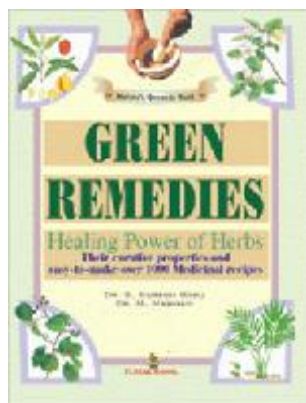




Green Remedies



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Since ages, Indian people had an incredible knowledge of phyto-medicine driven apparently by a tremendous passion for the study of medicinal plants. The earliest description of the medicinal plants and their uses is to be found in Rig Veda - the oldest scripture in the world. Probably no other medicinal culture in the world has so extensive, detailed and deep an understanding about the medicinal value of plants. Most of the medicinal systems, including Greek and Roman have freely borrowed from Ayurveda. The entire world has now realized that, being natural, the Indian medical preparations are not only harmless, vital, vigorating and life-giving, but are within the reach of common man.

This superb book captures the very spirit of Ayurveda, as propounded by the great sages, like Charaka and Shusruta. The book addresses the immediate health problems of the common man. The authors' efforts are therefore directed at suggesting alternative herbal-based therapies that are effective, safe and economical and at the same time based on time-tested ayurvedic medical texts. The book has briefly introduced readers to ayurveda and its philosophy of treatment.

Nature, for millions of years, has been relentlessly sustaining, promoting and proliferating life on earth. All things - living or non-living, are a combination of five basic elements (Panchabhoota) namely - Space (Akaasha), Air (Vaayu), Heat or Fire (Teja or Agni), Water (Jala) and Earth (Prithvi). The way Nature had ensured harmony and interdependence among all forms of life on surface of the earth, under the water or in the skies is an unending source of mystery and inspiration.

Ayurveda - the Science of Long Life, is the longest unbroken health tradition and a complete system of medicine and healing (including surgery) based on nature. There is a tremendous sweep and depth of knowledge regarding the use of natural resources. The word Ayurveda is composed of Ayu and Veda; Ayu means life, which is a proper combination of the body, mind, sense organs and the soul and Veda means knowledge. Ayurveda has a holistic approach to disease (Vikruthi) which occurs when the original form (Prakriti) encounters change at physiological and/or psychological level. Unlike the analytical approach of modern medicine which studies the Vikruthi only, Ayurvedic treatment emphasizes on examining the Prakriti of the patient also.

The book explains that Panchabhootas are expressed in the body as Tridoshas, i.e., Vata, Pitta and Kapha in the body and a state of equilibrium between the three doshas is considered health. In diseased condition, the doshas are disturbed either because of external or internal factors and the disturbance is manifested in disease conditions. The purpose of treatment of all diseases is to bring the doshas back to their equilibrium state. This is achieved through using Ayurvedic medicines which are manufactured by extensive processes as prescribed in the ancient texts. They are made from a wide range of plant parts (such as stems, barks, roots, leaves, flowers, fruits, fruit rind, seeds, bulbs, resins, rhizomes), animal and mineral sources that are available in the nature around us. This book covers all the popular topics on herbal remedies, including

1. Herbals as tonics: advantages of ayurveda and pathya-food drug interactions.
2. Collection and preparation of green remedies.
3. Over 600 disease-wise green remedies.
4. Home herbal kit for common ailments.



5. Constituents and their applications.
6. General tonics, immunity, memory boosters, appetizers, mother's milk enhancers, mother & child care etc.

Written in a lucid style, you will find inside this book curative properties and easy-to-make over 600 medicinal recipes along with recommendations for treating most common health problems. Discover:

- How brahmi can be used as a memory booster.
- How ginkgo biloba can be used to delay the effects of Alzheimer's disease.
- How garlic can be used to improve cholesterol levels.
- How green tea can be used to help prevent cancer.
- How ashwagandha can be used to boost immunity and general well-being.

About the Author

Dr S Suresh Babu, MD (Ayurveda), a renowned practitioner of Ayurveda has been teaching and actively promoting its cause for over two decades. Hailing from a family of traditional Ayurvedic physicians, his inclination for writing has won him many awards, including the prestigious Vaidya Ratna. He has been an innovator throughout and has effectively used this in his practice. His other book A Treatise on Home Remedies published by Pustak Mahal was widely appreciated.

Dr M Madhavi, the co-author of this book is a research associate working with Dr S Suresh Babu.

