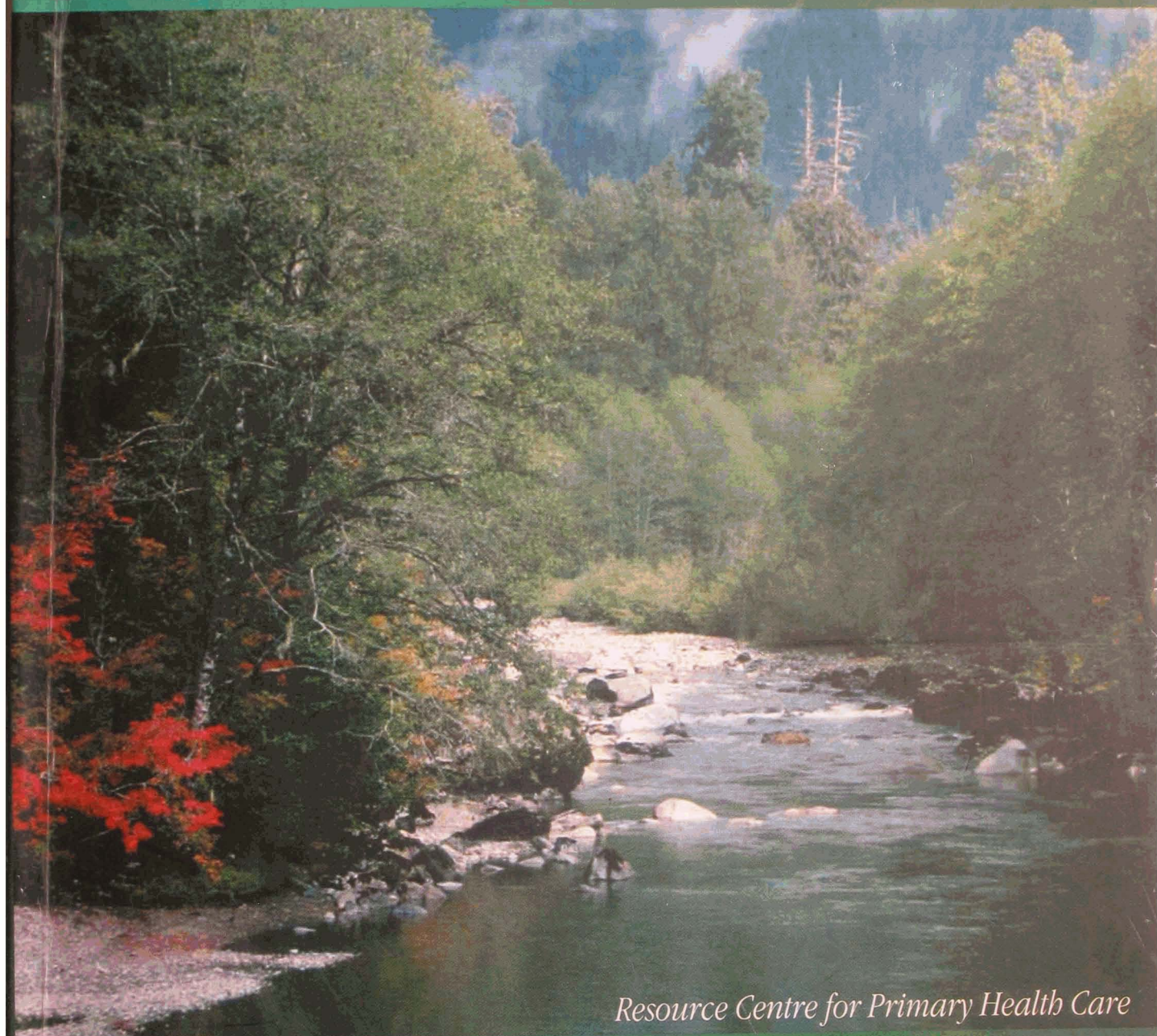


# *Annotated Bibliography on Traditional System of Medicine*



*Resource Centre for Primary Health Care*



# **Annotated Bibliography** **on** **Traditional System of Medicine**

*Compiled and Edited by*  
**Dr. Tribikram Bhattarai**  
**Chandra Kiran Shrestha**

**RECPHEC**

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**Resource Centre for Primary Health Care**

Title:

**Annotated Bibliography on Traditional System of Medicine**

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## ***Preface and acknowledgement***

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**I**n Nepal access to modern health facilities is limited to only a certain numbers of the population. Many people are using traditional medicine for the treatment, cure and prevention of disease. There are wide range of materials available on traditional medicine but very few attempts have been made to properly document these valuable materials for public use. Resource Centre for Primary Health Care took this initiative and we are very happy to present this bibliography in annotated form as an outcome of our joint effort.

Collection, compilation and editing of these multi disciplinary documents are very difficult and time consuming task. It took almost a year to collect documents and prepare this annotated bibliography. Ms. Chandra Kiran Shrestha and her team at information and documentation unit of this organisation deserves special thanks for their team effort in preparing this bibliography. We would like to express my sincere appreciation to Dr. Tribikram Bhattarai for his untiring efforts to make it happen. We also duly acknowledge with thanks to Ministry of Health, Department of Ayurveda and Department of Homeopathy, Ministry of Forest and Soil Conservation, Department of Medicinal Plants, TU, Ayurveda Campus, Singh Durbar Vaidya Khana, Herbs Production and Processing Co. Ltd., ICIMOD, IUCN, WHO, WWF, ITDG and our network partners Voluntary Health Association of India and CHETNA, India for their technical and material support.

It will be incomplete if we do not acknowledge the contribution made by Late Prof. L.M. Singh. Late Professor Singh always encouraged us to use traditional (indigenous) medicine with modern knowledge and technology. Once he even suggested us to use all his documents on Traditional Medicine for RECPHEC. Hence we would like to remember Late Prof. L. M. Singh who was one of the pioneer in Ayurvedic school of thought in Nepal.

We hope this bibliography will help the readers to access the necessary document to enrich their professional competence and contribute in our joint effort of enhancing traditional medicine in Nepal. Your valuable suggestion and comments are highly welcomed to improve the next edition.

Finally we would like to express our sincere gratitude to EED Germany for the financial support provided to this organisation. The publication of this book will be difficult without this support.



Shanta Lall Mulmi  
Executive Director







## Abbreviations

ACAP	Annapurna Conservation Area Project
ACHAN	Asian Community Health Action Network
ADPI	Area Development Planning and Implementation
AIDS	Acquired Immune Deficiency Syndrome
ARI	Acute Respiratory Infection
BAMS	Bachelor of Ayurvedic Medicine and Surgery
BHU	Banaras Hindu University
CCONDER	Centre for Community Development and Research
CHETNA	Centre for Health Education, Training and Nutrition Awareness
DFO	District Forest Office
EFEA	Environment and Forest Enterprise Activity
ESON	Ethnobotanical Society of Nepal
FAO	Food and Agriculture Organization
FRLHT	Foundation for Revitalization of Local Health Traditions
GACP	Good agricultural and collection practices
GIFTS	Global Initiative for Traditional Systems of Health
HPPCL	Herbs Production and Processing Co.Ltd
ICIMOD	International Centre for Integrated Mountain Development
IDRC	International Development Research Centre
IEC	Information Education Communication
IIRR	International Institute of Rural Reconstruction
INBAR	International Network for Bamboo and Rattan
IOM	Institute of Medicine
IPGRI	International Plant Genetic Resources Institute
ISM & H	Indian Systems of Medicine and Homeopathy
ITDG	Intermediate Technology Development Group
IUCN	The World Conservation Union
JICA	Japan International Corporation Agency
JZADP	Janakpur Zone Agriculture Development
JZADPN	Janakpur Zone Agriculture Development Project Nepal
KMTNC	King Mahendra Trust for Nature Conservation
LI-BIRD	Local Initiatives for Biodiversity, Research and Development
MFP	Minor Forest Products
MoF	Ministry of Forest
MoFSc	Ministry of Forest and Soil Conservation
MOH	Ministry of Health
NGO	Nongovernmental Organization
NHRC	National Health Research Council
NPDD	Natural Products Development Division
NPO	Nonprofit Organization



NSCFP	Nepal Swiss Community Forestry Project
NTFP	Non Timber Forest Product
PARC	Pakistan Agricultural Research Centre
PHC	Primary Health Care
RDRL	Royal Drug Research Laboratory
SADP	Special Area Development Programme
SCDHMR	Society for the Conservation and Development of Himalayan Medicinal Resources
SCF	Save the Children Federation
SDVKVS	Singha Durbar Vaidyakhana Vikas Samiti
TBAs	Traditional Birth Attendants
TMPs	Traditional Medical Practitioners
UK	United Kingdom
UNESCO	United Nations Educational, Scientific, and Cultural Organization
UNFPA	United Nations Population Fund
UNICEF	United Nation Children's Fund
UNIDO	United Nations Industrial Development Organizatio
USA	United State of America
VHAI	Voluntary Health Association of India
WHO SEARO	WHO Regional Office for South-East Asia
WHO	World Health Organization
WOREC	Women's Rehabilitation Centre
WTO	World Trade Organization
WWF	World Wild Fund

Nep	Nepali
Hin	Hindi
Eng	English
Dept.	Department
Auth.	Author(s)
Corp.	Corporate
Ed.	Edition/Editor
Ill./Illus	Illustration
No.	Number
P.	Page
Trans.	Translated
Tr.	Translator
v.	Volume
Ed.	Editor
Mon	Monograph
Art	Article
Cha	Book chapter

**2**

Language : Eng  
Title : **Chemical investigation of the medicinal plants belonging to rutaceae, cornaceae, apocyanaceae and berberidaceae**  
Author/Editor(s) : Manandhar, MD  
Publisher : Kathmandu, TU  
Pub.date : 2040  
Collation : 160p.: illus  
Keywords : **Medicinal plants; Coumarine; Alkaloids; Flavons; Xanthoxylol; Lignan; Terpenoid**  
Botanical name : *Murraya Exotica; Xanthoxylum Alatum; Aristolochia Griffithii; Alstonia Scholaris; Alangium Chinensis; Berberis Aristata; Berberis Nepalensis*  
Geog.area(s) : NEPAL  
Abstract : This research report describes the morphological characters of some plant species with their distribution and medicinal uses. It consists of brief review of chemical analysis of the species and related species. Different chemical compound present in the organic solvent extract of leaves and fruits were analyzed and identified. Thamnosmin methanolate, coumarins and flavones from *Murraya exotica*, pinorennal dimethyl ether from *Xanthoxylum alatum*, cubebin from *Aristolochia griffithii*, Ursolic acid, methyl ursolate, amyirin and lupeole from *Alstomia scholaris*; amyirin acetate, palmatic acid and stearic acid from *Alangium chinense* harm and berberine alkaloids from *Berberis aristata* and *Mahonia nepalensis* were isolated. The molecular structures of the compounds used analysed by spectroscopic method and chemical methods. Some structures are given in the report.

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**3**

Language : Eng  
Title : **Standards of Ayurvedic crude drugs (volume 1)**  
Corp.author(s) : MoFSC, Dept. of Medicinal Plants, Kathmandu, Nepal  
Pub.date : 1986  
Collation : 101p.: illus, appendix  
Keywords : **Medicinal plants; Chemical analysis**  
Geog.area(s) : NEPAL  
Abstract : Twenty medicinal plants out of 101 plants or plant parts used by Singha Durbar Vaidakhana are included in this monograph. It describes the method of identification of plants by macroscopic and microscopic characteristic, and chemical analysis (moisture content, total ash and acid insoluble ash, active constituent) of medicinal important parts of *Acorus calamus*; *Aconitum spicatum*; *Amomum subulatum*; *Cinnamomum zeylanicum*; *Cuminum cyminum*; *Datura metel*; *Elettaria cardamomum*; *Embelia ribes*; *Foeniculum vulgare*; *Glycyrrhiza glabra*; *Picrorhiza scrophulariaeflora*; *Piper longum*; *Piper nigrum*; *Swertia chirata*; *Terminalia belerica*; *T. chebula*; *Valeriana jatamasi* and *Zingiber officinale* are given. Photographs and sketches accompany the description. Selected important references for each plant are given at the end of each monograph.


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**3**


Language : Eng  
Title : **Dynamics of human energy**  
Author/Editor(s) : Kumakiri, Ken  
Publisher : Madras, ACHAN  
Collation : ix, 182p.: illus, reference  
Keywords : **Energy healing; Human body; Diseases; Meditation; Yoga; ACHAN**  
Abstract : Human body is made of five elements: fire, earth, water, sky and air. Heaven and earth are two big energies. The first coming and second going energies. If both energies are

balanced, a person remains healthy. If the two energies are not in balance, a person becomes unhealthy. Dr. Ken studied various religions such as Buddhism, Hinduism, Christianity and Islam and found that human body is interlinked with heaven and earth. This book examines: 1. Energy treatment by concentrating human energy through different postures at various points by the doctor and patient, 2. Flow of bad and useful energies in the human body, 3. The different ways of concentrating these energies, 4. Ideas of different postures from the meditation postures of Lord Budha.


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 Language : Eng  
Title : **Role of medicinal plant in child health in Terai village**  
Author/Editor(s) : Pradhan, Bandana  
Publisher : Kathmandu, IOM  
Pub.date : 1992  
Collation : ii, 40p.: appendix  
Keywords : **Medicinal plants; Child health; Massage; Child diseases; Immunization; Terai**  
Geog.area(s) : NEPAL; BARA; KALAIYA  
Abstract : Medicinal plants are commonly used by the people of Terai as medicine. 65 different medicinal plants are used for the treatment of diseases. These plants with their uses are listed. Different parts of these plants are taken as paste, powder, juice or decoction by the users to cure children diseases. The effect of medicinal plants to cure different diseases is difficult to asses as medicinal plants and modern medicine are used at the same time by the patents. The use of medicinal to diseases plants is dependent on education level, economic status, age group and distance from modern health care facilities. People living far from health post, those who have got less formal education, of low economic status and of old age use more medicinal plants. Breast-feeding is common in average duration of two years, but the time duration of breast-feeding to male babies was found longer than to female babies. Immunization of babies was not popular among the women. Mustard oil massage to babies is a popular practice up to the age of two years.

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 Language : Eng  
Title : **Screening and evaluation of the antimicrobial activity of some medicinal plants of Nepal and isolation of pure antimicrobial compound from Bauhinia variegata**  
Author/Editor(s) : Pokhrel, Naba Raj  
Publisher : Kathmandu, Naba Raj Pokhrel  
Pub.date : 2000  
Collation : xiii, 89p.: illus, appendix  
Keywords : **Medicinal plants; Pathogens, Gram positive; Pathogens, Gram negative; Antimicrobial activity; Family; Leguminosae; Koiralo; Pakhanved; Chutro; Harro; Amba**  
Botanical name : *Bauhinia Variegata*; *Bergenia Ligulata*; *Berberis Aristata*; *Terminalia Chebula*; *Psidium Guajava*; *E. Coli*; *Salmonella Typhi*; *Shigella*; *Staphylococcus*; *Vibrio Cholera*; *Candida Albicans*; *Pseudomonas*  
Abstract : Twenty different medicinal plants were tested for their antimicrobial activities against 8 different pathogenic organisms. Ethanol extracts of five plants B. variagat; T. Chebula; B. ligulata; B. aristata; P. guajava showed higher antimicrobial activities. In appendix some medicinal plants and their uses in diseases, and medicinal terms are given.

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 Language : Eng/Nep  
Title : **Medicinal plants of Nepal for ayurvedic drugs**  
Author/Editor(s) : Rajbhandari, TK; Joshi, NR; Shrestha, T; Joshi, SRG; Acharya, B  
Publisher : Kathmandu, MoFSC, Dept. of Plant Resources, NPDD

Pub.date : 1995  
Collation : xxvii, 387p.: illus, appendix  
Keywords : **Ayurvedic medicinal plants; Chemical analysis; Alkaloids : Medicinal plants**  
Geog.area(s) : NEPAL  
Abstract : Ninety-seven medicinal plants out of 101 plants or plant parts used by Singha Darbar Vaidyakhana are included in this monograph. It describes the method of identification of plants by macroscopic and microscopic characteristic, with the and chemical analysis (moisture content, total ash and acid insoluble ash, active constituent) of medicinal important parts of 97 plants. Photographs and sketches are also given in the description. Selected important references for each plant are given at the end of each monograph. List of medicinal plants used in 25 Ayurvedic preparations are listed in Appendix. Selected important references for each plant are given at the end as references.

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Language : ENG  
Title : **WHO monographs on selected medicinal plants volume 1**  
Corp.author(s) : WHO, Geneva, Switzerland  
Pub.date : 1999  
Collation : v, 289p.: illus, annex  
Keywords : **Medicinal plants; Herbs; Traditional medicine; Chemical constituents; Medicinal uses; Pharmacology**  
Botanical name : *Allium Cepa; Allium Sativum; Aloe Vera; Astragalus Membranaceus; Brucea Javanica; Bupleurum Falcatum; Centella Asiatica; Chamomolla Recutita; Cinamomum Verum; Coptis; Curcuma Longa; Echinacea Angustifolia; E. Purpuria; Ephedra Sinica; Ginkgo Biloba; Panax Ginseng; Glycyrrhizae Glabra; Paeonia Lactiflora; Plantago Spp; Platicodon Grandiflorum; Rauwolfia Serpentina; Rheum Spp; Cassia Senna; Thymus Vulgarisvaleriana Officinalis; Zingiber Officinale*  
Abstract : This book contains 28 monographs on widely used medicinal plants selected for inclusion on the basis of scientific evidence for both safety and efficacy. Each monograph contains two parts, the first of which provides pharmacopoeial summaries for quality assurance purposes, including botanical features, identity test, purity requirements, chemical assays and major chemical constituents. The second part drawing on an extensive review of scientific research, describes the clinical application of the plant material, with detailed pharmacological information and sections on contraindication adverse effect and dosage. It is a comprehensive scientific reference for drug regulatory authorities, physicians, traditional practioners, pharmacists, manufacturers and research scientists.

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Language : Eng  
Title : **Project report : medicinal plants and traditional medical practice in Gorkha district**  
Corp.author(s) : Himalayan Ayurveda Research Institute, Kathmandu, Nepal  
Pub.date : 1996  
Collation : 105p.: appendix  
Keywords : **Medicinal plants; Uses; Traditional medical practitioners**  
Geog.area(s) : NEPAL; GORKHA  
Abstract : This report covers 6 VDC of Gorkha district. The information was collected from 455 traditional medical practitioners representing different communities of the area. List of medicinal plants are given according to the plants used in diseases. 252 plants are listed with their botanical names, their uses and local names. The report provide information about the medicinal plant, their uses and traditional medicinal practitioners of Gorkha district specially of the six VDCs: Barpak, Bihi, Chjopark, Jaubari, Makai Sing and Uhia.

**[REDACTED]**  
Language : Eng  
Title : **Indigenous knowledge and practices on mother and child care : experiences from South East Asia and China**  
Corp.author(s) : IIRR, Cavite, Philippines; Plan International, Philippines; SCF, Philippines  
Pub.date : 2000  
Collation : xiv, 355p.: illus  
Keywords : **Indigenous Knowledge; Delivery; Child Feeding; Social Mobilization; Social Marketing; Traditional Practices; Maternal Health; Traditional Medical Practitioners; Community Participation; Child Health**  
Geog.area(s) : CHINA; INDONESIA; MALAYSIA; MYANMAR; PHILIPPINES; THAILAND  
Abstract : This book attempts to document indigenous knowledge, belief and practices practiced in Southeast Asia and China on mother and childcare. There are ten major chapters in this book. The second chapter is the biggest and features the various indigenous knowledge and practices on maternal and new born care in different cultural settings. The third chapter is on childcare and development. The child feeding, breast feeding and weaning is in fourth chapter. The seventh chapter features practices relating to care of sick children in the Philippines, Indonesia and China. The circumcision, marriage and sex ritual are featured in eighth chapter. The tenth chapter is a collection of various methods, approaches and strategies on retrieval, documentation and use of indigenous knowledge.

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**[REDACTED]**  
Language : Eng/Nep  
Title : **Proceedings flora of Nepal : national work plan workshop seminar**  
Corp.author(s) : MoFSC, Dept of Medicinal Plants, Kathmandu, Nepal  
Pub.date : 1953  
Collation : 114p.: illus  
Series : Proceedings of the Dept. of Plant Resources No. 1  
Keywords : **Flora of Nepal; Herbarium; Tribhuvan University; Nepal Botanical Society; University of Tokyo**  
Geog.area(s) : NEPAL  
Abstract : This proceeding is a report of workshop on Flora of Nepal. It consists of the papers presented on "Flora of Nepal: A proposed national work plan" and comments presented by the participants of workshop.

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**[REDACTED]**  
Language : Eng  
Title : **Annual report : 2037-2038, 2038-2039, 2039-2040, 2040-2041, 2041-2042**  
Corp.author(s) : MOFSC, Dept. of Forestry and Plants Research, Kathmandu, Nepal  
Pub.date : 2037  
Collation : 109p.  
Keywords : **Drug research; Quality control; Analysis; Phytochemistry; Tissue culture; Ergot; Ethno-botany; Annual report**  
Geog.area(s) : NEPAL; KATHMANDU; GODAVARI; HETAUDA; TARAHARA; NEPALGUNJ; MAHENDRANAGAR; KOILABAS  
Abstract : This annual report consists of scientific activities of the Department of forestry and plant resource during the five fiscal years 2037-2038, 2038-2039, 2039-2040, 2040-2041, and 2041-2042. The activities of different wings of department like Royal drug research laboratory, Royal botanical garden, Godavari; herbal farms; and Botanical survey and herbarium, Godavari are described in this report. Major works completed were pharmacognostical identification of about 15 medicinal plants, quality control and analysis of drugs, mass propagation of some medicinal plants by tissue culture, and collection, herbarium preparation and identification of 43,851 plants collected from various parts of Nepal.

**12**

Language : Eng  
Title : **Annual report: 2042/43, 2043/44, 2044/45, 2045/56, 2046/47**  
Corp.author(s) : MoFSC, Dept. of Forestry and Plants Research, Kathmandu, Nepal  
Pub.date : 2042  
Collation : v, 77p.  
Keywords : **Medicinal plants; Drug research; Quality control; Plant analysis; Phytochemistry; Tissue culture; Ergot; Ethnobotany; Royal botanical garden; Royal drug reserach laboratory; Herbal farm; National herbarium and plants laboratory**  
Geog.area(s) : NEPAL; KATHMANDU; GODAVARI; MAKWANPUR; SUNSARI; NEPALGUNJ; MAHENDRANAGAR  
Abstract : This annual report consists of scientific activities of the Department of forestry and plant resource during the five fiscal years 2042/43, 2043/44, 2044/45, 2045/56, 2046/47. The activities of different wings of department like Royal drug research laboratory, Royal botanical garden, Godavari; herbal farms; and National herbarium and plant laboratory, Godavari are described in this report. Major works completed were pharmacognostical identification of about 13 medicinal plants, quality control and analysis of drugs, development of sand rooting technique for the mass propagation of plants by tissue culture, and collection, herbarium preparation and identification of 31,532 plants collected from various parts of Nepal in 2043/44. 'Flora of Kathmandu' was published.

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**13**

Language : Nep  
Title : **kesar kheti**  
Trans.title : Saffron cultivation  
Corp.author(s) : MoFSC, Dept. of Forestry and Plants Research, Kathmandu, Nepal  
Collation : 9p.: illus  
Series : Jadibuti kheti prakashan sankhya- 9  
Keywords : **Iridaceae; Traditional and modern cultivation; Saffron; Keshar**  
Botanical name : *Corcus sativus*  
Geog.area(s) : NEPAL; DAMAN; DOLPO; JUMLA  
Abstract : The booklet is prepared for farmers interested in saffron cultivation. It describes the saffron plant and its habitat. Saffron Cultivation is done by both traditional and modern methods. In traditional cultivation saffron bulbs are left in field for 4 to 5 years, whereas in modern methods the bulbs are first sprouted keeping on wooden racks and only sprouted bulbs of more than 10 g are brought to field. to increase the size of bulb of next harvest the number of sprouts coming from mother bulb are limited depending on the size of mother bulb. Small bulbs do not flower. Saffron is harvested during Kartik/Mangsir (October/November). The yield of saffron is only about 2 kg/ha in India. In Spain it is 5 to 7 kg/ha. Saffron is cultivated under walnut, apple and almond trees. Uses and market of saffron is also given here.

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**14**

Language : Eng  
Title : **Flora of Nepal : myrsinaceae volume 5 part 7**  
Author/Editor(s) : Bista, MS; Bhattarai, S; Rajbhandari, KR  
Publisher : Kathmandu, MoFSC, Dept. of Plant Resources  
Pub.date : 1995  
Collation : 20p.  
Series : Flora of Nepal, vol 5 (7)  
Keywords : **Myrsinaceae**  
Botanical name : *Maesa spp; Embelia spp; Myrsine spp; Ardisia spp*  
Geog.area(s) : NEPAL

**Abstract** : In total 13 species of 4 genera of Family Myrsinaceae are described in this Booklet. Botanical names, synonyms, botanical description, distribution, ecology, uses, local name in Nepali and phenology of *Maesa montana*; *M. chisia*; *M. argentea*; *M. macrophyla*; *Embelia floribunda*; *E. tsjeriam-cottam*; *E. vestita*; *Myrsine capitellata*, *M. africana*, *M. semiserrate*; *Ardisia thyrsoflora*; *A. macrocarpa* and *A. solanacea* are described here. Key to identify genera and species found in Nepal is also given.

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**Language** : Eng  
**Title** : **Flora of Nepal: theaceae**  
**Author/Editor(s)** : Bista, MS; Bhattarai, S; Rajbhandari, KR  
**Publisher** : Kathmandu, MoFSC, Dept. of Plant Resources  
**Pub.date** : 1995  
**Collation** : 13p.  
**Series** : Flora of Nepal  
**Keywords** : **Medicinal plants**  
**Botanical name** : *Eurya*; *Cleyera*; *Camellia*; *Schima*  
**Geog.area(s)** : NEPAL  
**Abstract** : In total 7 species of 4 genera of family Theaceae are described in this booklet. Botanical names, synonyms, botanical description, distribution, ecology, uses, local name in Nepali and phenology of *Camellia caudata*, *C. kissi*, *Cleyera japonica*, *Eurya cerasifolia*, *E. acuminata*, *E. cavineris* and *Schima wallichii* are described here. Key to identify the genera and species found in Nepal is also given.

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**Language** : Eng  
**Title** : **The natural way of healing**  
**Author/Editor(s)** : Jussawala, JM  
**Publisher** : New Delhi, Vikas Publishing House  
**Pub.date** : 1974  
**Collation** : ix, 172p.  
**Keywords** : **Allopathy; Homeopathy; Ayurveda; Unani; Naturopathy**  
**Abstract** : Nature care is complementary to other methods of healing and is an independent healing science. This book deals with the principal and importance of nature care, and compare the nature care treatment practice with other treatment practices.

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**Language** : Eng  
**Title** : **General guidelines for methodologies on research and evaluation of traditional medicine**  
**Corp.author(s)** : WHO, Geneva, Switzerland  
**Pub.date** : 2000  
**Collation** : vi, 71p.: annex, references  
**Keywords** : **Research methodology; Traditional medicine; Herbal medicine; Traditional practices; AIDS**  
**Abstract** : The guidelines present some national regulations for the evaluation of herbal medicine, traditional medicine and also recommend new approaches for carrying out clinical research. Ten substantial annexes have been incorporated which includes guidelines for the assessment of herbal medicines, guidelines for levels and kinds of evidence to support claims for therapeutic goods etc.

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**Language** : Eng  
**Title** : **Ayurvedic ophthalmology : treatment strategies and formulas for 76 eye diseases**  
**Author/Editor(s)** : Bajracharya, Mana Bajra; Abel, Robert; Tillotson, Alan  
**Publisher** : Kathmandu, Mana Bajra Bajracharya

Pub.date : 1997  
Collation : iii, 95p.: index  
Keywords : **Ayurvedic ophthalmology; Diagnosis and treatment; Eyes**  
Abstract : This therapeutic book deals with seventy six ophthalmic diseases which are classically presented from two different points of view. One way of understanding is directly related to anatomy similar to western medicine classification. The second method is based upon the ridhasha siddanta, the classical philosophical doctrine of Ayurvedic medicine based on the three doshaes: vata, pitta and kapha. These seventy six diseases are placed in groups based upon the tridosha siddhanta and also the three basic principles of ayurvedic diagnosis and treatment. This monograph is published on the basis of the experiences of Ayurvedic eye specialists. This book is designed to make the most effective and important classical Ayurvedic understandings and treatments clear for English speaking readers, healthcare practitioners and researcher.

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Language : Eng/Nep  
Title : **What hanuman brought was not only jadibuti**  
Author/Editor(s) : Poudel, Dinesh; Rosset, Christian  
Publisher : Kathmandu, NSCFP  
Pub.date : 1998  
Collation : 103p.: illus  
Series : Action Research Cell, Technical note no-1  
Keywords : **Non-timber forest products; Forest user group; Herbal medicine; Medicinal plants; Income generation; Community development; Storage; Natural dye; Essential oil; Dye spices; Cultivation; Marketing; Utilization**  
Botanical name : *Swertia chirayita; Lycopodium clavatum; Taxus baccata; T. wallichiana; Edgeworthia gardneri; Edgeworthia papyrifera; Daphne bholua; D. papyracea; Girardinia diversifolia; G. heterophylla; Agave sp.; Dendrocalamus hamiltoni; Arundinaria sp.; Drepanostachyum sp.; Zanthoxylum amatum; Z. alatum; Zrhododendron anthopogon; Juniperus recurva; J. indica; Gaultheria fragrantissima; Nardostachys grandiflora; Rubia manjitho; R. cordifolia; Rheum australe; R. emodi; Phyllanthus emblica; Juglans regia; Berberis asiatica; Amomum subulatum; Choerospondias axillaris*  
Geog.area(s) : NEPAL; DOLAKHA; RAMECHHAP  
Abstract : The objective of Swiss Community Forestry Project working in two hill districts namely Dolakha and Ramechhap is to contribute towards improvement in the living condition and empowerment of the people especially of women and disadvantaged group by the sustainable management of forest resources. The Non Timber Forest Products (NTPF) has a high potential to increase the income for the rural population. This book is the by-product of an exhibition organized in February 1998 on NTFPs found in Dolkha and Ramechhap. This book includes posters presented in the exhibition. Plants included are commercial important NTFPs used as source of medicine, fiber, handicraft, essential oil, dyes, spices and fruit. Information on harvesting, processing, marketing, and the potentialities, ecological and socio-economic risks of their management is displayed on the posters.

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Language : Nep  
Title : **jadibutibata hamro rogharuko upachar vidhi**  
Trans.title : Medicinal plants for the treatment of our disease  
Author/Editor(s) : Dhungana, Janardhan  
Publisher : Kathmandu, WOREC  
Pub.date : 2055



Collation : 99p.: illus  
Keywords : **Herbal medicine; Diseases; Herbal treatment; Medicinal plants; Herbal therapy**  
Geog.area(s) : NEPAL  
Abstract : Traditionally various diseases are treated using herbs and other easily available materials. This book consists of common health problems faced by people and their traditional treatment methods adopted in Nepal. The health problems are listed in alphabetic order according to the Devnagari alphabets.

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Language : Eng  
Title : **The ayurvedic records of cancer treatment**  
Author/Editor(s) : Bajracharya, Mana Bajra  
Publisher : Kathmandu, Piyusavarsi Ausadhalaya  
Pub.date : 1987  
Collation : x, 131p.: illus  
Keywords : **Cancer; Ayurvedic medicine system; Arbuda; Cancer**  
Geog.area(s) : NEPAL  
Abstract : Various questions regarding cancer are not answered yet properly. This monograph consists of Ayurvedic knowledge of cancer treatment experienced by different physician in different times. Ayurveda, the traditional medical science of Himalayas has its own definition and principal, which are very important to know for proper diagnosis and treatment of cancer. Cancer indicates the malignant tumor of any kind. The abnormal growth either malignant or not having different nature has particular name. The Auvedic word Tridosja or Sannipataja abnormal growth indicates the malignant stage of the neoplasm and the word Vataja or Pittaja or Kaphaja or combination of any two is the significance of benign neoplasm. This book provides knowledge on Aurvedic concept of cancer. Fundamental causes, symptoms and treatment of various neoplasms. Neoplasms of different parts of body are described with various treatment procedures. The standard Sanskrit words for diseases, medicinal principles and plants are presented in glossary along with the English translation. This book will be helpful to the readers interested for research in the field of Ayurveda.

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Language : Nep  
Title : **esthaniya jadibuti dwara swasthya rakshya**  
Trans.title : Health care by local herbs  
Author/Editor(s) : Adhikari, Shyam Mani  
Publisher : Dang, Mahendra Sanskrit Viswavidhyalaya  
Pub.date : 2055  
Collation : 136p.: index, illus  
Keywords : **Herbal medicine; Health care; Diseases**  
Geog.area(s) : NEPAL  
Abstract : Medicinal herbs are used in Ayurvedic medicine since long. This book includes 124 plants used in Ayurveda. The plants are listed alphabetically according to Nepali alphabet. Sanskrit name, English name, Botanical name, description of plant, useful part, medicinal uses, methods of use and the name of Aurvedic medicine containing the herb are given for all plants. List of herbs used in common diseases, and index in alphabetic order of botanical names are also given.

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Language : Eng  
Title : **Regulatory situation of herbal medicines : a world wide review**  
Corp.author(s) : WHO, Geneva, Switzerland  
Pub.date : 1998

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Collation : ii, 45p.: reference  
Keywords : **Marketing; Law and legislation; Traditional herbal medicine; Rule and regulation**  
Abstract : Large sections of the population of developing countries still rely on the traditional practitioners, medicinal plants and herbal medicines for their primary care. The traditional medicine products have evolved against widely different ethological, cultural and geographical backgrounds. Public interest in industrialized countries on use of medicinal plants and herbal medicine has expanded in past decades. The evaluation of the traditional product and knowledge ensuring their safety and efficacy through registration and regulation presents important challenges. This document share national experiences in formulating policies on traditional products and in introducing measures for their registration and regulation. The document covers 52 countries. The WHO policy and activities on traditional medicine are also given in brief.

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**Language** : Eng  
**Title** : **Breast cancer**  
**Author/Editor(s)** : Bajracharya, Mana Bajra  
**Publisher** : Kathmandu, Piyusavarsi Ausadhalaya  
**Pub.date** : 1988  
**Collation** : 14p.  
**Series** : Ayurveda : the science of life series, no 2  
**Keywords** : **Breast cancer; Ayurvedic medicine; Breast cancer**  
**Botanical name** : *Stamoniium Datura; Balsamodendron Mukul; Bauhinia Variagata; Nardostachys Jatamansi; Madhuca Indica; Baliospermum Montanum; Barlariaprionitis; Abrus Precatorius; Ficus Religiosa; Aegle Marmelos*  
**Geog.area(s)** : NEPAL  
**Abstract** : Any physical condition of injury of the epithelial tissues of breast results in abnormal branches of blood vessel. These blood vessels in general dry up not causing any big problems. In some condition of pathogenic defects of muscular tissues and the blood, these blood vessels remain active and show abnormal growth with benign and malignant natures. These abnormal tissues have no natural functions concerned with the organ where they are growing. This abnormal growth is the cause of breast cancer. The various causes, symptoms and types of Breast cancer are discussed. Preventive methods, food habit and Aurvedic treatments for breast cancer patient are described in this booklet.

