

2nd edition

Principles & Practice of Phytotherapy

REVISED CORE TEXT FROM BONE & MILLS

AVAILABLE DIRECT FROM THE AUSTRALIAN COLLEGE OF PHYTOTHERAPY

Principles and Practice of Phytotherapy

Second edition A core must-have textbook

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The first edition of *Principles and Practice of Phytotherapy* published in 2000 was the first authoritative, comprehensive modern textbook for western herbal medicine, covering all the major aspects of the field from fundamental concepts, traditional use and scientific research through to safety, effective dosage and clinical applications. It became the central textbook for students of phytotherapy in many English-speaking countries and was widely used by natural therapists, researchers, and professionals in the manufacturing industry from Australia, the US, Canada, New Zealand, Europe and beyond.

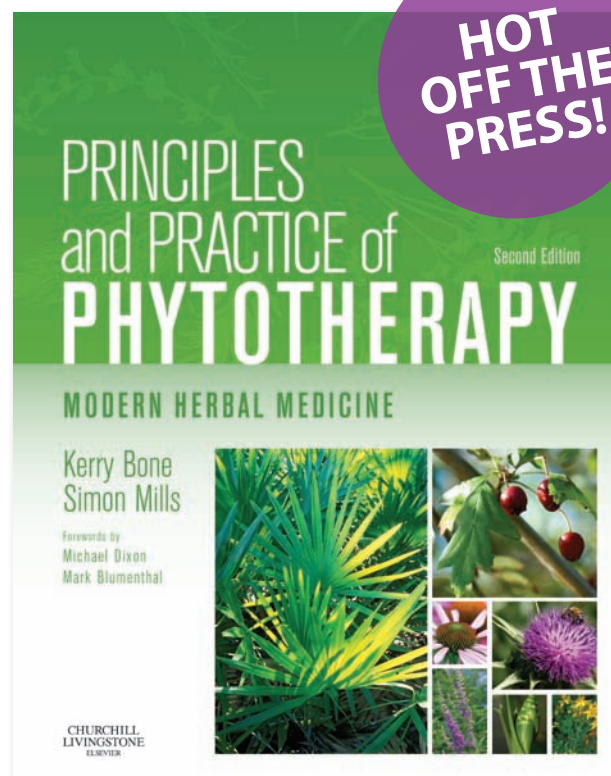
Now the long-awaited second edition brings a complete revision of the material in the first, with 50 fully up-to-date evidence-based monographs including 7 new herbs. Written by herbal practitioners with active experience in clinical practice, education, manufacturing and research, the textbook is both practical and evidence based.

In addition, the all-important therapeutics Chapters 8 and 9 have been comprehensively updated and extended to include many new insights into the herbal management of approximately 100 modern disease states. Additional information includes extensive coverage of vital new topics such as asthma, atopic dermatitis, acne, fibromyalgia, inflammatory bowel disease, insulin resistance, migraine headaches and prostate cancer, to name a few. However, the focus on the individual case and the specific needs of the patient in terms of the herbs best suited to them is emphasised in the material. In addition, the authors have added wide-ranging discussions of the contribution of phytotherapy to important modern health issues, including healthy ageing, gut dysbiosis, cognition enhancement and management of andropause.

Above all, Bone and Mills have been able to distil their more than 60 years of combined experience in herbal practice, research, education, writing, regulation, manufacture and quality assurance to arrive at the most accurate, balanced, evidence-based and informed treatise on this topic.

FEATURES

- Extensive revision of the pharmacodynamics and pharmacokinetics of archetypal herbal constituents (Chapter 2) including a comprehensive, updated discussion of important fundamental concepts such as the role of secondary metabolites, synergy and additive effects, polyvalent or multifaceted activity and herbs as pharmacologically "intelligent" mixtures.
- A comprehensive revision of vital safety data, including an extensive herb-drug interaction chart, evaluated from the perspective of experienced herbal clinicians, which informs the reader in a user-friendly fashion of the key safety issues relevant to herbal practice and helps them to differentiate between the false scares and the real concerns.



- Despite its strong scientific focus, the book does not neglect the philosophical/ traditional foundations of western herbal therapy, with an extensive discussion of these important grounding considerations in Chapters 1 and 3 and elsewhere throughout the dosage and therapeutic chapters and the herbal monographs. In particular, the approach of using herbs to correct internal dysfunction as well as focussing on symptoms is emphasised.
- Chapter 8 includes major rewrites of topics including the role of herbs in malignant diseases (with a review of the recent clinical evidence) and inflammatory and autoimmune diseases, with a focus on new information and hypotheses.
- Chapter 9 includes new sections on the herbal management of skin and endocrine diseases together with updated herbal protocols informed by the latest research into the aetiology and treatment of most common health disorders. Important new topics such as metabolic syndrome, thyroid disorders, gout, erectile dysfunction and even herbs for healthy longevity are included. Worked case histories and example formulations are used to illustrate the phytotherapeutic approach. (continued over page)

Principles and Practice of Phytotherapy FEATURES (CONTINUED)

- Fifty herbal monographs exhaustively researched and compiled include vital research information that is difficult to find elsewhere. The relevant literature has been rigorously reviewed using evidence-based criteria. New herbs covered include gotu kola, willow bark, bugleweed, butcher's broom, Boswellia, myrrh and Tribulus. The already extensive pharmacology, clinical trial and safety data have been comprehensively updated, reviewing all the relevant primary publications.

