

<<A Concise Guide to H>>

图书基本信息

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内容概要

Medicinally, herbs have been used for thousands of years. Their effectiveness was realised long ago by ancient cultures including the Chinese and the Indians with Ayurvedic medicine. The Ancient Egyptians, Romans and Greeks also used herbs widely for healing and today's Western herbalism draws very much on the knowledge and wisdom of the past. Today, scientists are able to isolate and identify many of the chemical constituents which are so effective medicinally. St John's wort, for example, traditionally used to treat nervous complaints, is now known to contain hypericin and hyperforin which relieve depression. A traditional country remedy made from foxgloves led to the important discovery that this woodland plant could be used to make digitalin to treat heart disease. In culinary terms, herbs play a vital part in flavouring our cuisines, adding vivid scents and tastes to numerous dishes, from sauces, such as mint sauce or pesto, to stews and salads. While garlic is a herb which enjoys near universal use, many other herbs are deeply characteristic of national or regional cuisines, with aromatic thyme evoking the sun-kissed cuisine of the Mediterranean while citrus-flavoured lemon grass conjures up the spicy complexities of south-east Asian curries and soups. This book looks at herbs from around the globe, arranging them in alphabetical order by their scientific names, with their common names included in each entry. Each herb entry includes detailed information about the herb's appearance, origins and habitat and a history of its traditional and contemporary use. In the West, today, there is both a renewed interest in and respect for herbs and their uses. This comprehensively illustrated book offers an attractive and informative guide to a fascinating subject.

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书籍目录

Introduction
 English Mace (*Achillea ageratum*)
 Yarrow (*Achillea millefolium*)
 Monkshood (*Aconitum napellus*)
 Anise Hyssop (*Agastache foeniculum*)
 Agrimony (*Agrimonia eupatoria*)
 Bugle (*Ajuga reptans*)
 Lady's Mantle (*Alchemilla vulgaris*)
 Jack-by-the-Hedge (*Alliaria petiolata*)
 Garlic (*Allium sativum*)
 Chives (*Allium schoenoprasum*)
 Chinese Chives (*Allium tuberosum*)
 Ramsons (*Allium ursinum*)
 Aloe Vera (*Aloe vera*)
 Lemon Verbena (*Aloysia triphylla*)
 Marsh Mallow (*Althaea officinalis*)
 Dill (*Anethum graveolens*)
 Angelica (*Angelica archangelica*)
 Chervil (*Anthriscus cerefolium*)
 Wild Celery (*Apium graveolens*)
 Burdock (*Arctium lappa*)
 Jack-in-the-Pulpit (*Arisaema triphyllum*)
 Birthwort (*Aristolochia*)
 Horseradish (*Armoracia rusticana*)
 Arnica (*Arnica montana*)
 Southernwood (*Artemisia abrotanum*)
 Wormwood (*Artemisia absinthium*)
 Tarragon (*Artemisia dracunculoides*)
 Mugwort (*Artemisia vulgaris*)
 Deadly Nightshade (*Atropa belladonna*)
 Daisy (*Bellis perennis*)
 Borage (*Borago officinalis*)
 Box (*Buxus sempervirens*)
 Calamint (*Calamintha grandiflora*)
 Marigold (*Calendula officinalis*)
 Lady's Smock (*Cardamine pratensis*)
 Safflower (*Carthamus tinctorius*)
 Caraway (*Carum carvi*)
 Centaury (*Centaurium erythraea*)
 Chamomile (*Chamaemelum nobile*)
 Good King Henry (*Chenopodium bonus-henricus*)
 Chicory (*Cichorium intybus*)
 Kaffir Lime (*Citrus hystrix*)
 Winter Purslane (*Claytonia perfoliata*)
 Lily-of-the-Valley (*Convallaria majalis*)
 Coriander (*Coriandrum sativum*)
 Lemon Grass (*Cymbopogon citratus*)
 Clove Pink (*Dianthus caryophyllus*)
 White Dittany (*Dictamnus albus*)
 Foxglove (*Digitalis purpurea*)
 Sundew (*Drosera rotundifolia*)
 Echinacea (*Echinacea purpurea*)
 Viper's Bugloss (*Echium vulgare*)
 Horsetail (*Equisetum arvense*)
 Salad Rocket (*Eruca vesicaria*)
 Sea Holly (*Eryngium maritimum*).....

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