

Chinese Herbs Vancouver

Chinese Herbs Vancouver - Mankind has been using herbs since the beginning of time. The experience and knowledge obtained over time by using herbal medication was recorded for future generations to reference. People consider this transition from being gatherers in the wilds to pharmacology students as the start of medical herbalism or herbal medicine.

All the different customs that use herbal remedies know there is a broader view of herbal medicine that goes well beyond the cause and effect from chewing leaves and sipping tea. Amongst the oldest systems of medication is Traditional Chinese Medicine or TCM. It embraces using traditional Chinese herbs as a balancing part of a holistic body and mind method to wellness and health.

Among the earliest known medical records explaining TCM is the Huang Di Nei Jing which dates back to approximately 475 B.C. This particular document was key to the formulation of a lot of Traditional Chinese Medicine basic diagnostic methods. The techniques comprise the duality concept of yin and yang or masculine and feminine, and the five element theory. Various herbs in the Chinese material medica provided an understanding 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 patient's yin and yang status.

Another old record, the Shennong Bencao Jing which dates back to the Han dynasty, is specific to Chinese herbs. Shennong Bencao Jing is known as Chinese medicines original herbalist. According to legend, Shennong sampled lots of Chinese herbs himself to be able to learn their properties, lots of which were very toxic. This work is reputed to describe roughly 365 medicinal formulations with over 250 being detailed as Chinese herbs.

Usually, all components of the Chinese herbs are normally utilized instead of only the leaf or the root as often is the case in Western botanical medicine. Chinese herbal medicine is further distinguished by the fact that it usually incorporates non-botanical ingredients into the formulas like for instance animal fur, bones and organs, though this practice has been mainly discontinued as acquiring some of these ingredients poses a threat to some rare species.

There are certain criteria which Chinese herbs are usually classified under: The four natures, the meridians and the five tastes. The 5 tastes that are sweet, sour, salty, bitter and pungent indicate the medicinal merit of the plant based on the taste it yields. The four natures mean the orientation and degree of yin and yang aspects that vary from extremely hot or excessive yang to extremely 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 body systems and the organs.

many Chinese herbs may be new to individuals in the West. Some Chinese herbs are commonly known but they go by different names. Like for example, garlic is a popular item that is known as a medicinal herb in Western medicine and in Chinese medicine it is referred to as dasuan. Aloe vera is another common garden and house plant that produces a burn-soothing, healing gel and is known as luhui in China.