



Herbal Medicine: Back to the Future (Volume 2) (Vascular Health)

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Plants, one of many miracles of nature. *Jivaka in Astanga Hriday* SU. 9-10 quotes “*Jagatyeva manoushadham na kinchit vidyate dravyam va satnanartha yoga yoh*” which, literally means “there is no plant in the world which is non-medicinal or which cannot be used as medicine”. The increasing demand for treatment rather than management of diseases has made us realize the importance of herbal medicines again, which, justifies the title “Herbal Medicine: Back to the Future”. This book is an evidence of the contemporary scientific understanding and the necessity of herbal medicines in the treatment of various vascular diseases. The vocabulary “Life style disorders” in itself is a proof for the deviated evolution of human race from nature.

Usage of herbal medicines in cardio vascular disease (CVD), hypertension, hyperlipidemia, obesity related CVD and ischemic myocardial disorders has been elaborately covered in different chapters. Ethnobotany based herbal medicines of the Iberian Peninsula and the Balearic Islands has been detailed to perfection in Chapter 1. Plants are habitat specific, utilization of the available herbs for treating various ailments have been the knowledge of every civilization. The ethnobotany data based on taxa, utilization of them based on their

morphological parts for specific ailments is a knowledge from the past and it has been documented clearly with scientific evidence.

Herbal medicines and their efficacy in hypertension and hyperlipidemia have been documented scientifically in Chapter 2. The moment a common herbal medicine and/or remedy is suggested from traditional practice, everyone presumes that it is well-known. If it is well-known, why is it not in clinical practice? The answer would be scientific conviction. The intense and detailed data provided on every single herbal source justifies Chapter 2.

The ethnopharmacological approach of herbs as not only as medicines for obesity related CVD but also as a natural part of digestion and absorption is very much emphasized in Chapter 3. The in-depth approach of the authors with regard to herbal medicines right from appetite to every other process of digestion with scientific reference, only contemplates Hippocrates quotes “Let food be thy medicine and medicine be thy food”.

The individual herb based ischemic myocardial disorders related CVD has been well documented in

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Chapter 4. The details of some of the life-saving herbs from their traditionally claim till preclinical and clinical, also their possible mechanism of action described in a single platform is a commendable work of Chapter 4.

As convinced that nature based solutions will only prevail, we are more scientifically confident after reading the contents of this book. We strongly recommend the herbal medicine researchers working in the areas of CVD, hypertension, hyperlipidemia and obesity to refer this book.

Author Contributions

All authors contributed to writing the book review. Mohan Maruga Raja edited the manuscript.

Conflict of Interest Statement

There is no potential conflict of interest among the authors.