

## Chinese Herbs Owen Sound

Chinese Herbs Owen Sound - Since the beginning of time, Mankind has been utilizing herbs as medicine. From the earliest days of human development, the experience and knowledge gained by using several herbal remedies was recorded as reference for future generations. People consider this transition from being gatherers in the wilderness to pharmacology students as the beginning of medical herbalism or herbal medicine.

Several different traditions recognize a wider view of herbal medicine to go beyond an observance of cause and effect from sipping an herbal tea or chewing a leaf. Traditional Chinese Medicine or TCM is among the oldest systems of medication. It embraces utilizing traditional Chinese herbs as a corresponding part of a holistic mind and body method to wellness and health.

The Huang Dei Nei Jing is amongst the earliest medical documents to describe the doctrines of TCM, dating back to approximately 475 B.C. This record was the precedent for lots of the basic diagnostic techniques central to Traditional Chinese Medicine such as the duality concept of masculine and feminine or yin and yang, and the five element theory. Various herbs in the Chinese material medica provided an awareness of how Chinese herbs correspond to these theories and herbology was subsequently introduced. Herbology means the science of designing herbal formulas in accordance with the individual's yin and yang status.

The Shennong Benaco Jing is among the oldest known documents specific to Chinese herbs. It dates back to the Han dynasty. Shennong Benaco Jing is also credited as being the first herbalist in Chinese medicine. According to legend, Shennong sampled hundreds of Chinese herbs himself to be able to study their properties, many of which were very poisonous. This particular work is reputed to describe approximately 365 medicinal formulations with more than two hundred fifty being detailed as Chinese herbs.

Traditionally, all parts of the Chinese herbs are typically used rather than only the leaf or the root as often is the case in Western botanical medicine. Chinese herbal medicine is further distinguished by the truth that it normally integrates non-botanical ingredients into the formulas like for instance bones, organs and animal fur, though this particular practice has been largely discontinued because getting a few of these ingredients poses a threat to certain rare species.

There are some criteria that Chinese herbs are usually classified under: The meridians, the five tastes and the four natures. The 5 tastes that are pungent, sweet, sour, salty and bitter indicate the medicinal merit of the plant based on the taste it yields. The four natures relate to the degree and orientation of yin and yang aspects which vary from extremely hot or extreme yang to very cold or excessive yin. Last but not least, the way 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.

many Chinese herbs may be unfamiliar to those in the West. Some Chinese herbs are usually known but they go by various names. For example, garlic is a popular item which is known as a medicinal herb in Western medicine and in Chinese medicine it is known as dasuan. Aloe vera is another popular house and garden plant which generates a healing, burn-soothing gel and is known as luhui in China.