

ecological balance are both relevant and timely. Complementing the paintings are essays by renowned scholars that elucidate the conceptual and theoretical foundations of Tibetan medicine and describe the role of the paintings as mnemonic and meditational devices in the training of physicians. Each of the forty paintings is reproduced as a full-page plate and described in detail with commentary on its visual content and symbolism. The paintings illustrated in The Buddha’s Art of Healing will be seen for the first time in the West in an international exhibition that opens at the Michael C. Carlos Museum in Atlanta and travels to the Sackler Gallery in Washington, D.C., and other venues.

Traditional medicine enjoys widespread appeal in today ’ s Russia, an appeal that has often been framed either as a holdover from pre-Soviet times or as the symptom of capitalist growing pains and vanishing Soviet modes of life. Mixing Medicines seeks to reconsider these logics of emptiness and replenishment. Set in Buryatia, a semi-autonomous indigenous republic in Southeastern Siberia, the book offers an ethnography of the institutionalization of Tibetan medicine, a botanically-based therapeutic practice framed as at once foreign, international, and local to Russia ’ s Buddhist regions. By highlighting the cosmopolitan nature of Tibetan medicine and the culturally specific origins of biomedicine, the book shows how people in Buryatia trouble entrenched center-periphery models, complicating narratives about isolation and political marginality. Chudakova argues that a therapeutic life mediated through the practices of traditional medicines is not a last-resort response to sociopolitical abandonment but depends on a densely collective mingling of human and non-human worlds that produces new senses of rootedness, while reshaping regional and national conversations about care, history, and belonging.

Tibetan medicine is a rarified field with few publications in English; it is also one of the most comprehensive of alternative therapies, addressing body, mind, and spirit. Written for intermediate-level practitioners, Essentials of Tibetan Traditional Medicine brings this important healing tradition to Western practitioners. The book begins by summarizing the basics behind Tibetan medical theory and its methods of diagnosis. The second part of the book presents the core concepts of wind, bile, phlegm, dark phlegm, epidemic fever, heat, and cold, along with their corresponding nosologies, differential diagnoses, and treatments. The third section covers therapeutics, with an emphasis on medicinals—the mainstay of contemporary practice. A chapter on therapeutic strategies discusses unclear diagnosis and other challenging clinical situations. Other chapters explore the crucial components of lifestyle and diet. Each herb and animal product used in Tibetan medicine is profiled on its own page, with its Tibetan, common, and botanical names; its key properties and clinical uses; its known pharmacological properties; and a simple illustration. This useful handbook concludes with a description and indepth analysis of some 60 frequently used formulas.

Encyclopedia of Essential Oils: The complete guide to the use of aromatic oils in aromatherapy, herbalism, health and well-being. (Text Only)

The Art of Tibetan Medicine

Dravyagu a Vij ñ na: A-J

The Definitive Guide to the Principles and Practices of Herbal Medicine (Second Edition)

A Guide to Mestizo Shamanism in the Upper Amazon

Dictionary of Tibetan Materia Medica is the first diictionary of its kind. All the entries are arranged in Tibetan alphabetical order which will enablethe readers to find the names of medicinal ingredients easily. In this English version the translator and editor, Dr. Yonten Gyatso, has given Latin names of almost all the medicines. Most of the materials are compiled from Sel gon sel phrem, the most famous text on Tibetan pharmacopoeia, and from Rin chen khruns dpe, one of the oldest and most reliable texts. Therefore, for the non-Tibetan readers this dictionary presents materials from the above texts which are translated for the first time into English. This dictionary, with its many special features, will be of immense use and value for students, research scholars, doctors and pharmacologists of Tibetan medicine, and for ethno-botanists.

This is one of the bestselling aromatherapy books of all time with vital information on plant origins, medical herbalism and the properties and actions of herbs and essential oils. It covers 165 oils, their actions, characteristics, principal constituents and folk traditions and is a must for experienced aromatherapists and beginners alike.

A visual presentation of Tibetan yoga, the hidden treasure at the heart of the Tibetan Tantric Buddhist tradition • Explains the core principles and practices of Tibetan yoga with illustrated instructions • Explores esoteric practices less familiar in the West, including sexual yoga, lucid dream yoga, and yoga enhanced by psychoactive substances • Draws on scientific research and contemplative traditions to explain Tibetan yoga from a historical, anthropological, and biological perspective • Includes full-color reproductions of previously unpublished works of Himalayan art Tibetan yoga is the hidden treasure at the heart of the Tibetan Tantric Buddhist tradition: a spiritual and physical practice that seeks an expanded experience of the human body and its energetic and cognitive potential. In this pioneering and highly illustrated overview, Ian A. Baker introduces the core principles and practices of Tibetan yoga alongside historical illustrations of the movements and beautiful, full-color works of Himalayan art, never before published. Drawing on Tibetan cultural history and scientific research, the author explores Tibetan yogic practices from historical, anthropological, and biological perspectives, providing a rich background to enable the reader to understand this ancient tradition with both the head and the heart. He provides complete, illustrated instructions for meditations, visualizations, and sequences of practices for the breath and body, as well as esoteric practices including sexual yoga, lucid dream yoga, and yoga enhanced by psychoactive plants. He explains how, while Tibetan yoga absorbed aspects of Indian hatha yoga and Taoist energy cultivation, this ancient practice largely begins where physically-oriented yoga and chi-gong end, by directing prana, or vital energy, toward the awakening of latent human abilities and cognitive states. He shows how Tibetan yoga techniques facilitate transcendence of the self and suffering and ultimately lead to Buddhist enlightenment through transformative processes of body, breath, and consciousness. Richly illustrated with contemporary ethnographic photography of Tibetan yoga practitioners and rare works of Himalayan art, including Tibetan thangka paintings, murals from the Dalai Lama’s once-secret meditation chamber in Lhasa, and images of yogic practice from historical practice manuals and medical treatises, this groundbreaking book reveals Tibetan yoga’s ultimate expression of the interconnectedness of all existence.

