

BOOK REVIEW

The Western Herbal Tradition

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The first part of the book is devoted to aggregate a whole image of the herbal tradition over 2000 years of west European countries through integrating numerous suppositions (like philosophical, practical, alternative therapeutical, spiritual deductive etc.) of medical plants based on many descriptions of different tracts of time.

In the first Chapter Authors itemize the historical sources of the work. They reflect opinions from wide range of European countries arranged in chronological order including antique written relics like Ibn Sina and latter mainly British and western European works together with recent publications. In several cases Authors use their own translations from original Latin, French, German and Russian.

Chapter 2 reveals the consideration of the selection of sources, mainly that Pharmacobotanical aspect containing works were processed. Authors give a short survey of the approaches and suppositions described in the original works about the application and effects of medicinal herbs. Authors conclude some background circumstances of lifestyles of original resource Writers to explain their opinions and approaches.

Chapter 3 is an overview of the revival of the medical herbalism in the 19th Century Britain.

The Chapter 4 deals with how Goethe's and Rudolph Steiner's ideas about the plant kingdom and science delivered into Wilhelm Pelikan's works. The inspirations and ideas of the abovementioned classic authors opened new ways in latter authors thinking about the flora and medical herbalism.

Through the description of notes on nomenclature, plant botanical descriptions, quality, constituents and safety, Chapter 5 includes an important practical part to readers. Tables containing ancient and present dose units help the readers to convert different doses (mass and volume) to SI units in order to better understanding the portions of older book's recipes.

The Chapters 6-32 contain the detailed description of the selected 27 medicinal herbs.

Each Chapter starts with a short botanical delineation about the plants including information on used parts and quality requirements. Colour picture and a drawn illustration are also included in each Chapter to better identify the showed plants. In case of names and botanical descriptions Authors use the accepted opinions of current works and recent pharmacopoeias to keep identifications correct. After this part, authors summarize the former works on the plants from the oldest presentments to recent descriptions including the development of identification, the origin of names of plants, applications, and the philosophical approaches of ancient authors.

After the summary of recent research, Authors provide a separate part about recommendations presenting point by point (including the accepted dosage and types of applications). Recommendations on safety are also included if known. References section closes each monographs.

Taken together, this is an interesting and readable book which is a useful resource for students, practitioners and scientists including valuable information processed correctly.

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