

Contents

Forewords	viii
Prefaces	xi
Acknowledgments	xiii
List of contributors	xiv
Herb terminology	xvi
Introduction	xvii
Plate section.....	xxi
PART ONE Background and strategies.....	1
1 Herbal therapeutic systems.....	3
2 Principles of herbal pharmacology	17
3 Principles of herbal treatment	83
4 Validating herbal therapeutics.....	89
5 Optimising safety	100
PART TWO Practical clinical guides	119
6 Dosage and dosage forms in herbal medicine.....	121
7 A systematic approach to herbal prescribing.....	134
8 Herbal approaches to pathological states	140
Topical applications.....	140
Fever	145
Infectious diseases.....	148
Inflammatory and autoimmune diseases	152
Fatigue and debility.....	163
Malignant diseases	174
9 Herbal approaches to system dysfunctions	183
Digestive system and bowel.....	183
Biliary system	207
The liver.....	214
Cardiovascular system	220
Respiratory system	238
Urinary system.....	260
Nervous system	270
Female reproductive system	289
Joint diseases.....	303
Skin diseases.....	315
Male reproductive system	328
Endocrine disorders.....	337

PART THREE	Materia Medica	351
10	How to use the monographs	353
	Andrographis	360
	Arnica flowers	373
	Astragalus	381
	Bearberry	393
	Berberis bark and Hydrastis root	399
	Bilberry fruit	419
	Black cohosh	427
	Boswellia	441
	Buchu	450
	Bugleweed and European bugleweed	454
	Bupleurum	460
	Butcher's broom	467
	Chamomile, German	475
	Chaste tree	489
	Chelidonium	501
	Devil's claw	509
	Dong quai	517
	Echinacea root	524
	Evening primrose oil	540
	Eyebright	553
	Fennel fruit	557
	Feverfew	566
	Ginger	578
	Ginkgo	596
	Ginseng	628
	Globe artichoke	649
	Gotu kola	657
	Hawthorn	671
	Horsechestnut seed	685
	Kava	699
	Licorice	719
	Meadowsweet	742
	Melilotus	747
	Myrrh	753
	Nettle	760
	Pau d' arco	772
	Peppermint	783
	Poke root	795
	Rehmannia	799
	Saw palmetto	804
	Siberian ginseng	818
	St John's wort	826
	St Mary's thistle	861
	Thyme	885
	Tribulus leaf	894
	Turmeric	900
	Valerian	923
	Willow bark	935
	Witchhazel	943
	Withania	949

Appendix A: Glossary of herbal actions.....	962
Appendix B: Toxic or potentially toxic herbs.....	968
Appendix C: Potential herb–drug interactions for commonly used herbs.....	970
Appendix D: Herbs and children: basic dosage rules.....	997
Appendix E: Herbal clinical trial papers: how to read them.....	999
Index.....	1007