This handbook is filled with over 50 illustrations and descriptions of approximately 250 plants which are used for herbal medicine. It includes information on medicinal plants ranging from Abies spectabilis to Zizyphus vulgaris. The purpose of this handbook is to make available a reference for easy, accurate identification of these herbs. Derived from India, ""Ayurveda"" is the foundation stone of their ancient medical science. Approximately 80 percent of the population of India and other countries in the East continue to utilize this system of medicinal treatment. It is believed that the key to successful medication is the use of the correct herb. This is an indispensable resource for all physicians, pharmacists, drug collectors, and those interested in the healing arts.

An Illustrated Guide to Identification and Practical Use

Singing to the Plants

Preliminary Perspectives

A Clear Mirror of Tibetan Medicinal Plants

Illustrations to the Blue Beryl Treatise of Sangye Gyamtso (1653-1705)

An Illustrated Dictionary

Tibetan medicine is a unique and holistic system of healing. It has been continuously practised for over a thousand years but has still take its place in the history of medicine as we know it in the West. This volume presents for the first time a comprehensive introduction to the arcane Tibetan art of healing. The author has provided a well-documented, original and detailed study of Tibetan psychiatry, the world's oldest system of medical psychiatry. Translated here--for the first time in English--are three fascinating chapters about mental illness from the rGyud-bzhi, the ancient and most important Tibetan medical work. Reproductions of the rare Tibetan texts are also included. Supplementing these translations are extensive explanations of Tibetan psychiatric theory and treatment drawn from the author's research and interviews with Tibetan refugee doctors in India and Nepal. Great care has been taken to identify over 90 pharmacological substances used in Tibetan psychiatric medicines, and these are listed in an appendix along with their English and Latin botanical names. Deeply researched and clearly written, this work will be of interest to both scholars and general readers in the fields of Buddhist studies, holistic healing, Oriental medicine, transpersonal psychology, ethnopsychiatry and medical anthropology.

Tibetan Medicinal PlantsAn Illustrated Guide to Identification and Practical UseEduca Books

“An interactive and empowering book” to help African American men and women create a new vision of better health and navigate the health care system (BET.com). According to the federal Office of Minority Health, African Americans “are affected by serious diseases and health conditions at far greater rates than other Americans.” In fact, African Americans suffer an estimated 85,000 excess deaths every year from diseases we know how to prevent: heart disease, stroke, cancer, high blood pressure, and diabetes. In this important and accessible book, Dr. Michelle Gourdine provides African Americans with the knowledge and guidance they need to take charge of their wellbeing. Reclaiming Our Health begins with an overview of the primary health concerns facing African Americans and explains who is at greatest risk of illness. Expanding on her career and life experiences as an African American physician, Dr. Gourdine presents key insights into the ways African American culture shapes health choices—how beliefs, traditions, and values can influence eating choices, exercise habits, and even the decision to seek medical attention. She translates extensive research into practical information and presents readers with concrete steps for achieving a healthier lifestyle, as well as strategies for navigating the health-care system. This interactive guide with illustrations is a vital resource for every African American on how to live a healthier and more empowered life, and an indispensable handbook for health-care providers, policy makers, and others working to close the health gap among people of color. Says Gourdine, “I wrote this book to empower our community to solve our own health problems and save our own lives.”

In an easy to use dictionary style of A–Z presentation, this volume lists the taxonomy and medicinal usage of Indian plants. Also given are both traditional Indian and international synonyms along with details of the habitats of the plants. This book, illustrated by over 200 full-color figures, is aimed at bringing out an updated Acute Study Dictionary of plant sources of Indian medicine. The text is based on authentic treatises which are the outcome of scientific screening and critical evaluation by eminent scholars. The Dictionary is presented in a user-friendly format, as a compact, handy, easy to use and one-volume reference work.

Tibetan Medical Paintings

Indian Medicinal Plants

Medicinal Plants of Dolpo

Medicinal Plants

Tibetan Paintings Rediscovered

Oriental Medicine

De-Illustrating the History of the British Empire aims to offer a timely and inclusive contribution to the evolving cross-disciplinary scholarship that connects visual studies with British imperial historiography. The key purpose of this book is to introduce scholars and students of British imperial and Commonwealth history to a clearly presented and diversely themed evaluation of several "visual manuscripts" - images of all genres depicting particular events, personalities, social and cultural contexts - that document the development of some of the British imperial and post-colonial visual literacies history. The concept of "visual manuscripts" alongside theories of visual anthropology and memory studies are addressed across the entire volume thus allowing the readers to approach with greater ease the discourse on imperial iconography and historiography.

Illustrated in Original Texts

A Hand Book of Medicinal Plants of Nepal

Tashi and the Tibetan Flower Cure

Herbal Reference Library

An Intellectual History of Medicine in Early Modern Tibet

Tibetan Yoga