

Chinese Herbs Windsor

Chinese Herbs Windsor - Since the beginning of time, Mankind has been utilizing herbs as medication. From the earliest days of human evolution, the experience and knowledge gained by utilizing different herbal remedies was recorded as reference for future generations. We consider this transition from being gatherers in the wilds to pharmacology students as the birth of medical herbalism or herbal medicine.

All the various customs which make use of herbal remedies know there is a wider view of herbal medicine which goes well beyond the cause and effect from sipping teas and chewing leaves. One of the oldest systems of medication is Traditional Chinese Medicine or otherwise called TCM. It embraces utilizing traditional Chinese herbs as a balancing part of a holistic mind and body approach to wellness and health.

Amongst the earliest known medical documents explaining TCM is the Huang Di Nei Jing that dates back to approximately 475 B.C. This particular document was key to the formulation of many of Traditional Chinese Medicine basic diagnostic techniques. The techniques consist of the duality concept of yin and yang or masculine and feminine, and the five element theory. Different herbs in the Chinese material medica provided knowledge of how Chinese herbs correspond to these theories and herbology was subsequently introduced. Herbology refers to the science of creating herbal formulas in accordance with the individual's yin and yang status.

The Shennong Bencao Jing is among the oldest known records particular to Chinese herbs. It dates back to the Han dynasty. Shennong Bencao Jing is also credited as being the original herbalist in Chinese medicine. According to legend, Shennong tried lots of Chinese herbs himself in order to learn their properties, a lot of which were extremely poisonous. This particular 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 normally used instead of only using the root or the leaf like Western botanical medicine does. Chinese herbal medicine is further distinguished by the fact that it normally incorporates non-botanical ingredients into the formulas like animal fur, bones and organs, even if this particular practice has been mainly stopped for the reason that acquiring some of these ingredients poses a threat to some endangered species.

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

A large number of Chinese herbs could be new to individuals in the West. Some Chinese herbs are commonly known but they go by various names. For example, garlic is a popular item that is known as a medicinal herb in Western medicine and in Chinese medicine it is known as dasuan. Aloe vera is another popular garden and house plant which generates a healing, burn-soothing gel and is called luhui in China.