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**Language** : Eng  
**Title** : **Hepatitis**  
**Edition** : 3rd  
**Author/Editor(s)** : Bajracharya, Mana Bajra  
**Publisher** : Kathmandu, Piyusavarsi Ausadhalaya  
**Pub.date** : 1989  
**Collation** : 14p.  
**Series** : Ayurveda : the science of life series, no 1  
**Keywords** : **Hepatitis; Ayurvedic medicine; Hepatitis**  
**Botanical name** : *Tinospora Cordifolia; Adhatoda Vesica; Swertia Chirata*  
**Geog.area(s)** : NEPAL  
**Abstract** : First anemia then hepatitis is the general theory of Ayurveda. Liver becomes weak in this disease. The hepatitis may not be infectious. The infectious hepatitis is called 'Aupradrabic Kamala' in Sanskrit. Modern medical science considers virus as the cause of hepatitis. Ayurveda has no idea of virus. The Aurvedic treatment is based on the drugs to clean bowel movement, flush the kidneys for proper urination, stop immature breaking of the

red blood cells and subdue the inflammation of the liver. The various causes, symptoms and types of hepatitis are discussed. Preventive methods, food habit and Aurvedic treatments for hepatitis patient are described in this booklet.

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Language : Eng  
Title : **Arthritis**  
Edition : 2nd  
Author/Editor(s) : Bajracharya, Mana Bajra  
Publisher : Kathmandu, Piyusavarsi Ausadhalaya  
Pub.date : 1988  
Collation : 14p.  
Series : Ayurveda : the science of life series no 3  
Keywords : **Arthritis; Ayurveda; Massage; Fomentation; Gout; Ayurvedic medicine; Rheumatic arthritis; Degenerative arthritis; Infectious diseases; General arthritis**  
Botanical name : *Asparagus Racemosus; Sida Cordifolia; Balsamodendron Mukul; Carum Roxburghiana*  
Geog.area(s) : NEPAL  
Abstract : Arthritis indicates the inflammation of joint or disease of joint. Four different types of arthritis are described. The various causes, symptoms and types of arthritis like Rheumatic, degenerative, infectious and general arthritis are discussed. Preventive methods, food habit and Aurvedic treatment for arthritis patient are described in this booklet. Herbs used in general treatment methods like oil massage; warm fomentation and warm poultice are also given.

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Language : Eng  
Title : **Asthma**  
Author/Editor(s) : Bajracharya, Mana Bajra  
Publisher : Kathmandu, Piyusavarsi Ausadhalaya  
Pub.date : 1988  
Collation : 14p.  
Series : Ayurveda : the science of life series, no 4  
Keywords : **Asthma; Ayurvedic medicine; Asthma**  
Botanical name : *Adhatoda Vasica; Aconitum Palmatum; Azadiracta Indica; Ocimum Sanctum; Emblica Officinalis; Binincas Hispada*  
Abstract : The fundamental cause of asthma is the bronchospasm, which depends upon the blockage of the respiratory system for inhaling and exhaling and cause breathlessness to activate the lungs for enough oxygen supply. Different types of asthma are described. The causes of Asthma may be some other diseases, failure of kidney or failure of respiratory function. The allergic asthma is common on summer or winter. It is caused by cold, dust or fungus. The various causes, symptoms and types of asthma are discussed. Preventive methods, food habit and Aurvedic treatment for asthma patient are described in this booklet.

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Language : Eng  
Title : **Haemorrhoids**  
Author/Editor(s) : Bajracharya, Mana Bajra  
Publisher : Kathmandu, Piyusavarsi Ausadhalaya  
Pub.date : 1988  
Collation : 14p.  
Series : Ayurveda : the science of life series no 5  
Keywords : **Haemorrhoids; Pile; Ayurvedic medicine; Haemorrhoids**

Botanical name : *Trachyspermum Ammi*; *Piper Longum*; *Plumbago Zeylanica*; *Cumin Seed*; *Carum Roxburghianum*; *Calatropis Gigantica*; *Amorphophalus Companulatum*; *Stephania Hernandifolia*; *Cyperus Rotundus*; *Holarrheana Antidysentrica*; *Azadiracta Indica*

Geog.area(s) : NEPAL

Abstract : Partly stagnant condition of the portal vein is the fundamental cause of haemorrhoid. The blood of the portal vein in the condition of slow motion cannot circulate in proper way and dilatation of extremities of the portal vein attached around anus occurs, which is identified as haemorrhoid. Six different types of haemorrhoid are described. The various causes, symptoms and types of haemorrhoid are discussed. Preventive methods, food habit and Aurvedic treatment for haemorrhoid patient are described in this booklet.

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Language : Eng

Title : **Multiple sclerosis**

Author/Editor(s) : Bajracharya, Mana Bajra

Publisher : Kathmandu, Piyusavarsi Ausadhalaya

Pub.date : 1988

Collation : 14p.

Series : Ayurveda : the science of life series no 6

Keywords : **Sclerosis; Tridosas; Ayurvedic medicine; Multiple sclerosis**

Botanical name : *Bauhinia Vali*; *Pangania Pinnata*; *Cedrus Deodar*; *Calotropis Gigantica*

Geog.area(s) : NEPAL

Abstract : The mutual balanced coordination of nervous system, artery system and vein system is the significance of health. The loss of coordination manifests the symptom of disease. In multiple sclerosis (MS) the function of all bodily system are found out of control. Paralysis, neuralgic pain, numbness; fever, sensation inflammation; and the symptoms of thickening, blockage exudation etc are the results of aggravated nervous system; vein system; and artery system respectively. MS is a disease of physical disorder caused by the toxic essence of the undigested food especially fat oil butter etc. The various causes, symptoms and types of MS are discussed. Preventive methods, food habit and Ayurvedic treatment for MS patient are described in this booklet.

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Language : Eng

Title : **Herpes**

Author/Editor(s) : Bajracharya, Mana Bajra

Publisher : Kathmandu , Piyusavarsi Ausadhalaya

Pub.date : 1988

Collation : 10p.

Series : Ayurveda : the science of life series no 7

Keywords : **Herpes; Ayurvedic medicine; Herpes**

Botanical name : *Azadiracta Indica*; *Tinospora Cordifolia*; *Balasmოდendron Mukul*

Geog.area(s) : NEPAL

Abstract : The herpes infection in aggravating condition produce mustard like blister on skin. The recurrent herpes infection is due to the pathogenic defect of blood and the disorder in the lymphatic duct. The various causes, symptoms and types of herpes are discussed. Preventive methods, food habit and Ayurvedic treatment for herpes patient are described in this booklet.

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Language : Eng

Title : **Hay fever**

Author/Editor(s) : Bajracharya, Mana Bajra

**Publisher** : Kathmandu, Piyusavarsi Ausadhalaya  
**Pub.date** : 1988  
**Collation** : 6p.  
**Series** : Ayurveda : the science of life series, no 8  
**Keywords** : **Hay fever; Osadhigandhaja jwora; Ayurvedic medicine; Fever**  
**Botanical name** : *Azadiracta Indica; Aconitum Palmatum*  
**Geog.area(s)** : NEPAL  
**Abstract** : Person allergic to particular dust or pollen can have drastic stimulation slime by the attached dust or pollen in the mucus membrane of nose. This is the fundamental cause allergic problem, the hay fever. Constant sneezing, running nose, headache and fever are the main symptoms of hay fever. The various causes, symptoms of hay fever are discussed. Preventive methods, food habit and Ayurvedic treatment for hay fever patient are described in this booklet.

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**Language** : Eng  
**Title** : **Diabetes**  
**Author/Editor(s)** : Bajracharya, Mana Bajra  
**Publisher** : Kathmandu, Piyusavarsi Ausadhalaya  
**Pub.date** : 1988  
**Collation** : 14p.  
**Series** : Ayurveda : the science of life series, no 9  
**Keywords** : **Diabetes; Oja; Madhumeha; Shilajit; Ayurvedic medicine; Diabetes; Glycosuria; Albuminuria; Chiluria; Hematuria; Phosphaturia**  
**Botanical name** : *Convolvulus Arbensis; Cianmomum Tamela; Premna Integrifolia*  
**Geog.area(s)** : NEPAL  
**Abstract** : The various causes, types and symptoms of diabetes are given in this booklet. Preventive methods, food habit and ayurvedic treatment for diabetes patient are also described in this booklet.

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**Language** : Eng  
**Title** : **Hypertension**  
**Author/Editor(s)** : Bajracharya, Mana Bajra  
**Publisher** : Kathmandu, Piyusavarsi Ausadhalaya  
**Pub.date** : 1988  
**Collation** : 14p.  
**Series** : Ayurveda : the science of life series, no 10  
**Keywords** : **Hypertension; Pittavrita; Ayurvedic medicine; Hypertension**  
**Botanical name** : *Tinospora Cordifolia; Balsamodendron Mukul*  
**Geog.area(s)** : NEPAL  
**Abstract** : The morbid condition of the cardiovascular dilatation affected by aggravated function of the nervous system, which is connected with the inhaling activity for mobilization of oxygen can result hypertension. The five different conditions of hypertension according to Ayurveda are Pittavrita Prana; Pittavrita Udana; Pittavrita Samana; Pittavrita Vyana and Pittavrita Apana. Symptoms of various hypertensions, preventive measure, Ayurvedic treatments and food habit for the hypertension patient are given in this booklet.

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**Language** : Eng  
**Title** : **Low blood pressure**  
**Author/Editor(s)** : Bajracharya, Mana Bajra  
**Publisher** : Kathmandu, Piyusavarsi Ausadhalaya

Pub.date : 1988  
Collation : 8p.  
Series : Ayurveda : the science of life series no 11  
Keywords : **Blood pressure; Low; Ojakaśaya; Rajakaśaya; Ayurvedic medicine; Hypoglycemia**  
Botanical name : *Piper longum; Emblica officinalis*  
Abstract : Deficiency of serum is the main cause of low blood pressure. The amount of blood sugar depends upon the quantity of serum. Low serum thus weakens the heart causing weak pulses. The various causes, symptoms of low blood pressure are discussed. Preventive methods, food habit and Ayurvedic treatment for low blood pressure patient are described in this booklet.

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Language : Eng  
Title : **Leukoderma**  
Author/Editor(s) : Bajracharya, Mana Bajra  
Publisher : Kathmandu, Piyusavarsi Ausadhalaya  
Pub.date : 1988  
Collation : 10p.  
Series : Ayurveda : the science of life series no 12  
Keywords : **Leukoderma; Ayurveda; Darunam; Arunam; Switram; Leprosy; Ayurvedic Medicine; Ayurvedic medicine; Leukoderma**  
Botanical name : *Psoralea corylifolia*  
Abstract : The injury of the white tissue lying between the layers of blood vessel and the nervous system is the fundamental cause of leukoderma. The spread of white skin tissues result white patches in skin. These spreading painless white patches are the significance of leukoderma. The various causes, symptoms and types of leukoderma are discussed. Preventive methods, food habit and Ayurvedic treatment for leukoderma patient are described in this booklet. All types of leukoderma should be treated at the beginning stage for quick cure.

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Language : Eng  
Title : **Migraine**  
Author/Editor(s) : Bajracharya, Mana Bajra  
Publisher : Kathmandu, Piyusavarsi Ausadhalaya  
Pub.date : 1988  
Collation : 10p.  
Series : Ayurveda : the science of life series no 13  
Keywords : **Migraine; Ayurveda; Ardhavabhedaka; Ayurvedic medicine; Migraine**  
Botanical name : *Acorus calamus; Piper longom*  
Geog.area(s) : NEPAL  
Abstract : Sudden or periodic headache effecting one side of the head is the main symptom of migraine. The congestion and exudation from the cranial blood vessel effecting only one side of the head is the fundamental cause of migraine. If not treated in proper way it may damage the ear and eye. The various causes, symptoms and types of migraine are discussed. Preventive methods, food habit and Ayurvedic treatment for migraine patient are described in this booklet.

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Language : Eng  
Title : **Psoriasis**  
Author/Editor(s) : Bajracharya, Mana Bajra  
Publisher : Kathmandu, Piyusavarsi Ausadhalaya  
Pub.date : 1988

**Collation** : 10p.  
**Series** : Ayurveda : the science of life series no 14  
**Keywords** : **Psoriasis; Ayurveda; Poison; Dusivisa; Ekakustha; Kitibha; Charmakya; Ayurvedic medicine; Psoriasis**  
**Abstract** : Substances working as slow poison if not excreted and remained in body can cause problems. Such poison if remained in epithelial tissues of skin cause psoriasis. The various causes, symptoms and types of psoriasis are discussed. Preventive methods, food habit and Ayurvedic treatment for psoriasis patient are described in this booklet.

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**Language** : Eng  
**Title** : **Varicose veins**  
**Author/Editor(s)** : Bajracharya, Mana Bajra  
**Publisher** : Kathmandu, Piyusavarsi Ausadhalaya  
**Pub.date** : 1988  
**Collation** : 6p.  
**Keywords** : **Varicose veins; Ayurvedic medicine; Varicose veins**  
**Geog.area(s)** : NEPAL  
**Abstract** : Varicose veins is caused by the loss of elasticity of the vein's wall. In this condition the vein's wall are enlarged. It is vary common disease of women. Enlarged and tortuous vein especially of the legs are the symptoms of this disease. The general treatment methods are application of medicated steam, warm fomentation and oil massage. General nerve tonics are beneficial. Women with problem of heavy menstruation, loss of blood in the time of delivery and lack of proper rest and diet after delivery may have varicose veins of the leg. Causes, symptoms, prevention and traditional and Aurvedic treatment of the diseases are described in this booklet.

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**Language** : Eng  
**Title** : **Medicinal plants of Nepal**  
**Edition** : 4th  
**Corp.author(s)** : MoFSC, Dept. of Forestry and Plant Research, Kathmandu, Nepal  
**Pub.date** : 1993  
**Collation** : 186p.: illus, appendix  
**Series** : Bulletin of the Dept. of Medicinal Plants No. 3  
**Keywords** : **Medicinal plants; Ayurvedic medicine**  
**Geog.area(s)** : NEPAL  
**Abstract** : Medicinal plants are one of the important natural resources of Nepal. These medicinal plants are used as medicine since ancient time. Ayurveda deals with the specific properties of drugs. Various medicinal plants enumerated in Susruta samhita and Charak samhita are still very popular for the care of different diseases. This book includes 393 plants of Nepal with medicinal values. Illustrations of some herbs are also given. The plants are arranged according to the English names and scientific names in alphabetical order in the index. Plants are described in main text in order of Nepalese alphabets. In each entry if possible both Nepali name and English name of the plant are given with scientific name, family, short description, distribution in Nepal and medicinal uses.

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**Language** : Eng  
**Title** : **The enclosure and recovery of the commons : biodiversity, indigenous knowledge and intellectual property rights**  
**Author/Editor(s)** : Shiva, Vandana; Jafri, Afsar H; Bedi, Gitanjali  
**Publisher** : New Delhi, Reserach Foundation for Science, Technology and Ecology  
**Pub.date** : 1997

Collation : xiv, 182p.: illus, bibliography, appendix  
Keywords : **Patent rights; Medicinal plants; Law and legislation; Biodiversity; Biodiversity rights; Indigenous knowledge; Peasant rights**  
Abstract : The biodiversity-based economy of India represents the poorest communities in the marginalized regions, which is the two thirds of Indian population. Their access to biodiversity and their use of their indigenous knowledge and skill is their primary means of livelihood. The piracy of this knowledge through patents undermines their livelihoods. It is the right of community to their resources and they should have authorities for the decision making on resource use. The legal system should honor the right of community in local biodiversity utilization and should prevent pirating of local resources and indigenous knowledge. Knowledge and resources flow from poor to rich countries or communities. The knowledge come back in patented form and the poor should pay for what has been derived from their innovation and biodiversity. The convention on biological diversity recognizes the sovereign rights of countries to their biological resources and indigenous knowledge. This book is concerned with the recovery of the commons and the rebuilding of communities and nature by way of implementing a community intellectual right regime- a necessary step to create protection against expanding corporate protectionism.

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**WHO**  
Language : Eng  
Title : **Guidelines for the appropriate use of herbal medicines**  
Corp.author(s) : WHO, Geneva, Switzerland  
Publisher : Manila, WHO  
Pub.date : 1998  
Collation : vii, 79p.: references  
Series : WHO regional publication, Western Pacific series No. 23  
Keywords : **Herbal medicine; Drug monitoring; Guidelines; Law and Legislation; National herbal policy**  
Abstract : Herbal medicine plays an important role in primary health care in many developing countries. Considering the importance more and more governments are making policies on the appropriate use of herbal medicines. To support member states the WHO Regional Office for the Western Pacific Region organized a working group on herbal medicines in December 1997. This publication is the result of this meeting. The guidelines cover a broad range of topics in relation to herbal medicine, with particular emphasis on national policy development, regulation of practice and registration of herbal products. These guidelines provide reference points for researchers, manufacturers and traders.

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**WHO**  
Language : Eng  
Title : **Flora of Nepal magnoliaceae volume 2 part 17**  
Author/Editor(s) : Bista, MS; Bhattarai, S; Rajbhandari, KR  
Publisher : Kathmandu, MoFSc, Dept. of Plant Resources  
Pub.date : 1995  
Collation : 14p.  
Keywords : **Magnoliaceae; Trees**  
Botanical name : *Michelia; Talauma; Magnolia; Manglieta*  
Abstract : In total 8 species of 4 genera of family Magnoliaceae are described in this Booklet. Botanical names, synonyms, botanical description, distribution, ecology uses, local name in Nepali and phenology of *Magnolia campbellii*; *M. globosa*; *Manglieta insignis*; *Michelia champaca*; *M. doltsopa*; *M. kisopa*; *M. velutina* and *Talauma hodgsonii* are described here. Key to identify the genera and species found in Nepal is also given.



**Language** : Eng  
**Title** : **Abstracts of tissue culture**  
**Author/Editor(s)** : Bista, MS; Vaidya, YN; Sainju, HK  
**Publisher** : Kathmandu, MoFSC, Dept. of Plant Resources  
**Pub.date** : 1996  
**Collation** : 39p.  
**Series** : Bulletin of the Dept. of Plant Resources No. 14  
**Keywords** : **Plant tissue culture; Medicinal plants; Ornamental plants; Horticulture crops; Orchids; Bamboo; In vitro regeneration; Clonal propagation; In vitro propagation; Anther culture; Meristem culture; Sand rooting**  
**Geog.area(s)** : NEPAL  
**Abstract** : This book is a collection of works of different researchers of tissue culture laboratory of Department of plant resources, Nepal. Different aspects of micro-propagation, anther culture, and micro-shoot rooting in non-sterile sand are described. Micropropagation protocols for 15 forest trees, 10 horticulture crops, 2 medicinal plants, 9 ornamental plants, 6 orchids and 2 bamboos and anther culture protocols for 3 plants are described in this bulletin.

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**Language** : Eng  
**Title** : **Wild edible plants of Nepal**  
**Author/Editor(s)** : Malla, Samar Bahadur; Rajbhandari, Samar Bahadur; Shrestha, Tirtha Bahadur; Adhikari, Pradeep Mohan; Adhikari, Sita Ram  
**Publisher** : Kathmandu, MoFSC, Dept. of Medicinal Plants  
**Pub.date** : 1982  
**Collation** : 286p.: illus  
**Series** : Dept. of medicinal plants, Nepal Bulletin no. 9  
**Keywords** : **Edible plants; Medicinal plants**  
**Geog.area(s)** : NEPAL  
**Abstract** : Plants are the source of food and medicine since ancient time. The cultivated varieties of plants are also derived from their wild varieties. Villagers in close association with forest have knowledge on the wild plants and their utility in various ways. Peoples of Nepal are taking roots, tubers, rhizomes, leaves and fruits derived from wild plants as food in different parts of country. Altogether 133 different species of higher wild edible plants from Nepal are documented in this book. Local names, short description, part used, flowering and fruiting time and places of collection are given for each species.

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**Language** : Nep  
**Title** : **jadibuti sankalana, sanrakchyan sambardhan vidhi- 1**  
**Trans.title** : Method of herbal collection, preservation and promotion- 1  
**Corp.author(s)** : MoFSC, Dept. of Medicinal Plants, Kathmandu, Nepal  
**Publisher** : Kathmandu  
**Pub.date** : 2034  
**Collation** : 24p.: illus, appendix  
**Series** : Jadibuti parichaya mala- I  
**Keywords** : **Medicinal plants; Collection; Processing; Storage; Preservation; Kutki; Jatamansi; Timur; Padam chal; Bhyakur; Sugandhabala**  
**Botanical name** : *Picrorhiza Scrophulariaeflora*; *Nardostachys Jatamansi*; *Zanthoxylum Armatum*; *Rheum Emodi*; *Dioscorea Deltoidea*; *Valeriana Wallichii*  
**Geog.area(s)** : NEPAL

**Abstract** : In many part of developing countries like Nepal medicinal herbs are popular in primary health care. Interest on drugs produced from medicinal herbs is growing also in industrial countries. Some peoples of hills and Terai are involved in herb trade. The price of herb depends on its quality. The quality may deteriorate if not properly handled during collection, processing and storing. In this booklet, general methods of collection for the sustainable use of wild herbs, simple processing techniques and storage procedure are given. Six important herbs exported from Nepal are described with botanical name, common names, botanical description, cultivation, collection, processing and their uses. The export data of these plants for some years are given in appendix.

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**Language** : Nep  
**Title** : **jadibuti sankalan, sanrakchyan, sambardhan vidhi- 2**  
**Trans.title** : Method of herbal collection, preservation and promotion- 2  
**Corp.author(s)** : MoFSC, Dept. of Medicinal Plants, Kathmandu, Nepal  
**Pub.date** : 2040  
**Collation** : 29p.: illus  
**Keywords** : **Medicinal plants; Collection; Processing; storage; Preservation; Khayer; Chiraito; Chutro; Tejpat; Nagbeli; Bojha**  
**Botanical name** : *Acacia Catechu; Swertia Chirata; Berberis Aristata; Cinnamomum Tamala; Lycopodium Clavatum; Acorus Calamus*  
**Geog.area(s)** : NEPAL  
**Abstract** : The price of herb depends on its quality. The quality may deteriorate if not properly handled during collection, processing and storing. In this booklet, six important herbs exported from Nepal are described with botanical name, common names, botanical description, cultivation, collection, processing and their uses. The export data of these plants for some years are given in appendix.

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**Language** : Nep  
**Title** : **jadibuti sankalan, samrakchyan, sambardhan vidhi- 3**  
**Trans.title** : Method of herbal collection, preservation and promotion- 3  
**Corp.author(s)** : MoFSC, Dept. of Medicinal Plants, Kathmandu, Nepal  
**Pub.date** : 2040  
**Collation** : 21p.: illus  
**Series** : jadibuti parichaya mala-3  
**Keywords** : **Medicinal plants; Collection; Processing; Storage; Aconitum spicatum; Adhatoda vesica; Asparagus racemosus; Bergenia ligulata; Paris polyphylla; Podophyllum hexandrum; Bikha; Sathuwa; Asuro; Satawaru; Pakhan bhed; Laghupatra**  
**Geog.area(s)** : NEPAL  
**Abstract** : The price of herb depends on its quality. The quality may deteriorate if not properly handled during collection, processing and storing. In this booklet, six important herbs exported from Nepal are described with botanical name, common names, botanical description, cultivation, collection, processing and their uses. The export data of these plants for some years are given in appendix.

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**Language** : Eng  
**Title** : **Genetic heritage of medicinal and aromatic plants of Nepal himalayas**  
**Author/Editor(s)** : Joshi, Kamal Krishna; Joshi, Sanu Devi  
**Publisher** : Kathmandu, Buddha Academic Publishers  
**Pub.date** : 2001  
**Collation** : xvi, 239p.: illus, index  
**Keywords** : **Medicinal plants; Ethno-botany; Herbal medicine; Ethno-pharmacology; Aromatic plants; Indigenous knowledge**

**Geog.area(s)** : NEPAL  
**Abstract** : Medicinal plants growing in various climatic zones of Nepal are the genetic heritage of Nepal. 268 plants of medicinal values are enlisted in this book with their botanical names, common names, family, botanical description, distribution and medicinal uses. Color photographs or sketches of the plants are given at the end of description. General index given at the end includes all botanical names mentioned in the book. Index to vernacular and common names is given separately. The glossary of medicinal terms will help to general people to understand the text. This book will be useful to all interested in medicinal plants of Nepal especially to those interested in Nepalese ethnobotany and ethnopharmacology.

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**Language** : Eng  
**Title** : **Neem : a user's manual**  
**Author/Editor(s)** : Vijayalakshmi, K; Radha, KS; Shiva, Vandana  
**Publisher** : Madras, Centre for Indian Knowledge Systems  
**Pub.date** : 1995  
**Collation** : 96p.: illus, reference, appendix  
**Keywords** : **Medicinal plants; Neem**  
**Botanical name** : *Azadirachta Indica*  
**Geog.area(s)** : INDIA  
**Abstract** : Neem is found in almost all parts of India. The Indian people are using neem tree since long in agriculture, public health, medicine, toiletries, cosmetics and livestock protection. Indians are using neem twig for cleaning teeth, leaf juice to treat skin infection, and neem extract as a tonic and as insecticide. The traditional knowledge on the various uses of neem is documented in this book. In first part of the book the low cost use of neem as biocontrol agent, other medicinal uses and propagation are discussed. Patents have in granted in UAS and Europe for products and processes based on the various properties of neem known and used for centuries in India. Such patent right is against the people's right to use neem freely. It is an action of biopiracy. The second part of the book covers on the patents on neem.

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**Language** : Eng  
**Title** : **Native healers of Nepal**  
**Author/Editor(s)** : Sharma, BP  
**Pub.date** : 1981  
**Collation** : viii, 92p.: appendix, glossary  
**Keywords** : **Traditional healers; Faith healers; Home remedies; Ethnomedicine**  
**Geog.area(s)** : NEPAL  
**Abstract** : This book describes the traditional methods of healing still prevalent in Nepal. The author describes the different kinds of native healers like Janne, Dhami, Gubhaju, Lama, Badya, Sudini, Jyotishi, Jhankri, Sadhu and Bhixu and invisible agents causing diseases like Bhut, Witch (Bokshi), Pret, Pishach, Shine Bhume, Murkatta, Kichkanni, Khyak and Mashan. Some divine agents like Naga, Kumari, Ajima, Bir, Bayu etc harm human beings when they are annoyed by commissions or by omissions. The different methods employed in the course of treatment by healers are also given here.

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**Language** : Hin  
**Title** : **chhoti chhoti bimariyoka gharelu ilaj**  
**Trans.title** : Home remedies for common sickness  
**Author/Editor(s)** : Lodha, G. C.  
**Publisher** : Udayapur, Sewa Mandir

Pub.date : 1987  
Collation : 72p.  
Series : Swasthya rakshya series  
Keywords : **Common diseases; Home remedies**  
Abstract : This book describes how to treat simple diseases using domestic materials. Peoples of rural areas can get benefit from locally available herbs by using them for the treatment of simple diseases. Each disease is described with its causes, types, treatments, and suggestions for prevention.

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Language : Eng  
Title : **A guide to herbal remedies**  
Author/Editor(s) : Evans, Mark  
Publisher : Delhi, Orient Paperbacks  
Pub.date : 1994  
Collation : 120p.: illus, index, glossary  
Keywords : **Herbal medicine; Medicinal plants; First aid; Traditional school of medicine, India**  
Geog.area(s) : INDIA  
Abstract : Herbal medicine is the use of plants for healing purposes. It is the oldest system of medicine in world and its popularity is now increasing in areas where modern allopathic medicine has dominated. This book introduces the traditional medicinal practices of Ayurveda and Unani tibb by answering various questions. Common herbs are listed giving English names, Hindi names and Botanical names. Use of herbal medicine for common health problems, herbal first aid, some common herbal medicines and herbal medicine for children are dealt in this book. This book serves as useful introduction of the herbal medicine especially of India.

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Language : Eng  
Title : **Cure by ayurveda: treatment of common diseases by ayurveda**  
Author/Editor(s) : Goswami, Girdherilal  
Publisher : Delhi, Sahni Publications  
Pub.date : 1996  
Collation : vi, 210p.: glossary  
Keywords : **Common diseases; Ayurveda treatment; Vaidya**  
Geog.area(s) : INDIA  
Abstract : Ayurveda is made of two words Ayus and veda that means Science of life. It is a science of healing and concentrates on the techniques for a healthy normal life. This book introduces Ayurveda and listed some common diseases alphabetically with the nature and causes of the diseases, their preventive measures, Ayurvedic treatment, and food habit for the patient. This book, based on 'Charak Sanhita' provides knowledge to laymen, common-holders, and the cures by Ayurveda in a simpler manner for a lot of common diseases, which has become common in our daily life.

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Language : Eng  
Title : **Royal Botanical Garden Godawari**  
Corp.author(s) : MoF, Dept. of Medicinal Plants, Kathmandu, Nepal  
Pub.date : 1975  
Collation : 60p.: illus, appendix  
Keywords : **Ferns, gymnosperm; Orchids; Cacti; Succulents; Medicinal plants; Ornamental plants; Other angiospermic plants; Royal Botanical Garden**

**Geog.area(s)** : NEPAL; GODAVARI  
**Abstract** : Royal botanical garden is situated at Godawari in the South-East end of Kathmandu valley. Located at the foot hill of Phulchoki is 16 km far from Kathmandu city. This booklet deals with the activities of the Royal Botanical Garden. It provides a short description of the garden, its setting, layout and information on scientific investigation carried out in the garden. List of plants (Ferns, gymnosperm and angiosperm) growing in the garden is given at end. List of ornamental plants, medicinal plant, cacti and succulents growing in garden are also listed in appendix.

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**Language** : Eng  
**Title** : **Traditional healers and primary health care in Nepal**  
**Author/Editor(s)** : Dhakal, Ramji; Jones, Susie Graham; Lockett, Geraldine  
**Publisher** : Kathmandu, Save the Children Fund (UK)  
**Pub.date** : 1986  
**Collation** : 84p.: reference, appendix  
**Keywords** : **PHC; Faith healers; Dhams; Jhankris; Dehydration; Immunization**  
**Geog.area(s)** : NEPAL; SINDHUPALCHOWK  
**Abstract** : This report deals with the role and responsibility of traditional faith healers, and describes a way in which they could work alongside the allopathic medical services to provide better primary health care for the community. It describes a programme of training and support given to local traditional healers to encourage better co-operation between the traditional and the allopathic practitioners. The healers were encouraged to continue their traditional practice for mild common illnesses and preventive medicine and to refer seriously ill patient to health post or hospital. Most of the healers retained the information given to them. The healers showed interest for further training. About 440,000 traditional healers are in Nepal, the training in Sindhupalchowk demonstrated their potential for contributing better primary health care services.

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**Language** : Hin  
**Title** : **vastu evam kaya vastu**  
**Trans.title** : Vastu and kaya vastu  
**Author/Editor(s)** : Agrawal, KC  
**Publisher** : Vhopal, Bharatiya Bastu Kala Anusandhan Kendra  
**Pub.date** : 2003  
**Collation** : 332p.: illus  
**Keywords** : **Vastu sastra; Kaya vastu; Architecture; Position of rooms; Pranayam**  
**Abstract** : Vastu (architecture) is related to house and Kaya vastu (body architecture) is related to human body. In present physical and scientific age we are in search of ways, which provide peace and health. It is possible only from the adoption of Sastrokta (ancient literature) rules. This book describes these rules to achieve good health, happiness and well being in simple language. It describes the rules of house architecture: the position of various rooms and 101 ways for the betterment of defects in architecture. The proper management of architecture for sleep and prevention of diseases are dealt in this book. Importances of worship and various symbols, effects of various construction materials, Effects of various energies, how to increase the intellectual ability of children, diet, effects of Pranayam, science of Mudra, science of speech, touch therapy, Sun therapy, water therapy, colour therapy described in ancient literatures are described in simple language in this book. Methods of assessing the underground water of an area by studying the trees of the area are also described here.

**150**  
Language : Eng  
Title : **Therapeutic index**  
Corp.author(s) : Gorkha Ayurveda Company, Kathmandu, Nepal  
Collation : 41p.: index  
Keywords : **Veda; Upanisad; Charak samhita; Therapeutic index**  
Geog.area(s) : NEPAL; GORKHA  
Abstract : Gorkha Ayurveda Company (P) Ltd. is a joint venture between French Non-Governmental Organization: C.I.D.R. and Nepalese entrepreneurs. Promotion of Ayurveda is one of the foremost aims of Company. The Company cultivates medicinal plants and manufactures Ayurvedic medicines. The index includes 26 Ayurvedic products of Gorkha Ayurveda Company. Each product is described with composition, activity, adverse effects and dosage.

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**151**  
Language : Hin  
Title : **banaspati evam swasthya : hamraa swasthya hamre haath**  
Trans.title : Herbs and health : our health in our hands  
Author/Editor(s) : Sinha, Mukesh Kumar  
Publisher : Simla, Himanchal Pradesh Voluntary Health Association  
Collation : iv, 16p. illus  
Keywords : **Domestic treatment; Medicinal plants; Herbs**  
Geog.area(s) : INDIA  
Abstract : Many common diseases can be treated cheaply by using local plants and their products. The traditional knowledge in this respect is a valuable wealth. This book teaches the methods of treating common diseases by domestic methods. Sixteen common diseases are described with their causes, symptoms and domestic treatments. It is written in simple language so that all readers can understand it easily.

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**152**  
Language : Hin  
Title : **mahila prajanan evam bal swasthya : roga evam upchar**  
Trans.title : Reproductive health and child health : diseases and its treatment  
Corp.author(s) : Himanchal Pradesh Voluntary Health Association, Shimla, India  
Collation : 18p.: illus  
Keywords : **Child health; Reproductive health; Women's health; Domestic treatment; Women's health; Home remedies**  
Geog.area(s) : INDIA  
Abstract : Women and children are susceptible to various diseases. Some of these diseases can be treated cheaply by using local plants and their products. The traditional knowledge in this respect is a valuable wealth. This book teaches the methods of treating common diseases by domestic methods. Ten common diseases of women and three diseases of children are described here with their causes, symptoms and domestic treatments. It is written in simple language so that all readers can understand it easily.

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**153**  
Language : Eng  
Title : **Guidelines on basic training and safety in acupuncture**  
Corp.author(s) : WHO, Geneva, Switzerland  
Pub.date : 1999  
Collation : iv, 30p.: annex, appendix  
Keywords : **Training program; Acupuncture; Academic training; Physicians; Laser therapy; Safety**  
Abstract : Acupuncture is an important element of traditional Chinese medicine. Over the past decades it has spread worldwide, which helped in the further development of this therapy. In 1989

WHO convened a scientific Group which approved a Standard International Acupuncture Nomenclature which is now widely applied. This booklet is prepared according to the recommendation of the scientific group to develop a series of statement and guidelines on acupuncture. This document consists of guidelines on basic training and safety in clinical practice. This guideline includes a core syllabus and covers basic requirements for training non-physician acupuncturists and physician wishing to use acupuncture in their clinical work.

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Language : Eng  
Title : **Report of the inter regional workshop on intellectual property rights in the context of traditional medicine: Bangkok, Thailand 6-8 December 2000**  
Corp.author(s) : WHO, Geneva, Switzerland  
Pub.date : 2000  
Collation : vi, 44p.: annex  
Keywords : **Patent rights; Property rights**  
Abstract : Worldwide interest in the health care and economic development aspects of traditional medicine is increasing over recent years. The traditional knowledge and biodiversity resources are considered now a day as economic and tradable commodities. The workshop was organized to assess the impact of the Agreement on Trade-Related Aspects of Intellectual Property Rights (TRIPS Agreement) on pharmaceuticals including traditional medicine. The meeting addressed the complex issue of intellectual property rights so as to achieve better understanding and wider consensus on these issues. Seven countries, China, India, Indonesia, Kenya, Pakistan and the Republic of Korea, presented papers on their national patent laws, the existing national situation concerning problems, needs, gaps and means in relation to the protection of intellectual property rights in the context of traditional medicine and traditional knowledge. The workshop participants stressed the important role of traditional medicine in developing countries and reiterated that countries should develop a national traditional medicine policy.

