

Yòng Yào Xīn Dé Shí Jiǎng

Ten Lectures on the Use of
MEDICINALS
from the Personal Experience of
JIAO SHÙ-DÉ



JIAO SHÙ-DÉ

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Marnae Ergil, and Shelly Ochs

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Ten Lectures On The Use Of Medicinals Fr

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Ten Lectures On The Use Of Medicinals Fr:

Ten Lectures on the Use of Medicinals from the Personal Experience of Jiao Shu De Shude Jiao, 2003 This new addition to the series gives practitioners and students of Chinese medicine an unprecedented opportunity to learn from the vast clinical experience of one of China's most senior widely known and respected traditional physicians *Ten Lectures on the Use of Chinese Medicinals from the Personal Experience of Jiao Shu De* presents information drawn from the wealth of experience over 60 years of Dr Shu De with much not previously available in current English language texts *Ten Lectures on the Use of Formulas* Shude Jiao, 2005 Case Studies on Pattern Identification from the Personal Experience of Jiao Shu-De Shude Jiao, 2006 Dr Jiao is a senior practitioner and educator in China with unparalleled clinical experience in the field of Chinese medicine These case studies from the author's medical career cover nearly every specialty field in Chinese medicine and provide tremendous insight into medicinal therapy formulas and case based treatment approaches provided by the publisher

Foundations for Integrative Musculoskeletal Medicine Alon Marcus, 2005-01-20 This book an authoritative text on musculoskeletal and physical medicine that integrates Eastern and Western approaches covers every aspect of musculoskeletal medicine starting with an in depth introduction to Traditional Chinese Medicine TCM principles as they relate to the subject Author Alon Marcus surveys the science of pain from both modern biomedical and TCM perspectives examines the foundations of integrative musculoskeletal medicine explores biomedical and osteopathic clinical assessment and outlines treatment options such as acupuncture blood letting and meridian therapy Other chapters analyze herbal medicine integrative electrotherapeutics manual therapy and much more **Veterinary Medicine**, 1926 **ABSTRACT BOOK of I. INTERNATIONAL CONGRESS ON MEDICINAL AND AROMATIC PLANTS**, Dear Academicians Readers and Educators We are pleased to present the issue of the International Journal of Secondary Metabolite as a special issue entitled I International Congress on Medicinal and Aromatic Plants Natural And Healthy Life This special issue contains some of scientific studies presented in the congress Hosting the I International Medical and Aromatic Plant Congress held in Konya on 9-12 May 2017 by the cooperation T R Ministry of Forestry and Water Affairs General Directorate of Forestry and Necmettin Erbakan University was a great honor for us The total number of abstract submission for the congress was 1923 After the scientific evaluation 85 abstracts were rejected and 244 abstracts were withdrawn As a result a total of 1594 abstracts were accepted for presentation 280 of them as oral presentation and 1314 as poster presentation 2604 authors were contributed and 1543 participants were participated to the congress The studies presented in the congress was electronically shared in terms of accessibility The authors of 220 papers presented in the congress submitted to the International Journal of Secondary Metabolite for publication 70 of them were published and 150 full papers were rejected due to revision deadline reviewing process etc after reviewing process I would like to special thank to the Journal founder for publishing and also to the editor editorial board and authors for contributing this issue Best regards Dr Muzaffer EKER

