

Chinese Herbs Regina

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

Various different cultures know a broader view of herbal medicine to go beyond an observance of cause and effect from chewing a leaf or sipping an herbal tea. Traditional Chinese Medicine or also called TCM is among the oldest systems of medication. It embraces utilizing traditional Chinese herbs as a complementary part of a holistic mind and body method to health and wellness.

One of the first known medical records explaining TCM is the Huang Di Nei Jing which dates back to around 475 B.C. This particular text was key to the formulation of lots of Traditional Chinese Medicine basic diagnostic techniques. The techniques comprise the duality concept of yin and yang or masculine and feminine, and the five element theory. Various herbs in the Chinese material medica provided knowledge 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 individual's yin and yang status.

One more old document, the Shennong Bencao Jing which dates back to the Han dynasty, is particular to Chinese herbs. Shennong Bencao Jing is known as Chinese medicines very first herbalist. According to legend, Shennong tested lots of Chinese herbs himself to be able to learn their properties, many of which were very toxic. This work is reputed to describe about three hundred sixty five medicinal formulations with more than two hundred fifty being detailed as Chinese herbs.

Chinese herbs and all its parts are traditionally used rather than just making use of the root or the leaf like Western botanical medicine does. Chinese herbal medicine is further distinguished by the fact that it usually incorporates non-botanical ingredients into the formulas like for instance animal fur, bones and organs, even if this practice has been mostly stopped as acquiring a few of these ingredients poses a threat to some endangered species.

Chinese herbs are traditionally classified using certain criteria: the meridians, the five tastes and the four natures. The 5 tastes that are sweet, sour, salty, bitter and pungent 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 extremely hot or extreme yang to really cold or extreme yin. Last but not least, the way 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 may be unfamiliar to individuals in the West. Other Chinese herbs are normally known but they go by different names. For instance, garlic is a common item that is known as a medicinal herb in Western medicine and in Chinese medicine it is called dasuan. Aloe vera is another common house and garden plant that produces a burn-soothing, healing gel and is known as luhui in China.