



Chinese Herbal Medicine: Materia Medica

Dan Bensky

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Chinese Herbal Medicine: Materia Medica (Revised Edition) is an extensive sourcebook of information about the most commonly used substances in Chinese herbal medicine. Compiled from leading textbooks in China, this edition presents an in-depth study of 473 medicinal substances. Meticulously illustrated, each herb is identified by its pharmaceutical, botanical and family names, together with its Chinese, Japanese, Korean and English common names.

Each entry details the traditional properties, actions and indications, principal combinations, dosage and contraindications of the herb, and contains summaries of abstracts regarding modern pharmacological & clinical research. The book also details the qualities to look for in the appearance of each herb, where it is grown, and when it is harvested.

The herbs are conveniently grouped in chapters by function, with chapter summaries that compare and contrast those with similar properties. An introduction describes how to prepare and dispense the herbs. Extensive indices provide easy access and cross references to information throughout the book.

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