

Rasayana Ayurvedic Herbs For Longevity And Rejuvenation Traditional Herbal Medicines For Modern Times

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Natural Healing Through Ayurveda -

Subhash Ranade 1992-12

Ayurvedic Healing - Hari Sharma 2011-10-15

Ayurveda is one of the World's oldest and most comprehensive systems of natural medicine, and is particularly useful for addressing the chronic conditions Western medicine finds difficult to treat. This authoritative book provides a comprehensive introduction to Ayurvedic medicine for the practitioner or student. The authors describe the foundations and principles of Maharishi Ayurveda in detail, and drawing on the latest scientific research into its efficacy, show what it can offer clinical medicine in the West. Topics covered include pathogenesis and diagnosis, diet and digestion, toxic build-up, purification therapies, the effects of the emotions and thinking on health, and the practical applications of Transcendental Meditation. This updated and expanded second edition describes specific Ayurvedic treatments

for a range of common medical conditions, and also contains information on more general Vedic approaches to health and wellbeing. This book will provide complementary and alternative health practitioners with a solid base on which to build their understanding of Maharishi Ayurveda, and will also be of interest to mainstream health professionals wishing to learn more about the efficacy of this ancient healthcare system.

Healing Your Life - Dr. Marc Halpern

2018-05-22

Healing is a personal journey. Ayurveda provides a foundation for self understanding and a clear road map for how to live life in a manner that will support your healing process. This book is about unlocking your healing potential. In this book, Dr. Marc Halpern shares his own personal journey of healing himself from a crippling autoimmune disorder and seven years of subsequent chronic fatigue. Along the way he reveals the Lessons On The Path. Lessons that

anyone can use to support their own healing journey... the lessons of Ayurveda
Evidence-Based Practice in Complementary and Alternative Medicine - Sanjeev Rastogi
2012-01-28

This book investigates the ways in which the evidence base is influencing complementary and alternative medicine in general and Ayurveda and allied health practices in particular. The latter have traditionally been prevalent in Asia and are now increasingly attracting interest worldwide. The book is divided into four sections, the first of which examines issues related to acquisition and evaluation of the evidence base. Evidence-based approaches to Ayurvedic diagnosis and therapy are then examined, with a special focus on management of cardiovascular and rheumatological diseases, dental care, and rejuvenating treatments. The final section explores further the challenges of applying evidence-based practice in contemporary and alternative medicine and

Ayurveda with a focus upon the issues requiring urgent attention in ongoing decade. The same involves encompassing areas such as Ayurvedic pharmaceuticals, practice, education and research within an evidence-based perspective.

Traditional Medicine in Asia - Ranjit Roy Chaudhury 2002

This unique book provides a comprehensive picture of the vivid kaleidoscope of traditional medicine in Asia presented by 34 eminent authors from 15 countries belonging to the different systems like Ayurveda and Chinese Traditional Medicine. Important emerging areas such as harmonization of the traditional systems with modern medicine and the growing role of these systems in the health care structure of countries are also dealt with. Legislation and regulation of these systems and practitioners, an area of growing concern, the need for good preclinical toxicology studies and scientific clinical evaluation of the products and medicinal plants used for therapy are exhaustingly dealt

with. The vital issue of protection of traditional systems of medicine and patenting of medicinal plants is discussed in detail. The book is replete with suggestions, and ideas aimed at making traditional systems more effectively, and more widely used for health care. The book also covers the prevailing situation regarding the use and other aspects of traditional medicine in the 10 Member countries of the South-East Asia Region of the World Health Organization.

Translational Ayurveda - Sanjeev Rastogi
2018-11-11

Translational Ayurveda is the implementation of translational medicine ideas taking into account Ayurveda's unique health care principles and their application in patient care. This book addresses various domains of Ayurveda, discussing its fundamentals and clinical practice in terms of the various modalities available, and offering deep insights into what is actually described in the classical Ayurveda texts. It also explores the public health impacts of such

classical thoughts from a completely new angle. In Ayurveda, there are huge gaps between knowledge and its practical application. The book identifies these gaps to provide a new perspective on Ayurvedic wisdom in light of contemporary scientific advances.

