

Tibetan Medicinal Plants An Illustrated Guide To

The voice of Tibetan religion & culture.

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

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.

Medicinal Plants

Tibetan Medicinal Plants

Biodiversity, Evolution and Biogeography of Plants

Soil Organic Matter, Impacts on Productivity 1979-April 1988

An Intellectual History of Medicine in Early Modern Tibet

Bodies in Balance

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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.

The volume presents phenomena of classification and categorisation in ancient and modern cultures and provides an overview of how cultural practices and cognitive systems interact when individuals or larger groups conceptually organize their world. Scientists of antiquity studies, anthropologists, linguists etc. will find methods to reconstruct early concepts of men and nature from a synchronic and diachronic comparative perspective.

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.

Indo-Tibetan Classical Learning and Buddhist Phenomenology

The Essential Aromatherapy Garden: Growing & using scented plants

Simulation Models, GIS and Nonpoint-source Pollution

Encyclopedia of Essential Oils: The complete guide to the use of aromatic oils in aromatherapy, herbalism, health and well-being. (Text Only)

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

Lavender Oil: Nature ’ s Soothing Herb

Herbs for Health

Answering a critical need for an accurate, in-depth history of Tibet, this single-volume resource reproduces essential, hard-to-find essays from the past fifty years of Tibetan studies. Covering the social, cultural, and political development of Tibet from the seventh century to the modern period, the volume is organized chronologically and regionally to complement courses in Asian and religious studies and world civilizations. Beginning with Tibet’s emergence as a regional power and concluding with its profound contemporary transformations, this anthology offers both a general and ..

Dictionary of Tibetan Materia Medica is the first dictionary of its kind. All the entries are arranged in Tibetan alphabetical order which will enable 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.

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

The Tibetan History Reader

Classification from Antiquity to Modern Times

Illicium, Pimpinella and Foeniculum

Medical Botany and Herbal Medicine

Tibetan Medicine

Quick Bibliography Series

Ecologies of Care in Buddhist Siberia

Combining the popular subjects of aromatherapy and gardening, Julia Lawless promotes the aromatic garden as a means to health, well-being, and pleasure.

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.

Aloe Vera is regarded as one of the most remarkable of the 1.5 million botanical species known to man. This practical guide reveals how we can use Aloe Vera for 21st century health maintenance.

Sources, Methods, and Theories from an Interdisciplinary Perspective

The Complete Illustrated Guide to Aromatherapy

Global Politics of Medical Knowledge and Practice

With an Account of the Buddhist Systems Proceeding it in India ; with a Folio Atlas of Twenty Plates and Twenty Tables of Native Print in the Text. Atlas of objects of buddhist worship : XX plates. Atlas. Atlas

The Treasury of Knowledge, Book Six, Parts One and Two

Chemistry, Biology and Omics

January 1988 - June 1992

Jamg ò n Kongtrul’s encyclopedic Treasury of Knowledge presents a complete account of the major lines of thought and practice that comprise Tibetan Buddhism. Among the ten books that make up this tour de force, Book Six is by far the longest—concisely summarizing the theoretical fields of knowledge to be studied prior to the cultivation of reflection and discriminative awareness. The first two parts of Book Six, contained in this volume, respectively concern Indo-Tibetan classical learning and Buddhist phenomenology. The former analyzes the traditional subjects of phonology and Sanskrit grammar, logic, fine art, and medicine, along with astrology, poetics, prosody, synonyms, and dramaturgy. The principal non-Buddhist philosophical systems of ancient India are then summarized and contrasted with the hierarchical meditative concentrations and formless absorptions through which the "summit of cyclic existence" can genuinely be attained. Part Two examines the phenomenological structures of Abhidharma—the shared inheritance of all Buddhist traditions—from three distinct perspectives, corresponding to the three successive turnings of the doctrinal wheel. 21 cm., Illust.: This book, containing nearly three hundred medicinal plants, was compiled based on a wealth of botanic 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 tile 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."

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 of 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*

January 1979 - December 1989

Health and Health Care in Tibet II.

Essentials of Tibetan Traditional Medicine

An Illustrated Guide to the Asian Arts of Healing

Integrative Medizin

Tibetan Medicine in the Contemporary World

Annotated Bibliography of Tibetan Medicine (1789-1995) :

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

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 Sangye 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 imperfectionality of the human condition.

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. Theresia 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.

The Diamond Healing

Books and Articles, January 1986-May 1988 : 341 Citations

Being Human in a Buddhist World

Plant Usage for Nutrition and Health

Illustrated in Original Texts

Connecting Indian Wisdom and Western Science

Mixing Medicines

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.