CONTENTS

PART 1 Background and strategies

1 Herbal therapeutic systems; 2 Principles of herbal pharmacology; 3 Principles of herbal treatment; 4 Validating herbal therapeutics; 5 Optimising safety

PART 2 Practical clinical guides

6 Dosage and dosage forms in herbal medicine; 7 A systematic approach to herbal prescribing; 8 Herbal approaches to pathological states: Topical applications, Fever, Infectious diseases, Inflammatory and autoimmune diseases, Fatigue and debility, Malignant diseases; 9 Herbal approaches to system dysfunctions: Digestive system and bowel, Biliary system, The liver, Cardiovascular system, Respiratory system, Urinary system, Nervous system, Female reproductive system, Joint diseases, Skin diseases, Male reproductive system, Endocrine disorders

PART 3 Materia Medica

10 How to use the monographs: Andrographis, Arnica flowers, Astragalus, Berberis bark and Hydrastis root, Bilberry fruit, Black cohosh, Boswellia, Buchu, Bugleweed and European

Bugleweed, Bupleurum, Butcher's broom, Chamomile, German, Chaste tree, Chelidonium, Devil's claw, Dong quai, Echinacea root, Evening primrose oil, Eyebright, Fennel fruit, Feverfew, Ginger, Ginkgo, Ginseng, Globe artichoke, Gotu kola, Hawthorn, Horsechestnut seed, Kava, Licorice, Meadowsweet, Melilotus, Myrrh, Nettle, Pau d'arco, Peppermint, Poke root, Rehmannia, Saw palmetto, Siberian ginseng, St John's wort, St Mary's thistle, Thyme, Tribulus leaf, Turmeric, Valerian, Willow bark, Witchhazel, Withania

Appendix A: Glossary of herbal actions

Appendix B: Toxic or potentially toxic herbs

Appendix C: Potential herb–drug interactions for commonly used herbs

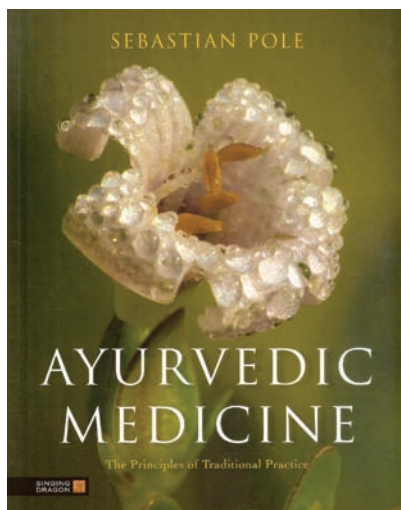
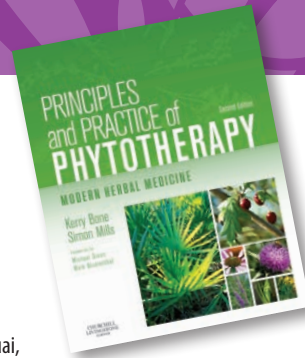
Appendix D: Herbs and children: basic dosage rules

Appendix E: Herbal clinical trial papers: how to read them

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1056 pages

Churchill Livingstone



Ayurvedic Medicine: The Principles of Traditional Practice

An ideal and valuable introduction to Ayurveda, especially useful for naturopaths who wish to gain a better introduction to this powerful medical system.

Sebastian Pole Lic OHM, Ayur HC is an Ayurvedic Practitioner and Chinese Herbalist working in Bath in the UK. He is a member of the Ayurvedic Practitioners Association and Director of the Pharmacopoeia Committee as well as a member of the Register of Chinese Herbal Medicine. Sebastian is also the Herbal Director and founding partner of Pukka Herbs, the Organic Ayurvedic Specialists.

Ayurvedic Medicine 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, logical and yet detailed guide to Ayurvedic herbalism. It encompasses a brief history of the growth of traditional medicine in India, a discussion of its fundamental principles and treatment strategies as well as the energetic approach to traditional Ayurvedic herbal pharmacy and pharmacology. It is a clinical manual as well as a reference book, which relates classical Ayurvedic teachings to modern herbal medicine, as well as specific biomedical conditions.

FEATURES

- Attractive reprint with colour-coded page tags and abundant colour plates, highly user-friendly.
- Discusses the herbal materia medica of Ayurveda in a way accessible to the western complementary practitioner, along with traditional ayurvedic energetics.
- Contains uniquely styled plant profiles which combine information on over 100 herbs and 50 formulas.
- Includes characteristics, usage, combinations, contraindications and safety and dosage information.
- Clearly presents the Ayurvedic theory of clinical treatment as well as its application.
- Combines pure Ayurveda with modern herbal medicine and biomedicine.
- Full-colour illustrations of each fresh and dried herb.

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374 pages

Singing Dragon



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"A truly excellent Ayurvedic textbook, ideal for herbal practitioners, students and other healthcare practitioners, enabling a proper understanding of Ayurvedic principles and a practical materia medica as a vital reference during practice."

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"A multi-faceted text on Ayurvedic herbs and their medicinal use ... beautifully presented ... a treasure that belongs in the library of every student and practitioner!"

- Light on Ayurveda Journal (LOAJ), Vol. VI, Issue 3

"An ideal and valuable introduction to the complex discipline of Ayurveda. Clear, logical and accurate. Serious students of Ayurveda will find it essential reading." - Kerry Bone, BSc (Hons), Dip Phyto, FNIMH, FNHAA, AHG, MCP, FANTA, Principal of the Australian College of Phytotherapy and Associate Professor in the School of Health, University of New England