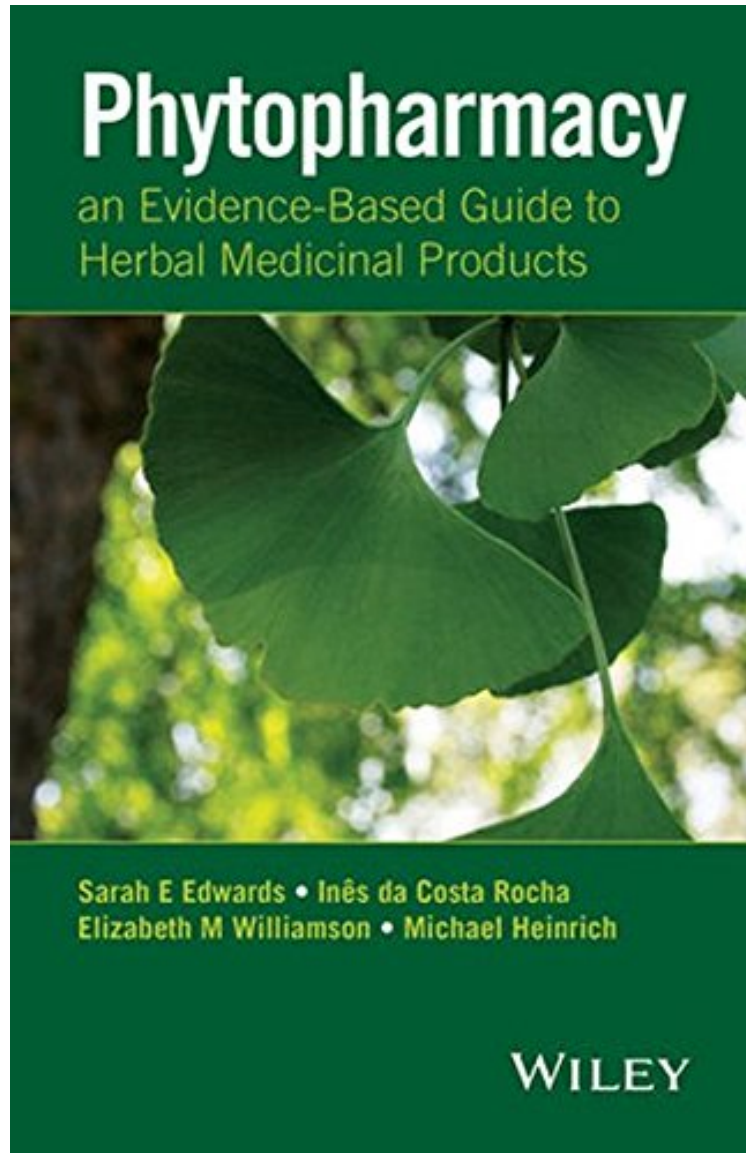


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# Phytopharmacy: An Evidence-Based Guide to Herbal Medicinal Products

*Sarah E. Edwards, Ines da Costa Rocha, Elizabeth M. Williamson, Michael Heinrich*

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**Sarah E. Edwards, Ines da Costa Rocha, Elizabeth M. Williamson, Michael Heinrich : Phytopharmacy: An Evidence-Based Guide to Herbal Medicinal Products** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Phytopharmacy: An Evidence-Based Guide to Herbal Medicinal Products:

8 of 8 people found the following review helpful. Evidence-based, but also a bit too concise By Frosty Cold