Alchemy And Metallic Medicines In Ayurveda - Bhagwan Dash 1986

Integrative Approaches for Health - Bhushan Patwardhan 2015-03-31

Despite spectacular advances, modern medicine faces formidable global challenges in several key areas—notably the persistence of major killer diseases such as malaria, tuberculosis, leprosy, and newer threats including HIV/AIDS, resistant infections, and Ebola. As such, modern medicine has not led to a significant decrease in chronic diseases like diabetes, obesity, and other degenerative and autoimmune diseases. The authors believe that modern medicine needs to experience a paradigm shift, an integration of

traditions—in particular from the ancient systems like Ayurveda and Yoga. Integrative Approaches for Health: Biomedical Research, Ayurveda and Yoga brings together the basic principles of interdisciplinary systems approach for an evolving construct of future medicine. Such an approach is already emerging at the cutting edge of current research in omics, bioinformatics, computational and systems biology. Several leading institutions of medicine have adopted Yoga and complementary medicine to widen their reach, and deepen effectiveness in therapeutic practices. The amalgam of modern medicine, with its strengths in scientific rigor, blended with the basic principles of life drawn from Ayurveda and Yoga might evolve into a medicine of tomorrow. Integrative approaches are no longer alternative, perhaps taking these approaches is the only possible way to heal our sick planet. This book introduces important trends and tools for biomedical researchers and physicians alike, to innovate the

practice of medicine for the better. Contains a harmonious confluence of ancient and modern concepts, historical perspectives, philosophical underpinnings, and a relevant review of literature supported by worldwide case studies. Provides a critical analysis of ancient wisdom, pointing to potential areas for future research, which provide food for thought for public debate on integrative health care for the twenty-first century. Explains Ayurveda knowledge, and its relevance to drug discovery, nutrition, genomics, epigenetics, regenerative biology, longevity and personalized medicine. Shares Yoga knowledge insights, and explains its relevance to body-mind complex relationships, psychology, neurobiology, immunoendocrinology, bioenergetics, consciousness, and cognitive sciences. Offers illustrations and logic diagrams for enhanced understanding of the concepts presented. Chemistry , Biochemistry and Ayurveda of Indian Medicinal Plants - Prof. I.P. Tripathi 2010-01-01 This book aims to discuss and practices all the

issues pertaining to medicinal plants research, documentation, utilization. conservation activities, standardization, quality control, tissue culture, biotechnology, biochemistry, phytochemistry and chemical characterization taking place in various Universities, Institutions, Colleges and their impact on medicinal plants.

Living Easy with Ayurveda - Dr JV Hebbar
2015-05-21

The book guides you to adopt a healthy lifestyle based on the ancient Indian Medical Science - Ayurveda. The book covers the following topics - setting up a healthy lifestyle, basics of Tridosha, Massage, benefits and side effects, Panchakarma and related procedures, Mental and physical exercises, How to adopt Pranayama in your routine, Health advice based on seasons, Diet advice, Fasting tips, Tastes and their qualities Abstinence, Sexual health, Sleep and related aspects, Dairy products, Spices, Oils, simple and effective home remedies and more.

Hinduism in India - Will Sweetman 2016-05-23

A major contribution toward the ongoing debates on the nature and history of Hinduism in India Is Hinduism coherent, or should it be viewed as a conglomeration of many distinctive traditions? What were (or are) its most important and central teachings? When did the idea of "Hinduism" first arise and what have been the consequences? What were the effects of British rule on the religion and what are the effects of continuing modernization? This book responds to all such debates surrounding Hinduism in the colonial and contemporary periods. It emphasizes on Hinduism as it arose and developed in the subcontinent itself—an approach which facilitates greater attention to detail and an understanding of the specific context in which new movements and changes have taken place.

