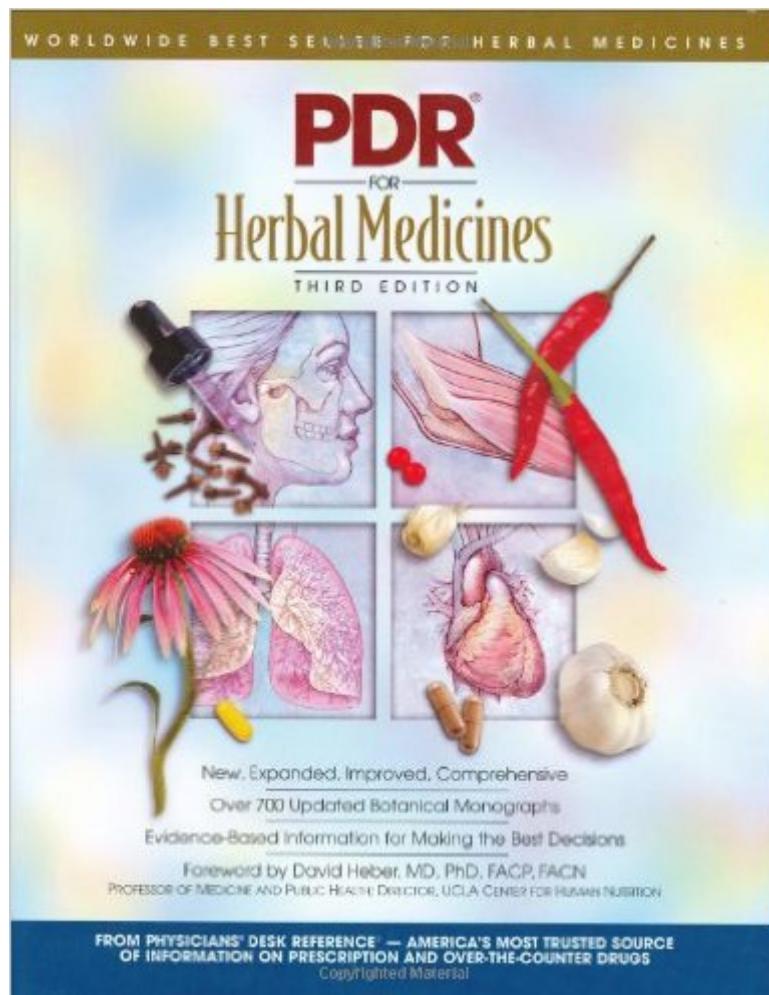


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PDR For Herbal Medicines



Synopsis

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Book Information

Hardcover: 1100 pages

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Customer Reviews

Being a licensed practitioner of Chinese medicine here in the US, I purchased the PDR for Herbal Medicines, 3rd ed. because I wanted to have access to western scientific resource material about the many (about 700) herbal medicinals covered in the volume. If you're looking for a good clinical or diagnostic manual for learning how to prescribe herbal medicinals, this book, by no means, articulates how to actually effectively prescribe herbal medicines properly. In order to prescribe herbal medicines safely and effectively, they must be applied according to a diagnostic pattern discrimination methodology that is suitable for each patient's constitution, clinical presentation and pathological disease situation. All that said, however, the book is an excellent resource for information about known scientific research, references to other source materials as well as pharmacological, chemical, toxicological cautions and contraindications for each herb covered in the volume. In fact, for this kind of information, the text is hard to beat. No one should use or prescribe a medicinal that they do not know the possible side effects and toxicity potential for that particular plant material. Although some naive individuals believe that all medicinal plants are safe to use, in fact, some herbal substances are toxic, contraindicated during pregnancy, should only be used for a short period of time, etc. This book has explicit information that is consistent with many of the best herbal medicine text books that I own. The book even has ratings by the well known German 'Commission E' board that approves herbal medicines in Europe for professional use. And if that

isn't enough, many Chinese and Ayurvedic medicinals are also covered. There is also a section that covers many nutritional supplements on the market as well.

This book has a lot of good research in it. For instance, the herb milk thistle has a "renoprotective effect on kidney cells damaged by acetaminophen..." It has not however been proven to help with cirrhosis of the liver. It can also cause side effects such as severe sweating, abdominal cramping, nausea, vomiting and diarrhea. The study on aloe and psoriasis showed that 83% the patients that applied the cream topically 3 times a day for 5 consecutive days for 4 weeks had reduced or no psoriasis signs while only 6.6% of the placebo groups did. Bilberry patients with diabetic retinopathy improved 77% to 90%. This study did not make a comparison to the placebo group unfortunately. High doses and prolonged use have lead to chronic intoxication, and high doses to animals have been fatal. A study with black cohosh showed that 80% of women experiencing menopausal symptoms improved or resolved. Adverse reactions for black cohosh have included gastroenteritis, nausea, and vomiting. It was found that treatment with capsicum (same as cayenne) prior to aspirin administration significantly decreased gastric mucosal damage as compared with aspirin alone. There is however significant correlation between consumption of hot pepper and gastric cancer. They recommend usage be kept at 2 days and should only be used again after two weeks. This is an example where most herablist would disagree. So they provided some good research (the information on aspirin) but I question their recommendation. Goldenseal showed an average cancer cell kill of 91% for malignant brain tumors compared to 43% for the standard chemotherapeutic agent for brain tumors. There are numerous other studies providing interesting information, this is just a few of them.

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