

Table of Contents

FOREWORD ... *ix*

PREFACE ... *xi*

SOURCES ... *xiii*

TERMINOLOGY ... *xvii*

INTRODUCTION ... *xix*

PART I:

Herbal medicine in theory and practice

History 3

Temperature 19

Taste 29

Actions 57

Actions glossary 67

Principles of herb combination 83

Practical herb combination 89

Dose 97

Safety 121

Safety and the organ systems 139

Safety in clinical practice 151

PART II:

Materia medica

Using the materia medica 161

Achillea 165

Althaea 183

Anemone 193

Angelica 205

Arctium 221

Arctostaphylos 233

Artemisia 243

Asclepias 263

Berberis and Hydrastis 273

Calendula 299

Capsella 309

Capsicum 319

Cimicifuga 339

Cinchona 355

Cinnamomum 371

Commiphora.....	387	Taraxacum.....	725
Convallaria.....	399	Thuja.....	739
Crataegus.....	411	Thymus.....	757
Echinacea.....	425	Turnera.....	771
Euphrasia.....	439	Valeriana.....	781
Filipendula.....	447	Viburnum.....	795
Gentiana and Centaurium.....	455	Zanthoxylum.....	805
Glycyrrhiza.....	473	Zingiber.....	819
Hamamelis.....	493	<i>Additional herbs.....</i>	837
Harpagophytum.....	503		
Juniperus.....	513	Appendices	
Lavandula.....	527	GLOSSARY ...	847
Leonurus.....	539	HEALING CRISES ...	851
Lobelia.....	553	HERB PROPERTIES ...	853
Myrica.....	573	HERB NAMES ...	859
Phytolacca.....	587	CROSS REFERENCES:	
Piscidia.....	599	<i>Family–botanical names ...</i>	865
Potentilla.....	607	<i>Botanical–family names ...</i>	869
Rheum.....	619	<i>English–botanical herb names ...</i>	873
Rosmarinus.....	635	<i>Pharmaceutical–English herb names ...</i>	877
Ruta.....	651	<i>Botanical–Mandarin herb names ...</i>	883
Salvia.....	667	<i>Mandarin–botanical herb names ...</i>	885
Sambucus.....	687	<i>Combinations–Chinese syndromes ...</i>	887
Sarothamnus.....	697	<i>Disorders–combinations ...</i>	893
Smilax.....	707		
Tanacetum.....	715	INDEX ...	899