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The Energetics of Western Herbs: A Materia Medica Integrating Western and Chinese Herbal Therapeutics (Volume Two)

Peter Holmes

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Newly revised and enlarged 4th edition - Vol. 2: The Energetics of Western Herbs, Volumes 1 and 2, are a pathbreaking reference work for over 220 botanical remedies used in Western herbal medicine. Comprehensive and detailed, it draws on Chinese and Greek herbal medicine to integrate traditional herbal energetics with the latest findings in plant pharmacology. The traditional vitalistic and modern scientific systems of herbal medicine are complementary paradigms, not irreconcilable approaches. Using both systems simultaneously will greatly enhance the efficacy of herbal formulation in clinical practice, as well as provide a deeper understanding of each system. This fourth edition is a complete revision and expansion of the third edition in both text and layout. It includes fourteen new herbs, including Schisandra, Rehmannia, Rhodiola, Eleuthero, Devil's claw, White peony, Asian ginseng, Asian Buplever and Baikal skullcap. The introductions to each herb class, which explore the treatment strategies behind the various types of herbs, have been rewritten to include much new clinical material as well as to reflect current knowledge. In addition, the whole text has been re-typeset for greater user friendliness as a practical herbal medicine reference. The Energetics includes detailed practical instructions for preparing and using herbal remedies for internal and topical use. For each herb, it includes the most useful preparation forms, along with important dosage, caution and contraindication information. For this fourth edition, the detailed dosages for tincture, infusion and decoction preparations have been fully updated, based on current Western herbal medicine practice, and the tincture strength and ethanol content information have been added for every herb.

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