

## Chinese Herbal Medicine Materia Medica Dan Bensky

Xie's Chinese Veterinary Herbology serves as a practical guide to the theory and application of Chinese Herbal Medicine into veterinary practices. Divided into three parts, the book covers herbal materia medica used in treating various disorders and diseases, herbal formulas, and the clinical application of treatments. The book also outlines each herb's history, the formulation of herbal recipes, energetic actions, indications and contraindications of each formula, dosages, and clinical and pharmacological studies performed with herbal treatments. This text serves as an invaluable reference to veterinarians looking to expand treatment options.

This first volume describes 78 species of medicinal plants in 44 families, in which 7 families and 13 species are algae and fungi, 28 families and 52 species are ferns, 9 families and 13 species are gymnosperms. The algae include *Laminaria japonica*, *Sargassum fusiforme*, *Ulva lactuca*, *Ulva pertusa* et al.; the fungi include *Calvatia lilacina*, *Cordyceps sobolifera*, et al.; the gymnosperms include *Ginkgo biloba*, *Pinus massoniana*, *Thuja orientalis*, *Ephedra sinica*, *Ephedra intermedia*, *Ephedra equisetina*, et al. In each species, it introduces the scientific names, herbal medicine names, characteristics, habitats, distributions, Acquisition and processing methods, medicinal traits, tastes, functions, use and dosages, and other information of medicinal plants, and attaches unedited color pictures and pictures of part herbal medicines for each species. This book series has totally 10 volumes, which covers 2000 kinds of Chinese medicines that are commonly seen or used. These volumes not only introduce the efficacy, function and some prescriptions of the medicines, but also introduce the biological characteristics of them in detail with clear photos of the habitats, so that readers can identify them in the field. Apart from the growing environment, the books expound the distribution areas and other information to facilitate researches and other applications. The volumes are targeted at readers of general interests and it is also of high referential value for scientific researcher and teachers. It can be used as a guide to researchers, clinical doctors, and students in the department of pharmaceuticals and traditional Chinese medicine.

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.

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

*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.

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.

Many Chinese herbal remedies have been proven to work, but have not been adopted into Western medicine to any large or accepted degree. Most of the natural medicines described in this book are from ancient sources. They were developed at a time when the Chinese were fiercely protective against foreigners and chose to remain isolated from the world. Today we are discovering how valuable many of the early Chinese medical breakthroughs are. This book was written by a scientist and is very well researched.

This book is the second, revised edition of a practical handbook of Chinese medical patterns with their disease causes and mechanisms, signs and symptoms, treatment principles, guiding formulas, main modifications, and acupuncture treatments. It is meant for both the student and the clinical practitioner. The authors have included numerous patterns previously not described in the English language literature as well as many complex patterns which are commonly seen in real-life practice in the West. It also includes a symptom-sign index and a formula index for easy reference. All medicinal names in this new edition conform to Bensky et al.'s *Chinese Herbal Medicine: Materia Medica* 3rd edition, and all Chinese medical terminology corresponds to Wiseman and Feng's *A Practical Dictionary of Chinese Medicine*. Ingredients in Chinese medicinal formulas begin with their pinyin names and are listed down for easier reference. In addition, this new edition contains a number of case histories for use in problem-based learning (PBL) along with suggested answers, thus making it even more useful in the classroom.

Volume II in the *Ben cao gang mu* series offers a complete translation of chapters 5 through 11, devoted to waters, fires, soils, metals, jades, stones, minerals, and salts. The *Ben cao gang mu* is a sixteenth-century Chinese encyclopedia of medical matter and natural history by Li Shizhen (1518–1593). The culmination of a sixteen-hundred-year history of Chinese medical and pharmaceutical literature, it is considered the most important and comprehensive book ever written in the history of Chinese medicine and remains an invaluable resource for researchers and practitioners. This nine-volume series reveals an almost two-millennia-long panorama of wide-ranging observations and sophisticated

interpretations, ingenious manipulations, and practical applications of natural substances for the benefit of human health. Paul Unschuld's annotated translation of the Ben cao gang mu, presented here with the original Chinese text, opens a rare window into viewing the people and culture of China's past.

Integrating complementary treatment options with traditional veterinary practice is a growing trend in veterinary medicine. Veterinarians and clients alike have an interest in expanding treatment options to include alternative approaches such as Western and Chinese Herbal Medicine, Acupuncture, Nano-Pharmacology, Homotoxicology, and Therapeutic Nutrition along with conventional medicine. Integrating Complementary Medicine into Veterinary Practice introduces and familiarizes veterinarians with the terminology and procedures of these complementary treatment modalities in a traditional clinical format that facilitates the easy integration of these methods into established veterinary practices.

