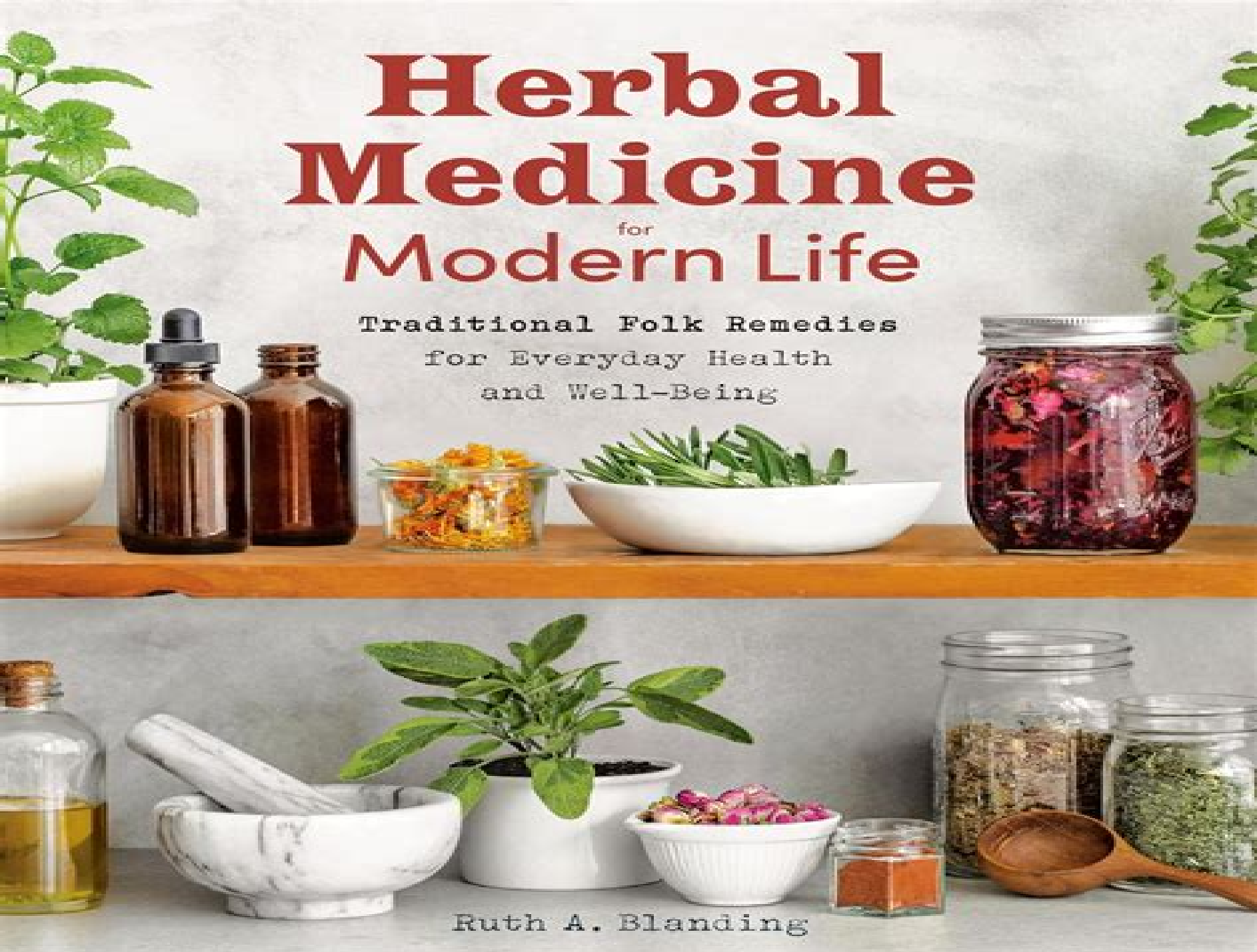


Herbal Medicine for Modern Life

Traditional Folk Remedies
for Everyday Health
and Well-Being



Ruth A. Blanding

A Modern Herbal

Margaret Grieve



A Modern Herbal:

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version of the medieval Herbal is as rich in scientific fact and folklore as its predecessors and is equally encyclopedic in coverage From aconite to zedoary not an herb grass fungus shrub or tree is overlooked and strange and wonderful discoveries about even the most common of plants await the reader Traditionally an herbal combined the folk beliefs and tales about plants the medicinal properties and parts used of the herbs and their botanical classification But Mrs Grieve has extended and enlarged the tradition her coverage of asafetida bearberry broom chamomile chickweed dandelion dock elecampane almond eyebright fenugreek moss fern figwort gentian Hart s tongue indigo acacia jaborandi kava kava lavender pimpernel rhubarb squill sage thyme sarsaparilla unicorn root valerian woundwort yew etc more than 800 varieties in all includes in addition methods of cultivation the chemical constituents dosages and preparations of extracts and tinctures unknown to earlier herbalists possible economic and cosmetic properties and detailed illustrations from root to bud of 161 plants Of the many exceptional plants covered in Herbal perhaps the most fascinating are the poisonous varieties hemlock poison oak aconite etc whose poisons in certain cases serve medical purposes and whose antidotes if known are given in detail And of the many unique features perhaps the most interesting are the hundreds of recipes and instructions for making ointments lotions sauces wines and fruit brandies like bilberry and carrot jam elderberry and mint vinegar sagina sauce and cucumber lotion for sunburn and the hundreds of prescriptions for tonics and liniments for bronchitis arthritis dropsy jaundice nervous tension skin disease and other ailments 96 plates 161 illustrations

A Modern Herbal (Volume 1, A-H)
Margaret Grieve, 2019-10-11

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