



Diagnostic procedures include practical, easy-to-follow descriptions of evidence-based techniques plus discussions of clinical application of diet analysis, food allergy testing, immune function assessment, fatty acid profiling, hair mineral analysis, and other diagnostic approaches. Common therapeutic modalities are described and reviewed, including botanical medicine, nutritional therapy, therapeutic fasting, exercise therapy, hydrotherapy, counseling, acupuncture, homeopathy, and soft tissue manipulation. Coverage of syndromes and therapies helps in understanding the underlying causes of diseases by discussing topics such as food reactions, functional toxicology, sports nutrition, stress management, and breathing pattern disorders. Coverage of the philosophy of natural medicine includes its history and background, with discussions of toxicity, detoxification, and scientific documentation of the healing actions of nature and natural substances. Internationally known authors Joseph Pizzorno and Michael Murray and more than 90 expert contributors provide material that is up to date, accurate, and informed. More than 10,000 research literature citations show that the content is based on science rather than opinions or anecdotes. 13 useful appendices offer quick lookup of frequently used charts, handouts, and information. Poverty continues to persist in many countries throughout the world despite improvements in the global trade regime and significant enhancement in agricultural productivity through the green revolution technologies. To achieve the millennium goal of halving poverty by 2015, these people should be provided with alternative production opportunities that can generate new employment and enhance incomes. Data from several countries reviewed in this study confirm that agricultural diversification can contribute to this. In a scenario of shrinking land and depleting water resources, the challenge of the new millennium is to increase biological yields to feed the ever-growing population without destroying the ecological foundation. It is thus important-not to package this challenge as a demand or imposition on farmers, for which they would bear the cost, but as a necessity and methodology to also sustain their welfare. This book deals with different practices in agriculture diversification. Care has been taken to include applied aspects and present scenario of different practices necessary for agriculture to the diversification. The book will be of use to the students, researchers and progressive farmers.

bioactive compounds and their sources, isolation methods, biological effects, health benefits and potential applications. These bioactive compounds could serve as alternatives in the prevention or treatment of multifactorial diseases for vulnerable population groups. Chapters in the book incorporate the knowledge based on traditional medicine with recent findings on bioactive molecules and their pharmaceutical implications in neurodegenerative diseases, cancer, COVID 19, diabetes, immunomodulation and farm animal diseases. The book also highlights the latest breakthroughs in the field of screening, characterization, and novel applications of natural bioactive compounds from diverse group of organisms ranging from bacteria, algae, fungi, higher plants, and marine sources. Authors from renowned institutions of India, Japan and China have shared their expertise in the contributed chapters with the goal of enhancing readers' knowledge about the significance of use of bioactives in therapeutics and nutraceuticals. It is an informative reference for researchers, professors, graduate students, science enthusiasts, and all those who wish to gain insights into various aspects of bioactive compounds, and the development of new pharmaceutical constituents and nutraceuticals. This Book Describes More Than 1346 Medicinal Plants Found In The World. It Includes Vernacular Names, Description, Distribution, Part Use, Utilization, Active Principles, Agronomic Practices And Colour Plates. The human immune system, despite having its own sophisticated defence mechanisms, is inferior to bacteria and viruses with respect to adaptability. Furthermore, our immune system is increasingly exposed to detrimental effects, that is immunosuppressive environmental consequences, unhealthy living, and chronic illnesses. Excessive chemotherapy threatens our immune system even further. This situation demands compensatory prophylactic therapeutic regimes. One of these - specific immunostimulation - is more difficult to achieve than the immunosuppression currently used in transplantation surgery and the medical treatment of autoimmune diseases. The earliest attempts to develop suitable medication for immunostimulation were based on traditional remedies which embodied the accumulated experience of several centuries. Medicinal plants are already being used prophylactically as standardized and efficacy-optimized preparations for the treatment of various recurrent infections, or in combination with chemotherapeutics in standard medical practice. In order to rationally apply immunostimulants of plant origin, however, it is necessary to search for the active principles of these substances and to produce them in a pure form. Because suitable screening methods have become available only recently, research in this field is in its very beginning. Further progress can be expected from systematic basic research on the mechanisms underlying immunomodulation. This also applies to verification of clinical efficacy, which is a prerequisite for the acceptance of medications with purported immunostimulatory properties. Ethnobotany of India: Volume 4: Western and Central Himalayas is the 4th volume of the 5-volume set, an informative book series on the ethnobotanical aspects of India. The books cover different regions, including Volume 1: Eastern Ghats and Deccan Volume 2: Western Ghats and West Coast of Peninsular India Volume 3: North-East India and Andaman and Nicobar Islands Volume 4: Western and Central Himalayas Volume 5: The Indo-Gangetic Region Each volume looks at the important ethnic plants of the specific region. Volume 4 covers the Western and Central Himalayas, the well-known mountain range on the Indian subcontinent. The unique flora and fauna of the Himalayas are varied, affected by climate, rainfall, altitude, and soils, and are vulnerable to impacts from climate change. The editors espouse that because indigenous non-Western societies form the vast majority of people now as well as in the past, a study of their plant interrelationships is necessary, and India is one of the most important regions of the old world for its ancient and culturally rich and diverse knowledge of ethnobotany. With this in mind, these volumes share a great deal of information that will be valuable to plant botanists and others working in and interested in ethnobotany. This important volume covers the ethnobotanical aspects of many plants of the region. It looks at ethnic diversity of people ethnic food plants and food preparation ethnomedical aspects of plants psychedelic plants and their possible link to soma, a vedic ritual drink whose plant origins are a mystery ethnoveterinary medicinal plants ethnobotanical conservation practices biodiversity heritage sites The volume includes the details of the plants used, their scientific names, the parts used, and how the plants are used, providing the what, how, and why of plant usage. The book is well illustrated with 20 color and 67 b/w illustrations. Together, the five volumes in the Ethnobotany of India series presents the available ethnobotanical knowledge of India in one place. India's ancient and culturally rich and diverse information and use of ethnobotany will be valuable to those in the fields of botany and plant sciences, pharmacognosy and pharmacology, nutraceuticals, and others. The books also consider the threat to plant biodiversity imposed by environmental degradation, which impacts cultural diversity.