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Language : Nep  
Title : **homeopathy ek chinari**  
Trans.title : An introduction to homeopathy  
Author/Editor(s) : Kha, Shabbir  
Publisher : Lalitpur, MoH, Pashupati Homeopathic Hospital  
Pub.date : 2053  
Collation : 22p.  
Keywords : **Homeopathy**  
Geog.area(s) : NEPAL  
Abstract : Homeopathy is known as a modern and side effect less medicine. It treats all diseases without surgery. The homeopathic medicines help us healing ourselves. This is an introductory book and concentrate on the homoeopathic medicine, its history in Nepal, its ways of treatment and homeopathic medicines. This book will provide information for those interested in the development of homeopathic medicine in Nepal.

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Language : Hin  
Title : **prakritik upachar uchcha raktachap ke liye**  
Trans.title : Naturopathy for high blood pressure  
Corp.author(s) : Prakritik Chikitsa Evam Yog Swasthya Kendra, New Delhi  
Pub.date : 1993  
Collation : 57p.: illus  
Keywords : **Blood pressure, high; Yoga; Nutrition therapy; Meditation; Acupressure**  
Geog.area(s) : INDIA

**Abstract** : Popularity of treatment by natural medicine is growing. This medicine believes that our body itself can make us healthy. Our nutrition, exercise and creative thinking keep us healthy. In this book nutrition, exercise and meditation are described to prevent high blood pressure and also to reduce blood pressure to normal for high blood pressure patient. Treatment of high blood pressure by water therapy, soil therapy, colour therapy and acupressure are also dealt in this book.

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**Language** : Eng  
**Title** : **Ethnobotany of Nepal**  
**Author/Editor(s)** : Rajbhandari, Keshab R  
**Publisher** : Kirtipur, Ethnobotanical Society of Nepal  
**Pub.date** : 2001  
**Collation** : xiv, 189p.: index, reference  
**Keywords** : **Ethno-abotany; Indigenous knowledge; Medicinal plants; Indigeneous plants**  
**Geog.area(s)** : NEPAL  
**Abstract** : Ethnobotany refers to the study of how people of particular culture and region use indigenous plants. This book starts with introduction containing short description of vegetation of Nepal and history of ethnobotanical exploration in Nepal. The main part of book consists of 562 species of plants used by various ethnic communities of Nepal. Among them 450 species carry medicinal properties, 125 species are edible and 70 species have miscellaneous uses. Each species is described with current botanical name, synonym(s), local names, brief description and ethnobotanical uses with references. The plants are arranged alphabetically according to family, genus and species. Indexes of the scientific names and local names are provided. This book will be useful for researchers, students and teachers of plant science and all those interested in ethnobotany.

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**Language** : Eng  
**Title** : **National register of medicinal plants**  
**Corp.author(s)** : IUCN Nepal, MoFSC, Kathmandu, Nepal  
**Pub.date** : 2000  
**Collation** : ix, 161p.: index  
**Keywords** : **Medicinal plants; Ayurveda; Aromatic plants**  
**Geog.area(s)** : NEPAL  
**Abstract** : The wealth of Himalayan herbs is reputed in Ayurvedic medicine. This book enumerate about 150 medicinal and aromatic plants in alphabetic order of Nepali name. For each plant scientific name, family, common name, conservation status, major documentation and traditional uses are given. The scientific names of plants referred in book are listed according to alphabetic order in index.

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**Language** : Nep  
**Title** : **homeopathic chikitsa ek chinari**  
**Trans.title** : An introduction to traditional medicine  
**Author/Editor(s)** : Kha, Shabbir  
**Publisher** : Lalitpur, MOH, Pashupati Homoeopathic Hospital  
**Pub.date** : 2056  
**Collation** : 36p.: illus  
**Keywords** : **Homeopathy; Simillia simillibus curantura**  
**Geog.area(s)** : NEPAL  
**Abstract** : Homoeopathy is known as a modern and side effect less medicine. It treats all diseases without surgery. The homoeopathic medicines help us healing ourselves. This is an introductory book and concentrate on the homoeopathic medicine, its history in Nepal, its



ways of treatment and homeopathic medicines. Homeopathic treatment of diseases especially of insomania, pulsatila, alopecia, renal colic, Jaundice and Asthma are described in this booklet. This book will provide information for those interested in the development of homeopathic medicine in Nepal.

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**Language** : Eng  
**Title** : **Medicinal plants of Bangladesh**  
**Author/Editor(s)** : Yusuf, Mohammed; Chowdhari, Jasim Uddin; Wahab, Abdul; Begum, Jaripa Publisher: Dhaka, Bangladesh Council of Scientific  
**Pub.date** : 1994  
**Collation** : 338p.: illus, bibliography, index  
**Keywords** : **Medicinal plants; Nutritious food**  
**Geog.area(s)** : BANGLADESH  
**Abstract** : Interest in herbal medicine has increased considerably in recent years. Medicinal plants are used in Ayurvedic and Unani medicine, and also in traditional medicine. This book has listed 620 medicinal plants of Bangladesh along with 94 illustrations. The plants are enumerated in alphabetic order according to the botanical names. Each plant is described with its Bengali and English name, actions and use, and distribution in Bangladesh in main text. At the end, index of English names, index of Bengali names, index of uses, glossary of medicinal terms and references are included. This book will be of interest for the research workers and herb traders.

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**Language** : Eng  
**Title** : **Guidelines for setting up data on medicinal plants**  
**Author/Editor(s)** : Chadha, Yog R  
**Publisher** : New Delhi, UNIDO  
**Pub.date** : 1990  
**Collation** : iv, 192p.: illus, appendix  
**Keywords** : **Medicinal plants; Information system; Traditional herbal medicine; Strategy planning; Network**  
**Geog.area(s)** : INDIA  
**Abstract** : This document provides a short account of existing database on the international level. It describes the evolution of computer readable database from traditional abstracting and indexing journal. It deals with (a) the type of information on medicinal plants that is available in existing databases and the significance of its use for the developing countries, (b) criteria and guidelines for setting up a national data base on medicinal plants, (c) regional networking of such national databases, and d. how to prepare monographs on medicinal plants.

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**Language** : Eng  
**Title** : **Ayurveda and medicinal herbs in PHC**  
**Author/Editor(s)** : Singh, LM  
**Publisher** : Kathmandu, RECPHEC  
**Pub.date** : 1996  
**Source** : Meeting health needs of the people challenges and prospects. Resource Centre for PHC : p.22-29  
**Keywords** : **PHC; Ayurveda policy; Ayurveda medicine system; Network; Ethnomedicine; Ayurvedic practitioners; Research and development; Budget; Economic analysis; Pharmaceutical development; Medicinal herbs**  
**Geog.area(s)** : NEPAL

**Abstract** : Ayurveda is the traditional system of medicine of the Indian subcontinent including Nepal and it is still in extensive practice which is officially recognized system of medicine in India, Srilanka, Nepal. It has becoming more popular even in developed countries USA, UK, German, Italy, Japan etc. The article deals with the private sectors local company, institutions including dispensaries and multinational pharmaceutical company. It also analysis economics and presented the estimation for ayurvedic medicine development. To achieve primary health care ayurvedic medicine system should incorporated within the health system so that it can be preserved and promoted.

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**Language** : Eng  
**Title** : **Development and cultivation of medicinal plants in Himanchal Pradesh**  
**Corp.author(s)** : Dept. of Indian Systems of Medicine and Homoeopathy, Shimla, India  
**Pub.date** : 1995  
**Collation** : 63p.: illus, annex  
**Keywords** : **Medicinal herbs; Research and development; Training program; Herbal garden; Law and legislation; Marketing; Monitoring; Endangered species**  
**Geog.area(s)** : INDIA; HIMANCHAL PRADESH  
**Abstract** : The Ayurvedic medicines is used in India since Vedic time. Systems of medicine like Ayurveda, Unani, Sidha and also the Homoeopathic system use plant based raw materials in most of their preparation. Himanchal Pradesh is rich in medicinal and aromatic plants (MAPs). All four Geo-ecological zones are rich in vegetation. Thirty eight MAPs from low hills subtropical zone, 12 MAPs from mid-hill zone, 26 MAPs from high hill temperate zone and 12 MAPs from high hill temperate zones are listed as important MAPs of respective zones. The importance of herbal garden and herbarium for research and development, and training for all working in the promotion of herb trade is discussed.

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**Language** : Eng  
**Title** : **Feasibility study of medicinal and aromatic plants in the hatiya VDC of Sankhuwasabha district for sustainable development**  
**Author/Editor(s)** : Amatya, Giridhar  
**Publisher** : Kathmandu, The Makalu Barun National Park/Conservation Area Project  
**Pub.date** : 1995  
**Collation** : 27p.  
**Keywords** : **Non-timber forest products; Medicinal and aromatic plants; Maps; Herb processing; Herb market; Biological monitoring; Medicinal plants**  
**Botanical name** : *Aconitum Spicatum*; *Aconitum Palmatum*; *Astilbe Rivularis*; *Berginia Purpuraceus*; *Brachycorythis Obchordata*; *Dachtylorhiza Hatagirea*; *Juniperus Indica*; *Juniperus Recurva*; *Megacodon Stylophorus*; *Potentilla Peduncularis*; *Rheum Australe*; *Rheum Nobile*; *Rhododendron Anthopogon*; *Rhododendron Lepidotum*; *Selinum Tenuifolium*; *Swertia Chirayta*  
**Geog.area(s)** : NEPAL; SANKHUWASABHA; HATIYA  
**Abstract** : NTFPs are major source of income for villages of remote areas of Nepal like Hatiya VDC of Sankhuwashabha. It is one of the most remote areas of the district. This report assesses the resource quantification, biological monitoring and importance, of medicinal and aromatic plants (MAP) of the area. In total 16 MAPs of the area were studied regarding their parts used, phenology, collection practice and biological monitoring. The villagers for their use collected only *Juniperus indica*, *Rhododendron anthopogon* and *Swertia chirayita*. Cultivation of herbs should be promoted and tenure right of collection should be given to the collectors to conserve natural resource, and to reduce overexploitation and premature collection of herbs. Commercial cultivation of Chiraito and establishment of processing plant for MAP are recommended to uplift the economy of that area.

Language : Nep  
Title : **jadibuti: kheti तथा sankalan**  
Trans.title : Medicinal plants : cultivation and collection  
Author/Editor(s) : Bhattarai, Khem Raj  
Publisher : Kathmandu, Gorkha Ayurvedic Company  
Collation : 55p.: illus  
Keywords : **Medicinal plants; Ayurveda; Cultivation; Storage; Market; Production; Holistic approach health system**  
Geog.area(s) : NEPAL  
Abstract : Nepal is considered as storehouse of medicinal herbs. The natural habitats of these herbs are decreasing every year, which will affect the national economy and also the economy of herb collectors and traders. The cultivation of herbs and scientific ways of herb collection are the only means for their sustainable economic uses. This booklet starts with the introduction of Gorkh Ayurveda Company. 21 major medicinal herbs are described with their habitat, cultivation practice, production and market value. Scientific ways of collection, processing and storage of herbs are also given. It is a booklet for farmers interested in herb collection and farming.

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Language : Eng  
Title : **Ayurvedic concepts of healthy mother and happy child**  
Author/Editor(s) : Tiwari, PV; Sharma RD  
Publisher : New Delhi, Rastriya Ayurveda Vidyapeeth  
Pub.date : 1998  
Collation : v, 73p.  
Keywords : **Mother and child health; Menstruation; Neonatal diseases; Pregnancy; Child rearing; delivery of health care**  
Geog.area(s) : INDIA  
Abstract : This booklet consists of two parts, the first part deals with maternal care during pregnancy and after pregnancy and second part deals with childcare after birth and care during later childhood period. It consists of Ayurvedic and traditional home remedies. The Ayurvedic treatment and medicine in past was so popular that it remained also as folk care medicine and home remedies. Use of home remedies restricted to old and elderly women and many women of today are deprived of this treasure of knowledge. This booklet is the documentation of the traditional knowledge on maternal and childcare. Treatments for common problems and diseases are given. The recipes provided are economical, safe and easily available method of treatments. The common medicinal plants mentioned in the booklet are listed in alphabetic order of Sanskrit/Hindi names with their Botanical names and names on Malyalama, Tamil, Telgu and Kannada at the end of booklet. This booklet will be a great help for young mother and others working in this field.

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Language : Eng  
Title : **Useful plants of Manang district : a contribution to the ethnobotany of Nepal**  
Author/Editor(s) : Pohle, Perdita  
Publisher : Stuttgart, Framz Steiner Verlag Weisbaden  
Collation : vi, 65p.: illus, index  
Series : Nepal Research Centre Publication, no. 16  
Keywords : **Ethno-botany; Medicinal plants; Ethnomedicine; Narcotic plants; Nutritious plants; Ritual plants**  
Geog.area(s) : NEPAL; MANANG  
Abstract : Plants are used by people for food, medicine, religious ritual and other various uses. By The introduction of some popular high yielding crops and modern chemical medicine

available in local health post, the traditional use of local plant resource is decreasing. This report is a work concentrated on Gyasumdo, Nyeshang and Nar areas of Manang. 77 Plants species from Gyasumdo, 96 species from Nyeshang and 66 species from Nar used as medicinal plants, nutritive and narcotic plants, ritual plants, and plants in other uses (like fiber, firewood, fodder, insecticide etc) are described. Plants are listed alphabetically according to the botanical names with their vernacular names in Index. This work will help to preserve the valuable local traditional knowledge of the area gathered by the experience of many generations.

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- Language : Eng  
Title : **Report on a visit to Nepal: the medicinal plant trade in the Khardep area : a study of the development potential**  
Author/Editor(s) : Burbage, MB  
Publisher : London, Tropical Products Institute  
Pub.date : 1981  
Collation : vi, 170p.: appendix  
Keywords : **Trade of medicinal plants; Quality control; Packaging; Transport; Ayurvedic and herbal medicine; Cultivation; Production; Harvesting; Unani; Botanical name: picrorhiza; Swertia; Nardostachys; Aconitum; Piper; Zanthoxylum; Drug supply**  
Geog.area(s) : NEPAL; KASKI ZONE; KHARDEP AREA  
Abstract : This report consists of information on the production, processing, trade and usage of medicinal plants in Nepal particularly in KHARDEP area. The collection and sale of wild medicinal plants is of great importance to the hill people as a source of income. India is the largest market of Nepalese medicinal plants, followed by other countries in Asia and the Far East. It is advised to attempt to establish direct sales to Asian countries except India and the Far East. Through study of plant availability in Nepal and the requirement of Asian and Far East markets is necessary before detailed plants can be proposed. Long term availability of certain plants in Nepal is possible only by cultivation. Pakhribas Agriculture Centre could undertake cultivation trial for the KHARDEP areas. Improvements in harvesting, preparation and handling practices of collectors in the hills are necessary to improve the quality of export consignments. Part processing of medicinal plants like powdering or preparation of simple aqueous extracts has some potential. Dhankuta seems to be a suitable location for the installation of part-processing facilities. Establishment of Local industries for Ayurvedic medicine production for import substitution should be encouraged.

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- Language : Eng  
Title : **Europe's medicinal and aromatic plants: their use, trade and conservation**  
Author/Editor(s) : Lange, Dagmar  
Publisher : Cambridge, TRAFFIC International  
Pub.date : 1998  
Collation : viii, 109p.: illus  
Keywords : **Medicinal plants; Trade; Aromatic plants; WTO; Cultivation; Herbal medicine; Information system; Code of conduct**  
Botanical name : *Lavendula Spp.*; *Papaver Somniferum*; *Carum Carvi*; *Foeniculum Vulgare*; *Gentiana Lutea*; *Adonis Vernalis*; *Arctostaphylos Uvaursi*; *Arnica Montana*; *Cetaria Islandica*; *Drosera Rotundifolia*; *Gentiana Lutea*; *Glycyrrhiza Glabra*; *Gypsophila Spp.*; *Menyanthes Trifoliata*; *Paeonia Spp.*; *Primula Spp.*; *Ruscus Aculeatus*; *Sideritis Spp.*; *Thymus Spp.*; *Origanum Spp.*; *Thymbra Spp*  
Geog.area(s) : EUROPE

**Abstract** : This report includes European medicinal and aromatic plants used medicinally, for cosmetics, as herbal teas, as spices, in liqueurs and bitters, as insecticides and fungicides, and in domestic cleaning products. It examines the exploitation of native European medicinal and aromatic plants, investigates their trade in Europe, and recommends actions to ensure legal and sustainable use of the taxa involved. The findings are on the basis of the survey carried out in Albania, Bulgaria, France, Germany, Hungary, Spain, Turkey and the UK. These countries particularly the Mediterranean countries show rich wild gene pools with regard to medicinal and aromatic plants. Out of about 2000 medicinal plant taxa in trade in Europe 1200 to 1300 specie are native to Europe. Wild collection of some of these plants remains particularly prominent in Albania, Turkey, Hungary and Spain.

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**Language** : Eng  
**Title** : **Medicinal herbs in the Bagmati zone**  
**Author/Editor(s)** : Malla, Samar Bahadur  
**Publisher** : Kathmandu, ICIMOD  
**Pub.date** : 1994  
**Collation** : 86p.: illus, references, maps  
**Series** : ADPI series no 8  
**Keywords** : **Medicinal plants; Aromatic plants; Uses of plants; Modern medicine; Essential oil; Ethno-botany; Adverse reaction; Code of conduct; Management and development of medicinal and aromatic plants; Bir-nighantu; Dye spices**  
**Geog.area(s)** : NEPAL; BAGMATI ZONE  
**Abstract** : Bagmati zone lies in Central Nepal. Central Nepal is rich in flora as it is the meeting ground of Eastern and Western Himalayan flora. 368 medicinal and aromatic plants reported from Bagmati zone are listed in this report according to their scientific names with their local names, habit, habitat, altitude range, useful parts, medicinal uses and chemical constituents. Growth and regeneration of medicinal herbs, the traditional collection practice, and uses of the herbs in medicine, as essential oil and dyes and tannins are discussed. Potentiality and prospects for economic uses and management practice are discussed. Measures to be taken for sustainable economical use of the herbs are recommended.

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**Language** : Eng  
**Title** : **Proceeding first training workshop on ethnobotany and its application to conservation September 16-24, 1996**  
**Author/Editor(s)** : Shinwari, Zabtak; Khan, Bashir A; Khan, Ashiq A  
**Publisher** : Islamabad, National Herbarium/PARC  
**Pub.date** : 1996  
**Collation** : v, 228p.: illus, references  
**Keywords** : **Ethnobotany; Medicinal plants; Forest; Protected areas; Community participation; People and plants; Hakeems**  
**Botanical name** : *Azadirachta Indica; Aloe Vera; Matricaria Chamomilla; Potentilla Spp*  
**Geog.area(s)** : PAKISTAN; CHINA; KASHMIR  
**Abstract** : Ethnobotany is the knowledge of the forest and the natural products accumulated by human society over the course of thousands of years. The Himalayan region is rich in biodiversity. However the rich biodiversity of this region is being disastrously impoverished due to human actions in the last few decades. Understanding the indigenous knowledge of people in relation to biodiversity resource management is the key issue for sustainable development of the Region today. The major purpose of this workshop was to explore the indigenous knowledge, identify various linkages behavior plants or people and use them for the mutual existence of both plants and people. This proceeding consists of articles on ethnobotany and its application to conservation. It consists of 27 articles on ethnobotany especially related to medicinal plants, mushrooms and problems and prospects of protected areas.

**80**  
Language : Eng  
Title : **Declaration of the international conference on medicinal plants**  
Corp.author(s) : The Foundation for Revitalisation of Local Health Traditions, Bangalore, India  
Publisher : Bangalore, FRLHT  
Pub.date : 1998  
Collation : 11p: illus  
Keywords : **Medicinal plants conservation; Revitalization of indigenous knowledge; Traditional medicine**  
Geog.area(s) : INDIA  
Abstract : The international conference participated by 400 delegates representing from 35 countries ended with a declaration. The declaration encourages on the wider use and application of knowledge, innovations and practices of indigenous communities and emphasize in equitable sharing of benefits arising from biodiversity with local communities. Needs of more investments for in situ and ex situ conservation of medicinal plants and for the revitalization of traditional medical culture were emphasized. Recommendations of the conference on conservation, trade and enterprise, revitalization of traditional medicinal culture and plants and on traditional resource rights of communities are given on this booklet.

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**81**  
Language : Eng  
Title : **Medicinal plants : rescuing a global heritage**  
Author/Editor(s) : Lambert, John; Srivastava, Jitendra; Vietmeyer, Noel  
Publisher : Washington DC, The World Bank  
Pub.date : 1997  
Collation : ix, 63p.: bibliography  
Series : World Bank technical paper no 355  
Keywords : **Traditional knowledge; Conservation; Materia medica; In situ and ex situ conservation; Socio-economic impact; Cultivation; Law and legislation; Neem; Sarpagandha; Turmeric**  
Botanical name : *Panax Ginseng*; *Eucommia Ulmoides*; *Hippophae Rhamnoides*; *Plantago Ovata*; *Coscinum Fenestratum*; *Trichopus Zealanicus*  
Geog.area(s) : INDIA; CHINA  
Abstract : Traditionally, medicinal plants have been considered solely part of the health sector, but increasingly they are part of agriculture and even of environmental programs. This is because demand for medicinal plants is increasing at such a rate that the natural stocks in the wild are being destroyed. Hundreds of species are overharvested and face extinction if they are not protected or cultivated. China and India are the first countries to seriously grapple with the issue. This report provides an overview of the global situation and it highlights the efforts China and India are making to ensure the long-term health of these resource upon which billions trust their lives. Experiences of these two countries can be used to facilitate medicinal plant conservation, cultivation, community participation and sustainable development in the rest of the world.

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**84**  
Language : Eng  
Title : **Proceedings national seminar on teaching research and patient care in ayurvedic hospital**  
Author/Editor(s) : Sharma, Ramesh; Singh, KP  
Publisher : Varanasi, BHU, Institute of Medical Science  
Pub.date : 1990  
Collation : v, 162p.  
Keywords : **Training program; Noise pollution; Hospital management; Patient care; Neonatal care; Ayurveda; Yoga; Pharmacy; Radiology; Dietetic management**

**Geog.area(s)** : INDIA  
**Abstract** : Under the changed situation of present time and availability of many newer methods and approaches of teaching, research and patient care, the Ayurvedic medicine should adopt these newer approaches. The seminar was organized to formulate a model of Ayurvedic hospital, its physical requirements and manpower strategies to carry on training, research and patient care on Ayurvedic line. The seminar recommended various steps to provide uniform standards and adequate facilities in Ayurvedic hospitals by providing good patient care, adequate training to young Ayurvedic doctors and facilities for clinical research. The proceeding consists of 24 articles written about Ayurvedic medicine, Ayurvedic hospital practices and present status of Ayurvedic hospitals in India. Abstracts of some important papers presented in the workshop are given at the end.

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**Language** : Eng  
**Title** : **Medicinal plants for forest conservation and health care**  
**Corp.author(s)** : Global Initiative for Traditional Systems of Health, FAO, Rome, Italy  
**Pub.date** : 1997  
**Collation** : 157p.: illus, references  
**Series** : Non-wood forest products no 11  
**Keywords** : **Trade of medicinal plants; Ethno-botany; Traditional health care; Biodiversity; Conservation; Indigenous knowledge; Intellectual property rights; Malaria**  
**Geog.area(s)** : INDIA; CHINA; AFRICA; USA; UK; BULGARIA; NEPAL  
**Abstract** : Indigenous knowledge on Medicinal plants is a valuable asset at present time. Medicines from plants based on traditional or indigenous health system is used by majority of the population of most developing countries. Medicine developed from plants using the knowledge brings many problems when the herbs are harvested from forest. Indigenous people or even the countries in which they reside have benefited little from the development of medicines from their plant resources. In contrary, when an herbal medicine becomes popular it can be over-exploited and the resource threatened with extinction. Articles in this context about China and Africa are included in this series. Cultivation of medicinal plants is the solution of extinction but cultivation is difficult to establish when prices for wild sourced material are so low that there is little incentive for investment in horticultural programmes. Local processing of herbs and essential oil can make the cultivation economically viable. The papers in this volume address the diverse prospective associated with the supply, use, conservation and trade in plants used for human health care. This volume also include an article by N. Bhattarai on Biodiversity-people interface in Nepal.

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**Language** : Eng  
**Title** : **Proceedings of working seminar on managing agricultural biodiversity for sustainable mountain agriculture issues and experiences, March 15-16, 1996, Pokhara, Nepal**  
**Author/Editor(s)** : Sthapit, BR  
**Publisher** : Pokhara, LI-BIRD  
**Pub.date** : 1996  
**Collation** : 121p.: illus, annex  
**Keywords** : **Genetic diversity; Indigenous knowledge; Biodiversity conservation; Genetic erosion; Indigenous crops; Agricultural and livestock development; Seed supply system; Green manuring; Breeding; On farm conservation; NARC**  
**Geog.area(s)** : NEPAL  
**Abstract** : The purpose of this workshop is to create awareness on agriculture biodiversity by sharing experience among the participants. Nepal is rich in crop genetic diversity, but due to the introduction of developed high yielding varieties and animal breed and over exploitation of

natural resources genetic erosion is taking place in Nepal. The important characters of the diverse genepools of present time will be lost on future if we could not maintain the diversity. The workshop was divided into two broad themes: Nepalese bio-wealth and realities of genetic erosion, and Community participation in on-farm genetic conservation and agricultural development. Six and seven papers were presented in the two themes respectively.

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**Language** : Eng  
**Title** : **WWF plants campaign : medicinal plants**  
**Author/Editor(s)** : Grayer, Renee WWF  
**Pub.date** : 1983  
**Collation** : vi, 55p.: illus  
**Series** : plantpac no. 3  
**Keywords** : **Medicinal plants; Traditional medicine; Ethno-botany; Developing countries; Indigenous knowledge; Periwinkle; Yew; Garlic; Onion; Ginseng; Health care; Western countries**  
**Abstract** : Plantpac is a series of publications on different aspects of plant. This volume of the series tries to answer the basic principle of working of medicinal plants and discuss on the uses of medicinal plants in health care of western and developing countries. Plants yield chemicals that destroy tumours, reduce blood pressure paralyse the muscle or prevent conception or if used in wrong doses kill people, an article written in this respect "Plants that bring health or death" published in New scientist is included in this report. Other general articles included are "Plants for man: their potential in human health" and "Time for tonic." Last chapter of the book includes some articles related to medicinal plants on danger.

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**Language** : Nep  
**Title** : **prakritic chikitsa vigyan**  
**Trans.title** : Science of naturopathy  
**Edition** : 2nd  
**Author/Editor(s)** : Pathik, TN  
**Publisher** : Kathmandu, Pairabi Prakashan  
**Pub.date** : 2056  
**Collation** : 262p.: bibliography  
**Keywords** : **Naturopathy; Yoga; Natural food; Nutrition; Diet therapy; Utility of food; Diet; Diseases; Diagnosis and treatment; Herbal therapy; Therapeutic**  
**Geog.area(s)** : NEPAL  
**Abstract** : This book covers the courses on Natural medicine of C.T.E.V.T. and Mahendra Sanskrit University. Natural medicine prevents diseases and controls diseases by adopting proper food habits and exercises. The book in its first part describes the history and the fundamental principle of nature cure. The control of diet is one of the major principles of natural therapy. The second part is about natural food, nutrition, diet therapy and other various natural therapies. In the chapter diseases and natural treatment, some common diseases are dealt with their symptoms, causes, treatment, medicines, and recommended diet. Domestic treatments of some diseases, Yogasan therapy and human body construction are described in 4, 5, and 6 parts respectively. Importance of rest, sex, fasting and massage treatment are also described in this book.

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**Language** : Hin  
**Title** : **ayurveda ausadhigundharma sastra**  
**Trans.title** : Pharmacopiea of ayurvedic medicines  
**Author/Editor(s)** : Gunne, Gangadhar



**Publisher** : Anandanagar, Ayurveda Sewa Sangh  
**Pub.date** : 1935  
**Collation** : 132p.  
**Series** : 1 part bhasme  
**Keywords** : **Marathi; Ayurveda; Therapeutic guidelines; Pharmacology**  
**Geog.area(s)** : INDIA  
**Abstract** : This book about Ayurvedic medicine is written in four volumes originally in Marathi language. This is the translation of first volume in Hindi. In this volume methods of preparation and their medical uses of ashes of different materials (like mica, gold, shell, copper etc.) used in Ayurveda are described.

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**Language** : Eng  
**Title** : **Second international seminar on ayurveda**  
**Corp.author(s)** : Gujrat Ayurveda University, Gujrat, India  
**Pub.date** : 2001  
**Collation** : 110p.: illus  
**Keywords** : **Ayurvedic medicine; Homeopathy; Nutraceuticals; Medicinal plants resource; Globalization; International acceptance; Medical astrology; Gastro-intestinal Disorders; Peptic ulcer; Irritable bowel syndrome; Colitis**  
**Abstract** : Ayurveda is the oldest medical science practiced in the Indian Subcontinent since 12th Century BC. Presently, Ayurveda is getting popularity also outside this Subcontinent. The Gujarat Ayurved University is exclusively devoted to the popularization of Ayurveda and to modernize the Ayurvedic studies and research. In this context the University organized an international seminar on Ayurveda, Jan. 5-7, 2001. On this occasion a Workshop on Globalization of Ayurvedic Education, a Symposia on International Acceptance of Ayurvedic formulation, and a seminar on Iatrogenic, Chronic, degenerative and metabolic disorders Vis-...-vis Ayurvedic Approach were organized. This Workshop report consists of 27 articles mainly concentrated on Indian system of medicine, Ayurvedic education, globalization of Ayurveda, Ayurveda in Japan, USA, North Amerca, Argentina and Sri Lnka, conservation and utilization of medicinal plants, and medical astrology.

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**Language** : Hin  
**Title** : **ayurveda anusar sukhi evam swasthya matritwa**  
**Trans.title** : Happy and healthy motherhood according to ayurveda  
**Author/Editor(s)** : Tiwari, Premawati; Sharma, SK  
**Publisher** : New Delhi, National Academy of Ayurveda  
**Collation** : 23p.  
**Keywords** : **Safe motherhood; Maternal health; Pregnancy; Child health; Child rearing; Ayurvedic medicine; Home remedies**  
**Geog.area(s)** : INDIA  
**Abstract** : This booklet deals with the pregnancy and maternal care during pregnancy, and care of newly born child. Symptoms of some common problems seen in mother during pregnancy and their domestic treatment are given.

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**Language** : Eng  
**Title** : **A socio-economic profile of two villages in Mongar district**  
**Author/Editor(s)** : Johari, Radhika  
**Pub.date** : 1996  
**Collation** : 199p.: illus, appendix  
**Keywords** : **Medicinal plants; Traditional medicine; Community participation; Cultivation; Socio-economic condition; PRA**

Geog.area(s) : BHUTAN; MONGAR DISTRICT  
Abstract : It is a report on the findings of socio-economic survey on cultivation of medicinal plants conducted in two villages in Tsakaling geong of Mongar districts. The activities regarding the collection and cultivation of medicinal plants and planned objectives are described here. The major constraint to expanding in the expansion of traditional medicine (TM) in Bhutan is the shortage of raw materials; in this respect the project on Cultivation of medicinal plants for traditional medicine (CMPTM) was started. The objective of the project is to promote TM by improving the availability of drugs through the better availability of raw material by improving harvesting techniques and through the introduction of cultivation of selected medicinal plants. Around 200 species of low altitude plants are used in TM of which between 70 -80

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**1998**  
Language : Eng  
Title : **Global meet on medicinal plants**  
Corp.author(s) : The Foundation for Revitalisation of Local Health Traditions, Bangalore, India  
Collation : 13p.: illus  
Series : AMRUTH, April 1998  
Keywords : **Medicinal plants; Himalayan; Quality control; Community participation; Wild life; Conservation; Ethics; Biodiversity; Cultural diversity; Traditional uses; Sustainability; Traditional medicine**  
Geog.area(s) : INDIA  
Abstract : The conference was hosted by FRLHT at the National Institute of Advanced Studies, Banglor and held from the 16th to 19th Feb. 1998. About 400 delegates from 35 countries participated in the conference. The speakers noted the growth in medicinal plant conservation projects worldwide and called for collaboration among these projects to link model project. Traditional cultural ownership must be a matter of international education as it plays a key role in conserving traditional medical knowledge. Introduction of organizations involved in medicinal plant conservation and who attended the conference, and the key notes of the respective participants are given in the report.

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**1995**  
Language : Eng  
Title : **Healing forests healing people : report of a workshop on medicinal plants held on 6-8 February, 1995 Calicut, India**  
Author/Editor(s) : Bajaj, Manjul; Williams JT  
Publisher : New Delhi, International Development Research Centre  
Pub.date : 1995  
Collation : 63p.  
Keywords : **Threatened and endangered medicinal plants; Biodiversity; Trade of medicinal plants; Traditional medicine; Quality control; Code of conduct; Network research; Therapeutic uses; Herbal medicinea**  
Geog.area(s) : INDIA; BANGLADESH; NEPAL; SRI LANKA  
Abstract : Many thousands of rural poor of South Asia are involved in collection, processing and marketing plants of medicinal value. Probably an equal number are engaged in health care practice based on these resources. The rich and diverse heritage of traditional medicine system of South Asia is threatened by the interplay of a number of factors: habit destruction, indiscriminate collection, exploitative trade, the entry of cheap and spurious substitutes in the market, and paucity of research and resources directed at the systemic cultivation of some of these species. The report published in this booklet summarizes the discussions of the first meeting of Medicinal Plant Research Network held in 1995. The meeting brought together a select group of practitioners, researchers, social scientists and development

professionals from Bangladesh, India, Nepal, Sri Lanka and few from donor community. The major objective of the meeting to seek consensus on how the network would be organized, what should be the research priorities and what guidelines should be used in conducting research. The book also consists of summaries of thematic discussions on biodiversity, safety and efficacy, socioeconomic issues and health systems. Under facts and Figures data of participated countries on threatened and endangered medicinal plants, traditional system of health and trade of medicinal plants are given.