One important point: As the authors state, this is *A Handbook of Herbal Medicines for the Practitioner and the Expert Patient*. If you are either of those, you will likely find this book helpful. It's written in language not too burdensome for the lay public, yet it doesn't oversimplify science to a degree insulting to someone who has earned an education in the field. Many passages end with something along the lines of "more research is needed"; while scientists are accustomed to this, it may be frustrating for a lay public who wants black and white answers. The Wiley-Blackwell publishing house is a reputable name in Health Sciences literature. Unlike the garbage information you'll find with a google search of these ingredients (note: google scholar is another matter), you can probably trust the information in this book. Discussion of the market and regulatory environment is geared towards the UK, as that's where the authors teach. This isn't a concern for Americans who don't care about regulatory issues, however, since the scientific literature evaluated herein is universal. I've not found a book that on its own is a "bible" or single place to look for answers on the topic of botanical medicine. Regardless, this is a fine book, and now is perhaps the first place I will look before going to other compilations or original research. An extremely important boon is the inclusion of reference citations within paragraphs. This is crucial for the reader who wants to find the cited papers to discover the exact treatment given in supportive research. It is VERY important for the lay public to realize that evidence for a particular herb for a particular health concern is often relevant only when details about the EXACT treatment are known. For example, evidence for Echinacea is in many cases based upon studies done with a particular extract, and you cannot expect similar results if a dissimilar extract is used. I wish the book contained twice as much material. I can understand why it doesn't (it is only a handbook, not a definitive source of information), but it's not like there isn't more data to write about.

Healthcare professionals, including doctors, pharmacists and nurses, are often confronted with patients who use over-the-counter (OTC) herbal medicinal products and food supplements. While taking responsibility for one's own health and treatment options is encouraged, many patients use these products based on limited (and sometimes inaccurate) information from non-scientific sources, such as the popular press and internet. There is a clear need to offer balanced, well-informed advice to patients, yet a number of studies have shown that, generally, conventionally trained health practitioners consider their knowledge about herbal medicinal products and supplements to be weak. *Phytopharmacy* fills this knowledge gap, and is intended for use by the busy pharmacist, nurse, or doctor, as well as the expert patient and students of pharmacy and herbal medicine. It presents clear, practical and concise monographs on over a hundred popular herbal medicines and plant-based food supplements. Information provided in each monograph includes: Indications Summary and appraisal of clinical and pre-clinical evidence Potential interactions Contraindications Possible adverse effects An overview of the current regulatory framework is also outlined, notably the EU Traditional Herbal Medicinal Products Directive. This stipulates that only licensed products or registered traditional herbal medicinal products (THR), which have assured quality and safety, can now legally be sold OTC. Monographs are included of most of the major herbal ingredients found in THR, and also some plant-based food supplements, which while not strictly medicines, may also have the potential to exert a physiological effect.

Without doubt, a copy of this book should be in every GP surgery and pharmacy. (Chemistry Industry, 17 November 2015) From the Back Cover Healthcare professionals, including doctors, pharmacists and nurses, are often confronted with patients who use over-the-counter (OTC) herbal medicinal products and food supplements. While taking responsibility for one's own health and treatment options is encouraged, many patients use these products based on limited (and sometimes inaccurate) information from non-scientific sources, such as the popular press and internet. There is a clear need to offer balanced, well-informed advice to patients, yet a number of studies have shown that, generally, conventionally trained health practitioners consider their knowledge about herbal medicinal products and supplements to be weak. *Phytopharmacy* fills this knowledge gap, and is intended for use by the busy pharmacist, nurse, or doctor, as well as the expert patient and students of pharmacy and herbal medicine. It presents clear, practical and concise monographs on over a hundred popular herbal medicines and plant-based food supplements. Information provided in each monograph includes: Indications Summary and appraisal of clinical and pre-clinical evidence Potential interactions Contraindications Possible adverse effects An overview of the current regulatory framework is also outlined, notably the EU Traditional Herbal Medicinal Products Directive. This stipulates that only licensed products or registered traditional herbal medicinal products (THR), which have assured quality and safety, can now legally be sold OTC. Monographs are included of most of the major herbal ingredients found in THR, and also some plant-based food supplements, which while not strictly medicines, may also have the potential to exert a physiological effect. About the Author Sarah E Edwards UCL School of Pharmacy, UK Ins da Costa Rocha UCL School of Pharmacy, UK Elizabeth M Williamson School of Pharmacy, University of Reading, UK Michael Heinrich UCL School of Pharmacy, UK