
The Buddha's Art of Healing Increasingly, modern medicine relies on so called traditional or ancient medical knowledge. Holistic practices such as adhering to proper diet, observing rules for appropriate behavior, and administering medical preparations are coupled with the latest technology and methods to treat the whole patient. In light of this trend, there is much to be gained from understanding of one of the oldest medical systems still in existence. Tibetan Medicinal Plants provides you a detailed analysis of how Tibetan plants are used in this centuries old system. The book opens with a summary of Tibetan medicine and covers the various habitats in which the plants are found. The main part of this volume encompasses 60 monographs listed by the Tibetan plant name. Each monograph consists of several chapters addressing different topics related either to the Tibetan or the Western approach. Most of the monographs contain a description of the macroscopic and microscopic characteristics of the used plant parts, and anatomical features of 76 plants are provided. Each monograph presents an overview of the known chemical constituents and pharmacological properties of each plant and describes their use in Tibetan medicine. In contrast to other publications on Tibetan medicine, where translations of the Tibetan terms are given in other languages, this book treats the Tibetan word as a technical term, keeps the Tibetan term and explains its meaning, lessening confusion by reducing the number of translations. Traditional Tibetan medicine has been in existence for centuries. Curative practices existed in the prebuddhist era, and the art of healing developed more than 2500 years ago. Tibetan Medicinal Plants provides a comprehensive overview of all plant types, thus making it easier to grasp the Tibetan concept. It gives you a comprehensive look at this centuries old science.

Simulation Models, GIS and Nonpoint-source Pollution 21 cm., Illust.: This book, containing nearly three hundred medicinal plants, was compiled based on a wealth of botanical and medical references, so that ordinary people can easily identify and use them in their daily lives. Avoiding technical complexities, each plant is identified and presented in seven sections. "Dr. Tenzin Dakpa's new title Tibetan Medicinal Plants: An Illustrated Guide to Identification and Practical Use is and important work. It is without doubt that this book will be of immense value to those who have an interest to learn and do research in Tibetan medicinal plants."
Tibetan Medicine in Contemporary Tibet

The Tree Dispensary explores the history, folklore and medicinal uses of native European trees, beautifully illustrated with the author's own photographs. The book presents a thorough and deep appreciation of trees as the author has experienced them through everyday life, as a herb historian and practising herbalist. Categorised into seasons, each of the 30 tree chapters covers cultivation, cookery, foraging, crafts, history, botany, medicinal use and mythology. Original herbals are used as source material for the historical section, allowing voices from the past to speak for themselves. A 'Herbalists Reference' for each tree includes medicinal uses, dosage and constituents and reflects the author's own extensive experience of using these wonderful tree remedies. For years as a herbalist I had been walking about looking down for what was growing around my feet. The emphasis changed to looking up and I was delighted by the exquisite detail of tiny female flowers on trees, which I simply could not believe I had missed before. I took photographs, pressed herbarium samples, harvested and studied experimentation with barks, catkins and leaves to produce dyes. Never again will a tincture or dried herb of tree origin be simply a name on a label and a list of constituents, actions and indications.

I hope as you read this book you will also feel a stronger connection and wish to explore, plant and care for trees yourselves. Volume 2 of The Tree Dispensary covering exotic trees will be published in Autumn 2021.

Quick Bibliography Series

This is the first book to introduce a general readership to the medical traditions of Asia from the perspective of both Western scholars and traditional health practitioners. An authoritative source of information on the history, theory, and practice of the Asian healing arts, it is also a beautiful gift book featuring lavish illustrations photographed especially for this publication: body charts, herbal medicines, and other paraphernalia; exquisite artworks including paintings, sculptures, and ceramics; and scenes of contemporary medical practice throughout Asia.

Being Human in a Buddhist World

News-Tibet

As the medicinal plant industry blooms into a billion dollar business, it reaches beyond collection, propagation, harvesting and sale of crude vegetal drugs into product formulation, packaging and dispensing of sophisticated phyto-pharmaceuticals and herbal preparations. The scientific study of these medicines and the systematic uplifting of the industry to preserve the ancient and serve the modern, is now a global challenge. The Medicinal Plant Industry puts together the various facets of this multi-disciplinary industry and its global interest. It discusses the dire need for developing countries to acquire technologies and techniques for programmed cultivation of medicinal plants. It addresses a wide variety of topics including the old philosophies, modern impact of traditional medicines, and methods of assessing the spontaneous flora for industrial utilization. It covers aspects of cultivation and climatic variations, biological assessment and formulation, process technologies, phytochemical research and information sources. The book reviews highly developed traditional medicine in China and India, and covers experiences in Africa and other continents.