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- Language : Eng  
Title : **Indian system of medicine and homoeopathy (ISM & H)**  
Corp.author(s) : Govt. of India, India  
Collation : 94p.: annex  
Keywords : **Homeopathy; Ayurveda; Siddha system; Unani; Yoga and naturopathy; Pharmacopoeia; Standardization of drugs; National health care; IEC; Medicinal plants; Research and development; Organization and management; Education and research naturopathy; Yoga**  
Geog.area(s) : INDIA  
Abstract : Department of Indian System of Medicine and Homeopathy (ISM and H) was established in March 1995 to strengthen Ayurvedic, Unani, Sidha, Yoga and naturopathy, and Homeopathic treatments. The department prioritizes in maintaining standard of education, Standardization of drugs and quality control, research and development and cooperation with modern hospitals. This book first introduces various Indian systems of medicine and Homeopathy, and educational institutes involved in manpower development in these fields. Activities to standardization of ISM and H drugs, to increase the availability of raw materials for drug manufacture and the research and development activities are discussed in separate chapters.
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- Language : Eng  
Title : **Minor forest products of Nepal general status and trade**  
Author/Editor(s) : Malla, SB; Shakya, PR; Rajbhandari, K; Bhattarai, NK; Subedi, MN  
Publisher : Kathmandu, Forestry Sector Institutional Strengthening Programme  
Pub.date : 1993  
Collation : 47p.: illus, map  
Keywords : **Medicinal herbs; Minor forest products (MFPS) collection and trade data; Case studies; Storage; Conservation; Cultivation; Sustainability supply; Ayurvedic medicine; Domestic uses; Revenues**  
Geog.area(s) : NEPAL  
Abstract : This report is a study on resource information on MFPs or non-timber products. The data presented were collected in Dec. 1992 and Jan. 1993 from herb trade centers, District Forest Offices and custom offices. This report presents the main findings of the study and makes a number of recommendations to improve the collection, processing, trade and revenue collection practice in MFP. The most common MFP that are traded on a large scale are Pine resin, Sal seed, Kutch, Sapindus mukorossi (Ritha), Xanthoxylum armatum (Timur), Cinnamomum tamala (Dalchini, Tejpat), Eulaliopsis binatyia (Babiyo), Daphne bholua (Lokta), Asparagus racemosus (Satawari), Swertia chirayta (Chiraito), Nardostachys grandiflora (Jatamasi), Rheum australe (Padamchal) and Cinnamomum glaucescens (Sugandhakokila). Some of these items are air lifted to trade centers. The volume of trade was found unexpectedly high. The dealers and collectors are in this profession for the last 3-4 decades. Most of the MFPs are harvested from the wild source so conservation practice is needed for these commercial value plants. Some high demand herbs like Chiraito were also domesticated. The medicinal herbs of sub-alpine

and alpine zones have become scarce and difficult to obtain. Some processing industries are established and started processing some herbs to produce essential oil, concrete, absolute etc.

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**95**

Language : Eng  
Title : **Traditional medicine in Nepal**  
Author/Editor(s) : Wornham, Wendy L Wendy L. Wornham  
Pub.date : 1981  
Collation : 89p.: bibliography  
Keywords : **Ayurvedic medicine; Pharmacology; Therapeutic Guidelines; Diagnosis and treatment; Traditional healers; Dhama; Jhankris; Hepatitis; Arthritis**  
Abstract : Ayurvedic medicine is the system of medicine in India serving for the last 2000 years. Ayurveda in India and Nepal co-exists with the systems of Chinese and Tibetan, the Arabs and the Allopathic and Homeopathic medicine of West. This paper discusses the system of Ayurveda: its philosophy and historical development; the fundamental principles of physiology, pathophysiology, etiology of disease and therapeutics. It also discusses two diseases: arthritis and hepatitis, in term of Ayurvedic pathophysiology and describes the treatments used by one of the Vaidyas practicing in Kathmandu, Nepal. Finally the current health care system in Nepal with regard to structure and the interface of traditional and Western medicine were discussed.

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**96**

Language : Eng  
Title : **Propagation methods for Indian medicinal plants of conservation concern**  
Corp.author(s) : The Foundation for Revitalisation of Local Health Traditions, Bangalore, India Publisher: Bangalore,  
Collation : 29p.: reference  
Keywords : **Medicinal value; Uses of plants; Threat status; Conservation; Propagation; Cultivation**  
Botanical name : *Acorus Calamus; Adhatoda Beddomei; Aegel Marmelos; Canarium Strictum; Coscinium Fenestratum; Cycas Circinalis; Embelia Ribes; Kingiodedron Pinnatum; Michelia Champaca; Oroxylum Indicum; Piper Mullesua; Pterocarpus Santalinus; Rauwolfia Serpentina; Saraca Asoca; Vateria Indica*  
Geog.area(s) : INDIA  
Abstract : About 90 percentage of the medicinal plants are fast disappearing as a victim of commercial over exploitation and large-scale loss of their natural habitats. For effective long-term conservation of these species, it is important to reduce the pressure of their exploitation from the wild. It is possible only if these species are propagated on a commercial scale. This booklet provides information about propagation of 15 red listed species. Other information like local or regional names and description, geographical distribution, medicinal uses and threat status. The information will help to promote and facilitate propagation and cultivation of these red listed species.

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**96**

Language : Eng  
Title : **African medicinal plants : setting priorities at the interface between conservation and primary health care**  
Author/Editor(s) : Cunningham, AB  
Publisher : Paris, UNESCO  
Pub.date : 1993  
Collation : 51p.: illus, appendix, references  
Series : People and plants working paper no. 1. March 1993

**Keywords** : **Traditional medicine; Medicinal plants; Traditional medical practitioners; Research and development monitoring; Education and training; (PHC) trade; Conservation; International trade; Supply; Cultivation; Strategy; Cost sharing; Sustainability**

**Geog.area(s)** : AFRICA

**Abstract** : Vast majority of people in Africa (70-80 percentage) consult traditional medical practitioners (TMPs) for health care. The medicinal plants are gathered mostly from wild. The demand for popular herbal medicine will increase in future although alternative healthcare facilities become available. The source of the medicinal plants will drastically decline in future due to forest clearance for agriculture, afforestation of grasslands, uncontrolled burning and livestock grazing. The TMPs who previously gathered medicinal plants in those areas are adversely affected. The TMPs are also affected by commercial harvesting for export and extraction of pharmaceuticals. This creates a growing demand for fewer resources resulting local disappearance of these plants used in traditional medicines and also reduces species diversity. Sustainable use of plants or plant parts is possible by intensive management, which demands high level of money and manpower. The cultivation of medicinal plants outside core conservation areas can be the alternative sources of these plants. Commercial cultivation of some species is not feasible due to slow growth and low price paid for traditional medicines. These slow growing species are a priority for ex situ conservation and strict protection in conservation areas. The high price paid species like *Warburgia salutaris*, *Gracinia kola*, *G. afzelii*, *G. epunctata*. Can be potential new crops for agroforestry or species like *Siphonochilus aethiopicus* for agriculture production. Cooperative action between healthcare professionals and conservationist in rapidly urbanizing regions with a high level of endemic flora particularly West Africa specifically Cote d'Ivoire, Ghana and Nigeria: east Africa specifically Ethiopia, Kenya and Tanzania; and South Eastern Africa specifically South Africa and Swaziland. The most threatened vegetation types are Afro-montane forest and coastal forests of Zanzibar-Inhambane regional mosaic.

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**Language** : Hin

**Title** : **ayurveda anusar navajat shishu evam bacho ki dekhbhal**

**Trans.title** : Neonatal and child care according to ayurveda

**Author/Editor(s)** : Tiwari, Premwati; Sharma, RD

**Corp.author(s)** : Dept. of India Medicine System, National Academy of Ayurveda, New Delhi, India

**Collation** : v, 39p.: illus

**Keywords** : **Child health; Neonatal care; Ayurvedic medicine; Traditional medicine; Naturopathy; Kashyap sanhita**

**Geog.area(s)** : INDIA

**Abstract** : This book deals with the Ayurvedic ways of neonatal and child cares. All shorts of neonatal care are given briefly according to the age of child. Some common health problems of child and their Ayurvedic treatments are given in this book.

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**Language** : Eng

**Title** : **Workshop proceedings : national workshop on nontimber forest products: jaributi**

**Author/Editor(s)** : Rawal, B Rana

**Publisher** : Kathmandu, Ban Udyan-BSP/New ERA

**Pub.date** : 2001

**Collation** : 58p.; illus, annex

**Keywords** : **Medicinal plants; Non-timber forest products; Conservation; Value addition sustainable harvesting; Marketing; Herbs**

**Geog.area(s)** : NEPAL

**Abstract** : Medicinal plants or Jaributi are vitally important for the rural communities of Nepal. The one-day workshop on NTFPs: Jaributi (held on Feb 22, 2001) concentrated mainly on NTFPs policy related issues, regulatory barriers in terms of production, value addition and marketing. Three concept papers were presented in the workshop are included in this report. The first paper is on “policy and regulatory environment to Jaributi production in Nepal”; the second paper is on “value addition of NTFPs: Jaributi in Nepal” and the third paper is on “Jaributi marketing and policy issues in Nepal”.

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**Language** : Eng  
**Title** : **Distribution of red listed medicinal plants of Southern India**  
**Author/Editor(s)** : Begum, S. Noorunnisa  
**Publisher** : Bangalore, FRLHT  
**Pub.date** : 1997  
**Collation** : 13p.: references  
**Series** : AMRUTH, December 1997  
**Keywords** : **Medicinal plants; Distribution**  
**Botanical name** : *Ampelocissus Indica; Aristolochia Tagala; Canarium Strictum; Celastrus Paniculatus; Coscinium Fenestratum; Glycosmis Macrocarpa; Holostemma Adakodien; Myristica Dactyloides; Myristica Malabarica Ochreinauclea Missionis*  
**Geog.area(s)** : INDIA  
**Abstract** : India's many valuable wild medicinal plants are threatened with extinction due to habitat loss, over exploitation and various other biotic pressures. This supplement is written on the basis of literature. Ten medicinal plants of southern India are listed in this booklet with their Botanical name, vernacular names of Sanskrit, Hindi, English, Kannada, Malayam and Tamil, Threat status, Habit and habitat, medical uses, global distribution and distribution in India. The information will provide distribution of the threatened medicinal plants at global, national and regional level.

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**Language** : Eng  
**Title** : **An insight into Ayurveda's knowledge of medicinal plants**  
**Author/Editor(s)** : Unnikrishnan, PM  
**Publisher** : Bangalore, FRLHT  
**Collation** : 26p.: illus  
**Keywords** : **Medicinal plants; Ayurveda; Traditional medicine; Ethnomedicine; Nighantu; Susruta samhita; Charak samhita; Dravyagunavijnana**  
**Geog.area(s)** : INDIA  
**Abstract** : The “Ousadhi sukta” in Rgveda is the oldest document available on medicinal plants. Morphological characters, habitats, therapeutic classification and uses in various ailments of 67 medicinal plants are briefly described in it. Ayurveda has a history of more than 3000 years. 81 plants are mentioned in Yajurveda and 289 plants in Atharvaveda. The number of plants used increased gradually from Rgveda to Nighantus. The name of some plants changed in books written latter. The Ayurveda is an evolving living tradition. This article deals with the Ayurvedic principle of medicinal plants or plant parts collection, identification, nomenclature and classification of plants, collection site and season, meaning of ousadhi (Drug), and processing and preparation of drugs. Approximately about 1600 botanical species are rigorously studied and incorporated in Ayurvedic literature against over 7500 used in ethnic communities in different parts of India. List of classical Ayurvedic literatures, Glossary with Sanskrit name and corresponding botanical name and meaning of Sanskrit words used in the text are also given.

**Language** : Eng  
**Title** : **Medicinal plants for hedges**  
**Corp.author(s)** : The Foundation for Revitalisation of Local Health Traditions, Bangalore, India  
**Pub.date** : 1999  
**Collation** : 15p.:illus  
**Serial title** : AMRUTH; Supplement, June 1999  
**Keywords** : **Medicinal plants; Hedge plants**  
**Geog.area(s)** : INDIA  
**Abstract** : Several plants better known as fence plants are good medicinal plants too. Some of these medicinal plants have long been used in hedges. Ninety-one plant species of medicinal values suitable for hedge are listed according to their habits and botanical names. 12 species of medicinal plants most suitable as hedge plants are described with their local names, description, parts used, medicinal properties and uses, and self help methods of medicine treatment.

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**Language** : Nep  
**Title** : **prakritic-chikitsa bisayak ratriya gosthi 2054-3-27-28**  
**Trans.title** : National seminar on naturopathy  
**Corp.author(s)** : Prakritic Chikitsa Samiti, Kathmandu, Nepal  
**Publisher** : Kathmandu, Prakritic Chikitsa Samiti  
**Pub.date** : 2054  
**Collation** : 51p.  
**Keywords** : **Naturopathy; Budget; Private service sector; NGOs; Health services; Health administration; Health policy; National ayurveda policy**  
**Geog.area(s)** : NEPAL  
**Abstract** : This report starts with the health policy of HMG, Nepal, and Budget allocation in health sector for 2052/2053. It consists of history of the development of Naturopathy in Nepal. The Naturopathy in Nepal is running in small scale only by the initiative of the private sector. Recommendations for the development of Naturopathy in Nepal are suggested.

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**Language** : Eng  
**Title** : **Sustainability of harvesting Prunus africana bark in Cameroon : a medicinal plant in international trade**  
**Author/Editor(s)** : Cunningham, AB; Mbenkum, FT  
**Publisher** : Paris, UNESCO  
**Pub.date** : 1993  
**Collation** : 30p.:illus  
**Series** : People and plants working paper no 2, May 1993  
**Keywords** : **Medicinal plants; Traditional medicine; International trade; Cultivation; Recommendation; Sustainable harvest; In situ and ex situ conservation; Prunus africana**  
**Geog.area(s)** : CAMEROON; AFRICA  
**Abstract** : African Cherry (*Prunus africana*) is a multipurpose tree species with medicinal value. The bark of this tree is the major source of an extract used to treat benign prostrate hyperplasia, a common health problem in older men. Bark or extracts of the bark are exported to Europe for preparation of drugs. Traders, traditional healers, rural communities, and international conservation agencies show serious concern on sustainability of the international trade of this tree bark. The plant shows remarkable ability to withstand bark removal. Despite sustainable bark harvesting from wild population, tree die offs and felling

off trees are frequent occurrence. It is an important fruit-bearing tree, which provide food source for endemic birds and primates. Over six year period, 1986-1991, annually average 1923 metric tons of bark or bark from 35,000 trees was processed. Despite the partial ban on bark extraction in 1991 over 3898 metric tons of bark were processed. Cultivation of *Prunus africana* and practical action to promote the sustainable use of bark are recommended.



Language : Eng  
Title : **Indian systems of medicine and homoeopathy in India**  
Corp.author(s) : Ministry of Health and Family Planning, New Delhi, India  
Pub.date : 1986  
Collation : vi, 248p.: annex  
Keywords : **Homeopathy; Unani; sidha; Education and research; Diagnosis and treatment; Indian system of medicine**  
Geog.area(s) : INDIA  
Abstract : The systems of medicine traditionally followed in India Ayurveda, Unani, Sidha systems, and Homoeopathy medicine are popular as these systems are cheap and are believed not to have any side effects. This book provides information on medical care facilities, manpower, medical education, research and pharmacies related to those systems of medicine inside India.



Language : Eng  
Title : **Management of medicinal and aromatic plants in 25 mountains and remote mountainous districts of Nepal**  
Corp.author(s) : Herbal Production and Processing Co.Ltd Kathmandu, Nepal  
Pub.date : 1999  
Collation : 75p.: appendix  
Keywords : **Aromatic plants; Management; Nursery establishment; Traditional uses; Marketing; Special area development programme HPPCL; Medicinal plants; Trade**  
Geog.area(s) : NEPAL  
Abstract : Mobilization of forest resources especially Medicinal and aromatic plants (MAPs) has great promise on the ground of economy, society and the culture as Nepal is rich in biodiversity. HPPCL has started programmes on MAP in 25 remote mountainous districts of Nepal. The aim of the programme is to create awareness to the local people on MAP cultivation. HPPCL has already established more than 12 nurseries in nine districts to encourage local people for the promotion of MAPs. MAPs has great economic prospects and can help in the programme on alleviation of poverty. Establishment of processing units in accessible places of some district, establishment of nurseries and trainings to farmers are recommended. Geographic and climatic data and vegetation (important timber plants and MAPs) of 25 districts are given in appendix.



Language : Nep  
Title : **homeopathic ek chinari**  
Trans.title : An introduction to homeopathy  
Author/Editor(s) : Kha, Shabbir  
Publisher : Lalitpur, MOH, Pashupati Homeopathic Hospital  
Collation : 37p.  
Series : homoeopathic ek chinari  
Keywords : **Homeopathy; Pharmacopoeia; Angina pectoris**



**Geog.area(s)** : NEPAL  
**Abstract** : Homoeopathy is known as a modern and side effect less medicine. It treats all diseases without surgery. The homoeopathic medicines help us heal ourselves. This is an introductory book and concentrate on the homoeopathic medicine, its history in Nepal, its ways of treatment, homeopathic medicines, Pioneers of homeopathy, specific homoeopathic remedies, repertory and Homoeopathic pharmacopoeia. This book will provide information for those interested in the development of homoeopathic medicine in Nepal.

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**Language** : Eng  
**Title** : **Methods in applied ethnobotany lessons from the field**  
**Author/Editor(s)** : Rastogi, Ajay  
**Publisher** : Kathmandu, ICIMOD  
**Pub.date** : 1999  
**Collation** : 71p.: annex, references  
**Series** : Mountain natural resources : discussion paper series no. MNR 99/1  
**Keywords** : **Medicinal plants; Medicinal herbs; Ethno medicinal plants; Indigenous knowledge; Ethno-botany; Ethno-botanical research; Network**  
**Geog.area(s)** : NEPAL; INDIA; PAKISTAN; CHINA; BANGLADESH  
**Abstract** : The aim of the project on ethnobotany in the Hindu-Kush Himalayan region (1995-1998) was to build up capacities in institutions, improve the skills of young ethnobotanist, and bring ethnobotany into the mainstream in integrated conservation and development research. The principal activities of the programme were training workshops at national and international levels, publication of proceedings as resource material, small grants for young ethnobotanists from the region and production of synthesis report. The diversity of themes and subjects; academic backgrounds and capabilities of the researchers; and the biologically, culturally and geographically varied sites for research resulted in the use of variety of methods. This experience is summarized in one paper. Another section briefly describes some of the most frequently used methods in order to share information on methods of applied ethnobotany. The last section contains information on recent development of ethical guidelines for ethnobiological research and information on the important issue of the protection of intellectual property right of local communities.

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**Language** : Eng  
**Title** : **jadibuti kheti sankalan, prasodhan tatha sanrakchyan pustika**  
**Trans.title** : Booklet on herb cultivation, collection, processing and conservation  
**Corp.author(s)** : Herbal Production and Processing Co.Ltd, Kathmandu, Nepal  
**Pub.date** : 2055  
**Collation** : 30p.  
**Keywords** : **Medicinal plants; Herbs; Cultivation; Processing; Marketing; Sustainable development; Harvesting**  
**Geog.area(s)** : NEPAL  
**Abstract** : Himalayas of Nepal are popular for important medicinal herbs. Herb collection and trade is one of the main economic sources of Himalayan regions. The uncontrolled collection of herbs from wild and loss of habitat had threatened the existence of some these herbs. Conservation of these herbs and at the same time to achieve maximum and sustainable economic benefit from these herbs are the demands of present time. Eighteen important medicinal herbs of Nepal are described in this booklet with their botanical names, Nepali names, botanical description and their uses. General methods of herbs classification, cultivation, processing, storage and market are also described here.

Language : Eng  
Title : **Ethnobotany for conservation and community development**  
Author/Editor(s) : Shrestha, KK; Jha, PK; Shengii, Pei; Rastogi, A; Rajbhandari, S; Joshi, M  
Publisher : Kathmandu, Ethnobotanical Society of Nepal  
Pub.date : 1998  
Collation : xvii, 145p.: illus  
Keywords : **Applied ethnobotany; Methodologies; Conservation, Plant resources; Sustainable development; Vegetational analysis; Indigenous knowledge; Documentation; Ethnomedicine; Non-timber forest products; Collection; Chepang**  
Geog.area(s) : NEPAL; CHITWAN; SHAKTI KHOR VDC  
Abstract : This book includes nine thematic papers on applied ethnobotany, methodologies and approaches in ethnobotany, and sustainable use and conservation of plant resources. The papers highlight the role of ethnobotany, the application of basic survey and assessment methodologies for ethnobotanical research, quantitative methods of vegetative analysis, ethnobotany inventory and plant taxonomy, sustainable management of plant resources, conservation of endangered plants, ethnomedicine and non-timber forest products. Besides, it also includes profiles of ethnobotanical projects in Nepal and recommendations and concluding remarks by Egbert Pelinck, Director General, ICIMOD.

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Language : Nep  
Title : **ayurveda bigyan**  
Trans.title : Ayurveda Science  
Author/Editor(s) : Subedi, Kashiraj  
Publisher : Kathmandu, Sthaniya Ekikrit Vikas Samaj  
Pub.date : 2055  
Collation : 218p.  
Keywords : **Ayurvedic medicine; Principles of ayurvedic medicine**  
Geog.area(s) : NEPAL  
Abstract : Ayurveda is old medicine and all its basic literatures are written in Sanskrit. To achieve the full benefit of Ayurvedic health care these literatures should be translated in Nepali and other languages. In comparison to Hindi and English very few Ayurvedic books are translated in Nepali. This book written in Nepali deals with the history of Ayurveda, basic principles of Ayurveda, Disease, principles of treatment and Ayurvedic pharmacopoeia.

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Language : Eng  
Title : **Wild relatives of cultivated plants in Nepal**  
Author/Editor(s) : Shrestha, Rosemary; Shrestha, Bhusan  
Publisher : Kathmandu, The Green Energy Mission, Nepal  
Pub.date : 1999  
Collation : xii, 257p.: illus  
Keywords : **Aromatic plants; Conservation, Genetic resources; Intellectual property rights; Biodiversity; Agrobiodiversity; NARC; Medicinal plants**  
Geog.area(s) : NEPAL  
Abstract : Over 4000 local land races of agricultural crops are the valuable plant genetic resource (PGR) of Nepal. Wild relatives of some of these crop plants are the additional resource of the country. Scientific survey work on wild relatives of cultivated plants found in Nepal is still incomplete. Scientific study is done only in case of rice crop. Total 106 organizations or individual scientists participated and 34 scientific papers were presented in the workshop. Five keynote papers, 5 policy papers and 24 technical papers are included in this proceedings.

The keynote papers are on plant resource including medicinal plants, wild relatives of cultivated plants and role of protected areas on biodiversity conservation. The policy papers are on wild relatives of cultivated plants and the national policy on their conservation. The technical papers are on wild relatives of rice, wheat, barley, Amaranth, legumes, cotton, sugarcane, vegetable crops, fruit crops, cultivate MAPs, Mushrooms etc. The papers explain the values of the wild species and also emphasize the role of NGOs in conservation of these resources. Legal registration of the biodiversity including the wild relatives at village and national level was felt a must for their conservation and for their economic uses.

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Language : Eng  
Title : **BAMS pathyakram : chikitsa sahastra adhyan**  
Trans.title : BAMS curriculum: institute of medicine  
Corp.author(s) : Ayurved Campus, Ministry of Education, Kathmandu, Nepal  
Pub.date : 1995  
Collation : iv, 53p.  
Keywords : **Ayurveda education; Sanskrit; Post graduate education**  
Geog.area(s) : NEPAL  
Abstract : This is a curriculum of Institute of Medicine, Tribhuvan University for the Bachelor of Ayurvedic medicine and Surgery. The course is offered for students already completed I.Sc. from TU with Biology or equivalent degree from other institutions. The study period for BAMS is five and half years including one year internship.

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Language : Nep/Eng  
Title : **ayurved upachar gyaan pustika**  
Trans.title : Handbook of ayurvedic treatment  
Corp.author(s) : CFCF, Kathmandu, Nepal  
Pub.date : 2051  
Collation : 122p.  
Keywords : **Ayurveda; Manual; Diagnosis and treatment**  
Geog.area(s) : NEPAL  
Abstract : This handbook is about the Ayurvedic ways of diagnosis and treatment of various diseases. The book starts with human body, definition of Ayurveda, and investigation of disease and patient. Symptoms and cause of some important diseases related to respiratory system, digestive system, urinary system, blood vascular system, orthopedic, skin, maternal and child care, ear, nose and throat and mental diseases and their general Ayurvedic treatment and medicines are given in this handbook.

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Language : Hin/Eng  
Title : **Souvenir ayurvision 21st century**  
Corp.author(s) : National Integrated Medical Association, Ghaziabad  
Pub.date : 1998  
Collation : 147p.: illus  
Keywords : **Medicine, Indian system; Globalization; Patent regime; Law and legislation; Unani; Siddha system; Yoga; Naturopathy; Neem; AIDS; Mental stress**  
Abstract : This souvenir was prepared for the 1st International Conference on "Globalization of Ayurveda", 8 Nov. 1998. It consists of articles on Ayurveda and need for globalization of Ayurveda, Ayurvedic concept of AIDS, Stress and Leucoderma or vitilgo. List of 181 medicinal plants with their Sanskrit and Latin names, functions and Ayurvedic preparation containing the plants part are given in one article. Ayurvedic colleges, post graduate institutes, research facilities in Indian system of medicine and Ayurvedic hospitals in India are listed at the end of Souvenir.

**Language** : Eng  
**Title** : **Diversity and conservation strategy of potential medicinal plants in Manang**  
**Author/Editor(s)** : Shrestha, KK; Sah, JP; Ghimire, SK  
**Publisher** : Kathmandu, KMTNC, ACAP  
**Pub.date** : 1996  
**Collation** : v, 42p.: illus, map  
**Keywords** : **Medicinal plants; Conservation strategy; Trade; Population dynamics; Socio-demographic structure**  
**Geog.area(s)** : NEPAL; MANANG; GYASUNDO VALLEY  
**Abstract** : Gyasumdo valley lies at lower monang and it occupies about 40 percentage of Manang. The altitude varies from 1,600m to 7000m. Five most popular high altitude medicinal and aromatic plants namely Aconitum bisma (Nirmasi), Dactylorhiza hatagirea (Panchaule), Nardiostachys grandiflora (Jatamasi), Picrorhiza scrophulariiflora (Kutki), Rheum australe (Padamchal) were described in terms of population density, distribution, regeneration status and biomass production in nature. Conservation strategy is given considering the harvesting and trading practices and people's socioeconomic conditions of the study area. Detail ecological study was conducted in Ponger Lake, Changle, and Yumra. The five major medicinal plants grew above timberline (3500m). There were significant differences in population density of medicinal plants in three different sites. Only 2.7 percentage house hold (HH) of the area produce surplus agricultural products to sell. Majority of the people depend on other off farm activities. 47 percentage of HH collect medicinal plants. About 17 tons of medicinal plants was estimated to be harvested and about 12.35 tones exported per year. Jatamasi alone involved 51.63 percentage of total medicinal plant trade. No proper conservation measures were adopted for sustainable harvest. Proper management, sustainable harvest involving communities, cultivation in marginal lands, establishment of herbal farms and distillation unit are recommended.

**Language** : Eng  
**Title** : **Medicinal and aromatic plants in Gorkha district: how to promote their utilization and marketing?**  
**Author/Editor(s)** : Yadav, Shekhar Kumar; Staian, Dietmer  
**Publisher** : Gorkha, District Forest Office  
**Pub.date** : 1995  
**Collation** : iv, 42p.: annex  
**Keywords** : **Aromatic plants; Community forestry; Research and development Medicinal plants; Cultivation; DFO; Community development; Processing; Institute of forestry; CCORDER**  
**Geog.area(s)** : NEPAL; GORKHA  
**Abstract** : Gorkha district comprises elevations from little more than 400 m to 8,163 m of the peak of Mount Manaslu. Thus it consists of both lowland and high land species of MAPs. These plants have great potential to increase income of rural people. To provide good coordination in improving production, harvesting and marketing between herb collectors, traders, and GOs and NGOs of Gorkha working with these plants, this seminar was conducted. Articles on medicinal plants, community forestry, processing of medicinal plants and their cultivation are included in this proceeding. Lastly some recommendations are given for the sustainable and economic utilization of MAPs resources of Gorkha District. Gorkha district comprises elevations from little more than 400 m to 8,163 m of the peak of Mount Manaslu. Thus it consists of both lowland and high land species of MAPs. These plants have great potential to increase income of rural people. To provide good coordination in improving production, harvesting and marketing between herb collectors, traders, and GOs and NGOs of Gorkha

working with these plants, this seminar was conducted. Articles on medicinal plants, community forestry, processing of medicinal plants and their cultivation are included in this proceeding. Lastly some recommendations are given for the sustainable and economic utilization of MAPs resources of Gorkha District.

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- 118**
- Language : Eng  
Title : **Herbal medicine**  
Corp.author(s) : Sodhini, India  
Collation : 274p.  
Keywords : **Women researchers; Allopathy; Infection; Traditional medicine; Medicinal plants; Herbal remedies; Home remedies; Holistic approach health system**  
Geog.area(s) : INDIA  
Abstract : This book is the result of collective works of women researches. Sodhini means woman researcher in Sanskrit. This book is about women centers approach as an alternative to the prevailing dominant systems of health care. In contrast to allopathic system the indigenous systems, the so-called oral traditions, have developed relatively greater harmony with nature. The introduction of Allopathic system marginalized women's indigenous knowledge and health care practices. This book attempts to record some of the knowledge of oral tradition and try to answer, how women in India stayed healthy traditionally. It consists of information of about 250 plants, many of them commonly used for the same symptoms in different parts of the country. Women's physical complaints are a part of her social condition, her oppression and her place in society. Any treatment divorced from an understanding of the subjective reality of the woman, was not bound to lead to healing. The chapters 1-5 contain the history, process and learning. Included in this section is also a brief mention of other methods that we use for holistic health of women. Chapters 6-9 discuss several categories of physical complaints that Sodhini dealt with and some of the herbal remedies that are tried and tested for each problem. The chapter 10 raises some theoretical issues emerging from this kind of feminist action research. Given at the end of the book is a set of references that readers can refer to.
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- 119**
- Language : Eng  
Title : **Quantitative assessment and evaluation of minor forest products in Rasuwa and Makwanpur districts**  
Author/Editor(s) : Malla, SB; Shakya, PR; Rajbhandari, KR; Bhattarai, NK; Subedi, MN  
Publisher : Kathmandu,  
Pub.date : 1993  
Collation : 16p.: illus  
Keywords : **Medicinal plants; Research and development; Minor forest products (MPF)**  
Geog.area(s) : NEPAL; RASUWA; MAKWANPUR  
Abstract : This report deals with the results on the survey conducted from 1st to 3rd week of October, 1993 with a view to develop practical field methods to quantify the MFP in the wild. The survey was done on two plants *Rheum australe* (Padamchal) and *Asparagus racemosus* (Kurilo). The work was done in two groups one in Langtang valley of Rasua and the other in Manohari, Lothar and Ratamate in Makwanpur district.
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- 120**
- Language : Eng  
Title : **Women's health : our heritage**  
Corp.author(s) : CHETNA; AIKYA, India  
Pub.date : 1995  
Collation : 19p.  
Keywords : **Indigenous health practice; Women's health; Indigenous knowledge**

**Abstract** : Women's health needs are not adequately addressed. Extensive efforts are being made to provide primary health care services to the rural areas in India but the health care remain a distant reality for most women in the rural areas. India has indigenous system of health care, which constitutes two streams: sastric stream and folk system. The former is well documented whereas the later is documented on a very small scale. The indigenous health care is normally practiced by women themselves, is culturally acceptable, available, accessible and affordable to women of rural areas. The workshop was arranged to analyze the strength and weakness of the indigenous health practice and make women to take control of their own health.

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**Language** : Nep  
**Title** : **homeopathic chikitsa ek chinari**  
**Trans.title** : An introduction to ayurvedic treatment  
**Corp.author(s)** : MoH, Pashupati Homeopathic Chikitsalaya, Lalitpur, Nepal  
**Pub.date** : 2057  
**Collation** : 37p.: illus  
**Series** : Homeopathic chikitsa ek chinari  
**Keywords** : **Drug use; Homeopathy; Child health; Anaemia; Storage; Collection**  
**Geog.area(s)** : NEPAL  
**Abstract** : This booklet introduces the basic principles of Homeopathic medicine. It describes the ways of taking medicine, storage of medicine, child health care, accident and injury remedies etc. Some diseases like Nux-vomica, Anaemia, bed wetting and sprains are described with their causes, symptoms and treatments.

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**Language** : Nep  
**Title** : **jadibuti manjari**  
**Trans.title** : Medicinal herbs  
**Author/Editor(s)** : Bhattarai, Dhurba Raj  
**Publisher** : Kathmandu, Mana  
**Pub.date** : 2058  
**Collation** : 180p.: illus, reference  
**Keywords** : **Medicinal herbs; Cultivation; Storage; Cost analysis; Market; Community forestry; Legislation on medicinal herbs**  
**Geog.area(s)** : NEPAL  
**Abstract** : Nepal is rich in medicinal herbs. Himalaya is the storehouse of many important herbs. This book describes, what is medicinal herbs, where they are available, what are their uses, how people can get best benefit from these herbs, how it can help in the income of people, relation of herbs and climate, cultivation of herbs, what we can produce from herbs, cost benefit analysis, what we can do for sustainable development of herb trade, herb cultivation and community forestry etc. Fifteen medicinal plants are described with their parts used, phenology, cultivation, harvest, cultivation and cost benefit analysis of their cultivation and processing.

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**Language** : Nep  
**Title** : **jadibutidwara kira niyantran**  
**Trans.title** : Control of insect/pest by herbs  
**Author/Editor(s)** : Neupane, Phanindra Prasad  
**Publisher** : Kathmandu, Sajha Prakashan  
**Pub.date** : 2057  
**Collation** : 243p.: illus, index, references  
**Keywords** : **Medicine; Herbal insecticide; Synthetic or Chemical insecticide**

**Geog.area(s)** : NEPAL  
**Abstract** : Synthetic insecticides are popular in world to control the insects responsible for the decrease in agricultural production. These chemicals also harm the health of human being, domestic animals and environment. The farmers of Nepal are not well educated so are not able to use the chemicals properly especially the uncontrolled use in vegetables is now alarming the consumers. Many herbs have insecticide properties and farmers are using them traditionally. The availability of synthetic insecticide in market has reduced the use of herbs and the farmers are forgetting the traditional knowledge. The plant products are less harmful than the synthetic chemicals. Presently peoples are again attracted toward herbal insecticides. Nepal has about 20 plants with special insecticide properties and 324 species with general insecticide properties. This book describes 400 plant species (324 from Nepal) of 80 families, their habitat, insecticide properties, type of insects controlled and their methods of uses. The common insect pests of Nepal their English and scientific names and herbs effective against them are listed, and given at the end of the book. This book will be useful for farmers, agriculturists, botanists, environmentalists, and all those interested in agriculture and environment.

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**Language** : Eng  
**Title** : **The role of bamboo, rattan and medicinal plants in mountain development**  
**Author/Editor(s)** : Karki, Madhav; Rao, AN  
**Publisher** : New Delhi, International Network for Bamboo and Rattan  
**Pub.date** : 1997  
**Collation** : 232p.: illus  
**Series** : INBAR technical report no. 15  
**Keywords** : **Gender, Environment; Bamboo; Rattans; Trade; Resource management; Sustainable development; Non-timber forest products; Medicinal plants**  
**Geog.area(s)** : BANGLADESH; CHINA; NEPAL  
**Abstract** : The proceedings focus on three important non-timber forest products bamboo, rattan and medicinal plants of mountain areas of Hindu-Kush-Himalaya. Bamboo, rattan and medicinal plant are renewable natural resources. The proceedings consist of thematic papers on sustainable utilization of forest resources, research and development on bamboo, rattan and medicinal plants in Himalayas, and genetic resources of bamboo and rattans; and country reports from Bangladesh, China, India Nepal and Pakistan.

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**Language** : Eng  
**Title** : **Medicinal and aromatic plants of Nepal**  
**Author/Editor(s)** : Bhattarai, Nirmal K  
**Publisher** : New Delhi,  
**Pub.date** : 1997  
**Source** : The role of bamboo, rattan, and medicinal plants in mountain development. Karki, Madhav; Rao, AN : p.162-173  
**Keywords** : **Ayurvedic medicine; Production; Trade; Medicinal plants; Aromatic plants**  
**Geog.area(s)** : NEPAL  
**Abstract** : Nepal has atleast 75 distinct vegetation types and a rich flora, estimated to comprise about 7000 species of higher plants. Medicinal and aromatic plants are collected from forest lands and pastures and much of this harvest is traded to foreign countries, which is estimated in the order of US\$10 million. This article consists of the data of some important commercially harvested medicinal plants in Nepal. The government and semi government including 30 private entrepreneurs in 12 districts are involved in herb processing and producing extracts for industrial and commercial use. Apart from commercial and industrial uses, the majority of the local population use wild plants in a variety of ways, such as

using for dyes and in religious ceremonies. Threats to the medicinal plants resource due to indiscriminate collecting have also been described. Research activities on wild medicinal plants carried out by some government and private laboratories have been mentioned.

