800 medicinal formulas drawn from both classical and modern sources, which provide more than twice the information in the earlier edition. For each of the 340-plus principal formulas there is a discussion of its therapeutic actions and indications, analysis of the functions and interactions of the ingredients, method of preparation, and a list of modifications to customize the formula in the clinic. Over

460 variations and associated formulas offer additional options for the practitioner. The commentary to each formula has been considerably expanded. This section deepens the reader's understanding of a formula's genealogy, presents an overview of controversies regarding composition, usage, and other issues, describes the extension of a formula's application to a wider range of disorders, and provides key clinical pointers to facilitate use of the formula in the modern clinic. A new section on comparisons has been added to this edition. This is intended to help students and practitioners focus on the distinguishing characteristics of each formula by contrasting it with other formulas that are similar in terms of composition or indication. Tables at the end of each chapter reinforce these distinctions by comparing and contrasting formulas across a wider range. The introduction to the book traces the historical evolution of the formulas, and provides practical pointers for their preparation and use. Detailed timelines depict the key events, authors, and texts in the 2,000-year history of traditional Chinese herbal medicine, placing the contents of this book in historical context. Among the appendices are a pinyin-to-English cro

Chromatographic Fingerprint Analysis of Herbal Medicines

The new 3rd edition of Chinese Herbal Medicine: Materia Medica is designed to give practitioners the information they need to practice Chinese herbal medicine with greater understanding and confidence. It provides a wealth of new information

- more than twice the content of the previous edition -- and practical insight into more than 530 of the most commonly used herbs in the Chinese pharmacopoeia.

Compendium of Materia Medica

This book is a simplified and condensed materia medica of Chinese herbal medicine, containing the categories commonly studied in Chinese herbal medicine programs. It is a compilation of information from my initial education, teaching materials, and my clinical experience in the use of Chinese herbal medicine. This compilation reflects and includes my professional use and expression of information provided in the academic texts, Chinese herbal medicine: Materia Medica, by Bensky, Clavey, & Stożger (2004), Formulas and Strategies 2nd Edition by Scheid, Bensky, Ellis and Barolet, and Chinese Medical Herbology and Pharmacology by John and Tina Chen, highlighting key points of each herb covered.

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