Food Safety and Sanitation Audiovisuals

Tibetan medicine is a unique and holistic system of healing. It has been continuously practised for over a thousand years but has still take its place in the history of medicine as we know it in the West. This volume presents for the first time a comprehensive introduction to the arcane Tibetan art of healing. The author has provided a well-documented, original and detailed study of Tibetan psychiatry, the world's oldest system of medical psychiatry. Translated here—for the first time in English—are three fascinating chapters about mental illness from the rGyud-bzhi, the ancient and most important Tibetan medical work. Reproductions of the rare Tibetan texts are also included. Supplementing these translations are extensive explanations of Tibetan psychiatric theory and treatment drawn from the author's research and interviews with Tibetan refugee doctors in India and Nepal. Great care has been taken to identify over 90 pharmacological substances used in Tibetan psychiatric medicines, and these are listed in an appendix along with their English and Latin botanical names. Deeply researched and clearly written, this work will be of interest to both scholars and general readers in the fields of Buddhist studies, holistic healing, Oriental medicine, transpersonal psychology,
ethnopsychiatry and medical anthropology.

Marijuana Medicine Only fifty years ago, Tibetan medicine, now seen in China as a vibrant aspect of Tibetan culture, was considered a feudal vestige to be eliminated through government-led social transformation. Medicine and Memory in Tibet examines medical revivalism on the geographic and sociopolitical margins both of China and of Tibet's medical establishment in Lhasa, exploring the work of medical practitioners, or amchi, and of Medical Houses in the west-central region of Tsang. Due to difficult research access and the power of state institutions in the writing of history, the perspectives of more marginal amchi have been absent from most accounts of Tibetan medicine. Theresa Hofer breaks new ground both theoretically and ethnographically, in ways that would be impossible in today's more restrictive political climate that severely limits access for researchers. She illuminates how medical practitioners safeguarded their professional heritage through great adversity and personal hardship.

Genetic Resources, Chromosome Engineering, and Crop Improvement

The Medicinal Plant Industry The most complete visual record of cannabis culture ever published, this book explores the therapeutic, historical, and cultural uses of this plant in traditions around the world.

???????????? 1949-1990 In an easy to use dictionary style of A–Z presentation, this volume lists the taxonomy and medicinal usage of Indian plants. Also given are both traditional Indian and international synonyms along with details of the habitats of the plants. This book, illustrated by over 200 full-color figures, is aimed at bringing out an updated Acute Study Dictionary of plant sources of Indian medicine. The text is based on authentic treatises which are the outcome of scientific screening and critical evaluation by eminent scholars. The Dictionary is presented in a user-friendly format, as a compact, handy, easy to use and one-volume reference work.

Biodiversity, Evolution and Biogeography of Plants

Indian Medicinal Plants

Annotated Bibliography of Tibetan Medicine (1789-1995) : Combining the popular subjects of aromatherapy and gardening, Julia Lawless promotes the aromatic garden as a means to health, well-being, and pleasure.


Medicinal Plants This is one of the bestselling aromatherapy books of all time with vital information on plant origins, medical herbalism and the properties and actions of herbs and essential oils. It covers 165 oils, their actions, characteristics, principal constituents and folk traditions and is a must for experienced aromatherapists and beginners alike.

Illicium, Pimpinella and Foeniculum

Bodies in Balance The popularity of Tibetan medicine plays a central role in the international market for alternative medicine and has been increasing
and extending far beyond its original cultural area becoming a global phenomenon. This book analyses Tibetan medicine in the 21st century by considering the contemporary reasons that have led to its diversity and by bringing out the common orientations of this medical system. Using case studies that examine the social, political and identity dynamics of Tibetan medicine in Nepal, India, the PRC, Mongolia, the UK and the US, the contributors to this book answer the following three, fundamental questions: What are the modalities and issues involved in the social and therapeutic transformations of Tibetan medicine? How are national policies and health reforms connected to the processes of contemporary redefinition of this medicine? How does Tibetan medicine fit into the present, globalized context of the medical world? Written by experts in the field from the US, France, Canada, China and the UK this book will be invaluable to students and scholars interested in contemporary medicine, Tibetan studies, health studies and the anthropology of Asia. 'Winner of the ICAS Colleagues Choice Award 2009”