Ayurveda in The New Millennium - D. Suresh Kumar 2020-11-11

Ayurveda or "the sacred knowledge of longevity" has been practiced in India and many Asian

countries since time immemorial. Interest in Ayurveda started growing all over the world in the late 1970s, following the Alma Ata Declaration adopted by the W.H.O. in 1978. *Ayurveda in the New Millennium: Emerging Roles and Future Challenges* attempts to survey the progress made in this field and to formulate a course of action to take Ayurveda through the new millennium. It also identifies the many stumbling blocks that need to be removed if Ayurveda is to cater to the needs of a wider audience. Features: Newer insights into the history of Ayurveda Regulatory aspects of the manufacture of ayurvedic medicines Industrial production of traditional ayurvedic medicines Quality control The scientific rationale of single herb therapy Biological effects of ayurvedic formulations Optimization of ancient wisdom and newer knowledge Conservation of threatened herbs Nutraceuticals and cosmeceuticals from Ayurveda Critical view of Ayurveda in the West Direction for the Ayurveda renaissance Ayurveda

in the New Millennium: Emerging Roles and Future Challenges describes the strength of Ayurveda and how to usher in the Ayurveda renaissance. This book will be of interest to proponents of Ayurveda and all branches of traditional and alternative medicine. Experts from the fields of medicine, pharmacology, new drug discovery and food technology will also find it useful.

Health Rejuvenation and Longevity Through Ayurveda - C.M. Ghai 2004

Presents Effective, Rare And Miraculous Formulations Essential For Maintenance Of Good Health-The Basis Being Ayurveda. Furnishes Knowledge About The Human Body, Ayurvedic Herbs Etc, For The Promotion Of Health And Cure Of Diseases In Simple Language.

Scientific Basis for Ayurvedic Therapies -

Lakshmi C. Mishra 2003-09-29

Arguably the oldest form of health care, Ayurveda is often referred to as the "Mother of

All Healing." Although there has been considerable scientific research done in this area during the last 50 years, the results of that research have not been adequately disseminated. Meeting the need for an authoritative, evidence-based reference, Scientific Ba

Rasayana - H.S. Puri 2002-10-17

Until relatively recently, much of the information on India's research into their medicinal plants has remained within India, mainly published within Indian journals. However, today the field of Ayurveda is expanding, with the integration of herbs and minerals discovered in other countries and the strengthening of academic knowledge networks worldw

The Complete Book of Ayurvedic Home Remedies - Vasant Lad, M.A.Sc. 2012-02-22

Based on the ancient healing tradition from India that dates back thousands of years, *The Complete Book of Ayurvedic Home Remedies* offers natural alternatives to conventional

medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and

depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being.

Shengmai San - Robert Kam-Ming Ko

2002-06-20

Traditional Chinese medicine commonly prescribes herbal formulas for the prevention and treatment of diseases. Shengmai San, a famous Chinese medicinal formula that has been used for more than eight hundred years in China, is comprised of Radix Ginseng, Fructus

Schisandre and Radix Ophiopogonis.

Traditionally, Shengmai San is used for the treatment

[Ayurvedic Medicine](#) - Sebastian Pole 2013

This resource brings the unique theories and traditions of Ayurveda alive so that they are accessible to the complementary health practitioner of today. This book offers a clear, accessible and yet detailed guide to Ayurvedic herbalism. It encompasses a brief history of the growth of Ayurveda, a discussion of its fundamental principles, treatment strategies as well as the energetic approach of traditional Ayurvedic herbal pharmacy and pharmacology.

