

## Chinese Herbs Saskatoon

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

All the different traditions that make use of 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. Among the oldest systems of medicine is Traditional Chinese Medicine or otherwise called TCM. It embraces using traditional Chinese herbs as a balancing part of a holistic mind and body method to health and wellness.

Among the first known medical documents explaining TCM is the Huang Dei Nei Jing which dates back to about 475 B.C. This record was key to the formulation of many of Traditional Chinese Medicine basic diagnostic techniques. The techniques include 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 then introduced. Herbology means the science of designing herbal formulas in accordance with the person's yin and yang status.

The Shennong Benaco Jing is among the oldest known records specific to Chinese herbs. It dates back to the Han dynasty. Shennong Benaco Jing is also credited as being the very first herbalist in Chinese medicine. According to legend, Shennong tried hundreds of Chinese herbs himself so as to study their properties, many of which were really poisonous. This particular work is reputed to describe roughly 365 medicinal formulations with more than 250 being detailed as Chinese herbs.

Traditionally, all parts of the Chinese herbs are normally utilized as opposed to just the root or the leaf as often is the case in Western botanical medicine. Chinese herbal medicine is further distinguished by the fact that it usually includes non-botanical ingredients into the formulas like for instance animal fur, bones and organs, even if this particular practice has been mostly stopped as acquiring some of these ingredients poses a threat to some endangered species.

Chinese herbs are traditionally classified using some criteria: the five tastes, the four natures and the meridians. The 5 tastes that are sour, salty, bitter, pungent and sweet indicate the medicinal merit of the plant based on the taste it yields. The four natures relate to the orientation and degree of yin and yang aspects that range from really hot or extreme yang to really cold or excessive yin. Last of all, 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 could be new to people in the West. Some Chinese herbs are commonly known but they go by different names. For instance, 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 one more popular garden and house plant that generates a healing, burn-soothing gel and is referred to as luhui in China.