Tibetan Medicine in the Contemporary World

Dictionary of Plant Lore The book includes current knowledge on Illicium verum (star anise) and Pimpinella anisum (aniseed), main commercial species rich in anetol. It also analyzes Foeniculum vulgare (fennel) and other species of Pimpinella (P. major, P. peregrina and P. saxifraga). This volume includes a botanical, chemical, pharmacological, and therapeutic survey of the

Soil Organic Matter, Impacts on Productivity 1979-April 1988 Dictionary of Tibetan Materia Medica is the first dictionary of its kind. All the entries are arranged in Tibetan alphabetical order which will enable the readers to find the names of medicinal ingredients easily. In this English version the translator and editor, Dr. Yonten Gyatso, has given Latin names of almost all the medicines. Most of the materials are compiled from Sel gon sel phrem, the most famous text on Tibetan pharmacopoeia, and from Rin chen khruns dpe, one of the oldest and most reliable texts. Therefore, for the non-Tibetan readers this dictionary presents materials from the above texts which are translated for the first time into English. This dictionary, with its many special features, will be of immense use and value for students, research scholars, doctors and pharmacologists of Tibetan medicine, and for ethno-botanists.

Chö-yang

Connecting Indian Wisdom and Western Science 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

Buddhism in Tibet, Illustrated by Literary Documents and Objects of Religious Worship

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The Essential Aromatherapy Garden: Growing & using scented plants The ebook edition of our healthy explorer guide to the most popular and accessible of aromatherapy oils.

Buddhism in Tibet, Illustrated by Literary Documents and Objects of Religious Worship; with an Account of the Buddhist Systems Proceeding it in India A guide to aromatherapy, with vital information on plant origins, medical herbalism and the properties and actions of herbs and essential oils. Covers 165 oils, their actions, characteristics, principal constituents and folk traditions.

Medicine and Memory in Tibet The Buddha's Art of Healing provides a rich introduction to the world of Tibetan medicine, a cultural achievement considered by the Dalai Lama to be one of Tibet's most valuable contributions to the modern world. Illustrated with intricate and vivid scroll paintings based on The Atlas of Tibetan Medicine, a seventeenth-century masterpiece that is the foundation of Tibetan medical education, this volume explores pertinent global concerns and contributes profound insights to enhance rather than supplant Western medical science. The paintings, commissioned around the turn of the century and now in the collection of the History Museum of Buryatia in Russia, are from the only surviving set of medical tangkas outside Tibet. Together they express the high point of an ancient and uniquely effective system of healing based on a combination of precision and intuition. The integration of physical, mental, and spiritual health inherent in this system and its emphasis on ethics and ecological balance are both relevant and timely. Complementing the paintings are essays by renowned scholars that elucidate the conceptual and theoretical foundations of Tibetan medicine and describe the role of the paintings as mnemonic and meditational devices in the training of physicians. Each of the forty paintings is reproduced as a full-page plate and described in detail with commentary on its visual content and symbolism. The paintings illustrated in The Buddha's Art of Healing will be seen for the first time in the West in an international exhibition that opens at the Michael C. Carlos Museum in Atlanta and travels to the Sackler Gallery in Washington, D.C., and other venues.

Medical Botany and Herbal Medicine This book examines the social, political, and economic issues that are impacting the use, availability and production of Tibetan medicine, as well as the cultural identity associated with Tibetan medicine in contemporary Tibet. It fosters its future prospects as a science, healing art, and an affordable and available component of the health care systems at work in Tibet. After a brief general introduction into Tibetan medical tradition, the book sketches its history, with particular reference to the founding of medical institutions in historical Tibet, and how these institutions have changed since the 1950s. It then explores Tibetan medical education in its modern context, with particular attention to the formation of new kinds of schools and training programmes for Tibetan medicine, many of them funded by foreign NGOs. A further focus of the book is on the production and commercialisation of Tibetan medicines. Although the particular story of Tibetan medicine in contemporary Tibet, and in the People's Republic of China (PRC), is less grim than other aspects of Tibet's recent political and cultural history, it is a tale of contradiction, dramatic change and an uncertain future.