The Chemistry and Bioactive Components of Turmeric - Sreeraj Gopi 2020-10-15

Turmeric belongs to the family Zingiberaceae and is a yellow spice of high economic importance due to its medicinal value. Cultivated in tropical and sub-tropical regions around the world, it is used extensively as a colouring, flavouring and preserving agent. In recent years,

several drugs derived from natural products have been developed and current drug research is actively investigating the possible therapeutic roles of many Ayurvedic medicines, most notable among those being examined is turmeric. The wide range of pharmacological activities attributed to turmeric come mainly from curcuminoids and two related compounds, demethoxycurcumin and bisdemethoxycurcumin. This comprehensive book brings together the research carried out on constituents obtained from turmeric and highlights their chemical and biological activities. Comprising 17 chapters, each written by experts in their respective field and curated by authorities, it will be invaluable to all those who are involved in the production, processing, marketing, and the use of turmeric. Appealing to researchers and professionals in natural products, nutraceuticals and food chemists, this book is exposing some of the myths and showing areas for possible future use. Integrative Neurology - John W. McBurney

2020-08-19

Dementia, Parkinson's Disease, headache, and neuropathy are all conditions for which narrowly focused medical interventions all too often fall short. The first book in its field, Integrative Neurology synthesizes complementary modalities with state-of-the-art medical treatment to offer a new vision for neurological care. The authors begin by looking inward at the crisis of stress and burnout that confronts all of medicine, but neurology in particular. It goes on to provide a selective yet in-depth review of important topics in neurological practice from the perspective of integrative medicine. Taking an evidence based approach throughout, chapters cover chronic diseases such as Multiple Sclerosis, Dementia, and Parkinson's Disease. The volume also address clinical issues such as headache, traumatic brain injury, navigating the endocannabinoid system and aging, nutrition and stroke, neuropathy, toxins and neurodevelopment, as well as the modalities of

Ayurvedic Medicine and acupuncture. Integrative medicine is defined as a healing-oriented medicine that takes account of the whole person (body, mind, and spirit) as well as all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of appropriate therapies, both conventional and alternative. Series editor Andrew Weil, MD is Professor and Director of the Arizona Center for Integrative Medicine at the University of Arizona. Dr. Weil's program was the first such academic program in the US, and its stated goal is "to combine the best ideas and practice of conventional and alternative medicine into cost effective treatments without embracing alternative practices uncritically."

Connecting Indian Wisdom and Western Science - Luisella Verotta 2015-04-24

A truly integrated collection of research, *Connecting Indian Wisdom and Western Science: Plant Usage for Nutrition and Health* compares Ayurvedic and Western conceptions of

wellness, healthy lifestyle, and diet. Examining the phyto-pharmacological, phytochemical, clinical, ethnobotanical, sociocultural, and biomedical approaches to plant- and herb-b [Healing Plants of Nigeria](#) - Anselm Adodo 2020-03-17

Healing Plants of Nigeria: Ethnomedicine and Therapeutic Applications offers comprehensive information on the use of herbal medicines in West Africa. Combining an evidence-based, ethnobotanical perspective with a pharmacological and pharmaceutical approach to phytomedicine, the book bridges the gap between the study of herbal plants' pharmacological properties and active compounds for the development of clinical drugs and community-oriented approaches, emphasising local use. It demonstrates how the framework of African traditional medicine can be preserved in a contemporary clinical context. The book outlines the history and beliefs surrounding the traditional use of herbs by the

local population alongside their application in contemporary phytotherapy in Nigeria and West Africa. It features a critical assessment of the scientific rationale behind the use of these plants in ethnomedicine and offers a composite catalogue of phytotherapeutic and wellness agents, detailing the safety profile, efficacy, and scientific integrity of plants used to treat diseases and optimise health. Features: An ethnobotanical survey containing over 200 full-colour photographs of Nigerian and West African plants. A unique combination of ethnobotany and pharmacognosy, bridging the divide between pharmaceutical and community-oriented approaches to herbal medicine research. Contextual discussion of the therapeutic potential of Nigerian herbal medicine. Offers a template which can be used to separate the superstitious aspects of ethnomedicine from culturally inherited deposits of knowledge. A handbook for herbal and natural medicine practitioners, the book is aimed at African

thinkers, scientists, healthcare providers and students of pharmacology and ethnomedicine. The Way of Ayurvedic Herbs - Karta Purkh Singh Khalsa 2008

Popular medicine.

