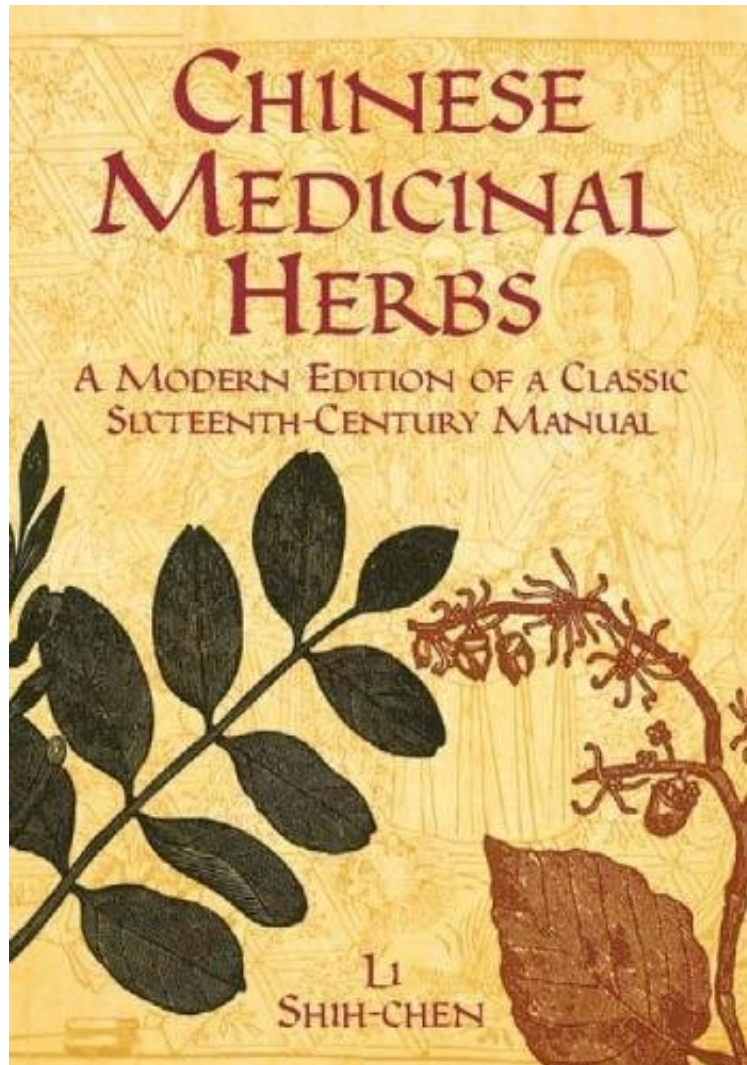


Chinese Medicinal Herbs: A Modern Edition of a Classic Sixteenth-Century Manual

Shih-Chn Li

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Shih-Chn Li : Chinese Medicinal Herbs: A Modern Edition of a Classic Sixteenth-Century Manual before purchasing it in order to gage whether or not it would be worth my time, and all praised Chinese Medicinal Herbs: A Modern Edition of a Classic Sixteenth-Century Manual:

2 of 2 people found the following review helpful. A nice Materia medicaBy Adam WassermanThis text is an intermixing of a translation of the ben cao gang mu by li shi zhen with observations by missionaries to China around the time of the boxer rebellion.This book has a large number of herbs cataloged within it. The herbs are organized by their latin names, but the Chinese characters, as well as a Wade-Giles transliteration of the Chinese are also given. The

information is not clearly sourced within the text, hence 4 stars instead of 5. It is not always clear whether the authors are translating li shi zhen's words or whether they are inserting their own opinions. Another short coming is that the index only lists the latin names of herbs. Overall, I believe that there is a lot of clinically useful information contained within these pages, it is just a bit difficult to access. 0 of 0 people found the following review helpful. Great resource By M. J. Buzel A great resource book, with information readily available to help diagnose and treat. Small fonts, but easily readable. Good price 1 of 2 people found the following review helpful. it lacks images to explain what plants they are talking ... By Patrik Sakai it lacks images to explain what plants they are talking about. could have gone on the internet instead or just outside.

Chinese scholars have been writing medical treatises for nearly 5,000 years, the grandest and most comprehensive of them the *Materia Medica* (Pen Ts'ao), a natural pharmacopoeia drawn from the animal, vegetable, and mineral kingdom. Published by Li Shih-chen in 1578, after three decades of research, it remained largely unknown beyond China until Western physicians (such as the editors of this volume) began working in the region in the mid-nineteenth century. Like other Westerners in China, F. Porter Smith and G. A. Stuart encountered people who often acted as their own doctors, employing natural remedies that were sufficiently effective to be worthy of research. The physicians used Li Shih-chen's Herbal Pen Ts'ao as the foundation for this modern edition of that portion of the massive sixteenth-century document, annotating their translation with observations from their own experience. As a basis for modern-day holistic medicine, *Chinese Medicinal Herbs* provides a valuable compendium for practitioners of alternative healing methods. Students, professionals, and health-care specialists will want to own this landmark treatise, a treasury of tried-and-true wisdom from centuries of practical experience.

Language Notes Text: English (translation) Original Language: Chinese