Tibetan Medicinal Plants

Tibetan Medicine 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

Mixing Medicines Critically exploring medical thought in a cultural milieu with no discernible influence from the European Enlightenment, Being Human in a Buddhist World reveals an otherwise unnoticed intersection of early modern sensibilities and religious values in traditional Tibetan medicine. It
further studies the adaptation of Buddhist concepts and values to medical concerns and suggests important dimensions of Buddhism's role in the
development of Asian and global civilization. Through its unique focus and sophisticated reading of source materials, Being Human adds a crucial
chapter in the larger historiography of science and religion. The book opens with the bold achievements in Tibetan medical illustration, commentary,
and institution building during the period of the Fifth Dalai Lama and his regent, Desi Sangey Gyatso, then looks back to the work of earlier thinkers,
tracing a strategically astute dialectic between scriptural and empirical authority on questions of history and the nature of human anatomy. It follows
key differences between medicine and Buddhism in attitudes toward gender and sex and the moral character of the physician, who had to serve both
the patient’s and the practitioner's well-being. Being Human in a Buddhist World ultimately finds that Tibetan medical scholars absorbed ethical and
epistemological categories from Buddhism yet shied away from ideal systems and absolutes, instead embracing the imperfectability of the human
condition.

Principles of Tibetan Medicine The voice of Tibetan religion & culture.

Encyclopedia of Essential Oils: The complete guide to the use of aromatic oils in aromatherapy, herbalism, health and well-being. (Text Only) Medicinal
Plants: Chemistry, Biology and Omics reviews the phytochemistry, chemotaxonomy, molecular biology, and phylogeny of selected medicinal plant
tribes and genera, and their relevance to drug efficacy. Medicinal plants provide a myriad of pharmaceutically active components, which have been
commonly used in traditional Chinese medicine and worldwide for thousands of years. Increasing interest in plant-based medicinal resources has led
to additional discoveries of many novel compounds, in various angiosperm and gymnosperm species, and investigations on their chemotaxonomy,
molecular phylogeny and pharmacology. Chapters in this book explore the interrelationship within traditional Chinese medicinal plant groups and
between Chinese species and species outside of China. Chapters also discuss the incongruence between chemotaxonomy and molecular phylogeny,
concluding with chapters on systems biology and “-omics technologies (genomics, transcriptomics, proteomics, and metabolomics), and how they will
play an increasingly important role in future pharmaceutical research. Reviews best practice and essential developments in medicinal plant chemistry
and biology Discusses the principles and applications of various techniques used to discover medicinal compounds Explores the analysis and
classification of novel plant-based medicinal compounds Includes case studies on pharmaphylogeny Compares and integrates traditional knowledge
and current perception of worldwide medicinal plants

Lavender Oil: Nature’s Soothing Herb

The Tree Dispensary Knowledge of plant names can give insight into largely forgotten beliefs. For example, the common red poppy is known as "Blind
Man" due to an old superstitious belief that if the poppy were put to the eyes it would cause blindness. Many plant names derived from superstition,
folk lore, or primal beliefs. Other names are purely descriptive and can serve to explain the meaning of the botanical name. For example, Beauty-Berry
is the name given to the American shrub that belongs to the genus Callicarpa. Callicarpa is Greek for beautiful fruit. Still other names come from
literary sources providing rich detail of the transmission of words through the ages. Conceived as part of the author's wider interest in plant and tree
lore and ethnobotanical studies, this fully revised edition of Elsevier's Dictionary of Plant Names and Their Origins contains over 30,000 vernacular and
literary English names of plants. Wild and cultivated plants alike are identified by the botanical name. Further detail provides a brief account of the
meaning of the name and detailed commentary on common usage. * Includes color images * Inclusive of all Latin terms with vernacular derivatives *
The most comprehensive guide for plant scientists, linguists, botanists, and historians

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The Encyclopedia of Essential Oils Traditional medicine enjoys widespread appeal in today’s Russia, an appeal that has often been framed either as a holdover from pre-Soviet times or as the symptom of capitalist growing pains and vanishing Soviet modes of life. Mixing Medicines seeks to reconsider these logics of emptiness and replenishment. Set in Buryatia, a semi-autonomous indigenous republic in Southeastern Siberia, the book offers an ethnography of the institutionalization of Tibetan medicine, a botanically-based therapeutic practice framed as at once foreign, international, and local to Russia’s Buddhist regions. By highlighting the cosmopolitan nature of Tibetan medicine and the culturally specific origins of biomedicine, the book shows how people in Buryatia trouble entrenched center-periphery models, complicating narratives about isolation and political marginality. Chudakova argues that a therapeutic life mediated through the practices of traditional medicines is not a last-resort response to sociopolitical abandonment but depends on a densely collective mingling of human and non-human worlds that produces new senses of rootedness, while reshaping regional and national conversations about care, history, and belonging.

Oriental Medicine This introductory guide presents all the essential information on Tibetan medicine, an ancient medical system which has been practised for over 2,500 years. It covers the theory, practice and historical background of the system, as well as including explanations of methods of diagnosis and treatments such as golden needle therapy and cupping.

Education about Asia

Tibetan Medicinal Plants

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