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20. Castor (Erand)
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24. Clove (Laung)
25. Coconut (Nariyal)
26. Coriander (Dhaniya)
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42. Henna (Mehndi)
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45. Indian Bdellium (Gugal)
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51. Lotus (Kamal)
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54. Mango (Aam)
55. Mesua (Nagakesar)
56. Mustard (Rayi)
57. Margosa (Neem)
58. Nutmeg (Jayphal)
59. Onion (Pyaz)
60. Papaya (Pappita)
61. Peepal (Pippal)



62. Black Pepper (Kalimirch)

63. Picrorhiza (Kutki)

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67. Sandal (Chandan)

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69. Serpentina (Candrabhaga)

70. Shoe Flower (Jasum)

71. Snake Gourd (Paraval)

72. Sugarcane (Ganna)

73. Sweet Flag (Gorbach)

74. Tamarind (Imli)

75. Tea (Chay)

76. Tinospora/Giloy

77. Turmeric (Haldi)

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* Rheumatoid Arthritis

* Sprains & Strains

Head-aches

* Tension Head-ache

* Migraine

* Neuralgia

Nervous Disorders

* Anxiety

* Depression

Blood-circulation

* Poor Circulation Cold Hands & Feet

* Hardening Arteries

Certain Common ENT Problems

* Ear Ache

* Sore Throat

* Tonsillitis

* Mouth Ulcers

Respiratory Complaints

* Coughs

* Asthma

Problems of Digestive System

* Acidity

* Constipation

* Diarrhoea

* Irritable Bowel Syndrome

* Nausea & Vomiting

* Liver Problems

Urinary Problems

* UTI & Cystitis

* Urinary Stones

* Prostate Problems

Female Complaints

* Painful Menstruation

* Irregular Periods

* Excessive Period



- * White Discharge
- * Menopausal Syndrome
- * Infertility
- * Fatigue
- Foot-problems
- * Varicose Veins
- * Warts
- * Cracked Skin of Palm & Sole
- Skin—Herbal Approach
- * Eczema
- * Acne
- * Psoriasis
- * Fungal Infections
- Hair
- * Alopecia Hair Loss
- * Premature Greying
- * Dandruff

The Green Remedies and their Medicinal Applications

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- * Neem
- * Trikatu
- * Ashwagandha Churna
- * Amla Powder
- * Shatavari Powder
- * Bhaskar Lavan
- * Chandana
- * Haridra Powder
- * Hingu Powder
- * Shunti Powder

Green Remedies Used as Anti-diabetics

Green Remedies Useful in Cancer

General Tonics

- * Immunity Boosters
- * Memory Boosters
- * Liver Correctives (Tonics) & Appetizers
- * Breast Milk Enhancers
- * Mother & Child Care

Glossary of Medical Terms

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AN EXCERPT FROM THE BOOK IS AS FOLLOWS:

Herbals—The General Considerations

Holistic or totalistic approach of healing, popularly phrased as holistic medicine, has a bright future in the new millennium despite many dramatic inventions likely to take place in the millennium, for instance, finding longevity genes, harvesting new body parts, inventions of microscopic robots that will enter the blood stream, detect illness, communicate with surgeons and repair cells, high-tech uses of lasers that can now resurface the skin of the aged to restore youthful appearances and repair clogged arteries in the heart or brain etc.

The mind-body-spirit approach of the ancient systems of medicine like India's Ayurveda and China's nature medicine etc. Whatever their lineage, these therapies seem to have certain traits in common. They work gently, slowly in a simpler way, do not harm and can be supplemented along with modern medicine. Moreover these are cost effective and gaining wide-spread acceptance for their effectiveness.

Shifting Trends

The ever increasing demand for the alternative system of healing, over the past 20 years, is due to its grass roots phenomenon. In western countries people pay out of their pockets for these services because insurance still does not cover any thing other than conventional modern medical practices. According to one survey at Stanford University, people who use these alternative medical practices do so because they are :



1. Seeking services of caring practitioners who spend time listening to their patients,
2. Seeking treatment for the whole person, not just the sick part of the body.

Further the respondents in the survey, compare much of modern medicine to an impersonal assembly, offering the limited options of drugs with unwanted side effects or surgery. The holistic health concepts do not try to fix the body but instead help super-charge the body's inbuilt healing capacity.

In a nutshell the modern medicine's approach is anti-biotic while the alternative medicine deals in a pro-biotic way.

Major medical institutions of India, Australia, and U.S realizing the importance of the alternative practices are integrating these techniques into their course work and practical experience.

Included in the new line-up of Integrated medicine are :

1. Yoga, relaxation, meditation techniques.
2. Herbal medicine of Ayurveda, China etc.
3. Various therapeutic massage procedures described in ayurveda- upakarma therapy
4. Diet and nutrition.
5. Exercise and movement therapy.
6. Acupuncture.
7. Spirituality.
8. Homoeopathy.

Vision of Health

All the positive shifts taking place in the management of health throughout the globe indicate that health will be a democratic domain and access to affordability, convenience and quality of good care will be realized in the future.

When one faces a catastrophic injury or illness, one will be glad to have the most modern medicine and viable complete services. If one find himself with a chronic complaint that most doctors cannot seem to pinpoint then one might just try the resourceful tools of traditional and holistic practitioners and be surprised to feel better than ever.

One should always remember that vibrant health is not a matter of luck but of smart choices and good living practices. So eat right, exercise, think positive and take time to help others. The future of your health is clean and green.

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