

Intro to Herbs

In this video, I'll introduce a lot of important concepts when considering herbal medicine. We'll go over some of the advantages and concerns when thinking about herbal medicine. A good plan for using herbs to treat illness should always be done under the guidance of a medical professional. I'll share some of the general principles I think about when prescribing herbal medicine to my patients.

References and further reading

- Cicero, A. F., Fogacci, F., & Banach, M. (2019). Red yeast rice for hypercholesterolemia. *Methodist DeBakey cardiovascular journal*, 15(3), 192.
- Quan, N. V., Dang Xuan, T., & Teschke, R. (2020). Potential hepatotoxins found in herbal medicinal products: a systematic review. *International journal of molecular sciences*, 21(14), 5011.
- Saper, R. B., Kales, S. N., Paquin, J., Burns, M. J., Eisenberg, D. M., Davis, R. B., & Phillips, R. S. (2004). Heavy metal content of ayurvedic herbal medicine products. *Jama*, 292(23), 2868-2873.

Glossary

Ayurveda

Dosha

Kapha

Pitta

Vata

Prakruti

Vikruti

Traditional Chinese Medicine (TCM)

Ashwagandha