The One Earth Herbal Sourcebook - Alan Keith Tillotson 2001

Provides herbal remedies drawing upon Asian and Western traditions for gastrointestinal, cardiovascular, nervous system, endocrinological, musculoskeletal, ophthalmological, and immune disorders.

Longevity Now - David Wolfe 2013

One of the world's leading authorities on raw-food nutrition presents a five-part approach to breaking down calcification and removing parasites, heavy metals and other unwanted guests from the body, reversing the aging process and eliminating the prospect of degenerative disease.

Herbal Principles in Cosmetics - Bruno Burlando 2010-06-23

Interest in the molecular and mechanistic aspects of cosmetic research has grown exponentially during the past decade. Herbal Principles in Cosmetics: Properties and Mechanisms of Action critically examines the botanical, ethnopharmacological, phytochemical, and molecular aspects of botanical active ingredients used in cosmetics. Along with dermatology

Evidence-Based Practice in Complementary and Alternative Medicine - Sanjeev Rastogi

2012-01-30

This book investigates the ways in which the evidence base is influencing complementary and alternative medicine in general and Ayurveda and allied health practices in particular. The latter have traditionally been prevalent in Asia and are now increasingly attracting interest worldwide. The book is divided into four sections, the first of which examines issues related to acquisition and evaluation of the evidence base. Evidence-based approaches to

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Body and Cosmos - Toke Lindegaard Knudsen
2020-10-26

Body and Cosmos presents a series of articles by renowned Indological scholars on the early Indian medical and astral sciences. It is published on the occasion of the 70th birthday of Professor Emeritus Kenneth G. Zysk.

Ayurveda and Immortality - Scott Treadway
1986

"Ayurvedic Medicine is the original holistic and

preventive health care method. Ayurvedic techniques are both ancient and revolutionary within the context of modern preventive medicine. But more than healing and prevention, Ayurveda is an approach to immortality and to ultimate enlightenment by achieving lively presence of the unified field in the body, mind and consciousness. Here is an easy-to-read and understandable scientific discussion of these ancient Vedic healing practices. Theoretical background and practical applications are discussed in depth - with special attention to present day health concerns" -- Back cover.

Genetic Resources, Chromosome Engineering, and Crop Improvement - Ram J. Singh

2011-09-15

Medicinal Plants, Volume 6 of the Genetic Resources, Chromosome Engineering, and Crop Improvement series summarizes landmark research and describes medicinal plants as nature's pharmacy. Highlights Examines the use of molecular technology for maintaining

authenticity and quality of plant-based products Details reports on individual medicinal plants including their history, origin, genetic resources, cytogenetics, and varietal improvement through conventional and modern methods, and their use in pharmaceutical, cosmeceutical, nutrition, and food industries Explains how to protect plants with medicinal properties from deforestation, urbanization, overgrazing, pollution, overharvesting, and biopiracy Brings together information on germplasm resources of medicinal plants, their history, taxonomy and biogeography, ecology and biodiversity, genetics and breeding, exploitation, and utilization in the medicine and food industries Written by leading international experts and an innovative panel of scientists, Medicinal Plants offers the most comprehensive and up-to-date information on medicinal plant genetic resources and their increasing importance in pharmaceutical and cosmeceutical industries, medicine, and nutrition around the world. Includes eight-page

color insert more than 25 full color figures

Natural Aphrodisiacs - Ravi K. Puri Ph.D.

2011-12-05

The widespread use of effective prescription drugs for erectile dysfunction has helped advance society's acceptance of talking about sexual dysfunction for both men and women. As the authors elegantly describe, sexual dysfunction and attempts at treating it have been around for as long as sexuality itself. It's no surprise that history is full of myths about aphrodisiacs. Despite all the advances we have made in medicine, the myth of the aphrodisiac is as powerful as ever. However, sexual dysfunction is very often a complex problem requiring careful, thoughtful and educated treatment. Rarely is there a quick natural fix. Consumers need to do their homework before buying into the claims of companies selling natural aphrodisiacs. This book is an excellent resource for those seeking to educate themselves about the history, effectiveness,

safety and future of natural aphrodisiacs.