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- Language : Eng  
Title : **A preliminary study of medicinal plants in the Bhotekhola and Janiku regions of the Samkhuwasabha district for commercial scale cultivation**  
Author/Editor(s) : Amatya, Giridhar  
Publisher : Kathmandu, Dept. of National Parks and Wildlife Conservation  
Pub.date : 1995  
Collation : 53p.: annex  
Series : Publications series report-25  
Keywords : **Medicinal plants; Aromatic plants; Socio-economic Condition; Cultivation; Harvesting; Collection; Marketing; Processing; Sustainable harvest; Essential oil**  
Botanical name : *Swertia Chirayita; Astilbe Rivularis; Valerian Wallichii; Nardostachys Jatamansi; Rhododendron Anthopogan; Juniperus Indica; Trichosanthes Palmata*  
Geog.area(s) : NEPAL; SANKHUWASABHA; BHOTEKHOLA; TAMKU  
Abstract : The collection and the sale of wild herbs have great economic importance to the rural people of Snkhuwasabha district. *Swertia chirayita*, *Elaeocarpus ganitrius*, *Picrorhiza kurroa* and *Aconitum* spp are the major items for export from the area but *Nardostachys jatamansi*, *Rubia cordifolia* seem to have potentiality. For the sustainable export emphasis should be given for cultivation of the medicinal plants on marginal and Khorias (slash and burn area) lands of the area. For better economic benefit processing units should be established, Sisuwatar, ward No 1 of Bala VDC and Hatiya Gola Ward No 4 of Hatiya VDC are suggested as suitable location for the establishment of processing unit.
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- Language : Eng  
Title : **Efficacy of amati in amoebiasis : a report of preliminary clinical trials in Teku Hospital**  
Author/Editor(s) : Shrestha, MP; Besson, Sylvie  
Keywords : **Clinical pharmacology; Ayurvedic medicine; Research and development; Diarrhoea; Dysentery; Amati; Amoebiasis**  
Botanical name : *Holarrhena Antidysenterica; Pimpinella Anisum*  
Geog.area(s) : NEPAL  
Abstract : *Entamoeba histolytica* is one of the commonest causes of diarrhea and dysentery where poor hygiene and poor sanitary system prevails. Amti, a herbal medicine of Gorkha Ayurved company, was found effective against the disease. Conessine the principle alkaloid present in *Holarrhena antidysenterica* has an inhibitory action on amoebas.
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- Language : Eng  
Title : **Lessons in integration from the developing world's experience**  
Author/Editor(s) : Bodeker, Gerard  
Collation : 123p.: appendix  
Source : British Medical Journal: 322,20 Jan 2001: p.164-167  
Keywords : **Complementary medicine; Alternative medicine; Traditional medicine; Developing Countries; Training program**  
Geog.area(s) : CHINA; INDIA; MALAYSIA; AFRICA; SOUTH KOREA  
Abstract : Most people use traditional medicine (TM) in developing countries and only a minority have regular access to modern medical services. The integration of TM works best when based on self-regulation in relation to standards of practice and training. This needs a central or regional system for drug control and evaluation and maintenance of good



manufacturing practice; this system should also generate and support a comprehensive programme of research. When conventional medicine dominates complementary medicine, loss of essential features of complementary medicine can occur, and professional conflict can arise. Policy should aim to keep fees for complementary medicine affordable and within reach of all levels of society. Major sectoral investment is a prerequisite for the development of effective services for complementary medicine; underinvestment risks perpetuating poor standards of practice, services and products.

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Language : Eng  
Title : **Regulation in complementary and alternative medicine**  
Author/Editor(s) : Mills, S.Y.Britain  
Source : British Medical Journal: 322, 20 Jan 2001: p.158-160  
Keywords : **Education and training; Complementary medicine; Alternative medicine; Alternative practitioners**  
Abstract : Practitioners of CAM in the United Kingdom are free to practice as they wish. Most therapies have set up professional bodies, but the educational standards required by these bodies vary widely. The House of Lords recently reviewed CAM and recommended clearer regulation. Because of the wide variation in therapies, each discipline should initially set up its own regulatory body, although it may be possible to combine these later. Many patient consult complementary practitioners without telling their doctor, with possible detrimental effects on health care, greater cooperation and respect between orthodox and complementary practitioners would improve communication with patients.

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Language : ENG  
Title : **The integration of traditional and orthodox medical system- Potential, Pitfalls and a path forward**  
Author/Editor(s) : Singh, LM  
Keywords : **Alternative medicine; Integrated medicine; Traditional medicine; Health care**  
Abstract : In present borderless world, the citizen has a far wider range of choices available when considering health care options. The use of complementary and alternative medicines (CAM) is increasing in developed nations whereas in most developing nations the alternative medicine practices are being quickly superseded by orthodox medical system. Integrated medicine means the adoption of some aspects of CAM to supplement conventional treatment plans. Traditional medicines (alternative medicine) in developing nations are a valuable and cost effective resource for public health. The integrated medicine is thus economical and socially pragmatic. The aim of this research is to integrate traditional medical practice into health care delivery practice and to develop a new collaborative perspective for the provision of integrated health care.

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Language : Eng  
Title : **The role of complementary and alternative medicine**  
Author/Editor(s) : Ernst E.  
Source : British Medical Journal: 321 4 Nov 2000: p.1133-1135  
Keywords : **Complementary medicine; Alternative medicine; Herbal medicine; Homeopathy; Aroma therapy; Acupuncture; Massage; Reflexology**  
Abstract : Complementary and alternative medicine is defined as "Diagnosis, treatment and /or prevention of diseases which complements mainstream medicine by contributing to a common whole, by satisfying demand not met by orthodoxy or diversifying the conceptual frame works of medicine". The use of complementary and alternative medicine in UK is around 20

Language : Eng  
Title : **Faith healers in the Himalaya**  
Author/Editor(s) : Miller, Casper J  
Publisher : Delhi, Book Faith India  
Pub.date : 1997  
Collation : xxii, 289p.: illus, index  
Keywords : **Dhami; faith healers; Spiritual healing; Jhankris; Dhami; Magic and witchcraft**  
Geog.area(s) : NEPAL; DOLAKHA  
Abstract : This book is a classical anthropological study of the shamans of Nepal. With the introduction of western medicine and so called modern amenities, this fascinating traditional way of life is slowly disappearing in the Himalayan kingdom. Spirit-possession, magic, witchcraft, and occult healing ceremonies are still the daily realities in the villages of Nepal. Who are the people who deal with these realities on behalf of afflicted members of the community? This absorbing in depth study reveals the amazing secrets of traditional Himalayan shamans, locally known as Jhankris, and their client in the Dolkha district, a mountainous region of Nepal inhabited by the Thami people. Today, when medical practice of a western medicine is gaining ground, it is significant that government seeks to bring the jhankris in on its side rather than campaigning directly against them. They should be considered as potential allies rather than enemies. This book is of interest to planners and administrators preoccupied by the development of health services in the hill areas.

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Language : Eng  
Title : **Ayurvedic healing: a comprehensive guide**  
Author/Editor(s) : Frawley, David  
Publisher : Delhi, Motilal Banarsidass Publishers  
Pub.date : 1992  
Collation : xx, 368p.: illus, index, glossary  
Keywords : **Diet; Herbal therapy; Oil; Aroma therapy; Reproductive health; Naturopathy; Urinary tract infection; Spiritual therapy; Gene therapy; Energetics; Urine therapy; Infectious diseases**  
Abstract : Ayurveda is the natural medicine of India with a 5000 year tradition allied with the science of Yoga and Meditation. This book presents in detail the Ayurvedic methods of constitution balancing and treatment of common diseases. Methods of treatment include diet, herbs, oils, aromas, gems and mantras, as well as lifestyle counseling. This book consists of three parts. Part I deals with principles and therapies of the science of life, Part II is on the treatment of about 80 common diseases, and Part III is on Ayurvedic remedial measures. The book presents both general knowledge accessible to the layman and specific knowledge for those wishing to go in depth into this profound subject.

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Language : Eng  
Title : **Empowering your soul through meditation**  
Author/Editor(s) : Singh, Rajinder  
Publisher : Australia, Element Books  
Pub.date : 1999  
Collation : ix, 179p.: illus  
Keywords : **Meditation; Soul; Empowered soul; Immortality**  
Abstract : This book explores the power and energy of the soul that is within everyone and how we can use it to transform our lives. It awakens readers to the empowered soul and its rich qualities such as unlimited wisdom, fearlessness, immortality, unconditional love, connectedness and bliss. The book provides simple techniques for accessing the riches of each person's own soul so that each reader can discover his or her great potential. Once

we learn to tap our inner resources, we can experience a profound transformation that will enrich all areas of our lives- including personal relations; physical, mental and emotional health; work; spiritual growth; and the attainment goals.

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**Language** : Eng  
**Title** : **Flowers of the Himalaya**  
**Author/Editor(s)** : Polunin, Oleg; Stainton, Adam  
**Publisher** : Calcutta, Oxford University Press  
**Pub.date** : 1992  
**Collation** : xxx, 580p.: illus, photos  
**Keywords** : **Medicinal plants; Flowers**  
**Geog.area(s)** : HIMALAYAN REGION; INDIA; NEPAL  
**Abstract** : This book covers Himalayan plants from Kashmir and Ladhakh in the west to the Nepal-Sikkim boarder in the east. The book describes some 1500 species of flowers, found in the upper valleys, hills and higher mountainous regions of the Indian subcontinent. The book gives details of where to go plant hunting, and at what season of the year. In total more than thousand species are illustrated here. There are over 690 colour photographs of plants and 365 line drawings of plants made in the field or from herbarium specimens. Keys to identify the genera of plants of some families found in Himalayan region are also given before the description of the plant species. The book also includes descriptions of types of climates, geology, altitude effects, and the effects of men and animals on the vegetation, as well as glossary of terms and a bibliography. This book will be a guide to the layman and for all interested naturalist.

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**Language** : Eng  
**Title** : **Reiki and the healing Buddha**  
**Author/Editor(s)** : Kelly, Maureen J  
**Publisher** : Delhi, Full Circle  
**Pub.date** : 2001  
**Collation** : iv, 212p.: illus, index, bibliography  
**Keywords** : **Reiki; Naturopathy; Buddhism; Buddha mandala**  
**Abstract** : Reiki originates from the Buddhist tradition. One of the forms of Buddha revered in Tibet and China was the "Healing Buddha". Esoteric meanings are associated with the Reiki symbols and principles. These meanings originate in the Buddhist concepts of healing. Dr. Ushi rediscovered Reiki by studding Buddhist sutras, however much of the hidden esoteric sense has been overlooked in the subsequent teaching of Reiki to Christian practitioners in the west. The underlying symbology and esoteric sense provide new deeper understanding to the action and principles of Reiki and can enhance the practice, regardless of particular religious or philosophical background. This book reconnects Reiki with its Buddhist antecedents and provides both the experienced practitioner and the interested layperson with new insight and view -points on Reiki.

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**Language** : Eng  
**Title** : **The art of magnetic healing**  
**Author/Editor(s)** : Santwani, MT  
**Publisher** : New Delhi, B Jain Publishers  
**Pub.date** : 2001  
**Collation** : 240p.: index, illus  
**Keywords** : **Magnetism; Magnet-therapy; Accupuncture; Healing water; Healing oil**  
**Abstract** : Scientific aspects of treatment through magnets are dealt in this book. Like any therapeutic system, the science and art of magnetic healing needs to be mastered to obtain the desirable

cure. Basics of magnetism, effects of magnets on living tissues, magnetic affinity of the human body, cellular magnetism, technique of application of magnet in various diseases, individual susceptibility to magnet etc should be mastered before practicing magnetic healing. This book includes all the above aspects as well as other accessory information on related aspects like case taking, preparation of healing water, concept of suppression and rational cure, and necessary precautions in magnetic application. It is comprehensive and provides guidance on all practical aspects.

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**Language** : Eng  
**Title** : **Herbs for health and beauty**  
**Author/Editor(s)** : Seth, Suman  
**Publisher** : Mumbai, India Book House Publishers  
**Pub.date** : 1996  
**Collation** : 165p.: illus, bibliography  
**Keywords** : **Herbs; Herbal medicine; Medicinal plants; Herbal tonics; Herbal cosmetics; Therapeutic guidelines**  
**Abstract** : In Ayurveda, illness is proclaimed to be a state of internal imbalance. The purpose of Ayurveda is to maintain the health of healthy and to alleviate the derangement of the diseased. Health of a person depends upon many factors which of course include heredity, environment and mental tendencies. Health also depend on the person's own knowledge of natural resources and the ability to intelligently utilize them. In this book the author share her many years experience in the field of herbs. This book describes the role of three pillars of life: food, sleep and sex. It describes 48 important herbs with their Sanskrit, Hindi and English names, its uses in various health problems, methods of uses, and precautions to be taken when using the herb in medicine. The ways of using herbs and some herbal tonics and herbal cosmetics are also described. This is an informative and easy to read book compiled from ancient texts. It can help in improving health and life style of a person.

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**Language** : Eng  
**Title** : **Ayurveda panchakarma : five purification procedures**  
**Edition** : 2nd  
**Author/Editor(s)** : Kulkarni, PH  
**Publisher** : Delhi, Sri Satguru Publications  
**Pub.date** : 2000  
**Collation** : 169p.: illus, index  
**Series** : Indian medical sciences series no. 101  
**Keywords** : **Ayurveda; Oil treatment; Snehan and swedan; Panchakarma**  
**Abstract** : Medicine in Ayurveda has two branches Shaman (alleviation) and Shodhan (elimination). Shaman is the method of treating the disease without eliminating doshas (cause of disease), where as shodhan is the method of eliminating doshas out of the body. Both shodhan and shaman can be achieved by five-fold therapy called Panchakarma. These five oprocedures are Vaman (emesis), Virechan (purgation), Basti (medical enemas), Nasya (errhine therapy) and Rakta mokshan (blood letting). This book describes the salient features of panchakarma as described in Ayurvedic treatises, some other allied karma and treatment of diseases by panchakarma.

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**Language** : Eng  
**Title** : **Homeopathic remedies : homeopathic cures for common diseases**  
**Author/Editor(s)** : Dancu, David  
**Publisher** : Delhi, Full Circle

Pub.date : 1998  
Collation : 223p.: glossary, reference, index  
Keywords : **Homeopathy; Vaccination; Case management; Case studies; Common diseases; Psychosis; Syphilitic; Tuberculosis; Cancer; Asthma; Backache; Insomnia; Obesity**  
Abstract : This book discusses the theories and principles of homeopathy and has been written as an education guide for health care practitioners and laypersons. It unveils the theories and principles of homoeopathy or natural healing. It is a guide that gives simple and easy methods to stay healthy and fit, and to choose a remedy for everyday elements. It is not intended to replace the services of a health care provider or to act as a diagnostic tool. Any therapy undertaken for physical or emotional ailments should be properly supervised by an experienced provider.

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Language : Eng  
Title : **Herbs that work : the scientific evidence of their healing powers**  
Author/Editor(s) : Armstrong, David  
Publisher : New Delhi, Health Harmony  
Pub.date : 2002  
Collation : xiv, 203p.: illus, index, bibliography  
Keywords : **Herbal medicine; Herbs; Comission E**  
Abstract : This book provides straightforward, reliable answer for the most popular herbs on the market. It consists of profiles of the 75 most popular and potentially useful herbs approved by 24 membered Commission E urope and 12 common herbs not approved by it. Approved herbs are described with their distribution, potential health benefits, scientific evidences, how to use, consumer products available and potential danger of their uses.

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Language : Eng  
Title : **Accupuncture guide**  
Author/Editor(s) : Goel, Satish  
Publisher : New Delhi, Diamond Pocket Books  
Pub.date : 1999  
Collation : 128p.: illus, glossary  
Keywords : **Acupuncture; Acupressure; Acupuncture points; Needles; Moxibustion; Cupping; Massage**  
Abstract : This book is written to lay reader to introduce the typical Chinese technology of ancient therapy, Acupuncture. It will awaken the interest to the reader in this technique of treatment. It deals with the history of acupuncture, techniques of Acupuncture, and the scientific basis of this therapy. In glossary the acupuncture terms are explained.

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Language : Eng  
Title : **Aroma therapy**  
Author/Editor(s) : Kumar, Shiv  
Publisher : New Delhi, Diamond Pocket Books  
Pub.date : 2001  
Collation : 142p.: illus  
Keywords : **Aroma therapy; Naturopathy; Oil massage; Oil; Health care; Hair care; Aromatic bath; Baby massage**  
Abstract : Flowers, fruits, vegetables, various parts of trees and plants are used to extract essence. Such natural extracts of plants are called essential oil. Aroma of these oils has been in use for the past 5000 years for various applications and uses such as massage, fragrance,

scent, bathing, smelling, washing of foul odour etc. Aromatherapy is an essential part of traditional Chinese Medical system, Ayurveda, Unani, and to some extent homoeopathy, allopathy, naturopathy and many other alternative systems of medicines. This book explains variable uses of essential oils in health, diseases, and other uses like in massage, bath, inhalation, sexual stimulation, beauty enhancement, local applications, scent, fragrances, hair oils, cosmetics etc. Aromatherapy to relieve stress related situations and diseases like insomnia, headaches, various skin diseases, infections, digestive disorder, asthmatic conditions, nasal blockade, catarrh, dental pain, colds, catarrh, menstrual problems, pregnancy etc are discussed in this book. Essential oils are also employed for mood changing apart from stimulating olfactory centres in the brain. Massage therapy to relieve certain body problems are also discussed.

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**14**

Language : Eng  
Title : **Conquering diabetes naturally : healthy options, effective solutions**  
Author/Editor(s) : Bakhru, HK  
Publisher : Delhi, Orient Paperbacks  
Pub.date : 2002  
Collation : 175p.: illus, index  
Keywords : **Diabetes; Diet control; Natural treatment; Food; Exercise; Diabetes**  
Abstract : There are simple alternative methods to allopathic medicines that can effectively reduce the risks of diabetes. This book guides on a course of healthful living. The approach and the treatments reflect the tenor of our time -high regard for good nutrition, healthy living habits, sensible use of modern diagnostic tools, and appreciation of the importance of individual differences. This book provides the most fundamental explanations for everyday problems of living with diabetes. It provides advices to successful manage your diabetes and reduce risk of serious complications.

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**15**

Language : Eng  
Title : **Ayurvedic healing for women : herbal gynecology**  
Author/Editor(s) : Atreya  
Publisher : Bangalore, Motilal Banarsidass Publishers  
Pub.date : 2000  
Collation : xxi, 241p.: illus, index, appendix  
Keywords : **Natural treatment; Ayurvedic treatment; Premenstrual and menstrual difficulties; Hormone; Depression; Menopause; Tumor; Nutrition**  
Abstract : Ayurveda has a special branch of medicine for women and offers unique understanding of female anatomy- one that encompasses the physical and energetic body, but the emotions, the mind and the spirit. This book addresses the need to treat the root cause of feminine problems. It guides to devise a treatment plan that is right to the unique constitution of women, how to use dietary changes and use of herbal supplements to treat PMS, mitigate premenopausal symptoms, prevent osteoporosis, and reverse many other ailments. It also includes impressive treatment section that details Ayurvedic formulas using herbs common to North America and Europe. It is suitable as an introductory book to ayurvedic thinking and healing for beginners. It is also suitable as a study guide for advanced students interested in the specific health problems concerning women to day.

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**16**

Language : Eng  
Title : **The complete homeopathy handbook : a guide to everyday health care**  
Author/Editor(s) : Castro, Miranda  
Publisher : Bombay, Rupa and Co.  
Pub.date : 1998

**Collation** : 258p.: illus, index, glossary  
**Keywords** : **Health care; Myths; Diseases; Meteria medicas; Repertories first aid**  
**Abstract** : Homeopathy is highly effective in curing wide range of illness, from minor health problems to very serious conditions. Homeopathy offers a safe alternative as it treats the whole person and takes a more holistic approach to health. This book looks at the principles underlying the theory of homeopathy, as well as at how to prescribe- how to spot the symptoms or signs of disease and how to classify them so that they cab be used to find the best remedy. This book focuses on everyday complaints that the patient can treat himself.

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**Language** : Eng  
**Title** : **The art of homeopathy**  
**Author/Editor(s)** : Souter, Keith  
**Publisher** : New Delhi, B Jain Publishers  
**Pub.date** : 2001  
**Collation** : 153p.: illus, index  
**Keywords** : **Homeopathy; Treatment chart; Therapeutic index; Materia; Medica; Common remedies; Herbal remedies**  
**Abstract** : Homoeopathy is extremely complicated and not the easiest of disciplines to master. This book uses diagrams to get the concepts across, and flow charts are made to simplify remedy selection. It simplifies the task of a beginner by rapidly producing a good framework upon which he can build his knowledge. This book will be of value to the layman, the student and the qualified practitioner who is looking for a rapid reminder of the appropriate remedies for common conditions.

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**Language** : Eng  
**Title** : **Ayurvedic remedies : ayurvedic cures for common diseases**  
**Author/Editor(s)** : Dash, Bhagwan  
**Publisher** : Delhi, Full Circle  
**Pub.date** : 1999  
**Collation** : 191p.: illus  
**Keywords** : **Ayurvedic treatment; Home remedies; Common diseases**  
**Abstract** : Ayurveda provides rational methods for the treatment of many diseases, which are considered to be obstinate and incurable in other system of medicine. Simultaneously it lays a great deal of emphasis on the maintenance of positive health of an individual. It thus aims at both the prevention and the cure of diseases. This book introduces principles of Ayurveda and ayurvedic treatment. Some common health problems like various fevers, respiratory diseases, skin and hair diseases, blood and cardiovascular diseases, and diseases of eye, ear, nose, throat, head, genital organs, nervous system, joints, urinary systems etc are described with their causes, symptoms, treatment and nutrition. A separate chapter is written on family planning and describes some local and oral contraceptives.

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**Language** : Eng  
**Title** : **Dictionary of Nepalese plant names**  
**Author/Editor(s)** : Shrestha, Keshab  
**Publisher** : Kathmandu, Mandala Book Point  
**Pub.date** : 1998  
**Collation** : xviii, 267p.: reference  
**Keywords** : **Medicinal plants; Edible plants; Scientific name; Nepali name; Ethnic name; Dictionary**  
**Geog.area(s)** : NEPAL  
**Abstract** : It is a dictionary of Nepalese plants. It includes more than 2000 species of plants out of 7000 species reported from Nepal. The plants are listed either according to Nepali names

or scientific names, English names and some also according to some ethnic names of Nepal (Gurung, Limbu, Newar, Rai, Tamang, Tharu) and Japanese names. In each list scientific names and Family are included.

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**Language** : Eng  
**Title** : **Shed weight add life : a self-contained treatise to shed weight and stay fit and trim**  
**Author/Editor(s)** : Sharma, SK  
**Publisher** : New Delhi, Diamond Pocket Books  
**Pub.date** : 2000  
**Collation** : 136p.: illus  
**Keywords** : **Weight control; Obesity; Yoga; Aerobics urine therapy; Naturopathy; Nutrition; Massage hydrotherapy; Physical fitness; Fasting**  
**Abstract** : Obesity wrecks an obese person emotionally, mentally and physically. It contributes in various metabolic, cardiac, respiratory, digestive, endocrine gland disorder, apart from gout, arthritis, rheumatism etc. This book dealt with the causes of overweight, its hazard and controlling it through controlling diet, yoga and pranayam, urine therapy, naturopathy, massage, swimming, hydrotherapy etc.

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**Language** : Eng  
**Title** : **Yoga and ayurveda : self-healing and self-realization**  
**Author/Editor(s)** : Frawley, David  
**Publisher** : Delhi, Motilal Banarsidass Publishers  
**Pub.date** : 2000  
**Collation** : 333p.: illus  
**Keywords** : **Yoga; self medication; Herbs; Self realization; Meditation; Gunas; Doshas; Energetics; Soul; Pranayam**  
**Abstract** : Yoga and Ayurveda are two closely related spiritual or sacred sciences rooted in the Vedic tradition of India. This book highlights the close connection between Yoga and Ayurveda, both of which are the fundamental holistic disciplines. Ayurveda is the Vedic science of healing for both body and mind. Yoga is the Vedic science of self-realization that depends upon a well functioning body and mind. This book is divided into three sections: the first section provides the background of Ayurveda and Yoga along with an understanding of the Doshas and gunas. The second section examines the energetics of the two systems, emphasizing the subtle body and prana including kundalini, the chakras and nadis. The third section shows the common practices from diet and herbs to asana, pranayam, mantra and meditation. This book reveals the secret powers of the body, breath, senses, mind and chakras.

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**Language** : Eng  
**Title** : **The original reiki handbook of Dr. Mikao Usui**  
**Author/Editor(s)** : Usui, Mikao; Petter, Frank Arjava  
**Publisher** : New Delhi, New Age Books  
**Pub.date** : 1999  
**Collation** : 80p.: illus  
**Keywords** : **Reiki; Women's health; Child diseases; Healing techniques; Ghassho; Reijoho; Chiryō**  
**Abstract** : This book contains original hand positions from Dr. Usui's Reiki handbook. It is illustrated with 100 photos to make it easier to understand. The hand positions for a great variety of health complaints have been listed in detail, making it a valuable reference work for anyone who practices Reiki. This English translation of original book makes it possible to study the Usui's hand positions and healing techniques directly by practitioners other than Japanese.



Language : Eng  
Title : **Ayurveda and the mind : the healing of consciousness**  
Author/Editor(s) : Frawley, David  
Publisher : Delhi, Motilal Banarsidass Publishers  
Pub.date : 2000  
Collation : 346p.: illus, index  
Keywords : **Psychology, Ayurvedic; Counseling; Consciousness; Behavioral change; Spiritual therapy; Healing power; Meditation; Yoga**  
Abstract : Ayurveda is a mind-body medicine with great Yogic spiritual tradition, a tremendous resource for bringing wholeness to all level of our existence. This volume examines the psychological aspect of Ayurveda. This book goes into the Ayurvedic view of the mind and its relationship with body and spirit. It outlines a comprehensive Ayurvedic treatment for the mind, both for promoting health and for dealing with disease, using diverse methods from diet to medicine. This book is divided into four sections. The first section explains the Ayurvedic view of the mind and body and how they function. The second section continues with an in-depth examination of the different functions of awareness through consciousness, intelligence, mind, ego and self. The third section examines various Ayurvedic therapies for the mind. The fourth section deals with spiritual and yogic practices from an Ayurvedic and Psychological perspective and summarizes and integrates all the therapies given in the previous section. This book is a valuable resource to students of Ayurveda, Yoga, Tantra and psychology.

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Language : Hin  
Title : **surya namaskar**  
Trans.title : Surya namaskar  
Author/Editor(s) : Saraswati, Satyananda  
Publisher : Delhi, Full Circle  
Pub.date : 2000  
Collation : xiv, 138p.: illus  
Keywords : **Yoga; Surya namaskar; Aasans**  
Abstract : Surya Namaskar is an ancient method of energizing Body and Mind. This Yogic-practice can heal various diseases. It consists of twelve Asans (positions) and pranayam (various ways of breathing) and meditation. It takes from 5 to 15 minutes per day to perform Surya Namaskar. This book is of interest to all interested in mental development.

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Language : Eng  
Title : **Tantric healing in the Kathmandu valley : a comparative study of Hindu and Buddhist spiritual healing traditions in urban Nepalese society**  
Author/Editor(s) : Dietrich, Angela  
Publisher : Delhi, Book Faith India  
Pub.date : 1998  
Collation : xvii, 270p.: illus, bibliography  
Keywords : **Traditional healers; Tantric healing; Ayurveda; Gubhaju; Ethnomedicine; Witchcraft; Jharphuk vaidya**  
Geog.area(s) : NEPAL; KATHMANDU  
Abstract : This book encompasses a full catalogue of methods and materials employed by Kathmandu valley healers, while including a survey of those frequenting a healer's practice, the complaints they suffer from and the kind of treatment received. Since witches were still considered the main causative agents of supernatural complaints by the majority of a healer's clients, the work offers as penetrating analysis of the phenomenon of witchcraft

and witch possession, especially as related to the status of Nepalese woman. Finally it explores the contemporary relevance of tantra in today's Nepal and features, in addition, valuable suggestions regarding self-healing from the prospective of indigenous practitioners. In the face of modernization and westernization tantric belief and practices are on the decline. On the contrary, due to the steady stream of migrants from rural areas bringing with them their own indigenous culture, coupled with the endurance of the Newar culture of the Valley, these belief and practices continue mostly unabated. The gap between rich and poor is widening, the latter being in the vast majority and comprising the main clientele of a healer.

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**Language** : Nep  
**Title** : **charak samhita (nepali anubad) bhag-2**  
**Trans.title** : Code of Charak, Book- 2  
**Author/Editor(s)** : Poudel, Devraj  
**Publisher** : Kathmandu, Tribhuwan Univesity, Pathyakram Vikas Kendra  
**Pub.date** : 1985  
**Collation** : xxxiv, 329p.  
**Keywords** : **Ayurvedic system; Ayurvedic medicine; Examination and diagnosis; Treatment; Diseases; Pharmacotherapeutic; Fever; Epilepsy; Leprosy; Mental disease; Tuberculosis; Malnutrition**  
**Abstract** : Charak is a veteran of Ayurvedic medicine. This is the translation of a book in Sanskrit named Charak Samhita in Nepali. This book tales us the methods of preparation of medicines from herbs and chemicals (Rasadi) and their uses in treatment of various diseases. Charak Samhita consists of 120 chapters with 9000 Sloks (Para). This volume deals with causes of different diseases, investigation of diseases and describes body structure and reproductive system, and death.

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**Language** : Nep  
**Title** : **charak samhita (nepali anubad) bhag-1**  
**Trans.title** : Code of Charak, Book- 1  
**Author/Editor(s)** : Poudel, Devraj  
**Publisher** : Kathmandu, Tribhuwan University, Pathyakram Vikas Kendra  
**Pub.date** : 1985  
**Collation** : xxxvii, 406p.  
**Keywords** : **Ayurveda; Ayurvedic medicine; Diseases; Pharmacology; Examination and diagnosis; Ayurvedic treatment; Tobacco; Nutritious food**  
**Abstract** : Charak is a veteran of Ayurvedic medicine. This is the translation of a book in Sanskrit named Charak Samhita in Nepali. This book tales us the methods of preparation of medicines from herbs and chemicals (Rasadi) and their uses in treatment of various diseases. Charak Samhita consists of 120 chapters with 9000 Sloks (Para). This volume consists of 66 chapters and 3300 Sloks.

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**Language** : Eng  
**Title** : **Medicinal plants of Nepal (supplement volume)**  
**Edition** : 3rd  
**Corp.author(s)** : MoF, Dept. of Plant Resources, Kathmandu, Nepal  
**Pub.date** : 2001  
**Collation** : 98p.: index, reference  
**Series** : Bulletin of the Dept of Medicinal Plants No.10  
**Keywords** : **Medicinal plants; Vernacular name**  
**Geog.area(s)** : NEPAL

**Abstract** : This book is the supplement of a book Medicinal plant of Nepal first published in 1970. This book consists of 178 Nepalese medicinal plants used in traditional and Ayurvedic medicine. Each plant is described with Vernacular (Nepali) names, scientific names, family, short botanical description, distribution in Nepal, uses in medicine and place of representative collection. Indexes of medicinal plants according to scientific names, and vernacular and English names are given at the end of the book.

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**Language** : Eng  
**Title** : **Homeopathy : 101 essential tips**  
**Author/Editor(s)** : Lockie, Andrew  
**Publisher** : London, Dorling Kindersley  
**Pub.date** : 2000  
**Collation** : 72p.: illus  
**Keywords** : **Homeopathy; Animal remedies; Vegetable remedies; Mineral remedies; Cough; First aid; Emotional health; Digestive disorders; Storage**  
**Abstract** : This booklet provides the knowledge of homeopathy in 101 easy to grasp tips. It provides answer to all questions with fully illustrated text in colour. The tips are on homeopathy and its action; assessing health; animal, vegetable and mineral remedies; ailments; first aid and common health problems.

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**Language** : Eng  
**Title** : **Ayurvedic products of SDVKVS**  
**Corp.author(s)** : Singhdurbar Vaidyakhana Vikas Samiti, Kathmandu, Nepal  
**Collation** : 122p.: illus, appendix, glossary  
**Keywords** : **Therapeutic index; Churna; Avaleha; Paka; Vati; Gutika tablets; Guggulu; Asava, Arishta; Sura; Bhasma; Rasa; Mandura; Taila; Dantamanjan**  
**Geog.area(s)** : NEPAL  
**Abstract** : Singhdurbar Vaidyakhana is the first pharmaceutical institution of Nepal established during the regime of Pratap Malla (1641-1674 AC). It is running as SDVKVS since 1995 AD. It is manufacturing more than 100 types of Ayurvedic medicines in various forms. More than 200 medicinal plant species; about 50 types of minerals, metals and animal products are used as raw materials to prepare these medicines. 114 types of preparations produced by SDVKVS are described in this booklet with their ingredients, properties and uses, dosage and administration, side effects and contra indications. Alphabetic indexes of Latin names of ingredients; system wise index of the products and list of SDVKVS products in alphabetic order are given in Appendix.

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**Language** : Eng  
**Title** : **Flowering plants of Nepal (Phanerogams)**  
**Author/Editor(s)** : Bista, MS; Adhikari, MK; Rajbhandari, KR  
**Publisher** : Kathmandu, MoFSC, Dept. of Plant Resources  
**Pub.date** : 2001  
**Collation** : 399p.: illus  
**Series** : Bull. Dept. of Plant Resource No. 18  
**Keywords** : **Plants family; Latin names; Distribution; Vernacular name**  
**Geog.area(s)** : NEPAL  
**Abstract** : About 6501 species of Angiosperm and Gymnosperm are reported from Nepal. This book provides the list of flowering plants in an alphabetic order as in a dictionary. Each species is described with the valid name and other synonyms, distribution and family. Vernacular names of some species are also given.

Language : Nep  
Title : **nepali khadhya kandamulharu**  
Trans.title : Nepali edible wild fruits/roots  
Corp.author(s) : MoFSC, Department of Medicinal Plants, Kathmandu, Nepal  
Pub.date : 2038  
Collation : 283p.: illus, reference, index  
Series : Department of Medicinal Plant bulletin no.8  
Keywords : **Edible plants, Wild**  
Geog.area(s) : NEPAL  
Abstract : Many wild edible plants are growing in Nepal. In total 133 species of wild edible plants (fruits and root crops) are described in this book with local name, scientific name, family, botanical description, uses, phenology and distribution in Nepal. Each description is accompanied with a sketch of the respective plant.

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Language : Nep  
Title : **jadibuti : parichaya ra upayog nirdeshika**  
Trans.title : An introduction and using guidelines of herbs  
Corp.author(s) : ITDG, Lalitpur, Nepal  
Pub.date : 2058  
Collation : 117p.: illus, index  
Keywords : **Medicinal plants; Collection; Storage; Cultivation**  
Geog.area(s) : NEPAL  
Abstract : It is a handbook involved in herb collection, cultivation and trade. It deals with general methods of collection, processing and methods of medicine preparation. Eighty major medicinal plants are described with their Nepali name, English name, Sanskrit name, some names on local language, Scientific name, family, distribution, short botanical description, flowering time, uses, parts used, method of preparation and doses. Each description is accompanied by colour photograph of the plant. Collection, cultivation, distribution in Nepal and uses of seven important medicinal plants traded from Nepal are also described in short in this book.

