

OUTLINE

Topic 9 - The "Actions" of Medicinal Plants
(conclusion), Medicinal Herb Usage in Western
Herbology, Introduction to Ayurveda

1. Medicinal Plant Actions (Continued)

Pectoral

Example: Lobelia

Rubefacient

Example: Ginger

Sedative

Example: Valerian

Stimulant

Example: Prickly Ash Bark and Berries

Vulnerary

Example: Comfrey Root

2. Some examples of medicinal plant classification according to "actions" in Western Herbology.

3. Western herbology tends to emphasize formulations with single herbs or a small number of herbs. Such formulations are called "simples". This is in contrast to Chinese Herbology where very complex herbal formulations may be used.

4. Introduction and history of Ayurvedic herbology

a. Origins in the Hindu manuscripts: "Atharva-Veda" and "Ayer-Veda" (2500 BC to 600 BC).

b. Ayurvedic herbology is also emphasized in the "Charaka" (1000 BC)--Herbal *Materia Medica*, 45 categories of herbal drugs, Herbal preparation methods.

c. Ayurvedic herbology was especially advanced by the influence of Buddhist culture (250 to 650 BC).

d. Flourished in India until the Arabic Invasion (11-12th century).

e. Even today, Ayurveda may account for 80% of the medical care in rural India where 90% of the medicines are herbal.