Nevertheless, the information contained within the text is also important and valuable for both sides of the patient-physician equation in the treatment of sexual dysfunction. Siobhan Hyland McGaughey, M.D. Urologist Urology Associates of central Missouri Columbia, MO 65201 The authors have expressed very clearly the various merits and demerits of natural aphrodisiac products on the market. Discussion on the future prospects of plant used as aphrodisiacs is excellent information for the phytochemists who are interested to pursue research limitations in the area of existing natural aphrodisiacs and their standardizations is consistent with the rising interest of global consumers in green environment. A special effort in creating the drawings of the natural products for enabling readers to identify the natural products is phenomenal. I recommend this book to the lovers of natural products without any hesitation. I hope that manufacturers, scholars

and consumers of natural aphrodisiac products will take advantage of this document in years to come. Usha Chowdhary, Ph.D. Professor, Human Environmental Sciences Central Michigan University Mount Pleasant, MI 48859 The latest research on herbal aphrodisiacs cited by the authors is very impressive. The appropriate quotations at the beginning of each chapter are very fascinating. It is a comprehensive compendium on natural aphrodisiacs comprising their origin, myth, chemistry, pharmacology, risk and romance. Hand drawings of the plants are excellent and depict their morphological characteristics that can be helpful in identifying them. The book is actually a ready reckoner for physicians, pharmacist, or herbalists for guiding the patients who are incorporating natural products in their daily regime. K. C. Varma, Ph.D. Emeritus Professor & Chief Editor Indian Journal of Natural Products, India
Ayurvedic Minerals, Gems and Animal Products for Longevity and Rejuvenation -

Harbans Singh Puri 2007

The Ayurvedic Guide to Fertility - Heather Grzych 2020-05-05

A PRACTICAL, INTENTIONAL GUIDE TO CREATING ENHANCED CONDITIONS FOR CONCEPTION Creating new life is a natural part of being a woman, but it doesn't always come as easily as we expect. With high-stress modern lives, many women's bodies are not prepared to nurture the growth of a child, and they may find it challenging to become pregnant. Heather Grzych discovered firsthand that the practice of Ayurveda, and its deep teachings on the Four Fertility Factors, could help her and other women create the optimal conditions for conception. She shares that understanding — which led to the birth of her son — in this comprehensive book. Ayurveda, the ancient "science of life," teaches rejuvenating mind-body-spirit practices and herbal remedies that will help you and your partner align with nature

for a healthy conception. You can safely explore this holistic approach as you plan for your pregnancy. With Heather's guidance, you will discover and learn to enhance the factors that contribute to fertility and overall well-being, including the spiritual, emotional, and environmental dimensions of conception.

Soma in Yoga and Ayurveda - David Frawley 2012

Soma in Yoga & Ayurveda cracks the secret code of "Soma" and de-mystifies the myth and logic about its practical application. Dr. Frawley has clearly outlined that the real fountain of Soma is well within you and tapping into that nourishment will make your life enlightened and blissful.

Indian Herbal Drug Microscopy - Shailendra S. Gurav 2013-11-20

Adulteration and misidentification of herbal drugs can cause serious health problems to consumers. The first step in quality control of medicinal plants is ensuring the authenticity of

the desired species for intended use, with anatomical study playing a critical role in identifying and authenticating medicinal plants. A product of numerous years of experience and research, Indian Herbal Drug Microscopy is a vital resource for identifying and evaluating Indian medicinal plants. Comprised of four concise and comprehensive chapters, the book presents stepwise procedures for sectioning of plant material, histo-chemical staining techniques, and the anatomy of forty well-known and medicinally important plants, including Arjuna, Ashoka, Ashwagandha, Cinchona, Cinnamon, Ginger, Kurchi, Rauwolfia, Turmeric, Tulsi, and Vasaka. The book is also supplemented with color photographs and hand-drawn microscopic images. Written by authorities in the field, Indian Herbal Drug Microscopy is a valuable guide for herbal drug microscopy of Indian medicinal plants.