Award Winner! Pocket Atlas of Chinese Medicine has won first prize at the Association of American Publishers' PROSE Awards and been recognized as the best nursing and allied health text published in 2009. Pocket Atlas of Chinese Medicine offers so much more and is so much more clearly, articulately and professionally presented that it can, and should, replace the earlier best-selling The Web That Has No Weaver. --Blue Poppy Enterprises March 2011

A traditional medicine with up-to-date applications, Chinese Medicine is gaining steady acceptance throughout the world. In this exquisitely illustrated Pocket Atlas of Chinese Medicine, written by a renowned team of international experts, readers will find a concise yet comprehensive synopsis of the entire field. From the clinical practice of acupuncture and moxibustion to Chinese herbal medicine and nutrition therapy, Tai Ji, Qi Gong, and Tuina, the book offers a deep understanding of the underlying theory, characteristics, and fundamental concepts of Chinese Medicine, as well as its philosophical and cultural basis. For those needing a single volume overview of this broad and multi-faceted field, this book is unrivalled.

**Highlights** Full coverage of the basic tenets of Chinese Medicine, from its historical roots to modern scientific research, methods, and findings  
Informative chapter on diagnosis in Chinese Medicine  
Practical discussion of Chinese herbs and their usage, including formulas for various common ailments  
Insights from leading specialists on their respective disciplines  
Proven pocket atlas format, with double-page spreads and juxtaposition of text and related photographs, drawings, and charts for easy comprehension  
More than 150 beautifully detailed, full-color illustrations demonstrating key models

Pocket Atlas of Chinese Medicine is a must-have resource for students and practitioners of Chinese Medicine, acupuncture, and complementary medicine, including medical doctors in acupuncture training. General physicians interested in expanding their services will also benefit from the wealth of information in this practical guide.

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.

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.

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

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.

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.

The book of 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 categorized listing of Web sites related to Chinese medicine, with a brief description of each sites content.

Traditional Chinese medicines, such as the practice of herbal medicine and acupuncture, are becoming widely accepted alternative medical treatments in the medical field outside China. Nevertheless, the terminology and usage, many of which are not even understood among present day Chinese, always pose a challenge to the practitioner. This lexicon makes possible the speedy identification of Chinese materia medica. Approximately 2,000 species of plants, 135 species of animals and 110 kinds of minerals and other chemicals used in traditional Chinese medicine are included. Listed alphabetically are the English, Chinese, scientific and pharmaceutical names of the Chinese drugs. This book has been a useful reference for natural and medical scientists since its publication in 1980. About 50 new Chinese drugs have been added to this new and revised edition.

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*.

A "Renga" is an ancient form of Japanese poetry. The Divine Farmer's Renga is an homage to all the tea sellers, divine farmers, and pastoral gleaners whose use of medicinal herbs creates a kind of poetry all its own. The Divine Farmer's Renga is a "materia medica," or tome of medicine, that reads like a book of poetry. Or some might say it's a book of poetry that reads like a materia medica. Written straight from the heart, this unique work combines years of research, journal entries, letters, and notes written on table tops and the back of napkins from journeys around the world and into the self. It includes nearly 250 individual Chinese herbology entries, ranging from the "Gathering Happiness Flower" to the giant black centipede. Each listing provides alternate names from other modalities of alternative medicine, as well as the "Five Elements" of energetic qualities and a quick reference of traditional uses in Chinese medicine. Tying the herbs together are more than 1,000 haiku-style verses arranged in traditional Japanese "san-ku," or candlestick form. Some poems refer to the herbs themselves. Others range from the insightful to the sublime: pastoral tributes to the Japanese poet Basho or the simple nostalgic joys of tasting a cheap popsicle. Alexander Lucksmith's first book is an eclectic, original work that is perfect for poets and practitioners alike.

This book is a study guide and exam preparation workbook for Chinese herbal medicine. Its 630 questions cover all aspects of the theory and practice of Chinese herbal medicine including materia medica; medicinal combinations; processing of medicinals; formulas and prescriptions; additions and subtractions; case history analysis. This book is extremely useful for preparing for various school, state, or national Chinese herbal exams. However, no matter what your degree of expertise, answering the questions in this book can help you reach a higher level of Chinese herbal practice. -- Provided by publisher.

Cancer is one of the leading killers in the world and the incidence is increasing, but most cancer patients and cancer survivors suffer much from the disease and its conventional treatments' side effects. In the past, clinical data showed that some complementary and alternative medicine (CAM) possessed anticancer abilities, but some clinicians and scientists have queried about the scientific validity of CAM due to the lack of scientific evidence. There is great demand in the knowledge gap to explore the scientific and evidence-based knowledge of CAM in the anticancer field. With this aim, a book series is needed to structurally deliver the knowledge to readers. There have been a number of publications on materia medica for various cancers in recent years, the scientific and medical community are thrust for up-to-date information that are supported by concrete laboratory evidences or clinical trials. This volume is a specialised book presenting the experimental and clinical evidences of anticancer materia medica for various cancers. This book consists of sixteen chapters, providing concise reviews and