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Language : Eng  
Title : **Ayurvedic products of SDVKVS**  
Corp.author(s) : Singhadurbar Vaidyakhana Vikas Samiti, Kathmandu, Nepal  
Pub.date : 2061  
Collation : iii, 123p.: index, appendix  
Keywords : **Therapeutic index; Churna; Avaleha, Paka; Vati; Gutika, tablets; Guggulu; Asava, Arishta; Bhasma, Pishti; Rasa; Taila, Vindu; Dantamanjan; Kupipakva rasa; Mandura; Parpati**  
Geog.area(s) : NEPAL  
Abstract : Singhadurbar Vaidyakhana is the first pharmaceutical institution of Nepal established during the regime of Pratap Malla (1641-1674 AC). It is running as SDVKVS since 1995 AD. It is manufacturing more than 100 types of Ayurvedic medicines in various forms. More than 200 medicinal plant species; about 50 types of minerals, metals and animal products are used as raw materials to prepare these medicines. 115 types of preparations produced by SDVKVS are described in this booklet with their ingredients, properties and uses, dosage and administration, side effects and contra indications. Alphabetic indexes of Latin names of ingredients; system wise index of the products and list of SDVKVS products in alphabetic order are given in Appendix.

163

Language : Eng  
Title : **Ayurvedic cure for common diseases**  
Author/Editor(s) : Rao, Acharya Vipul  
Publisher : New Delhi, Diamond Pocket Books  
Pub.date : 1998  
Collation : 190p.: illus  
Keywords : **Ayurvedic treatment; Examination and diagnosis; Diseases; Body constituents; Respiratory system; Eyes; Ears; Urogenital system; Common diseases**  
Abstract : An adept Vaidya conclude the health status of a patient by simply feeling his pulse. According to Ayurveda a person falls ill when the three humors; Vata (air), Kapha (phlegm) and Pita (bile) get imbalanced and disproportionate. In this book ayurvedic treatment has been suggested for common diseases. The book describes human body systems, Ayurvedic principles, diagnosis of diseases and treatment of various diseases. Each disease is described with its symptoms, causes and treatments.

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165

Language : Eng/Nep  
Title : **Ayurvedic pharmacology (bhesaya-guna vijana)**  
Author/Editor(s) : Sapkota, Chandra Raj; Adhikari, Shyam Mani  
Publisher : Kathmandu, Singhdurbar Vaidyakhana Vikas Samiti  
Pub.date : 2001  
Collation : 154p.: illus, index  
Keywords : **Pharmacology; Medicinal plants; Minerals remedies; Animal remedies; Production**  
Geog.area(s) : NEPAL  
Abstract : This book consists of brief information about some plants, minerals and animal sources of Ayurvedic medicines. It includes 200 medicinal plants, 14 animal products and 54 minerals, metal and synthetic substances used as raw materials in ayurvedic medicines. Each component of the medicine is described with its Sanskrit name, Nepali name, Latin name, family, distribution, main characters, parts used, therapeutic uses and name of a few Ayurvedic preparations containing it. The descriptions of most of the raw materials are also accompanied by 180 colored pictures. Indexes of Sanskrit and Ayurvedic names, and Latin and English names are given at the end of the book.

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166

Language : Eng  
Title : **Plan your home with feng shui vastu**  
Author/Editor(s) : Bruce, Ian  
Publisher : New Delhi, B.Jain Publishers  
Pub.date : 2000  
Collation : 208p.: illus, index  
Keywords : **Feng shui; Vastu shastra**  
Abstract : Feng Shui (means wind water) is an art of living for better life, more health, wealth, energy and tranquility in life. It was originated in East and is getting popularity in West. This book is a manual, which explains step by step how to make each room in your home according to the beneficial laws of Feng Shui. This book tale, how to replan space using the principles of Feng Shui. Where it is not possible to accommodate ideal Vastu, it teaches what should be done to make life for better by protecting from any lingering, negative energy.

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167

Language : Eng  
Title : **Medicinal plants of Dolpo : Amchis' knowledge and conservation**  
Author/Editor(s) : Lama, Yeshe Choden; Ghimire, Suresh K; Aumeeruddy, Yildiz

Publisher : Kathmandu, WWF Nepal Program/People and Plants Initiative  
Pub.date : 2001  
Collation : xvi, 150p.: illus, index  
Keywords : **Ethnomedicine; Medicinal plants; Harvesting; Ethno-ecology; People and plants**  
Geog.area(s) : NEPAL; DOLPA  
Abstract : This book attempts to promote the exchange of knowledge between the amchis of Dolpo related to the ecology, management and sustainable use of medicinal plants. It is also an attempt to promote the exchange of knowledge between the Amchis of the Himalayan region, as well as with other resource stakeholder, in order to further conservation and the sustainable use of medicinal plants. The book has three parts: Part I describes the medicinal and ethno-ecological knowledge and practices of the Amchis; Part II discusses the relationship between conservation, health care and the trade of medicinal plants; and part III contains descriptions of selected medicinal plants that are most important in terms of their use by the Amchis, their conservation significance and economic value. Each plant from 100 selected medicinal plants is described in English and Tibetan language with scientific name, family, vernacular names, common names, habit and distribution, diagnostic characters, Phenology, parts used, uses, mode of use, chief constituents, and status.

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**158**  
Language : Eng  
Title : **Her healing heritage : local beliefs and practices concerning the health of women and children**  
Author/Editor(s) : Bajpai, Smita  
Publisher : Ahmedabad, Lspss, Chetna  
Pub.date : 1996  
Collation : xxv, 216p.: illus, glossary  
Keywords : **Pregnancy; Abortion; Child birth; Breast feeding practices; Induce abortion; Traditional medicine; Traditional healing; Traditional practices**  
Geog.area(s) : INDIA  
Abstract : This research monograph is the outcome of research done in eleven states of India on traditional indigenous knowledge of maternal child health. Traditional medicine in India flows through two streams, the folk (lok) healing traditions and other is the classical (shaastric) medical systems. Folk stream functions in the villages of rural area. This is the most popular level of practice of health system of India where six hundred thousand dais (TBAs) manage over ninety percent of rural child births. The classical systems of medicine are highly developed and contributes to management of all systemic diseases from respiratory and cardiovascular disorders to immune system disorders including cancers. This report mainly deals with traditional beliefs and practices during pregnancy, child birth and child care and comparison with folk and classical treatment.

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**159**  
Language : Eng  
Title : **Keys to the pteridophytes, gymnosperms, and monocotyledonous genera of Nepal**  
Corp.author(s) : MoFSC, Dept. of Medicinal Plants, Kathmandu, Nepal  
Pub.date : 1981  
Collation : 101p.: index  
Keywords : Medicinal plants  
Botanical name : **Pteridophyta; Gymnosperms; Monocotyledon; Key; Genera**  
Geog.area(s) : NEPAL  
Abstract : In the present book the families under the groups - Pteridophyta; Gymnosperm and Monocotyledon reported from Nepal are arranged alphabetically. The key to the families of the respective group is followed by description of families and key to the genera of the family found in Nepal. This book serves as a handbook to identify Nepalese plants in field and from herbarium.

Language : Eng  
Title : **Keys to the dicot genera in Nepal : part II (gamopetalae and monochlamydeae)**  
Corp.author(s) : MoFSC, Dept. of Plant Resources, Kathmandu, Nepal  
Pub.date : 1968  
Collation : 80p.  
Keywords : **Gamopetalae; Monochlamydeae; Key; Plant family**  
Botanical name : *Gamopetalae; Monochlamydeae*  
Geog.area(s) : NEPAL  
Abstract : This book provides keys to some families and genera of Dicotyledon: of the group Gamopetalae (flower with united petal) and the Monochlamydeae (Flowers with one or more perianth whorls lacking), reported from Nepal. The families reported from Nepal are described in alphabetic order. The description of each Family is followed by key to the genera of the respective family found in Nepal. The keys serve to identify plants rapidly in field and from herbarium.

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Language : Eng  
Title : **Keys to the dicot genera in Nepal : part I (polypetalae)**  
Edition : 2nd  
Corp.author(s) : MoFSC, Dept. of Plant Resources, Kathmandu, Nepal  
Pub.date : 1997  
Collation : 113p.: index  
Keywords : **Key; Polypetalae; Plant family; Genera**  
Botanical name : *Polypetalae*  
Geog.area(s) : NEPAL  
Abstract : This book provides keys to some families and genera of Dicotyledon: from the group Polypetalae (flower with free petals), reported from Nepal The families are described in alphabetic order. The description of each Family is followed by key to the genera of the respective family. The keys serve to identify plants rapidly in field and from herbarium.

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Language : Eng  
Title : **Flora of Nepal : aceraceae**  
Author/Editor(s) : Bista, MS  
Publisher : Kathmandu, MoFSC, Dept. of Plant Resources  
Pub.date : 2001  
Collation : 15p.  
Series : Flora of Nepal: aceraceae, volume 4 part 23  
Keywords : **Acer; Aceraceae**  
Botanical name : *Aceraceae*  
Geog.area(s) : NEPAL  
Abstract : Only one genus Acer of family Aceraceae is reported from Nepal. In total 13 species of one genera of Family Aceraceae are described in this Booklet. Botanical names, synonyms, botanical description, distribution, ecology uses, local name in Nepali and phenology of Acer acuminatum; A. caesium; A. campbellii; A. cappadocicum; A. caudatum; A. hookeri; A. oblongum; A. pectinatum; A. sikkimense; A. stachyophyllum and A. sterculiaceum are described here. Keys to identify genera and species of the family found in Nepal are also given.

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Language : Eng  
Title : **Flora of Nepal : sabiaceae**  
Author/Editor(s) : Bista, MS

**Publisher** : Kathmandu, MoFSC, Dept. of Plant Resources  
**Pub.date** : 2001  
**Collation** : 7p.  
**Series** : Flora of Nepal: *sabiaceae*, volume 4, part 26  
**Keywords** : **Sabiaceae; Meliosma; Sabia**  
**Botanical name** : *Sabiaceae*  
**Geog.area(s)** : NEPAL  
**Abstract** : Two genera: Meliosma and Sabia of family *Sabiaceae* are reported from Nepal. In total 6 species of two genera of Family *Sabiaceae* are described in this Booklet. Botanical names, synonyms, botanical description, distribution, ecology uses, local name in Nepali and phenology of Meliosma *dillenifolia*; *M. simplicifolia*; *M. pinnata*; Sabia *campanulata*; *S. purpurea* and *S. paniculata* are described here. Keys to identify genera and species of the family found in Nepal are also given.

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**Language** : Eng  
**Title** : **Flora of Nepal : oxalidaceae**  
**Author/Editor(s)** : Bista, MS  
**Publisher** : Kathmandu, MoFSC, Dept. of Plant Resources  
**Pub.date** : 2001  
**Collation** : 7p.  
**Series** : Flora of Nepal: *oxalidaceae*, volume 4, part 1  
**Keywords** : **Biophytum and oxalis; Oxalidaceae**  
**Botanical name** : *Oxalidaceae*  
**Geog.area(s)** : NEPAL  
**Abstract** : Two genera: Biophytum and Oxalis of family *Oxalidaceae* are reported from Nepal. In total 5 species of two genera of Family *Oxalidaceae* are described in this Booklet. Botanical names, synonyms, botanical description, distribution, ecology uses, local name in Nepali and phenology of Biophytum *reiwardti*, *B. sensitivum*, *Oxalis acetosella*, *O. corniculata* and *O. latifolia* are described here. Keys to identify genera and species of the family found in Nepal are also given.

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**Language** : Eng  
**Title** : **Flora of Nepal : cornaceae**  
**Author/Editor(s)** : Bista, MS; Vaidya, Y; Rajbhandari, KR  
**Publisher** : Kathmandu, MoFSC, Dept. of Plant Resources  
**Pub.date** : 1997  
**Collation** : 4p.  
**Series** : Flora of Nepal: *cornaceae* volume 5, part 4  
**Keywords** : **Cornaceae; Benthamidia; Swida; Dimnar; Lato kath**  
**Botanical name** : *Cornaceae*  
**Geog.area(s)** : NEPAL  
**Abstract** : Two genera: Benthamidia and Swida of family *Cornaceae* are reported from Nepal. In total three species of two genera of Family *Cornaceae* are described in this Booklet. Botanical names, synonyms, botanical description, distribution, ecology uses, local name in Nepali and phenology of Benthamidia *capitata*, *Swida macrophylla* and *S. oblonga* are described here. Keys to identify genera and species of the family found in Nepal are also given.

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**Language** : Eng  
**Title** : **Flora of Nepal : annonaceae**  
**Author/Editor(s)** : Bista, MS; Vaidya, Y; Rajbhandari, KR



**Publisher** : Kathmandu, MoFSC, Dept. of Plant Resources  
**Pub.date** : 1997  
**Collation** : 5p.  
**Series** : Flora of Nepal: annonaceae, volume 2 part 20  
**Keywords** : **Annonaceae; Uvaria; Desmos; Miliusa**  
**Botanical name** : *Annonaceae*  
**Geog.area(s)** : NEPAL  
**Abstract** : Three genera: Uvaria, Desmos, and Miliusa, of family Annonaceae are reported from Nepal. In total 6 species of three genera of Family Annonaceae are described in this Booklet. Botanical names, synonyms, botanical description, distribution, ecology uses, local name in Nepali and phenology of Desmos chinensis, Miliusa globosa, M. macrocarpa, M. tomentosa, M. velutina and Uvaria hamiltonii are described here. Keys to identify genera and species of the family found in Nepal are also given.

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**Language** : Eng  
**Title** : **Flora of Nepal : apocynaceae**  
**Author/Editor(s)** : Bista, MS; Vaidya, Y; Rajbhandari, KR  
**Publisher** : Kathmandu, MoFSC, Dept. of Plant Resources  
**Pub.date** : 1997  
**Collation** : 14p.  
**Series** : Flora of Nepal: apocynaceae, voluem 5 part 18  
**Keywords** : **Apocynaceae; Carissa; Rauvolfia; Holarrhena; Alstonia; Wrightia; Chonemorpha; Beaumontia; Vallaris; Parabarium; Trachelospermum; Ichnocarpus**  
**Botanical name** : *Apocynaceae*  
**Geog.area(s)** : NEPAL  
**Abstract** : Eleven genera: Carissa, Rauvolfia, Holarrhena, Alstonia, Wrightia, Chonemorpha, Beaumontia, Vallaris, Parabarium, Trachelospermum and Ichnocarpus of family Apocynaceae are reported from Nepal. In total 12 species of 10 genera of Family Apocynaceae are described in this Booklet. Botanical names, synonyms, botanical description, distribution, ecology uses, local name in Nepali and phenology of Carissa carandas, Rauvolfia serpentina, Holarrhena pubescens, Alstonia nerifolia, A. scholaris, Wrightia arborea, Chonemorpha fragrans, Beaumontia grandiflora, Vallaris solanacea, Trachelospermum axillare, T. lucidium and Ichnocarpus frutescens are described here. Keys to identify genera and species of the family found in Nepal are also given.

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**Language** : Eng  
**Title** : **Flora of Nepal : fagaceae**  
**Author/Editor(s)** : Bista, MS; Vaidya, Y; Rajbhandari, KR  
**Publisher** : Kathmandu, MoFSC, Dept. of Plant Resources  
**Pub.date** : 1997  
**Collation** : 12p.  
**Series** : Flora of Nepal: fagaceae, volume 1, part 20  
**Keywords** : **Fagaceae; Quercus; Castanopsis; Lithocarpus**  
**Botanical name** : *Fagaceae*  
**Geog.area(s)** : NEPAL  
**Abstract** : Three genera: Quercus, Castanopsis and Lithocarpus of family Fagaceae are reported from Nepal. In total 15 species of 3 genera of Family Fagaceae are described in this Booklet. Botanical names, synonyms, botanical description, distribution, ecology uses, local name in Nepali and phenology of Castanopsis tribuloides, C. hystrix, C. indica, C. lancifolia, Lithocarpus fenestrata, L. pachyphylla, L. elegans, Quercus semecarpifolia, Q. floribund, Q. lanata, Q. leuchotrichophora, Q. lamellose, Q. glauca, Q. mespilifolioides and Q. oxyodon are described here. Keys to identify genera and species of the family found in Nepal are also given.

**Language** : Eng  
**Title** : **Flora of Nepal : thymelaeaceae**  
**Author/Editor(s)** : Bista, MS; Vaidya, Y; Rajbhandari, KR  
**Publisher** : Kathmandu, MoFSC, Dept. of Plant Resources  
**Pub.date** : 1995  
**Collation** : 7p.  
**Series** : Flora of Nepal: thymelaeaceae, volume 4, part 54  
**Keywords** : **Thymelaeaceae; Stellera; Wikstroemia; Edgeworthia; Daphne**  
**Botanical name** : *Thymelaeaceae*  
**Geog.area(s)** : NEPAL  
**Abstract** : Four genera: Stellera, Wikstroemia, Edgeworthia and Daphne of family Thymelaeaceae are reported from Nepal. In total 7 species of 4 genera of Family Thymelaeaceae are described in this Booklet. Botanical names, synonyms, botanical description, distribution, ecology uses, local name in Nepali and phenology of Daphne bholua, D. papyracea, D. retusa, D. surie, Edgeworthia gardneri, Stellera chamaejasme and Wikstroemia canescens are described here. Keys to identify genera and species of the family found in Nepal are also given.

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**Language** : Eng  
**Title** : **Flora of Nepal : bombacaceae**  
**Author/Editor(s)** : Bista, MS  
**Publisher** : Kathmandu, MoFSC, Dept. of Plant Resources  
**Pub.date** : 2000  
**Collation** : 3p.  
**Series** : Flora of Nepal: bombaceae, volume 4, part 33  
**Keywords** : **Medicinal plants; Simal; Silk cotton tree; Simal**  
**Botanical name** : *Bombacaceae; Bombax*  
**Geog.area(s)** : NEPAL  
**Abstract** : One genus: Bombax of family Bombaceae is reported from Nepal. This famamily is represented by only one species. Botanical names, synonyms, botanical description, distribution, ecology uses, local name in Nepali and phenology of Bombax ceiba are described here.

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**Language** : Eng  
**Title** : **Yoga system of medicine : arogya ashram**  
**Publisher** : Kathmandu, Arogya Ashram  
**Collation** : 28p.: illus  
**Keywords** : **Yoga; Herbal medicine; Naturopathy; Panchakarma; Research and development**  
**Abstract** : The Arogya Ashram, Gausala, Kathmandu, Nepal is an institution established to disseminate Yoga, and natural and healthy way of living. The ashram provides training on the eight aspects of yoga system of medicine. This book let introduces Yoga system of medicine and deals with therapeutic benefits of Yoga and Panchakarma treatments.

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**Language** : Hin  
**Title** : **yog aur sampurna swasthya (vaigyanik pristhabhumi)**  
**Trans.title** : Scientific background of yoga and holistic health  
**Author/Editor(s)** : Mansagni  
**Publisher** : Patna, Damodar Sarswati Bihar

**Pub.date** : 1992  
**Collation** : 14p.  
**Keywords** : **Yoga; Naturopathy; Aasan; Physiology**  
**Abstract** : Yoga is the practical system of Arya used since ancient time for health, mental and spiritual development. This booklet tries to answer questions like what is Yoga and Sarir Sichyan? It discusses the importances of Yoga practices to treat diseases.

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**Language** : Eng  
**Title** : **Ayurvedic approach for better maternal health and safe motherhood at home**  
**Author/Editor(s)** : Bajpai, Smita  
**Publisher** : Ahmehadbad, CHETNA  
**Collation** : 9p.  
**Keywords** : **Maternal health; Safe motherhood; Ayurvedic approach**  
**Abstract** : Balance and harmony within an individual as well as with environment is essential for human survival. Illness is therefore the result of imbalance. Motherhood and childhood are the critical stages of life, and therefore specific measures are suggested during these stages with an aim to ensure a healthy mother and child. This paper provides a glimpse into basic Ayurvedic principles for better maternal health.

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**Language** : Eng  
**Title** : **Role of dai in women's health**  
**Author/Editor(s)** : Capoor, Indu; Naik, Kamal; Bajpai, Smita  
**Publisher** : Ahadmahebad, CHETNA  
**Pub.date** : 2000  
**Collation** : 15p.: reference  
**Keywords** : **TBAs; Delivery of health care; Child Birth**  
**Abstract** : Dais are the traditional midwife in India. Culture of home birth is strongly rooted in India's society, giving rise to Dai tradition. Family members, Women, or Dais facilitate about 80 percentage of birth in India. 35 percentage of births in India are attended by Dais. Realizing the role of Dais efforts have been made by government and NGOs to strengthen the role of Dai by integrating it in the mainstream of health care. The report concentrates in the role of Dais, and the various training programmes organized by Government and NGOs for Dais.

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**Language** : Eng  
**Title** : **A gist of the cultivated and other useful plants in Nepal**  
**Author/Editor(s)** : Regmi, Puskal Prasad; Shimada, T  
**Publisher** : Kathmandu, JZADP, JICA  
**Pub.date** : 1976  
**Collation** : 46p.:  
**Keywords** : **Medicinal plants; Cereals; Millet-pulses; Vegetables remedies; Fruits; Ornamentals Plants; Oil seeds; Fibres; Forrage; Catalogue**  
**Geog.area(s)** : NEPAL  
**Abstract** : This list consists of cultivated and widely used useful plants of Nepal. Each plant is listed with Japanese name, Nepalese name, common name botanical name and family.

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**Language** : Eng  
**Title** : **Conserving medicinal and aromatic plant species : identifying the contribution of the International Plant Genetic Resources Institute (IPGRI)**  
**Author/Editor(s)** : Leaman, Danna J; Fassil, Hareya; Thormann, Imke

**Publisher** : Rome, IPGRI  
**Pub.date** : 1999  
**Collation** : xi, 152p.: annex  
**Keywords** : **Medicinal plants; Aromatic plants; Conservation; IDRC; IPGRI; Botanical garden**  
**Abstract** : This report highlights the potential contribution of IPGRI to the conservation of medicinal and aromatic plants (MAP) working in collaboration with International Development Research Centre (IDRC) and other agencies. Threats to genetic diversity and species survival of MAP have also increased as a result of habitat loss, overexploitation and other pressure. Combination of in situ protection of core populations and controls on sustainable harvest involving local management regimes must be combined with ex situ cultivation and conservation of rare and endangered, popular and economically important species. Four areas needed for medicinal plant conservation are: setting shared priorities for conservation; building a scientific and technical basis for medicinal plant conservation; sharing information relevant to conservation; and creating a policy environment conducive to conservation. Three alternative approaches within IPGRI might organize work on MAP conservation are proposed in this review.

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**Language** : Eng  
**Title** : **Participatory biodiversity conservation in the South Asia region proceedings of Regional Networking Seminar and second general assembly-10-11 February 2001 FONAREM, Kathmandu, Nepal**  
**Author/Editor(s)** : Balla, Mohan K; Rayamajhi, Santosh; Pradhan, Narendra MB  
**Publisher** : Kathmandu, FUNAREM  
**Pub.date** : 2001  
**Collation** : ii, 80p.  
**Keywords** : **Conservation; Biodiversity management; Resource management; Income generation; Community mobilization; Community based biodiversity**  
**Geog.area(s)** : SOUTH ASIA; BANGLADESH; NEPAL; INDIA  
**Abstract** : The seminar was participated by 22 Management of natural resources and sustainable Agriculture (MNRSA) graduates from Agriculture University of Norway (AUN). This proceeding consists of main two parts. The technical section consists of articles on Biodiversity conservation in Nepal, Bangladesh, Sri Lanka and India. The general assembly section is with article on concept paper on Regional Network Development among AUN graduates.

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**Language** : Eng  
**Title** : **The himalayan plants, can they save us : proceedings of Nepal Japan joint symposium on conservation and utilization of himalayan medicinal resources**  
**Author/Editor(s)** : Watanabe, T; Takana, A; Bista, MS; Sainju, H  
**Publisher** : Tokyo, Kathmandu, NPO/SCDHMR  
**Pub.date** : 2000  
**Collation** : xii, 368p.: illus  
**Keywords** : **Medicinal plants; Globalization; Conservation; Sustainability; Aromatic plants; Industrialization; Commercialization; Ethnomedicine; Orchids; Jatamasi; Chiraito**  
**Geog.area(s)** : JAPAN; NEPAL; PAKISTAN; GORKHA; KATHMANDU; LALITPUR  
**Abstract** : The symposium was planned to focus on the major issues of conservation and sustainable uses of natural medicinal resources. Himalayan region has good fame in medicinal plant resources. The natural areas of Himalaya are depleted and degraded to the extent worse than in any other comparable part of world making the existence of valuable resources vulnerable. In total 34 oral papers, five special lectures and 38 posters were displayed in

this symposium. The proceedings consists of key note speech of Motoyoshi Satake on Importance of herbal medicine; and special papers on Department of medicinal plants, Globalization and botanical inventory, Croton sublyratus, Medicinal plant conservation-an experience of Sri Lanka, and International co-operation on research in economic Botany. Sixty-two theme papers on General policy and legislation; Inventory, research and development; Conservation and sustainable use; and Utilization, industrialization and commercialization are published in the proceedings. Recommendations of the symposium are also included in the proceedings.

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1999

- Language : Hin  
Title : **sharangdhara samnita ki banaspatiya**  
Trans.title : Plants: documented in code of Sharangdhara  
Author/Editor(s) : Chunekar, KC; Poudel, Khadanand  
Publisher : New Delhi, National Academy of Ayurveda  
Pub.date : 1999  
Collation : vi, 343p.: illus, index, bibliography  
Keywords : **Medicinal plants; Ayurveda; Ayurvedic medicine**  
Geog.area(s) : INDIA; NEPAL  
Abstract : Sharangdhar Samhita is an important book on Ayurveda. This book deals with various medical systems popular under Ayurveda during middle ages. It summarizes the medicinal plants described in the Samhita. For the use of plant products in various preparations, it is necessary to know the description of plant to recognize it definitely, name, and the important chemical constituents of the plant. This book describes various medicines (Banaushadhi) described in the Sharangdhara Samhita with scientific names of plants used. Various aspects of each medicine are described according to old literature (Sastra). Uses of parts of medicinal plant in different preparations are also described. This book is helpful in Ayurvedic education, medicine, research, and also in medicine preparation. Separate indexes of botanical names, English names, Hindi names, and Nepali names are given at the end of the book.
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1998

- Language : Nep  
Title : **sugandhawal kheti**  
Trans.title : Valerian cultivation  
Corp.author(s) : MoFSC, Dept. of Medicinal Plants, Kathmandu, Nepal  
Collation : 7p.  
Series : jadibuti kheti prakasan sankhya -4  
Keywords : **Medicinal plants; Cultivation; Market; Harvesting; Indian valerian; Musakbala; Sugandhawala**  
Botanical name : *Valeriana jatamansi jones*  
Geog.area(s) : NEPAL  
Abstract : The booklet is prepared for farmers interested in valerian cultivation. It describes the valerian plant, and its habitat, main chemical constituents, market etc. It is cultivated at 1500 to 3000 m altitude. It is generally propagated from seeds or root. The preparation of nursery, manure, and harvest of valerian is given in the booklet.
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1997

- Language : Eng/Nep  
Title : **Flora of Langtang and cross section vegetation survey (central zone)**  
Edition : 2nd  
Corp.author(s) : MoFSC, Dept. of Medicinal Plants, Kathmandu, Nepal  
Pub.date : 1997

Collation : xxvii, 272p.: index, reference  
Series : Bulletin of Dept. of Medicinal Plants Nepal No. 6  
Keywords : **Forest; Vegetation survey; Botanical survey; Herbarium; Pteridophyta; Spermatophyta; Vegetation survey; Botanical survey; Herbarium**  
Geog.area(s) : NEPAL; LANGTANG; GOSAIKUNDA  
Abstract : This book deals with the flora of Langtang and Gosaikunda regions of Central North part of Nepal. It consists of two parts. The first part is the vegetation survey of Central Nepal. In this part different forest types of Central Nepal, from Terai to Himalaya, are defined and described. The forests are classified into 21 types including the alpine meadow. The second part enumerates 911 species of vascular plants (Angiosperms, Gymnosperms and Pteridophyta) occurring in the area lying north of Likhu khola to the crest of Langtang Himal and lying east of the Trisuli River to the Indrawati khola. The plants are arranged following the Bentham and Hooker system of classification for Angiosperms and Copland's system for the Pteridophytes. The Genus and species within family are arranged in alphabetic order. Each species is described with botanical name, syn. names, distribution, short botanical description and local name. Indexes of Local name and Botanical name are given at the end of book.

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Language : Eng  
Title : **Physical fitness for good health : exercises with a partner**  
Author/Editor(s) : Saggar, Shakti Kumar  
Publisher : New Delhi, Vikas Publishing House  
Pub.date : 1994  
Collation : viii, 136p.: illus  
Keywords : **Exercise; Physical fitness; Muscular power**  
Abstract : The exercises described in this book are performed with a suitable partner. The exercises are suitable for all people including sportsperson of all age groups. All exercises are designed to provide an opportunity for effective exercising within everyone's homes without any special equipment. Long-term fitness is achieved if the exercises are performed regularly and systematically. The exercises are described under five headings: for development of muscular flexibility and mobility of various joints; for development of muscular power of arms and shoulders; for development of muscular power of abdomen, chest and back muscles; for development of muscular power of leg muscles; and for development of co-ordination, endurance and general fitness.

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Language : Eng  
Title : **The concept of music therapy**  
Author/Editor(s) : Raghuram, Jyothi  
Publisher : Calcutta, Intertrade Publications  
Serial title : Traditional Medical system; vol.3.:no.4,pp.78-83  
Keywords : **Music therapy; naturopathy**  
Geog.area(s) : INDIA  
Abstract : Music is considered the fourth 'Upaveda'-Gandharva Veda, in addition to Dhanurveda, Ayurveda and Artha Shastra. Researcher of music therapy Sri Ganpathi Sachidananda Swami considers music are cosmic vibrations emerging from the very depths of the universe to heal their diseases. For 20 years of his research on music, music therapy showed therapeutic effect and cured different diseases as hypertension, epilepsy, mental disorders and including kidney and heart problems. Different Ragas are listed for different diseases treatment. Besides Ragas, Kirtans and Bhajans also can treat the diseases emotionally, mentally and physically.

**Language** : Eng  
**Title** : **Beginners guide to homeopathy (the stepping stone to homeopathy)**  
**Author/Editor(s)** : Iyer, TS  
**Publisher** : New Delhi, B Jain Publishers  
**Pub.date** : 2000  
**Collation** : xxv, 518p.: appendix, index  
**Keywords** : **Homeopathy; Treatment; Therapeutic index; Poison; Materia medica**  
**Abstract** : In this book T.S. Iyer has given his experiences and methods of approaches for the benefit of posterity. He has expounded the law of cure of Hahnemann very clearly in the introduction, and dealt concisely and lucidly with the conception of how acute and chronic diseases are caused and should be treated by the law of homeopathic law. Faulty diet is the cause directly or indirectly of about 75 percentage of diseases. If diet, exercise and habits are properly regulated the path for a complete cure is made smoother and shorter. The section on medicine deals with the most common diseases, their causation, prevention and cure. Sections on general Materia Medica and Therapeutic Index are given for easy refer. The most commonly used drugs are included in therapeutics of all diseases. A section on poisoning and accident is also added in this book. Though it is named as beginner's guide it is a very good reference book for acute and chronic cases.

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**Language** : Eng  
**Title** : **Ayurveda for health and family welfare**  
**Author/Editor(s)** : Devaraj, TL  
**Publisher** : New Delhi, UBS Publishers Distributors  
**Pub.date** : 1997  
**Collation** : 312p.: bibliography  
**Keywords** : **Ayurvedic system; Healthy life; Sex and health; Occupational health; Tobacco; Spiritual health; Occupational health; Tobacco; Abortion; Miscarriage; Pregnancy; Mental health; Child health; Food; Epidemic; Endemic diseases; Family planning**  
**Abstract** : Auyurveda is receiving its recognition as worldwide attention is growing towards alternative medicine system. This book is a comprehensive but easy to understand volume, which highlights the highly beneficial aspects of Ayurveda for maintaining overall good health and for ensuring family welfare. The book guides the readers systematically in their quest for achieving a disease-free life and in attaining a blissful familial atmosphere, based on the percepts and practices developed by Ayurveda over the ages. This book will be of use for both general readers and the practitioners of Ayurveda.

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**Language** : Eng  
**Title** : **Juice therapy**  
**Author/Editor(s)** : Sharma, SK  
**Publisher** : New Delhi, Diamond Pocket Books  
**Pub.date** : 2001  
**Collation** : 191p.: index  
**Keywords** : **Juice therapy; Fruit therapy; Vegetable juice; Herbal medicine; Self medication**  
**Abstract** : Nature has given fruits as an alternative means for sustaining life. In this book it is described how fruit juice have quality to treat diseases at its primary stage, and it is possible to treat dieases without taking medicine. It also stress upon the utility, efficacy, usage, cost-effective. It also deals with the classification and medicinal uses of fruits and vegetable.

**1998**  
Language : Hin  
Title : **phalo evam sabjiyaun dwara chikitsa**  
Trans.title : Treatment by fruits and vegetables  
Author/Editor(s) : Bansal, Shreenandan  
Publisher : New Delhi, B. Jain Publishers  
Collation : 195p.: illus  
Keywords : **Fruit therapy; Vegetable juice; Juice therapy; Home remedies; Medical uses**  
Abstract : Fruits and vegetables have quality to treat diseases at its primary stage, and it is possible to treat diseases without taking medicines. Such treatments have no side effect and are generally without allergic reaction. This book describes the uses of 30 fruits and 30 vegetables in the treatment of diseases. The fruit and vegetables are described with botanical name, chemical composition, medical quality and use as medicine in various diseases. Domestic ways of preparation of medicine from these fruits and vegetables are also given.

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**1999**  
Language : Hin  
Title : **kabja evam bavasir ki jadibuti chikitsa**  
Trans.title : Herbal treatment for constipation and piles  
Author/Editor(s) : Dash, Bhagwan  
Publisher : New Delhi, B. Jain Publishers  
Pub. date : 2002  
Collation : 94p.: illus  
Series : Vanausadhi chikitsa granthamala : no.5  
Keywords : **Herbal medicine; Medicinal plants; Ayurvedic preparation; Piles; Constipation**  
Abstract : Constipation and piles are the most common diseases of present time. Artificial foods lacking fibres mental tension are the causes of these problems. Piles is caused by constipation and both are the causes of various health problems. In the first part of this booklet chapter relating to the problems are dealt. In second part treatments using herbs are described. Eleven herbs used to treat these problems are described with their botanical names, distribution, origin, description of useful parts, medical quality, methods of medicine preparation, doses, and names of ayurvedic preparations with this plant part as a component.

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**1999**  
Language : Eng  
Title : **Ayurveda and life impressions bodywork : seeking our healing memories**  
Author/Editor(s) : Vanhowten, Donald  
Publisher : Delhi, Motilal Banarsidass Publishers  
Pub. date : 1998  
Collation : 282p.: illus, bibliography, index  
Keywords : **Ayurvedic system; Massage; Exercise impressions; Treatment**  
Abstract : This book deals on the ancient Vedic system of healing called Ayurveda. Ayurveda has served since time immemorable and is practiced today throughout the world especially in South Asia. Ayurveda addresses every individual separately through proper diet, lifestyle, panchakarma, and rejuvenation therapy based on individual's unique body type, psychological makeup and imbalances. In this book the basic principles of Ayurveda is incorporated and integrated. This book adds a new dimension to Ayurveda that all student of this ancient health science should examine. It is a refreshing, insightful, and practical approach to updating our old life impressions. It adds a new dimension to Ayurveda that all students of this ancient health science should examine. It will be interesting for professionals in the health field or layperson simply interested in taking better care of their health.



