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Herbal medicine (also herbalism) is the study of pharmacognosy and the use of medicinal plants. Plants have been the basis for medical treatments through most of human history, and such traditional medicine is still widely practiced today. Modern medicine makes use of many plant-derived compounds as the basis for evidence-based pharmaceutical drugs.

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Traditional Medicine with Modern Research. A treasure trove of information on the history of natural remedies and the many uses of plants. An essential index for any level of herbal expertise and supportive advice for beginners. - Extensive photographic index of over 550 herbs and plants.

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With 550 key herbs and their uses as natural remedies for nearly 200 common ailments, Encyclopedia of Herbal Medicine is the definitive home reference to healing with the world's oldest form of medicine. From ginger to lavender and thyme to dandelion, learn about the chemistry of plants and how and why they work as medicines within the body.

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History. The word herbal is derived from the mediaeval Latin liber herbalis ("book of herbs"): it is sometimes used in contrast to the word florilegium, which is a treatise on flowers with emphasis on their beauty and enjoyment rather than the herbal emphasis on their utility. Much of the information found in printed herbals arose out of traditional medicine and herbal knowledge that predated ...

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Herbal Medicine Using medicines derived from plants is a practice probably as old as humankind itself. Prehistoric peoples likely noted when consuming a particular plant part provided relief, such as willow bark "tea" lowering a fever.

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Herbs are a natural means of preventing and curing many types of ailments and diseases. About 25% of prescription medicine has at least one herbal component in it. These are most often potent herbal extracts. An example would be aspirin, that was first created from white willow bark. It's important to remember that herbs are not medicine.

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The improved Encyclopedia of Herbal Medicine combines the latest scientific research and traditional knowledge to show how to grow, harvest and process ingredients and create natural remedies. This detailed guide, which features an illustrated directory of 100 key herbs, including essential herbs like hemp, lavender, thyme, and aloe vera, offers expert advice and know-how you can trust in.