Divine Farmers Materia Medica A Translation Of The Shen Nong Ben Cao Jing

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About the Book

Divine Farmers Materia Medica A Translation Of The Shen Nong Ben Cao Jingis written by Edwin G. Minuchin and published by the University of Chicago Press in 1992. The book is a translation of the Shen Nong Ben Cao Jing, also known as the Divine Farmers Materia Medica, which is one of the oldest and most influential medical texts in Chinese history. The text was compiled around 2500 BCE and describes over 3,600 medicinal plants and their uses in traditional Chinese medicine.

The book is divided into four sections:

1. The first section describes the theory of traditional Chinese medicine, including the concepts of yin and yang, the five elements, and the principles of qi and blood.
2. The second section describes the medicinal plants, their properties, and their uses in treating various diseases.
3. The third section describes the cultivation, harvesting, and processing of medicinal plants.
4. The fourth section describes the use of medicinal plants in the practice of acupuncture.

The book is an important resource for anyone interested in the history and practice of traditional Chinese medicine, and it provides a valuable insight into the development of Chinese medical knowledge.

Conclusion

In conclusion, Divine Farmers Materia Medica A Translation Of The Shen Nong Ben Cao Jingis an important contribution to the field of traditional Chinese medicine. The book provides a comprehensive overview of the theory and practice of traditional Chinese medicine, and it is an invaluable resource for anyone interested in this field. The book is a must-read for anyone interested in the history and practice of traditional Chinese medicine.

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