**Language** : Eng  
**Title** : **Medicinal plants**  
**Author/Editor(s)** : Grewal, RC  
**Publisher** : New Delhi, Campus Books International  
**Pub.date** : 2000  
**Collation** : viii, 430p.  
**Keywords** : **Medicinal plants; Botanical nomenclature system; Herbal garden; Herbal preparation; Herbal calender**  
**Botanical name** : *Abrus Precatorius; Allium Sativum; Aloe Vera; Annona Muricata; Carica Papaya; Cassia Alata; Catharanthus Roseus; Curcuma Longa; Cymbopogon Citrates; Cyperus Rotundus; Hibiscus Sabdariffa; Lantana Camara; Macuna Pruriens; Magnifera Indica; Manihot Exculenta; Momordica Charantia; Moringa Pterygosperma; Persea American; Phyllanthus Niruri; Portulaca Oleracea; Psidium Guajava Punica Grantum; Syzygium Cumini; Tamarandus Indica*  
**Abstract** : This book describes the medicinal uses and chemical constituents of 24 common medicinal plants with their Latin names and brief botanical descriptions. This book will help readers to find a wealth of practical ideas and theoretical information on major medicinal plants. Separate chapters are given for Botanical terms, Herbal garden, Clinical evaluation, Herbal preparation and Herbal calendar It will be of interest to students, practitioners or researchers interested or engaged in the development, evaluation, or use of the medicinal plants and herbal medicines.

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**Language** : Eng  
**Title** : **Healing heart diseases naturally : a guide to mind-body healing for patients with coronary artery disease**  
**Author/Editor(s)** : Dayal, Mirchandani  
**Publisher** : Mumbai, India Book House  
**Pub.date** : 1997  
**Collation** : 162p.: bibliography  
**Keywords** : **Alternative medicine; Diet; Tobacco; Exercise; Risk factors; Stress; Personality; Smoking; Naturopathy; Heart disease**  
**Abstract** : Heart disease is one of the leading causes of death of present time. In India many more people are developing sever Coronary artery disease (CAD) at an earlier age than ever before. This increase is attributed to changes in lifestyle, smoking and the stress of modern life. Western life style is one of the major causes of increased incidence of heart disease. The CAD can be reversed by a combination of diet, personality, and life style change. This book helps in understanding CAD and its medical and surgical treatment. It also provides natural programme of diet and lifestyle that enhance the quality of life. This programme helps to reverse the atherosclerotic changes in arteries.

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**Language** : Eng  
**Title** : **Ayurveda revolutionalized : integrating ancient and modern ayurveda**  
**Author/Editor(s)** : Tarabilda, Edward F  
**Publisher** : Delhi, Motilal Banarsidass Publishers  
**Pub.date** : 1998  
**Collation** : viii, 204p.  
**Keywords** : **Modern ayurveda; Western medicine; Holistic approach health system; Therapeutic guidelines; Syntomatology; Spiritual healing; Etiology; Revolution**  
**Abstract** : The traditional natural healing system of India is getting populatrity in the west also. It considers the physical, psychological and spiritual aspects of heling. This book gives the

reader a radical new perspective in the practice of Ayurveda. It is not meant to replace what exist at present, but to be complementary. This system is not new but is offered as a revitalized approach to Ayurveda. The thesis put forth by the author in this text is that it is not constitution as modern Ayurveda contends, but rather seven disease tendencies which are the fundamental to the treatment of disease as mentioned by Charak in Charak Samhita, the authoritative text of Ayurveda. It combines Ayurveda with Vedic astrology. This book is not only significant for Ayurvedic students, it is also relevant for students of vedic astrology or vedic sciences.

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**104**

Language : Eng  
Title : **Healthy aging**  
Author/Editor(s) : Dewan, AP  
Publisher : New Delhi, AC Specialist/Nature cure and Yoga Health Centre  
Pub.date : 1994  
Collation : 147p.  
Keywords : **Nutrition; Food; Exercise; Nutrition; Food; Physical fitness; Spiritual health; Mental health; Emotional health; Sleep; Aged; Social support; Massage**  
Abstract : Aging occurs as cells and organ systems changes over a period of time. It seems 'biological clock' may be responsible for aging. Decrease in height, chest, decline in functioning of various organs, changes in body contours, thin hair, and wrinkles are the symptoms of aging. Exercise, selective nutrition, and active involvement with life are some solutions for the problems of aging. Meaningful aging is an art. This art develops from a lifestyle that begins with childhood. Mental insecurity affects physical health. Stress management is the basis of longevity and optimum health. This book describes the process of aging and the healthy aging through food and nutrition, sleep and stress, and exercise. Health problems during aging and social support system for aged person are also dealt.

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**105**

Language : Eng  
Title : **Essentials of Ayurveda**  
Author/Editor(s) : Sharma, Driya Vrat  
Publisher : Delhi, Motilal Banarsidass Publishers  
Pub.date : 1993  
Collation : 356p.  
Keywords : **Ayurveda; Anatomy; Physiology; Pharmacology; Pharmacy; Drug formulation; Social medicine; Pathology; Chemistry; Psychiatry; Toxicology; Pediatrics; Surgery**  
Abstract : Ayurveda, the earliest medical system of India survived the vicissitudes of time for centuries and is still living and acting with vigor. This book presents an integrated picture of Ayurveda and contains the essence of all sixteen specialties of Ayurveda. It provides working knowledge of Ayurveda as a whole. It is divided into sixteen chapters on Basic concepts. Anatomy and physiology, pharmacology, Pharmacy, Science of mercury and minerals, preventive and social medicine, promotive therapy, aphrodisiac therapy, pathology and disease diagnosis, general medicine, psychiatry, obstetrics and gynaecology, pediatrics, toxicology, surgery, and special dealing of organs. It will be useful for teachers and students of Ayurveda and also for those who want to be acquainted with principles and practice of Ayurveda easily.

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**106**

Language : Eng  
Title : **A heart attack can save your life: the complete reduce your risk of heart attack and cancer without dieting**  
Author/Editor(s) : Mason, Joseph W

**Publisher** : Mumbai, JAICO Publishing House  
**Pub.date** : 1997  
**Collation** : ii, 248p.: illus, index, glossary, appendix  
**Keywords** : **Cholesterol; Heart disease; Naturopathy; Diet control; Weight loss; Balanced diet; Exercise; Heart attack**  
**Abstract** : Overweight and high cholesterol increases the chances of Heart attack and cancer. This book teaches us to change our lifesyle that will decrease our weight safely and lower cholesterol and consequently decreases the risk of heart disease and some cancer. It includes heart maintenance program for healthier life.

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**Language** : Eng  
**Title** : **Healing with ayurveda**  
**Author/Editor(s)** : Hope Murray, Angela; Pickup, Tony  
**Publisher** : Mumbai, JAICO Publishing House  
**Pub.date** : 1997  
**Collation** : 120p.: index, glossary  
**Keywords** : **Ayurveda; Vata; Pitta; Kapha; Herbs; Ayurvedic care; Case studies; Glossary**  
**Abstract** : Ayurveda is the ancient Indian approach to dietary health care. Ayurveda seeks to achieve an optimum balance within the body, mind and spirit to prevent diseases rather than curing. This book explains the philosophy and practice of Ayurveda, focusing on the five elemental energies- earth, fire, air, water and ether, which give rise to different types of person. A detailed questionnaire given here helps to identify the type of person. The foot charts given according to the type of person distinguish foods necessary or harmful for the person. The case studies given show the transformative effects of Ayurveda on people of various ages and walk of life.

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**Language** : Eng  
**Title** : **Healing with homeopathy**  
**Author/Editor(s)** : Chappell, Peter; Andrews, David  
**Publisher** : Mumbai, JAICO Publishing House  
**Pub.date** : 1997  
**Collation** : vi, 119p.  
**Keywords** : **Homeopathy; Homeopathic remedies; Case studies; Chronic diseases**  
**Abstract** : Homeopathy is a form of complementary medicine in which natural substances, derived from minerals, animals and plants, are used on the principle of like cures like. Offering a holistic approach to health, homeopathy is a gentle safe and effective treatment, which works for long-term well being at a deep level. Homoeopathy remedies are widely available to every one. This book will help to learn how to make the most of them. Directories of useful names, addresses and further reading are included.

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**Language** : Hin  
**Title** : **aroma therapy (suwasit tailiya chikitsa)**  
**Trans.title** : Aroma therapy  
**Author/Editor(s)** : Sanjaya, Garima  
**Publisher** : New Delhi, B.Jain Publishers  
**Pub.date** : 1998  
**Collation** : 250p.: illus  
**Keywords** : **Massage; Massage oil; Aroma therapy; Alternative medicine; Essential oil; Child health; Oil therapy; Cosmetic**  
**Abstract** : Aromatherapy is an alternative natural medicine, which treat mental and physical disorders by essential oil produced by plants. It is a multipurpose therapy used since ancient time. It

can treat and influence all aspects of life. It treats all sorts of physical disturbances as well as can relieve mental tension and treat mental disturbances. It is especially good in skin problems. Through regular massage it keeps our body healthy. It also helps to remain normal and healthy during pregnancy. Aromatherapy is equally good for child, young and old persons.

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**125**  
Language : Hin  
Title : **ucha rakta chap evam anindra : jadibuti**  
Trans.title : Ayurvedic treatment for high blood pressure and insomnia  
Author/Editor(s) : Dash, Bhagwan  
Publisher : New Delhi, Health Harmony  
Pub.date : 1990  
Collation : 100p.: illus  
Series : Banusahi-chikitsa-granthmala: sankhya 5  
Keywords : **Medicinal plants; Blood pressure, High; Sleeplessness; Herbal medicine; Blood pressure; Insomnia**  
Abstract : Ayurveda can treat high blood pressure and insomnia successfully. The synthetic medicines developed by modern medicine provide relief temporarily and long-term use of these medicines loses their effects and may have side effects. There are many herbs growing in various parts of earth that can treat these diseases. Traditional physician of different countries are practicing this medicine. Ayurveda is one of it. This book in its first part introduces the diseases, their causes and treatments. The second part describes 12 major medicinal its Latin name, names in some language, useful part, origin, botanical description and medicinal uses. All descriptions are provided with hand sketch illustrations.

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**126**  
Language : Eng  
Title : **Herbal remedies for asthma**  
Author/Editor(s) : Metha, AK  
Publisher : New Delhi, Health Harmony  
Pub.date : 1999  
Collation : viii, 88p.: illus  
Keywords : **Asthma; Respiratory system; Diseases; Ayurvedic treatment; Asthma; ARI**  
Abstract : Asthma is a widespread disease. It is very difficult to cure by modern medicine Ayurveda can treat this disease successfully. Ayurvedic physician always emphasize on good conduct, behavior, regimen etc. along with the intake of proper diet and medicine in its treatment. This booklet deals with both prevention and treatment of asthma as per the ayurvedic system. In its first part it deals with common respiratory diseases and ayurvedic concept of disease. The second part deals with preventive and curative measures for asthma. Common herbs used in ayurvedic treatment are described in second part each with its Latin name, other names, uses and hand drawn sketch.

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**127**  
Language : Eng  
Title : **Flora of Kathmandu valley**  
Author/Editor(s) : Malla, SB; Rajbhandari, SB; Shrestha, TB; Adhikari, PM; Adhikari, SR; Shakya, PR  
Publisher : Kathmandu, MoFSC, Dept. of Medicinal Plants  
Pub.date : 1986  
Collation : vii, 962p.: reference, index, appen  
Keywords : **Medicinal plants; Herbs; Geology pteridophyta; Gymnosperm; Dicotyledon monocotyledon**  
Geog.area(s) : NEPAL; KATHMANDU

**Abstract** : Kathmandu valley is rich in flora. In this volume 1312 plant species belonging to 162 families of vascular plants found in Kathmandu valley are described. This book describes each taxon with its Botanical name, description in botanical terms, Phytogeography, local name and ecology. Position, climate, vegetation, and history of botanical exploration of Kathmandu valley are described in Introduction. Keys to Families, genera and species described are also given in this book. Indexes of botanical names and Nepali names are given at the end.

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**Language** : Eng  
**Title** : **The spiritual life: path of the heart is the simplest way to discover one's own inner treasure of peace, joy, light and love**  
**Author/Editor(s)** : Chinmoy, Sri  
**Publisher** : Kathmandu, Everest Publishing  
**Pub.date** : 2001  
**Collation** : 44p.  
**Keywords** : **Spirituality; Meditation; Spiritual healing; Death and reincarnation; Peace; Joy**  
**Abstract** : This book presents a fresh and original perspective on various aspects of the spiritual life. Written in a practical vein, it offers the newcomer as well as the advanced seeker some deep, penetrating insights into spirituality, meditation and philosophy.

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**Language** : Eng  
**Title** : **WHO traditional medicine strategy 2002-2005**  
**Corp.author(s)** : WHO, Geneva, Switzerland  
**Pub.date** : 2002  
**Collation** : viii, 61p.: illus, reference, index  
**Keywords** : **Traditional medicine; Complementary medicine; Strategy development; Alternative medicine**  
**Abstract** : 'Traditional medicine' is a comprehensive term used to refer to systems such as traditional Chinese medicine, Indian Ayurveda and Arabian Unani medicine and to various forms of indigenous medicine. This is the first global traditional medicine strategy. It was drafted following extensive consultation. However, given regional diversity in the use and role of traditional medicine, and complementary and alternative medicine, modifications may be necessary to take account of variations at regional levels. It should be noted that difficulties persist in defining precise terminology for describing their therapies and products.

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**Language** : Eng  
**Title** : **Homeopathy : the complete handbook**  
**Author/Editor(s)** : Dhama, KPS; Dhama, Suman  
**Publisher** : New Delhi, UBS Publishers Distributors  
**Pub.date** : 1994  
**Collation** : xi, 323p.: illus  
**Keywords** : **Homeopathy; Medicine; Diseases**  
**Abstract** : Homeopathy is one of the safest and less expensive systems of medicine for treating common diseases. It is non-violent and non-intrusive and almost without side effects. This volume is designed to make all the aforementioned advantages available to all readers. This book includes maladies and remedies suggesting medicines according to the specific symptoms of the disease. Remedies are graded in order of their efficacy, laying special emphasis on certain aspects of their usefulness. Intercurrent catalytic remedies are also mentioned in some situations. It provides special instructions wherever required, and also precise potencies and dosages.

**[REDACTED]**  
Language : Eng  
Title : **Medical pluralism in a culturally complex Asian civilization : searching, understanding of and cure for bodily afflictions in Newar of Kirtipur**  
Author/Editor(s) : Sharma Subedi, Madhusudan  
Publisher : Kathmandu, Madhusudan Sharma Subedi  
Pub.date : 2000  
Collation : 178p.: illus, glossary, reference  
Keywords : **Cultural pluralism; Indigeneous health practice; Health seeking behavior; Traditional medicine; Ayurvedic herbal medicine; Allopathy; Traditional healers; Spiritual healing; Ayurvedic treatment; Homeopathy; Unani; Herbal medicine**  
Geog.area(s) : NEPAL; KIRTIPUR; KATHMANDU  
Abstract : The main aim of this research is to understand the people's knowledge and concerns on the concept of health and illhealth and their health seeking behavior in a culturally complex civilization. The study mainly focused on how people understand their bodily affliction and how they try to cope with their problems in their daily life. It also discussed on the traditional knowledge and practices, spiritual beliefs, ayurveda, acupuncture on the other way about modern medicine or allopathic therapeutic uses.

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**[REDACTED]**  
Language : Eng  
Title : **The social and cultural context of dai tradition**  
Author/Editor(s) : Capoor, Indu; Bajpai, Smita  
Publisher : Delhi, CHETNA  
Pub.date : 2000  
Collation : 15p.: references  
Keywords : **Traditional child-birth; TBAs; PHC; Dais**  
Abstract : Experienced wise women. These wise women are the Dais of Indian society are also involved in community health. The role of Dai in primary health care of women and newborn is recognized also by WHO and other organizations. The village Dai is generally a middle-aged woman of dalit or oppressed caste trained by an elderly relative. There are 600,000 Dais in India and about 35 percentage of births are attended by dais. This monograph deals with socio-cultural profile of Dai. Dai training program organized by government and non-government organizations, and CHETANA's efforts for recognition of Dai are discussed in this monograph. More trainings and articulation of Dais with primary health care for more efficient use of Dai tradition are its recommendations.

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**[REDACTED]**  
Language : Nep/Eng  
Title : **Traditional healers and primary health care in Nepal: a report from the Chautara mother and child health project run by Save the Children fund (UK) in conjunction with HMG Nepal dept. of health services**  
Author/Editor(s) : Dhakal, Ramji; Graham-Jones, Susie  
Publisher : Kathmandu, Save the Children Fund (UK)  
Pub.date : 1986  
Collation : 108p.: appendix  
Keywords : **PHC; Faith healers; Dhami; Jhankris; Training program; Traditional system of medicine; Traditional healers; Ethnomedicine; Training program; PHC; SCF, UK**  
Geog.area(s) : NEPAL; SINDHUPALCHOWK  
Abstract : This report deals with the role and responsibility of traditional faith healers, and describes a way in which they could work alongside the allopathic medical services to provide better primary health care for the community. It describes a programme of training and

support given to local traditional healers to encourage better co-operation between the traditional and the allopathic practitioners. The healers were encouraged to continue their traditional practice for mild common illnesses and preventive medicine and to refer seriously ill patient to health post or hospital. Most of the healers retained the information given to them. The healers showed interest for further training. About 440,000 traditional healers are in Nepal, the training in Sindhupalchok demonstrated their potential for contributing better primary health care services.

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**120**  
Language : Nep  
Title : **kabja ra bhojan chikitsa**  
Trans.title : Food therapy for constipation  
Author/Editor(s) : Hariprasad  
Publisher : Kathmandu, Institute of Natural Health  
Pub.date : 2057  
Collation : 122p.: illus  
Keywords : **Food therapy; Nutrition analysis; Constipation**  
Abstract : Constipation is a difficulty in release of waste from bowels. Patient of constipation has many physical and mental problems. This book consists of three parts. The first part deals with general concept of constipation taking constipation as the main cause of most of the diseases. The second part describes 22 vegetables and fruits, which prevent constipation. Each is dealt with introduction, its uses in traditional natural medicine, nutritive values, various types, and medicinal important and diseases where it can be used. The third part describes the processes of preparing 10 natural foods useful to prevent and to treat constipation.

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**121**  
Language : Nep  
Title : **jadibuti ra swasthya**  
Trans.title : Herb and health  
Author/Editor(s) : Bhatta, Aparna  
Publisher : Kathmandu, Atmanirbhar Kendra  
Pub.date : 2058  
Collation : 82p.: reference  
Keywords : **Herbal medicine; Herbal medicine and treatment; Medicinal plants; Drug use; Signs and symptoms; Home remedies; Herbal therapy**  
Geog.area(s) : NEPAL  
Abstract : This research monograph is about indigeneous knowledge and practices used by different ethnic group for home remedies which, easily available at home and own locality. The information has been collected during 25 years from forty districts. There are main three parts in this book. The first part deals with general information about herbal medicine, collection of medicinal plants, storage, preparation methods of herbal medicines and their uses. The second part consists of signs and symptoms and treatment of common diseases using herbal medicines. In the third part contains, in tabular form the uses and method of treatment of several herbal plants in different diseases.

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**122**  
Language : Eng  
Title : **Formulary of Tibetan medicine**  
Author/Editor(s) : Dash, Bhagwan  
Publisher : Delhi, Classics India Publications  
Pub.date : 1988  
Collation : 453p.: illus  
Series : Indo-Tibetan medicine series no. 2

**Keywords** : **Medicine, Tibetan traditional; Ayurveda; Formulary; Medicinal plants**  
**Abstract** : People all over the world are evincing keen interest into various aspects of the multidimensional and multifaceted culture of Tibet. The traditional medicine of Tibet, which is still popularly practiced in that country and in her neighbourhoods, has of late become the center of this interest. For medicinal men and scientists the language barrier and cryptic nature of description, especially with reference to therapeutic remedies have worked as deterrent, and they are unable to delve deep into these recipes to explore their scientific merits and possibilities of exploiting them for the welfare of the suffering humanity. 164 popularly used and therapeutically effective recipes from the treasure of Tibetan medicine have been described in this book with reference to their ingredients used, weight in which each ingredient is to be added, special methods of preparation, therapeutic indications and dosages. Tibetan terms along with their Romanised forms and traditional weights and measures along with their metric equivalents are furnished for the convenience of both Tibetan scholars and scientists. Majority of these ingredients have been identified and their botanical and Sanskrit names, and their methods of purification and processing are given in appendices. For the guidance of research workers, basic concept of drug-composition, drug-action and drug classification are described in brief in the introduction.

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**Language** : Nep  
**Title** : **ayurveda bigyan**  
**Trans.title** : Ayurveda science  
**Author/Editor(s)** : Subedi, Kashiraj Sharma  
**Publisher** : Lalitpur, SOLID Nepal  
**Pub.date** : 2062  
**Collation** : 246p.: illus  
**Keywords** : **Ayurvedic medicine; Ayurvedic therapeutic index; Diseases; Herbal medicine; Medicinal plants; Pharmacology; Pharmacotherapeutic**  
**Abstract** : Dhami-Jhankris are a major integrative, social-religious network. In this project attempts were taken to use traditional faith healers in primary health care by providing health and population education. A four-day workshop was arranged with trainers of FP/MCH project. There are between four to eight hundred traditional medical practitioners in Nepal. Each of the practitioners treats an average of 6 persons per day. They are in regular, consequential contact with villagers. The number of Dhami-Jhankris is 100 times more than health worker. Their coverage greatly exceeds that of existing government extension services. They currently function as service providers and as opinion leaders in areas, which include, but are not limited to health. Their credibility can be applied successfully to the task of motivating villagers to adopt family planning and other health related behaviors. The traditional parishioners if properly trained will respond with positive attitude toward both the training and the prospect of supporting the government population programme.

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**Language** : Hin  
**Title** : **yogasan evam sadhana**  
**Trans.title** : Yoga and meditation  
**Edition** : 36 th  
**Author/Editor(s)** : Agrawal, Dholandas; Satyapal  
**Publisher** : New Delhi, Pustak Mahal  
**Pub.date** : 2003  
**Collation** : 144p.: illus  
**Keywords** : **Editation; Yoga; Massage; Diet; Pranayam; Eyes; Natural treatment**



**Abstract** : This book teaches the scientific basis of Yoga and its importance to prevent and to fight the bad effects on our body. It describes various yoga positions (asanas) suitable for children, youth and old persons with illustrations. Effects of these positions on body organs and in treatment of diseases are also described. Body structure, Yogic Satkarma, Astanga Yoga, Yoga asana, pranayam meditation, Eye exercises, Massage, nutrition, causes of diseases and treatments by Yoga are described in different chapters.

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**Language** : Eng  
**Title** : **Hay fever : how, why, and what to do about it**  
**Author/Editor(s)** : Bajracharya, Mana Bajra  
**Publisher** : Kathmandu, Piyusavarsi Ausadhalaya  
**Pub.date** : 1988  
**Collation** : 6p.  
**Series** : Ayurveda-the science of life series no. 8  
**Keywords** : **Hay fever; Osadhigandhaja jwora; Ayurveda; Allergy; Dust; Immunology; Natural treatment; Dust allergy; x; Hay fever**  
**Botanical name** : *Azadiracta Indica; Aconitum Palmatum*  
**Abstract** : Person allergic to particular dust or pollen can have drastic stimulation slime by the attached dust or pollen in the mucus membrane of nose. This is the fundamental cause allergic problem, the hay fever. Constant sneezing, running nose, headache and fever are the main symptoms of hay fever. The various causes, symptoms of hay fever are discussed. Preventive methods, food habit and Aurvedic treatment for hay fever patient are described in this booklet.

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**Language** : Nep  
**Title** : **jadibuti vigyan**  
**Trans.title:** Herbal science  
**Author/Editor(s)** : Poudel, Khadananda  
**Publisher** : Kathmandu, Mina Poudel  
**Pub.date** : 2058  
**Collation** : 127p.: illus, reference  
**Keywords** : **Medicinal plants; Plantation; Therapeutic storage; Price list**  
**Geog.area(s)** : NEPAL  
**Abstract** : This book is written on the medicinal plants of Nepal. The book is divided into three parts: Ka, Kha, Ga. Part Ka describes 46 important medicinal plants of high demand in market. These plants are described with local name, scientific name, English name, botanical description, useful part, medicinal uses, preparation of medicine, nursery and cultivation, harvest time and techniques, market price and tax. Part kha describes common 64 plants with local name, scientific name, useful part, medicinal use, harvest and storage, ways of uses etc. In part ga 158 locally used medicinal plants are listed according to local names with useful part and disease cured.

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**Language** : Nep  
**Title** : **saral prakritic upachar**  
**Trans.title** : Simple natural treatment  
**Author/Editor(s)** : Rajbhandari, Laxman  
**Publisher** : Kathmandu, Ratna Pustak Bhandar  
**Pub.date** : 2057  
**Collation** : 54p.  
**Keywords** : **Home remedies; Herbal medicine; Natural treatment; Naturopathy; Handbook**  
**Geog.area(s)** : NEPAL

**Abstract** : Traditional medicine is effective, cheap and easily assessable to the local people. This book describes 209 common diseases and their treatments using local materials and medicinal herbs. This book will be helpful for all persons living in villages and also in cities.

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**Language** : Nep  
**Title** : **hridaya rogma yog ra prakritic chikitsa**  
**Trans.title** : Yoga and Naturpathy for heart disease  
**Author/Editor(s)** : Pokharel, Hari Prasad  
**Publisher** : Kathmandu, Natural Health Institute  
**Pub.date** : 2057  
**Collation** : 18p.  
**Keywords** : **Yoga; Natural Treatment; Exercise; Diet; Rest; Riha institute; Heart disease**  
**Abstract** : All treatments should be done considering humanbeings as a part of nature. The emergency treatment can be done by using medicines, but the permanent treatment is achieved by change in life style and adopting the natural life style. The main cause of diseases is food habit. Low fat vegetarian diet is the medicine for heart disease. Various food materials to prevent heart diseases are discussed. Exercise is also equally important. Yoga is the best exercise for heart patient. Yoga, Pranayam and meditation make heart strong and make it active. Proper rest after work is also essential for good health.

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**Language** : Nep  
**Title** : **ayurvediya maulik siddhanta tatha sanchipta sharir**  
**Trans.title** : Fundamental of ayurveda and brief introduction of physiology  
**Author/Editor(s)** : Bhattarai, Ramnath  
**Publisher** : Kathmandu, Tribhuwan University Chikitsa Shastra Adhyan Sansthan  
**Pub.date** : 2038  
**Collation** : 69p.  
**Keywords** : **Ayurveda; Pregnancy; Reproductive health; Physiology; Anatomy**  
**Abstract** : Diseases should be treated by medicines. It is better to adopt procedures that prevent diseases. Ayurvedic procedures can prevent diseases and keep persons healthy. This book describes the fundamental principles of Ayurveda and deals with structure of our body, causes and remedy of general problems, children and maternity problems, and aging process.

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**Language** : Nep  
**Title** : **jadibuti pustika**  
**Trans.title** : Booklet on herbal plants  
**Author/Editor(s)** : Isabel; Lekup, Jack  
**Publisher** : Kathmandu, Isabel and Jack Lekup  
**Collation** : 57p.: illus  
**Keywords** : **Cultivation; Storage; Seed preservation; Herbal medicine; Medicinal plants; Life cycle; Harvesting; Collection; Uses; Chiraito; Panchando; Satabari; Chutro; Pasanbhed; Herbs; Pakhanved; Plant family**  
**Geog.area(s)** : NEPAL; GORKHA DISTRICT  
**Abstract** : This booklet teaches the sustainable collection procedures and storage of medicinal plants. In its first part types of medicinal plants are described and classified. This booklet is helpful for teachers, development workers and herb collectors of villages. The book is full of illustration, which helps also to teach illiterate persons. The representative plants like Chiraita, Pasanbhed, Panch Aule, Gurjo, Asparagus, Berberis / apple etc are described with Scientific collection procedure. Development of some medicinal herbs is described with illustrations. General processing and storage of herbs are described in separate chapters.

Language : Eng  
Title : **Medicinal plants of Nepal Himalaya**  
Author/Editor(s) : Manandhar, NP  
Publisher : Kathmandu, Ratna Pustak Bhandar  
Pub.date : 1980  
Collation : xii, 85p.: illus  
Keywords : **Medicinal plants; Distribution; Collection; Uses; Domestic uses; Active constituents**  
Geog.area(s) : NEPAL; HIMALAYAN REGION  
Abstract : The indigenous plant materials are the basis of Ayurvedic therapeutics, which are closely associated with the Nepalese way of treatment. This book provides basic information of 36 major medicinal plants of Nepal and their uses. Each plant is described with scientific name, vernacular names, habitat, short botanical description, distribution, therapeutic uses, quantity of annual harvest, time of collection and active constituents. Illustration of each plant with sketch of the plant and plant parts are given which is useful to identify the plant.

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Language : Nep  
Title : **ayurveda swasthya sasthanaruko sewako star tatha sanchhalan mapdanda evam nedresika 2061**  
Trans.title : Quality of care and operating standard and guidelines of ayurveda health institutions 2061  
Corp.author(s) : MoH, Dept.of Ayurveda, Kathmandu, Nepal  
Pub.date : 2061  
Collation : 99p.  
Keywords : **Health services administration; Hospital information system; Drug distribution; District health services; Health manpower**  
Geog.area(s) : NEPAL  
Abstract : Ayurveda is the system of medicine popular in Nepal since ancient time. But only since in the last 350 years (since Malla dynasty) it is serving in an organized manner. For the achievement of maximum benefits from Ayurveda it is necessary to produce quality manpower as needed and must provide them facilities to work properly in all Ayurvedic health centers and Hospitals all over the country. This guideline is prepared to provide effective and quality services to patients coming to Ayurvedic Health Institutions. It covers the basic requirements for organizational structure, quality and quantity of manpower, job description, medicine, instruments, storage, and other physical facilities, and their proper management. It also covers the types of health services should be provided by health centers, drug production and distribution, training and research, and hygiene in nutrition, referral service and sample of different registers and log forms. It will help to make Ayurvedic medicine peoples oriented, regular, organized, standard and effective in future.

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Language : Eng  
Title : **WHO guidelines on good agricultural and collection practices (GACP) for medicinal plants**  
Edition : 2nd  
Corp.author(s) : WHO, Geneva, Switzerland  
Pub.date : 2003  
Collation : vi, 72p.: annex  
Keywords : **Cultivation; Medicinal plants; Collection; Agricultural practice in china; Agricultural practice in Japan**

**Abstract** : Negative health consequences caused by the use of herbal medicines is mainly caused by poor quality of herbal medicines. Sufficient attention should be given to the quality and control of herbal medicines. Quality control directly impacts the safety and efficacy of herbal medicinal products. Good agricultural and collection practices for medicinal plants are the first step in quality assurance. This booklet provides guidelines for a detailed description of the techniques and measures required for the appropriate cultivation and collection of medicinal plants and for the recording and documentation of necessary data and information during their processing.

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**Language** : Eng  
**Title** : **Weight loss : the natural way**  
**Author/Editor(s)** : Rajeshwari  
**Publisher** : New Delhi, Pustak Mahal  
**Pub.date** : 2001  
**Collation** : 128p.: illus, index  
**Keywords** : **Obesity; Exercise; Diet therapy; Accupressure; Yoga; Water cure; Accupuncture; Case studies**  
**Abstract** : Obesity is a problem of many living in modern society. The main causes are faulty food habits and taking artificial food and lack of exercise or activity. Natural treatment with proper diet as its base combined with exercise is the only method of getting rid of unwanted fat. This book helps to treat naturally through simple methods. All kinds of obesity and various types of natural treatments like diet therapy, exercise and acupressure are covered in this book.

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**Language** : Eng  
**Title** : **Obesity**  
**Author/Editor(s)** : Bajracharya, PB  
**Publisher** : Kathmandu, Piyusavarsi Ausadhalaya  
**Pub.date** : 1995  
**Collation** : 75p.: glossary, reference  
**Keywords** : **Obesity; Overweight; Exercise; Diet; Arthritis; Constipation; Gastritis; Ulcer; Diabetes; Blood pressure high; Blood pressure low; Cholesterol; Uric acid; Obesity**  
**Abstract** : This book is for those who want to stay slim and do not want to suffer from obesity and to obese patients who desire to be slim. Overfed baby may get obese, such children show obesity in their adulthood and this type of obesity is quite difficult to control. The four causes of obesity mentioned by Ayurveda are age, heredity and unknown factors, food and food habit and lack of physical exercise. Some Associated diseases of obesity (like arthritis, diabetes, high blood pressure, heart diseases, gallstone etc) are discussed with specific treatment procedure. Obesity can be prevented by fasting, self-inducing vomiting, laxative and diuretic drugs, bizarre food habit, and excessive physical activity. The treatment mentioned in this book is based on Ayurvedic theory. Concept of modern medical science has been included for comparative study.

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**Language** : Eng  
**Title** : **Culpepper's complete herbal consisting of a comprehensive description of nearly all herbs with their medicinal properties and direction for compounding the medicines**  
**Corp.author(s)** : W. Foulsham and Co., London  
**Collation** : xii,430p.: index, illus

**Keywords** : **Medicinal plants**  
**Abstract** : This book consists of a comprehensive description of nearly all herbs with their medicinal properties, and instructions for making up the herbal remedies. Each plant is described with its common name, Latin name, description, distribution, flowering and fruiting time, and government and virtues. Some of the herbs are illustrated with coloured sketches, which enable one to recognize the herb at a glance.

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**Language** : Hin  
**Title** : **ausadh darshan**  
**Trans.title** : Drug formulary  
**Author/Editor(s)** : Acharya, Balkrishna  
**Publisher** : Haridwar, Dibya Prakashan  
**Pub.date** : 2004  
**Collation** : 76p.: illus  
**Keywords** : **Drug therapeutic; Ayurvedic medicine; Domestic treatment; Home remedies**  
**Abstract** : This book introduces Dibya yoga Mandir (Trust) and its activities to keep people healthy by using yoga and Ayurvedic medicine, and also by changing life style. The medicines produced by the Trust are described with their ingredients, its uses, and dose. Treatments of some diseases are suggested by medicines in combination with Yoga and Pranayam. Domestic treatment developed by Swami Ram Dev for some common diseases are also added in this book.

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**Language** : Nep  
**Title** : **kammar dukhai**  
**Trans.title** : Backache  
**Author/Editor(s)** : Bajracharya, Ashok  
**Publisher** : Kathmandu, Bhudipuram  
**Pub.date** : 2061  
**Collation** : 48p.: illus  
**Keywords** : **Backache; Osteoporosis; Scoliosis; Spondylosis; Tumor; Arthritis; Alternative Medicine; Home remedies; Backache**  
**Abstract** : Backache is caused by infection or due to the wrong sitting and sleeping positions. This book tries to provide general knowledge on Backache. The causes of backache, the ways of its prevention and ways of treatments are described in simple language. Backache can be prevented if we can remain slim and by working in proper position. The working positions for various professions are discussed as preventive measures. General backache is treated simply by certain home treatment by correcting body positions during sitting, sleeping and working or by exercises. Alternative treatments like Acupuncture, Acupressure, Yoga, Aromatherapy and massage therapy are also effective in backache. If the backache remains for long time also after home treatment, massage and exercises, orthopedic Doctor should be consulted for treatment.