Rector of Necmettin Erbakan University TC Orman ve Su leri Bakanl Orman Genel M d r l ve Necmettin Erbakan niversitesi payda l nda Necmettin Erbakan niversitesi ev sahipli inde 9 12 May s 2017 tarihlerinde Konya da ger ekle tirilen I Uluslararası T bbi ve Aromatik Bitkiler Kongresi nin a l program Orman ve Su leri Bakan Say n Prof Dr Veysel Ero lu Sa l k Bakan Prof Dr Recep Akda Milletvekilleri Konya Valisi Yakup Canbolat Konya B y k ehir Belediye Ba kan Tahir Aky rek Afyon Kocatepe niversitesi Rekt r Prof Dr Mustafa Solak Necmettin Erbakan niversitesi Rekt r Prof Dr Muzaffer eker Orman Genel M d r Dekanlar Akademisyenler Daire Ba kanlar renciler ve sekt rde faaliyet g steren i adamlar n n kat l m yla ger ekle tirilmi tir Kongre son y llarda yap lan en geni kat l ml bilimsel organizasyon olma zelli i ta maktad r Kongreye t bbi ve aromatik bitkilerin dahil oldu u pek ok alandan tan nm ve se kin akademisyenler kat lm t r Davetli Konu mac olarak kongreye kat lan Mauritius niversitesi nden Vidushi Neergheen Bhujun Handong Global niversitesi nden Jong Bae Kim Malezya dan ve Ege niversitesi nden emekli Prof Dr M nir zt rk Yeditepe niversitesi nden Prof Dr Erdem Ye ilada Sebahattin Zaim niversitesi nden Prof Dr Adem ELG N T B TAK Marmara Ara t rma Merkezi nden Prof Dr Cesarettin Ala alvar Hacettepe niversitesi nden Prof Dr rem Tatl ankaya ve Cumhurba kan ba dan man Prof Dr brahim Adnan Sara o lu bunlar aras nda say labilir Kongrede g n boyunca yedi ayr salonda a a daki ba l klar alt nda s zl ve poster bildiriler sunulmu ve yo un kat l m g zlenmi tir T bbi Bitki Aromatik Bitki ve Mantar retimi T bbi ve Aromatik Bitkisel r n Sanayii Fonksiyonel G dalar Bitkisel aylar ve Nutras tikler Tabii Kozmetik r nler Aromatik Bitkiler ve U ucu Ya lar Farmakoloji Farmakognozi Toksikoloji Farmakovijilans Tabii Bitki rt s n n Korunmas ve Etnobotanik T bbi ve Aromatik Bitkilerde Antropoloji Sosyo Ekonomi K lt r ve Etik T bbi ve Aromatik Bitkilerin Ak lc Kullan m Kongrede s zl sunular Lokman Hekim Farabi bn i Sina Ak emsettin Mevl na ve Balo Salonlar nda poster sunular ise Poster Salonunda ger ekle tirilmi tir Kongre s resince Selva Redoks Tales Analitik Dr Mustafa M cahit Y lmaz Sem Yap lcan Biosan firmalar ile Orman Su leri Bakanl Konya B y k ehir Belediyesi Park ve Bah eler Daire Ba kanl NE G da M hendisli i B l m NE Sa l k Bilimleri Fak ltesine ait stantlarda t bbi ve aromatik bitkilerle ilgili r n ve yay n tan t mlar ger ekle tirilmi tir Orman Genel M d r l kongreye d ll foto raflar sergisi ile renk katm t r Kongremizin d zenlenmesinde 12 Y r tme Kurulu 24 yerli 25 yabanc olmak zere 49 Bilim Kurulu ve 11 Dan ma Kurulu yesi g rev yapm t r Kongremize toplam 1543 kat l mc ba vurmu olup kat l mc lar i erisinde 520 retim eleman 483 retim yesi 429 renci ve 111 sekt r temsilcisi dinleyici yer alm t r Kongremize 524 bay kat l mc 1019 bayan kat l mc ba vurmu tur Kongreye bildiri g nderen 2604 yazardan 382 adeti ziraat 321 adeti g da 311 adeti orman 270 adeti m hendislik 225 adeti sa l k 161 adeti diyetisyenlik 157 adeti veterinerlik 145 adeti farmakoloji 104 adeti eczac l k 37 adeti di hekimli i ve 491 adeti kozmetik peyzaj sosyal k lt rel vb di er alanlarda al t belirlenmi tir Kongreye toplam bildiri ba vurusu 1923 adet olup bilimsel de erlendirme sonucu 85 adeti reddedilmi 244 adet bildiri geri ekilmi tir Sonu olarak 280 bildiri s zl bildiri olarak ve 1314 bildiri poster bildiri olmak zere toplam 1594 bildiri kabul edilmi tir S zl bildiriler konular na uygun olarak 48 oturumda poster bildiriler ise 14 oturumda sunulmu lard r Bu bildiriler i erisinde yazarlar taraf ndan bildiri kitab nda bas lmak zere 159 tam metin g nderimi ger ekle tirilmi ayn zamanda