The Caraka saṃhitā - Caraka 1949

A Woman's Ayurvedic Herbal - Caroline

Robertson 2020-05-01

Ancient Herbal Secrets for Self-Care, Healing, and Wholeness Designed specifically for women, this book will introduce the system of Ayurvedic medicine, one of the most ancient and holistic forms of medicine known in human history.

Developed in India over 5,000 years ago, Ayurveda is a complete system for healing and rebalancing the body. This fascinating book features an A-Z of herbs with their description, history and uses, and easy-to-prepare home remedies. There is also an A-Z section of ailments that details symptoms and how to treat them using Ayurvedic remedies. Authoritative text, an easy-to-use format, and delightful original botanical illustrations will make this volume a pleasure to own and a useful home reference.

Medicinal Orchids of Asia - Eng Soon Teoh

2016-08-30

This unique book brings together a wealth of

data on the botanical, ethno-medicinal and pharmacological aspects of over 500 species of Asian medicinal orchids. It starts off by explaining the role and limitations of complimentary and herbal medicines, and how traditional Asian medicine differs from Western, “scientific” medicine. The different Asian medical traditions are described, as well as their modes of preparing herbal remedies. The core of the book presents individual medicinal orchid species arranged by genera. Each species is identified by its official botanical name, synonyms, and local names. Its distribution, habitat and flowering season, uses and pharmacology are described. An overview sums up the research findings on all species within each genus. Clinical observations are discussed whenever available, and possible therapeutic applications are highlighted. The book closes with chapters on the conservation of medicinal orchids and on the role of randomized clinical trials.

Rasayana: the Fountain of Life - Dr. Mayank S. Vora 2015-06-26

It is evident that everybody wants to live long with sound health. Nobody wants to become old and die. There is an in built desire of every individual to live for 100 years and that too in healthy state of body, mind and all sense organs especially vision and hearing. In this stressful, over-busy and toxic world, our natural health, happiness and the inner sense of well-being are masked by the accumulation of impurities. These impurities or toxins causes deterioration of normal body functioning. A rejuvenation therapy can revitalize senses, detoxify the body, restore good health and young look and even increase resistance to diseases. The excellent and through book by Dr. Mayank Vora is a great read for any person and provide a very practical guide for rejuvenation and longevity with natural and time tested ancient remedies. Beautifully written giving information of important single and classical Rasayana herbs, antioxidants

therapy, diet and lifestyle. All readers should aware of Rasayana therapy, if they want to bring back the youthfulness and increase the life span by many years.

Complementary and Alternative Medicinal Approaches for Enhancing Immunity -

Mehwish Iqbal 2022-08-24

Ancient therapeutic systems have played a tremendous role in health preservation all around the globe for thousands of years; even the earliest humans on earth had used these approaches along with simple surgical procedures for the betterment of their health. Complementary and Alternative Medicinal Approaches for Enhancing Immunity examines various aspects of health and diseases and the importance of basic but essential factors for the preservation of health and management of diseases. Concisely written, the author discusses ancient ways to enhance self-healing abilities and stimulate the immune system such as, fasting, meditation, acupuncture, cupping

therapy, balneotherapy and aromatherapy. The importance of nutrition and diet is also examined as it plays a crucial role in the prevention and causation of diseases. Additional features include: Discusses how the integration of various CAM modalities helps in enhancing self-healing abilities and boosts the human immune system. Contains various topics from different systems of medicines that are taught widely as individual courses or discussed broadly in several

institutes. Reviews Eastern pharmacotherapy and how using certain herbs, minerals, and animal-based products aids in maintaining health and alleviating diseases. Using evidence-based knowledge taken from ancient literature and recently published articles, this book will inform readers on the importance of holistic health approaches and some ancient treatment modalities that enhance the immune system to combat diseases.