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**Language** : Nep  
**Title** : **madhumeha rogko prakritic upachar**  
**Trans.title** : Natural treatment of diabetes  
**Edition** : 3rd  
**Author/Editor(s)** : Barakoti, Kshitij  
**Publisher** : Lalitpur, Mina Barakoti  
**Pub.date** : 2060  
**Collation** : 97p.: illus

**Keywords** : **Diabetes; Natural treatment; Diet therapy; Yoga; Signs and symptoms; Diabetes**  
**Abstract** : Diabetes is growing as a common health problem and it is commonly taken as incurable disease. It can be prevented or treated by natural methods. This book is the result of the several years experiences on diabetes treatment by author and various other persons. In its first part it introduces diabetes with its history, symptoms, causes, classification and its relation to other diseases. The second part deals with treatment especially treatment by controlling diet, exercises, yoga and natural methods like pranayam, meditation and sathkarma.

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**Language** : Hin  
**Title** : **unani chikitsasar**  
**Trans.title** : Summary of unani system  
**Author/Editor(s)** : Singh, Daljit  
**Publisher** : Calcutta, Shri Baidyanath Ayurveda Bhawan  
**Pub.date** : 2042  
**Collation** : vi, 564p.  
**Keywords** : **Unani; Medicine; Diseases; Treatment**  
**Abstract** : This book on Unani medicine is written in simple language for medicine practitioner and also for general people. Diseases are classified into 22 different groups like diseases of head, diseases of eye, Male diseases, female diseases, etc. Each disease is described with causes, symptoms, treatment and dietary control. The second unit of the book is on the preparation of Unani medicine. Each preparation is described with constitution, methods of preparation, and dosage and uses.

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**Language** : Nep  
**Title** : **swamutra chikitsa**  
**Trans.title** : Urine therapy  
**Author/Editor(s)** : Maharjan, Dharma  
**Publisher** : Kathmandu, Kalpana Maharjan  
**Pub.date** : 2054  
**Collation** : x, 86p.: illus  
**Keywords** : **Urinary Therapy**  
**Abstract** : Urine has medicinal values. Taking urine as medicine in Hindu literature is written as Shivambhu. Many people hate such therapy. Urine can treat almost all diseases. It consists of antibiotics, antiseptic and antibody compound. It can also treat cancer, AIDS; diabetes, Blood pressure, etc. Urine is easily available in all places, so it is the best way to treat diseases. This book teaches how we can treat various diseases by urine therapy.

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**240**  
**Language** : Nep  
**Title** : **kehi gharelu ausadhiharu**  
**Trans.title** : Some common fruits and vegetables for home remedies  
**Corp.author(s)** : Rural Health and Education Service Trust, Kathmandu, Nepal  
**Pub.date** : 2062  
**Collation** : 32p.: illus  
**Keywords** : **Home remedies; Medicinal plants; Domestic uses**  
**Abstract** : Medicinal values of twenty-seven plants and plant products used commonly in Nepalese homes are described in this booklet. Each plant is described with its Nepali name and Latin name, and its domestic uses in various health problems.

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**241**  
**Language** : Nep  
**Title** : **saral gharelu upachhar**  
**Trans.title** : Simple home remedies  
**Author/Editor(s)** : Barakoti, Kshitij

**Publisher** : Lalitpur, Swasthya Prakasan  
**Pub.date** : 2054  
**Collation** : 106p. : illus  
**Keywords** : **Home remedies; Domestic uses**  
**Geog.area(s)** : NEPAL  
**Abstract** : Plants and plants products around us can treat various health problems if we know the proper uses of these plants. The medicinal uses of 20 different plants commonly used in Nepalese home (like ginger, garlic, onion, etc) are described in this book. With the Nepali name, Hindi, Sanskrit and English names of each plant are also given. Index of various common diseases is given separately.

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**Language** : Nep  
**Title** : **ayurveda chikitsalayako sewako star tatha sanchalan mapdanda yabam nidresika 2061**  
**Trans.title** : Quality of care and operating standard and guidelines of ayurveda hospitals 2061  
**Corp.author(s)** : MoH, Kathmandu, Nepal  
**Publisher** : Kathmandu  
**Pub.date** : 2061  
**Collation** : 111p. : illus  
**Keywords** : **Ayurvedic medicine; Health service administration; Health facility planning; Quality of health care; Drug supply**  
**Abstract** : Ayurveda is the system of medicine popular in Nepal since ancient time. But only since last 350 years (since Malla dynasty) it is serving in an organized manner. For the achievement of maximum benefits from Ayurveda it is necessary to produce quality manpower as needed and must provide them facilities to work properly in all Ayurvedic health centers and Hospitals all over the country. This guideline is prepared to provide effective and quality services to patients coming to Ayurvedic Hospitals. It covers the basic requirements for organizational structure, quality and quantity of manpower, medicine, instruments and other physical facilities, and their proper management. It also covers the types of health services should be provided by health centers and hospitals, medicine production and distribution, training and research, and hygiene in nutrition, water supply and waste management. It will help to make Ayurvedic medicine peoples oriented, regular, organized, standard and effective in future.

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**Language** : Eng  
**Title** : **Traditional medicine in asia**  
**Author/Editor(s)** : Chaudhury, Ranjit Roy; Rafei, Uton Muchtar  
**Publisher** : New Delhi, WHO  
**Pub.date** : 2002  
**Collation** : vii,309p. : illus  
**Series** : WHO, SEARO Regional Publication no.39  
**Keywords** : **Traditional system of medicine; Ayurveda; Yoga; Unani; Koryo system; Indigeonous knowledge; WHO; Cost analysis; Home remedies; Harmonization; Drug manufacture; Health services administration; Ayurveda policy; Dept. of ayurveda; SDVKUS**  
**Geog.area(s)** : ASIA PACIFIC; NEPAL  
**Abstract** : This unique book provides a comprehensive picture of the vivid kaleidoscope of traditional medicine in Asia presented by 34 eminent authors from 15 countries belonging to the different systems like Ayurveda and Chinese Traditional medicine. Important emerging areas such as harmonization of the traditional systems with modern medicine and the growing role of these systems in the health care structure of countries are also dealt with tellingly. Legislation and regulation of these systems and practitioners, an area of growing concerns, the need for

good preclinical toxicology studies and scientific clinical evaluation of the products and medicinal plants used for therapy are exhaustingly dealt with. The vital issue of protection of traditional systems of medicine and patenting of medicinal plants has been discussed in detail. The book is replete with suggestions and ideas aimed at making traditional systems more effectively and more widely used for health care. The book also covers the prevailing situation regarding the use and other aspects of traditional medicine in the 10 member countries of the South-East Asia region of the World Health Organization.

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**2060**  
Language : Nep  
Title : **ayurveda chikitsa pranaliko sudhredhikaranka lagi karya sanchalan nidresika**  
Trans.title : Operating guidelines for strengthening to the ayurveda system : 2060  
Corp.author(s) : MoH,Kathmandu, Nepal  
Pub.date : 2060  
Collation : 57p. : table  
Keywords : **Ayurvedic medicine system; Ayurveda policy; Law and legislation; Alternative medicine; Ayurvedic therapeutic; Drug legislation**  
Geog.area(s) : NEPAL  
Abstract : Presently Ayurvedic centers in different levels are running in the country. The Ayurvedic network is of ancient type. Presently under MOH Alternative medicine section, Ayurveda Department, Ayurveda units of Regional Health Directorates, Central and Regional Ayurvedic Hospitals, Singha Dubar Vaidyakhana Vikash Samiti, Zonal Ayurveda Hospitals, District Ayurveda Health Centres, Ayurveda Medical Council and other several organizations are running. To coordinate these organizational and make their services effective and standard this working guideline is prepared. It includes the working areas and work descriptions; and working procedures for the organizations.

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**1986**  
Language : Eng  
Title : **Traditional practices concerning dietary management during and after diarrhoea**  
Author/Editor(s) : Jelliffe, E.F Patrice; Jelliffe, Derrick B; Feldon, Keith; Ngokwey, Ndolamb  
Publisher : Los Angeles, Population and Health Division, University of California  
Pub.date : 1986  
Collation : 43p.  
Keywords : **Indigenous health practice; Dietary practices; Nondietary practices; Diarrhoea**  
Abstract : In the developing countries acute diarrhoea is one of the commonest illness and dehydration one of the frequent precipitating causes of death in young children. In total 4 to 5 million children die from diarrhoea each year. The decreased food intake during and after diarrhoea is a major precipitating cause of malnutrition. The oral rehydration therapy has revolutionized the treatment of acute diarrhoea in children. Feeding should be maintained during diarrhoea. It is important to identify culturally defined beliefs, attitudes and practices, regarding feeding in diarrhoea. This report provides information on traditional practices available in different parts of the world. The information from various communities of different countries of the world on food believed to cause diarrhoea, food avoided during diarrhoea and foods recommended in diarrhoea are presented in this report. Various cultural groups consider both Dietary and nondietary causes like supernatural causes as the causes of diarrhoea. Preventive methods adopted by different groups and comparisons between traditional cultures, and traditional cultures and western style medical care are given in this report.

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**246**  
Language : Hin  
Title : **dibya yog sadhana pranayam : part 1, part 2**  
Trans.title : Pranayam : part 1, part 2



**Publisher** : Haridwar, Dibya Yog Mandir Trust  
**Pub.date** : 2004  
**Keywords** : **Yoga; Pranayam; Patent right; Price list; Therapeutic index; Home remedies; Yog Mandir Trust**  
**Geog.area(s)** : INDIA  
**Abstract** : Audio-visual presentation of Yoga and Pranayam by Ram Deb in two VCDs. The Yoga exercises keep the body healthy and cure all diseases. It explains the exercises like Bhastrika, Kapalbhathi, Bhahya wa Anulom-Bilom, Bhramari in simple and scientific ways.

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**Language** : Hin  
**Title** : **pranayam rahasya**  
**Trans.title** : Magic of pranayam  
**Author/Editor(s)** : Ramdev  
**Publisher** : Haridwar, Dibya Prakashan  
**Pub.date** : 2004  
**Collation** : 72p.: illus  
**Keywords** : **Yoga; Pranayam patent medicine; Price list; Therapeutic index; Home remedies; Yog mandir trust**  
**Geog.area(s)** : INDIA  
**Abstract** : Pranayam means the methods of controlling respiratory processes. This book includes the various methods of Pranayam and their benefits. Some pranayams are useful for the treatment of some diseases. It also describes the Dibya Yoga Mandir Trust. The trust is engaged in service works and provides health, spiritual and educational services.

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**Language** : Eng  
**Title** : **Beyond the remotest health post: sickness treatment and therapeutic journeys in the hills of Central Nepal**  
**Author/Editor(s)** : Poulsen, Hans-Christian Koie  
**Pub.date** : 1994  
**Collation** : ii, 153p.: illus, appendix, references  
**Keywords** : **Health centre; Health indicators; Health care providers; Herbs; Home remedies; Self medication; Compliance; Utilization; Health training; Drug retailers; Costs; Drug therapeutic; Logistic management; Referral services**  
**Geog.area(s)** : NEPAL; DOLAKHA  
**Abstract** : The main concern of this study is to examine how villagers who until lately have not been exposed to western medicine reacted on the introduction of western medicine. The villagers are using remedies of different medical systems and indigenous practices simultaneously. The source of sickness is thought to be supernatural and mostly originating from spirits. Spiritual healing is thought to most important and symptom treatment is less important. The authorized health workers (use symptomatic treatment) compete with the shamanistic healers (use the spiritual method). In case of sickness first the family try through indigenous practices before seeking for other health care. In village like Alamphu the health care providers are the drug retailers or even normal grocery shop retail medicine. The health posts normally serve the immediate neighbours. Health post are often placed away from main trail, on contrary private drug stores are mostly placed where the customers pass by. The villagers living at some distance very rarely appear in the health post. Though substantial sums are used for expanding the curative care the villagers are hardly impressed from this care. If the authorized medical system has to gain the public confidence, it should provide proper curative care. In case of life threatening sickness whole household might leave their village, caring their relative for long distance. The location of the health care is often found very unpractical for the potential user. So villagers go to the places

like Kathmandu where they believe that they get better treatment. It is now important to think of ways of limiting the steady increasing flow of sick people to Kathmandu. One way to provide better basic treatment in the villages is to train the drug dealers, as these are the most substantial providers of drugs to the villagers.

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**Language** : Eng  
**Title** : **Faith-healers in the himalayias**  
**Author/Editor(s)** : Miller, Casper J.  
**Publisher** : Kathmandu, Sahayogi Press  
**Pub.date** : 1979  
**Collation** : xiv,201p.: illus, index  
**Keywords** : **Faith healers; Traditional healers; Thami; faith healers; Spiritual healing; Jhankris; Naris; Jatras; Dhami; Magic and witchcraft**  
**Geog.area(s)** : NEPAL; DOLAKHA  
**Abstract** : This book is a classical anthropological study of the shamans of Nepal. With the introduction of western medicine and so called modern amenities, the traditional way of life that is slowly disappearing in the Himalayan kingdom. Spirit-possession, magic, witchcraft, and occult healing ceremonies are still daily realities in the villages of Nepal. Who are the people who deal with these realities on behalf of afflicted members of the community? This absorbing in depth study reveals the amazing secrets of traditional Himalayan shamans, locally known as Jhankris, and their client in the Dolkha district, a mountainous region of Nepal inhabited by the Thami people. Today, when medical practice of a western medicine is gaining ground, it is significant that government seeks to bring the jhankris in on its side rather than campaigning directly against them. They should be considered as potential allies rather than enemies. This book is of interest to planners and administrators preoccupied by the development of health services in the hill areas.

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**Language** : Hin  
**Title** : **yog sadhana wa yog chikitsa rahasya**  
**Trans.title** : Yoga and magic of yoga  
**Author/Editor(s)** : Ramdev Trans title yagoha magic of yaga  
**Publisher** : Haridwar, Dibya Publishers  
**Pub.date** : 2004  
**Collation** : x,174p.: illus  
**Keywords** : **Astanga yoga; Aasan; Surya namaskar; Accupressure; Yoga**  
**Geog.area(s)** : INDIA  
**Abstract** : Yoga is a complete medical system, a complete science and also a complete life style. It is developed by great persons (Rishi Munis) of past time for the benefit of human beings. In this book author tries to introduce Yoga, astanga yoga and simple exercises. Various Aasans (positions) are described with coloured photographs and the benefits of performing these Aasans are given. The aasans are grouped according to their benefits on various health problems. Accupressure is a procedure of treating diseases by applying pressure. This book also describes the principles of acupressure. The 669 pressure points used in treatments of diseases are illustrated in several pictures.

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**Language** : Nep  
**Title** : **sthapatayabedama vastushastra**  
**Trans.title** : Vastulogy in Sthaptayabeda  
**Author/Editor(s)** : Nepal, Achyut Prasad  
**Publisher** : Kathmandu, Binita Nepal  
**Pub.date** : 2062

**Collation** : xix,126p. : illus  
**Keywords** : **Veda; Vastu shastra; Architecture**  
**Abstract** : Veda also describes the Architecture of buildings and principles of house construction. The house architecture influences all activities of the family or offices or industry living there. Sthapatyabed is written by 18 great persons like Vrigu, Atri, Basistha, Maya, Narad, Shree Krishna, Brihaspati and others on the effects of Sun, Moon, wind and direction, magnetic field, gravity etc on the building architecture. This book describes the best positions of rooms used for different purposes according to the principles on architecture of building (Bastusastra), so that families or offices living in this building can live in happiness and peace.

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**Language** : Eng  
**Title** : **In search of an alternative**  
**Author/Editor(s)** : Chatterjee, Kali  
**Publisher** : New Delhi, VHAI  
**Pub.date** : 1992  
**Source** : State of India's health. Mukhopadhyaya, Alok : p.163-172  
**Keywords** : **Traditional health system; Medicinal plants; Efficacy; Extinction**  
**Geog.area(s)** : INDIA  
**Abstract** : Long before the origin of Ayurveda, there existed and continues to exist today, a traditional health culture that unfortunately remained undocumented. These traditional health cultures are the product of history that has stood the test of time. Unlike modern systems of health, the traditional health care is holistic and based on non-exploitative relations between man and nature. This system of health care is defined as a low cost, less hazardous, naturally acceptable and age old health system. The age-old system of health care still exists in pure form in remote tribal areas and is practiced by tribal doctors. The rapid deforestation has grossly disturbed the environment and the forest dwellers are the worst victims of health problems. The major problem tribal Doctors are facing is the unavailability of medicinal herbs. The efficacy study revealed that tribal doctors were highly successful in dealing common ailments through their traditional system.

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**Language** : Eng  
**Title** : **Indigenous health services : the state of the art**  
**Author/Editor(s)** : Shankar, Darshan  
**Publisher** : New Delhi, VHAI  
**Pub.date** : 1992  
**Source** : State of India's health. Mukhopadhyaya, Alok : p.130-161  
**Keywords** : **Ayurveda system of medicine, India; Siddha system; Medicinal plants; Yoga; Naturopathy; Ayurveda, Policy; Homeopathy; Unani**  
**Geog.area(s)** : INDIA  
**Abstract** : Indigenous health cultures, along with their wide spread folk traditions are the cultural heritage of India. The Hakims, Siddhas, Acharyas and folk practitioners are also the carriers of this national heritage. The revitalization of traditional medicine is not the responsibility of the traditional practitioners alone but that of the nation. A genuinely modern India will emerge only when the present generation of Indian scientists frees itself of the prejudices that have pitted traditional and modern in an antagonistic relationship. The new Indian model of health care will probably be a creative synthesis between the indigenous and Western health cultures and one based on a new epistemology.

**Language** : Eng  
**Title** : **Indian systems of medicine in reproductive and child health**  
**Author/Editor(s)** : Bajpai, Smita  
**Serial title** : Health for the millions; May-June 2001, pp. 16-18  
**Keywords** : **Ayurveda; Medicinal plants; Government policy; Child health; Reproductive health; Pregnancy; Medicine, Indian system**  
**Geog.area(s)** : INDIA  
**Abstract** : The normal systems- Ayurveda, Unani, Yoga, Sidha and Tibetan medicine are called Indian System of Medicine (ISM). Herbs, metals, minerals, alloys and animal substances are used in these medicines. ISM can play a pivotal role in achieving the objective of reproductive and child health programme by improving the overall nutrition and well being, contributing towards making pregnancy and children safer, providing promotive and curative measures to improve neonatal and infant survival, and providing cure for certain neglected reproductive tract complaints. Specific efforts are required to develop and promote activities in ISM on mass scale.

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**Language** : Nep/Eng  
**Title** : **asthangasangraha : sutrasthanam**  
**Trans.title** : Astangasangraha : sutrasthanam  
**Author/Editor(s)** : Adhikari, Shyam Mani  
**Publisher** : Dang, Mahendra Sanskrit Viswavidyalaya  
**Pub.date** : 2060  
**Collation** : xiii, 800p.: index,glossary  
**Keywords** : **Ayurveda; General medicine; Surgery; Pharmacology; Examination and diagnosis**  
**Geog.area(s)** : NEPAL  
**Abstract** : Ayurveda is widely practiced as a traditional system of medicine. It confers the knowledge about preservation and promotion of positive health as well as prevention and cure of diseases. This book is a compilation of information about all eight divisions of Ayurveda: internal and general medicine, Surgery, head and neck, paediatrics, obstetrics and gynaecology.

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**Language** : Eng  
**Title** : **Phukne, mantras and oil : early interactions of doctors, nurses, and traditional birth attendants in Nepal**  
**Edition** : 2nd  
**Author/Editor(s)** : Bomgaars, Mona R  
**Publisher** : Kathmandu, United Mission to Nepal  
**Pub.date** : 1997  
**Collation** : 57p.: appendix  
**Keywords** : **TBAs; Traditional health care; Oil massage; Antenatal care, Traditional; Childbirth, Traditional; Mantras**  
**Geog.area(s)** : NEPAL  
**Abstract** : The training for TBA it can best organized by considering the actual traditional practices of the TBAs. This necessitates individual programs. Personal relationship, apprenticeship training and supervision in the field situation are the most important structures to develop if actual long-standing utilization of TBA's is expected to form a foundation for national maternity services. Over-expectations of the results of the training can result in the actual collapse of any program. Expectations that are appropriate to the actual practices of the TBA and the field situation should be well formulated and shared with planners, trainers and field workers as well as the TBAs. After these expectations are discussed and agreed upon, they can be written and distributed orally so that the outside "advisor" or "consultant" can be informed of these before damaging criticism is levied.

**Language** : Eng  
**Title** : **Traditional birth attendants**  
**Corp.author(s)** : WHO, Geneva, Switzerland  
**Pub.date** : 1992  
**Collation** : 18p.  
**Keywords** : **Traditional birth attendants; TBA programme; WHO; UNICEF; UNFPA**  
**Abstract** : Because of the current shortage of professional midwives and of institutional facilities to provide prenatal care and clean, safe deliveries, WHO, UNFPA, UNICEF promote the training and use of traditional birth attendants (TBAs) as a bridging measure until all woman and children have access to acceptable, professional, modern health care services. The purpose of this joint statement is threefold: to clarify the actual and potential role of the TBA in maternal and child health and family planning; to identify the issues involved in TBA practice and training and to highlight the advantages and limitations of TBA programmes so as to provide guidance for dynamic health care policies. This statement is addressed to the makers of health care policy, doctors, nurses, midwives, managers of maternal and child health and family planning programmes, TBA trainers and supervisors, community leaders, and WHO, UNICEF and UNFPA staff.

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**Language** : Hin  
**Title** : **swathya sambandhi galatfahamiya**  
**Trans.title** : Misconception about health  
**Author/Editor(s)** : Gangarande, Prakash Chandra  
**Pub.date** : 2004  
**Collation** : 192  
**Keywords** : **Misconception; Health policy**  
**Abstract** : All sorts of persons have some misconception on healthy habit. These conceptions are transmitted form one generation to other generation, and the new generations accept it without seeking their scientific base. This book tries to explain the scientific evidences that prove these misconceptions.

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**Language** : Eng  
**Title** : **Faith healers and primary health care in Nepal : report of a study in ilaka 4, Sindhupalchowk district 19 June, 1993**  
**Author/Editor(s)** : See, Donna K; Biswas, Amitava  
**Collation** : 20p. : illus, reference  
**Keywords** : **Faith healers; PHC; Herbal medicine; Referral services**  
**Geog.area(s)** : NEPAL; SINDHUPALCHOWK  
**Abstract** : Dhami Jhakris (faith healers) are the largest group of traditional health care providers in Nepal however they are not included in any national effort to provide care to rural areas. This survey is done to assess the attitudes of health planners, official health care providers, faith healers and villagers regarding cooperation between the modern and traditional healing systems. The planners were reluctant to include faith healers in official health care system. Faith healers were very interested in learning about modern medicine. Villagers use the official health structures to supplement rather than replace the faith healer. The incorporation of faith healers into the lowest rugs of the official medical hierarchy without an opportunity to rise in that hierarchy may be counterproductive in the long run as these healers desire for high social status.

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**Language** : Eng  
**Title** : **Evaluation of SCF traditional healers (DHAMI-JHANKRI) training programme**

Corp.author(s) : NEW ERA, Kathmandu, Nepal  
Pub.date : 1995  
Collation : ix,88p. : appendix  
Keywords : **Training program; Traditional healers; Dhami; Jhankri; Health service administration**  
Abstract : This is a report of an evaluation study conducted to assess the impact of the training programme of traditional healers and communities, and participation of government health workers in the training and their perceptions. All the government health workers expressed the positive remarks about the usefulness of the traditional healer training programme. Majority of trained traditional healers have a good knowledge on modern primary health care. Great majority have started referring their patients to health posts. Majority feel that their status have increased in community. Close to half of the trained Dhamis-Jhankris did not use their acquired knowledge in promoting modern health care. Most communities prefer health post as first resort for the treatment of the adult patients. In contrast, they prefer to consult traditional healers in case of children falling ill. Most villagers do not distinguish between trained and untrained traditional healers in the case of their services. They go to traditional healers generally as the healers are easily accessible. The popular contraceptives among the villagers are Depo-Provera, pills, Norplant and condom. Most villagers are aware of immunization that should be given to the children.

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 Language : Eng  
Title : **Faith healers : a force for change - preliminary report of an action research project**  
Author/Editor(s) : Shrestha, Ramesh M.; Lediard, Mark  
Publisher : Kathmandu, UNFPA  
Collation : 129p. : illus, appendix, bibliography  
Keywords : **Dhami; Jhankris; Faith healers; Family planning program; Health training program; Anthropological study**  
Geog.area(s) : NEPAL  
Abstract : Dhami-Jhankris are a major integrative, social-religious network. In this project attempts were taken to use traditional faith healers in primary health care by providing health and population education. A four-day workshop was arranged with trainers of FP/MCH project. There are between four to eight hundred traditional medical practitioners in Nepal. Each of the practitioners treats an average of 6 persons per day. They are in regular, consequential contact with villagers. The number of Dhami-Jhankris is 100 times more than health worker. Their coverage greatly exceeds that of existing government extension services. They currently function as service providers and as opinion leaders in areas, which include, but are not limited to health. Their credibility can be applied successfully to the task of motivating villagers to adopt family planning and other health related behaviors. The traditional parishioners if properly trained will respond with positive attitude toward both the training and the prospect of supporting the government population programme.

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 Language : Eng  
Title : **Concepts of illness and curing in a central Nepal**  
Author/Editor(s) : Stone, Linda  
Collation : 25p.  
Serial title : Journal of CINAS; June 1976,83p.  
Keywords : **Home remedies; Spiritual healing; Faith healers; Silajit**  
Geog.area(s) : NEPAL; NUWAKOT; DHUNGAGAUN  
Abstract : This research describes the traditional treatment practice of illness of a village Dhungagaun, Nuwakot District, 50 miles northwest of Kathmandu. This is a predominantly Bahun-

Chetri village. The other casts living here have also adapted the dominant Bahun-Chetri culture of this region. This report begins with a discussion of local conceptions of illness causation and the principle behind curing. The use of herbs, mantras and amulets is covered, as well as techniques for appeasement of supernatural forces. The cause of illness is linked with the metaphysical universe especially the planets. It is determined by astrological calculations. Another cause is the link between a person and host of evil spirits. A Janne manche (a local practitioner) determines the cause of illness both in human and livestock. Various rituals practiced as treatment are described. Bad Air and bad food are also considered as cause of illness. People may consult Baidya or a western trained doctor if available. Both Baidya and Jannemanche use local herbs in their treatment. The consultation for treatments if illness remained uncured is mostly in following order: Janne manche, astrologer or priest, baidya, doctor. The cause may be the availability of the service.

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**[REDACTED]**  
Language : Eng  
Title : **Priests, healers, mediums, and witches in the Kathmandu valley, Nepal curing, possession, and the theories of I. M. Lewis**  
Collation : 22p.  
Keywords : **Dhami; Jhankris; Bokshi; Faith healers; Home remedies**  
Abstract : This article deals with the roles of priests, mediums, healers and witches in curing diseases and misfortune. Both healers and mediums deal with the same kind of complaint, but the mediums are unable to use Ayurvedic medicine based on literature tradition and astrology. Mediums are imitating healers. Every locality in the Newar cities and towns has at least one such medium (like Ajima). The author has tried to describe the Newar culture of Kathmandu on the basis of Lewis's theory.

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**[REDACTED]**  
Language : Eng  
Title : **Preliminary report on traditional medical practitioners in Taplejung district of Eastern Nepal**  
Author/Editor(s) : Oswald, Iain  
Collation : 19p.  
Keywords : **Traditional medical practitioners; PHC; Regular services; Examination and diagnosis; Training program**  
Geog.area(s) : NEPAL; TAPLEJUNG  
Abstract : This report describes the general visit of Health posts (HP) and trainings of traditional medicine practitioners (TMP) conducted in Taplejung. Review trainings were undertaken twice in each study area with a gap of about 2 months. A total of 22 TMPs received training in 4 HPs. Majority of TMP use herbs to some extent some also use simple shop medicine like worm medicine or aspirin. They know about Nun chini Pani (NCP) and sarbottam pitho (SP) but hardly ever been used by practitioners. After completing training 50 percentage reported successful use of NCP and 32 percentage for SP during their healing. Nearly all participants reported favourable results about modern medicine. All concerned agreed that modern medicine and traditional treatments could be used simultaneously without any ill effects. The treatment of TB and leprosy is suggested with the involvement of HP staffs where as malnutrition and childhood diarrhoea can be treated by TMPs alone.

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**[REDACTED] 265**  
Language : Eng  
Title : **A systematic study of birth and traditional birth attendants in Nepal**  
Author/Editor(s) : Levitt, Marta J  
Pub.date : 1988

Collation : xiii,127p. : illus,reference,appen  
Keywords : **Traditional birth; Perinatal health; TBA**  
Geog.area(s) : NEPAL  
Abstract : About 3500 traditional Birth Attendants (TBA) have been trained between 1974-1987 to bring basic maternal and child health and family planning services to rural areas of Nepal. In total 65 untrained and 69 trained TBAs representing the three geographical zones were interviewed. The client perspective was provided through interviews with pregnant and postpartum women. The training made a difference in the quality and types of services provided by TBAs. In trained areas higher rate of antenatal care, hospital deliveries and family planning awareness were seen. The TBAs are local resources of Nepal who require support and with some training can improve the Maternity and child health care for remote areas of Nepal.

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**265**  
Language : Hin  
Title : **swastha rahane ki 51 sujhab**  
Trans.title : 51 suggestions for healthy living  
Edition : 3rd  
Author/Editor(s) : Gangaradde, Prakash Chandra  
Publisher : New Delhi, Pustak Mahal  
Pub.date : 2003  
Collation : 163p. : illus  
Keywords : **Naturopathy; Healthy life style**  
Geog.area(s) : INDIA  
Abstract : Now a day we living artificial life instead of natural life: the air and water around us are polluted, the foods we buy are adulterated, and the fruits and vegetables are also not natural. Bad habit and bad food affect our health. Our health is in our hand. We should be careful to remain healthy. Sick body is the cause of mental sickness, which affects our thinking. We cannot work efficiently with our sick body. Happiness comes from healthy body. Prevention is better than cure. This book deals with the preventive measures to remain healthy.

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**266**  
Language : Hin  
Title : **bimariyoka ghar hamara aadhunik khan-pan**  
Trans.title : Ill health : causes of modern food habit  
Author/Editor(s) : Shreevastav, Prakash  
Publisher : New Delhi, Pustak Mahal  
Pub.date : 2003  
Collation : 126p. : illus  
Keywords : **Nutritional food; Nutritive value; Healthy life style**  
Geog.area(s) : INDIA  
Abstract : Foods are the causes of diseases. We are taking every day many foods without knowing that how dangerous they are. We are taking them without knowing their effects; some of them work as poison and make us sick. This book makes us cautious on these foods and describes which food is good for our health and which make us sick. Various food items are described in this book with their importance, amount needed to our body, bad effects and its alternatives.

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**268**  
Language : Eng  
Title : **Traditional systems of medicine and public health**  
Author/Editor(s) : Chandra, Shailaja  
Publisher : New Delhi, VHAI



**Pub.date** : 2000  
**Title-II level** : Health for the millions  
**Serial title** : Health for the millions; 9-19pp.,May-June,2000  
**Keywords** : **Traditional system of medicine; Asthma**  
**Abstract** : The use of indigenous system of medicine is widespread and growing, there has been little faith expressed by medical practitioners in the efficacy of the system. The use of herbal medicines is growing worldwide. The global market for medicinal herbs and herbal products is estimated to touch us \$ trillion by 2050. The Indian system of Medicine covers Ayurveda, Siddha, Unani, Yoga naturopathy and also homeopathy. This article introduces all these systems of medicine and describes the education availability in India and research and development in this field. Combating communicable diseases and reducing mortality are essential functions of public health. Research studies on control of communicable diseases like TB, AIDA, Malaria, Filariasis, asthma and sickle cell anemia by traditional system of medicines shows their favorable effects.

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**Language** : Eng  
**Title** : **Traditional and alternative medicines**  
**Author/Editor(s)** : Tan, Michael L.Asia Pacific edition  
**Pub.date** : 2000  
**Collation** : 7p.: illus  
**Serial title** : AIDS Action; 1-8pp.,Issue no-49,October-December,2000  
**Keywords** : **Traditional medicine; Herbal medicine; Exploring therapies**  
**Abstract** : This issue consists of information on traditional and alternative medicines against AIDS, Making the right choice in traditional and alternative medicine, Marketing herbal medicine and Working with traditional healers: the African experience. In exploring therapies brief introduction of various therapies are given.

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**Language** : Eng  
**Title** : **Traditional medicines and public policy**  
**Author/Editor(s)** : Balasubramaniam, K  
**Publisher** : Bangladesh, The People's Health Assembly  
**Pub.date** : 2000  
**Keywords** : **Traditional medicine; Public policy**  
**Abstract** : Traditional medicine is an important resource, which should be integrated into primary health care. About 80 percentage of the world's population depends on traditional system of medicine and herbal remedies. If the facilities are available patients selectively use traditional or modern medicine at one time or simultaneous use of both medicine. For acute medical, surgical emergencies they go to the modern practitioner, for chronic illness like arthritis they prefer traditional medicine. Traditional medical practitioners also prescribe modern medicines in some parts. The two systems of medicine can be used as complementary to each other. Several questions need to be discussed and answered in order to develop guidelines for integrating traditional medicine into national health system.

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**Language** : Eng  
**Title** : **Tibetan herbal medicine : with examples of treating lung diseases using rhodiola and hippophae**  
**Author/Editor(s)** : Dharmananda, Subhuti  
**Publisher** : Oregon, Institute for Traditional Medicine  
**Keywords** : **Herbal medicine; Herbs**  
**Geog.area(s)** : TIBETAN

**Abstract** : Tibetan medicine has a rich heritage and is currently practiced also outside Tibet. In traditional formulae, rhodiola and hippophae are combined in complex formulas for treatment of lung diseases. The two herbs Rhodiola and Hippophae along with several of other herbs commonly included in the formulas are tabulated with their English, Sanskrit, Bengali and Chinese names. Twelve and five Tibetan formulas with rhodiola and hippophae respectively are listed with their main uses in Tibetan traditional medicine. Other herb, that are in some of these formulas but mentioned less frequently, include geranium, emblica, gentiana, inula and grapes.

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**Language** : Eng

**Title** : **Ayurveda and modern medicine**

**Author/Editor(s)** : Lele, RD

**Publisher** : Bombay, Bharatiya Vidya Bhavan

**Pub.date** : 1986

**Collation** : xxi, 539p.: bibliography, index

**Keywords** : **Ayurveda; Modern medicine; Pharmacology; Ayurvedic anthropometry; Disease classification; Traditional medicine; Mental illness; Herbarium; Hygiene; Public health; Holistic approach health system**

**Abstract** : The book rightly dwells on the concept of mind as an abode of healthy body as propounded by Charak. The book consists comparison of ancient and modern medicine system in different topics as physiology, mental health, pharmacology and toxicology, rejuvenation, virilification, public health, nutrition, human genetics. Ayurveda is the traditional system of medicine of the Indian subcontinent including Nepal and it is still in extensive practice which is officially recognized system of medicine in India, Srilanka, Nepal. It has becoming more popular even in developed countries USA, UK, German, Italy, Japan etc. The article deals with the private sectors local company, institutions including dispensaries and multinational pharmaceutical company. It also analysis economics and presented the estimation for ayurvedic medicine development. To achieve primary health care ayurvedic medicine system should incorporated within the health system so that it can be preserved and promoted.

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Traditional medicine as including diverse health practices, approaches, knowledge and beliefs incorporating plant, animal, and/or mineral based medicines, spiritual therapies, manual techniques and exercises applied singularly or in combination to maintain well-being, as well as to treat, diagnose or prevent illness.

– World Health Organization



## RECPHEC

Resource Centre for Primary Health Care  
Kathmandu, Nepal

