

Chinese Herbs Charlottetown

Chinese Herbs Charlottetown - Since the beginning of time, Mankind has been using herbs as medication. From the earliest days of human development, the knowledge and experience acquired by making use of various herbal medication was recorded as reference intended for future generations. We consider this transition from being gatherers in the wilderness to pharmacology students as the start of medical herbalism or herbal medicine.

All the various cultures that use herbal remedies understand there is a broader view of herbal medication that goes well beyond the cause and effect from sipping teas and chewing leaves. Amongst the oldest systems of medication is Traditional Chinese Medicine or likewise called TCM. It embraces utilizing traditional Chinese herbs as a corresponding part of a holistic mind and body method to wellness and health.

Among the earliest known medical documents explaining TCM is the Huang Di Nei Jing which dates back to about 475 B.C. This record was key to the formulation of many of Traditional Chinese Medicine basic diagnostic methods. The methods comprise the duality concept of yin and yang or masculine and feminine, and the five element theory. Different herbs in the Chinese materia medica provided an understanding of how Chinese herbs correspond to these theories and herbology was subsequently introduced. Herbology means the science of creating herbal formulas in accordance with the patient's yin and yang status.

Another old record, the Shennong Bencaojing that dates back to the Han dynasty, is particular to Chinese herbs. Shennong Bencaojing is known as Chinese medicine's very first herbalist. According to legend, Shennong tried lots of Chinese herbs himself to be able to study their properties, lots of which were really toxic. This particular work is reputed to describe around 365 medicinal formulations with more than two hundred fifty being detailed as Chinese herbs.

Usually, all components of the Chinese herbs are typically used rather than just the root or the leaf as often is the case in Western botanical medicine. Chinese herbal medicine is further distinguished by the fact that it usually includes non-botanical ingredients into the formulas like for example bones, organs and animal fur, though this practice has been largely stopped as getting some of these ingredients poses a threat to some endangered species.

There are certain criteria that Chinese herbs are traditionally classified under: The five tastes, the four natures and the meridians. The 5 tastes which are pungent, sweet, sour, salty and bitter indicate the medicinal merit of the plant based on the taste it yields. The four natures relate to the degree and orientation of yin and yang aspects that vary from really hot or extreme yang to extremely cold or extreme yin. Last of all, how the herb corresponds to the energy channels or meridians of the body is determined by the biological activity the herb exerts on the body systems and the organs.

Many Chinese herbs can be unfamiliar to those in the West. Other Chinese herbs are usually known but they go by different names. For instance, garlic is a common item which is known as a medicinal herb in Western medicine and in Chinese medicine it is referred to as dasuan. Aloe vera is another popular garden and house plant that produces a healing, burn-soothing gel and is known as luhui in China.