Issued in connection with an exhibition held March 15, 2014-September 8, 2014, Rubin Museum of Art, New York, N.Y.

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.

Aloe Vera: Natural wonder cure

Tibetan Medicine in Contemporary Tibet

Buddhism in Tibet, Illustrated by Literary Documents and Objects of Religious Worship; with an Account of the Buddhist Systems Proceeding it in India

The Art of Tibetan Medicine

Tibetan Buddhist Medicine and Psychiatry

Tibetan Paintings Rediscovered

News-Tibet

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.

Integration ist in der Gesellschaft zu einem Schl ü sselbegriff geworden – auch in der Medizin. Die ganzheitliche Anwendung unterschiedlicher medizinischer Konzepte kann zu einer Steigerung der Therapieeffekte und zu einer Reduktion der Kosten im Gesundheitswesen f ü hren. Das Buch bietet einen umfassenden Überblick ü ber die vielf ä ltigen Methoden innerhalb der Komplement ä rmedizin sowie die entsprechenden diagnostischen und therapeutischen Ans ä tze. Eine Besonderheit dieses Buches ist die Darstellung der jeweiligen evidenzbasierten Studienlage, die sich insgesamt deutlich verbessert hat und die M ö glichkeiten der Integration in das bestehende westliche Medizinsystem untermauert. Ber ü cksichtigt werden ferner die naturwissenschaftlichen Grundlagen, rechtlich-ethische Aspekte der Ganzheitsmedizin und der Stand der europ ä ischen Forschungsbem ü hungen. Dieses Kompendium soll somit dazu dienen, die Grundlagen f ü r eine Erg ä nzung des gegenw ä rtigen konventionellen medizinischen Alltags zu schaffen. Es soll das gro ß e Potenzial und den Umfang der Medizinkunst aufzeigen und dazu beitragen, die Ganzheitlichkeit der Medizin wiederherzustellen und das umfangreiche Wissen der klinischen Erfahrungsheilkunde gleichrangig in die westliche Medizin zu integrieren.

Most books in the field of medicinal herbs are written for academic or scientific institutions such as universities and research institutes. This book, however, provides a general overview of more than 350 medicinal plants. In addition, it provides an introduction to the subject, the health benefits and secondary metabolites of each plant, its use in herbal teas, as a tincture and herbal syrup, herbal water, or the essential oils in ointments and creams. The book provides brief and straightforward explanations of these plants, accompanied by high-quality, colourful photos.

335 Citations

Medicine and Memory in Tibet

An Illustrated Guide to Identification and Practical Use

Amchi Physicians in an Age of Reform

An Illustrated Dictionary

Oriental Medicine

Indian Medicinal Plants

The ebook edition of our healthy explorer guide to the most popular and accesible of aromatherapy oils.

Tibetan medicine is a rarified field with few publications in English; it is also one of the most comprehensive of alternative therapies, addressing body, mind, and spirit. Written for intermediate-level practitioners, Essentials of Tibetan Tradit

important healing tradition to Western practitioners. The book begins by summarizing the basics behind Tibetan medical theory and its methods of diagnosis. The second part of the book presents the core concepts of wind, bile, phlegm, da cold, along with their corresponding nosologies, differential diagnoses, and treatments. The third section covers therapeutics, with an emphasis on medicinals—the mainstay of contemporary practice. A chapter on therapeutic strategies dis challenging clinical situations. Other chapters explore the crucial components of lifestyle and diet. Each herb and animal product used in Tibetan medicine is profiled on its own page, with its Tibetan, common, and botanical names; its key p known pharmacological properties; and a simple illustration. This useful handbook concludes with a description and indepth analysis of some 60 frequently used formulas.

This encyclopaedia of remedies and techniques covers every application of aromatherapy, from cosmetics and clnical aromatherapy, to perfumery, and explains how aromatic oils can be used simply and effectively to treat a wide range of f Egyptians, Greeks and Romans all practised aromatherapy, but it was only in the 1980s and 1990s that the benefits of aromatic oils were generally recognized. Many essential oils have antiseptic and revitalizing properties, and have been p stress-related disorders, respiratory and skin problems. This encyclopaedia of remedies and techniques covers every application of aromatherapy from cosmetics and clnical aromatherapy to perfumery, and explains how aromatics oils can a wide range of health complaints.

A Practical Approach to the Use of Essential Oils for Health and Well-being

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Food Safety and Sanitation Audiovisuals

Evidenzbasierte komplementärmedizinische Methoden

Chö-yang

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 prebuddistic 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.