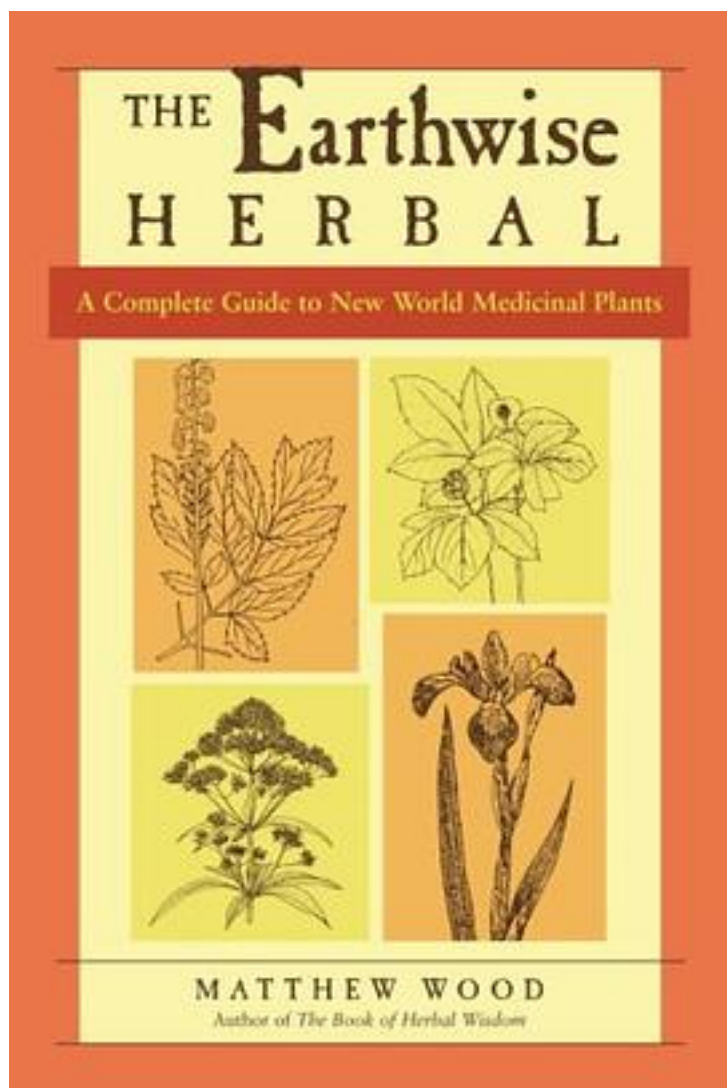


The Earthwise Herbal



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出版者:North Atlantic Books

出版时间:2009-04-28

装帧:Paperback

isbn:9781556437793

In this companion volume to *The Earthwise Herbal: A Complete Guide to Old World Medicinal Plants*, Matthew Wood, an expert herbalist who has used medicinal herbs with tens of thousands of patients over a twenty-five-year career, provides detailed descriptions of New World (North American) herbs and their uses. Organized as a materia medica (names and descriptions of herbs/plants are listed alphabetically), the book explains the use of the whole plant (not just “active ingredients”) in the treatment of the whole person and describes symptoms and conditions that the plants have been successful in treating—from digestive ailments, headaches, and high blood pressure to asthma, skin rashes, and allergies, to name a few.

Wood, who has systematically studied ancient and traditional herbal literature, takes a historical view and presents information in a thoughtful, engaging, nontechnical style. In addition, he provides remarkable case studies as well as insight into the “logic” of each plant—its current and past usage, pharmacological constituents, and other elements that together produce a comprehensive portrait of each herb.

作者介绍:

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标签

评论

最开始讲的是草药的“特异性”，比如干湿冷热气所对应的作用，以及对应的草药所起的作用，里面有一些作者的看法我觉得还是有点小启发，可以一看。后面有一些血液学说，我觉得可以看看了解一下。比如血液的循环/质量/味道，很有趣，因为这种民间医学认为人的血液是和树液差不多的，会随着季节变化而变化，然后就会详细介绍并且有相对应的症状。

后面作者写现代和传统医学的结合，用药理来解释一些性味，比如为什么苦的会“下火”，辛辣的为什么会“暖”，酸的为什么会“涩”和“下火”。

然后开始介绍草药，从草药的成分开始分析，结合性味来介绍它的药用价值，味道是什么，对组织状态起到什么作用，特定的适应症，剂量和注意事项。

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书评

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