uluslararası alan indeksli International Journal of Secondary Metabolite dergisine de 173 tam metin makale gönderilmi olup toplam 332 adet tam metin hazırlanmış ve 45 bin tekil ziyaretçi girişi ve 4 milyondan fazla hit oluştu. Turizm Kongresi duyuruları ve hatırlatmaları için 150 binden fazla mail gönderilmi olup yaklaşık 15 bin mail alınmış ve 173 Kongre ile ilgili sekreterya üzerinden yaklaşık 6000 görüşme yapılmış ve Yukarıda ifade edilen konferans bildirileri oturumlar ve toplantılarda tıbbi ve aromatik bitkiler sektöründe ortaya çıkan reform ihtiyaçları mevzuatları ve kalite sorunları vb konular tartışılmış ve Ortaya çıkan sonuçlar Kongre düzenleme kurulu tarafından sonuç bildirgesi haline getirilmiştir. Sonuç Bildirgesi ile tam metin Kongre kitabı Kongre kitabı olarak Kongre paydaşlarına ait web siteleri ile Kongre web sitesinden www.tabkon.org kamuoyu ile paylaşılacaktır. SONU ve DEĞERLENDİRME RAPORU Kongre değerlendirme oturumu soru cevap kısmından elde edilen sonuçlar ile değerlendirmelerini gönderen bilim insanlarının görüşleri arasında da yer aldığı gibi zetlenebilir. 1 Bitkisel ürünlerin satışa çıkartılmasına olumlu etkilerinin olduğu bilinmektedir. Ancak bu ürünlerin yanlış kullanımı nedeniyle karaciğer nakline kadar gidebilen hayati ve ciddi satış sorunlarına yol açabildiği görülmektedir. Sektörün ve vatandaşın sorunlarına yönelik çözüm retmek amacıyla Bakanlıkclar Orman ve Su leri Bakanlıkclar Sağlık Bakanlıkcları Tarım ve Hayvancılık Bakanlıkcları ve Gıda ve Ticaret Bakanlıkcları arasında bir TIBB VE AROMATİK BİTKİLER KOORDİNASYON STKURULU oluşturulmalıdır. 2 Bitkilerimizin tıbbi ve aromatik bitkiler sektöründe ilk olarak bitkilere göre tıbbi aromatik bitki retim planlamaları yapılmalıdır. Bitkilere göre ekonomik değeri ve retim potansiyeli yüksek bir veya birkaç bitki türü belirlenmelidir. Bu bitki türünün doğadan toplama ve kültürel olarak retilebilecek türleri ayrı ayrı belirlenmelidir. Gerekliliğinin belirlenmesi retim planlaması ve fiyatlandırılması yapmaları için yerelden STK kamu ve zel sektör uzmanlarının yer aldığı farklı disiplinlerden mütekkil bir komite kurulmalıdır. Bu belirlenen bitkilerin gerek toplanması gerekse kültürel olarak retilmesi için gerekli organizasyonlar ve destekler sağlanmalıdır. 3 İlkemiz ok zengin doğasına rağmen hala ilenmemiş bir bitki ihracatı olmaya devam etmektedir. İlkemizde bitkisel ilaç sanayinin gelişmesi bunun yanında parfümeride kullanılan sentetik ürünlerin daha ucuz olması gibi nedenlerle doğanın ucuz ürünleri ikinci planda kalması tıbbi ve aromatik bitkilerin retim olanaklarının kısıtlanmıştır. 4 Tıbbi ve aromatik bitkilerin mevcut durumunu korumak ve artan pazarda yer almasını sağlamak için piyasasının istediği türleri istediği miktar ve kalitede sunmamız gerekmektedir. Doğal zenginliklerimizin sürekli ve gelecekteki araştırılmaları için gen kaynaklarının korunması insitu ve ex situ nemlidir. Ancak tıbbi ve aromatik bitki retimini doğadan toplayarak karlamamız mümkün değildir. Yeterli miktarda standart ve kaliteli ürün retmek için bu bitkilerin kültürel olarak retilmesi ve sağlaması gerekmektedir. Tıbbi aromatik bitkilerde ilkemiz endemik bitkilerinin isimlendirilmesinde terminoloji birlikteliği ve bölgesel coğrafik farklılıklar tanımlayıcı temel bilgilerin netleştirilmesi gerekmektedir. Ayrıca ilkemiz florasına uygun ektislahatı için yarıyık proje alanlar yapılmaması gerekmektedir. Kültürel olarak adaptasyon sağlaması için 5 Tıbbi ve aromatik bitkilere ait düzenli istatistiksel veriler bulunmamaktadır. Bu arz talep ilişkisi dikkate alınarak retim yapmayı zorla tutmaktadır. Bu nedenle bitkilerle ilgili bilgilerin toplanması ve ulaştırılabilirliği veri bankaları oluşturulmalıdır. Yurtiçi ve yurtdışında ticareti yapılan doğa bitkilerinin tam bir listesi toplanarak ihraç eden firma ve ilgili devlet

kurumlar yla birlikte hazırlanmalı ve bir veri tabanı oluşturulmalıdır. Tıbbi ve aromatik bitkilerin de adan toplanmalar kontrol altına alınmalı nesli tehlikede olanlar koruma altına alınmalı özellikle tarıma bağli bilgilerin oluşturulması için veri tabanında yer almalıdır. 6 En ok ihracat yapanlar arasındaki bitkisel ürünlerin ihracat istatistiklerinde dilleri faslında yer almaktadır. Bu yüzden ülkemizden ihra edilen ürünlerin tam bir listesine ulaşabilmek mümkün olmamaktadır. Bu bitkiler üzerinde sağlıklı almalara yapılabilmesi için bunların ticaretlerinin izlenmesi ihracat ve zellikle retim miktarlarının ve bunların ne kadarının de adan toplama ve ne kadarının da tarla retiminden geldiğinin istatistiklerde açık ve net olarak yer alması zorunluluğuna bulunmaktadır. 7 Tüketiciler ve sanayici taleplerine cevap veren kaliteli ve standart ürünlerin inşallah edilecek ürünlerin geliştirilmesi uygun ekolojik koşulların belirlenmesi de al bitkilerin de aya zarar vermeden zamanında toplanması hasat sonrası işlemler ve işleme teknolojisinin belirlenmesi tıbbi ve aromatik bitkilerde retim ve pazar olanaklarının arttırılacaktır. Bılgilere göre birkaç tane ve etkin madde retimine geçilmesi retile ürünlerin inşallah marka ve standart oluşturma faaliyetlerinin yürütülmesi elzemdir. Ayrıca ham madde retimini ikincil ürünlere dönüştürecek tarıma dayalı sanayi tesislerinin bılgilere kazandırılması önemlidir. 8 Gıda Tarım ve Hayvancılık bakanlığının fide ve tohum dağıtılması noktasında ilzalleriyle birlikte projeler yapmasının ok etkili olacaktır. 9 Tıbbi ve aromatik bitkiler alanındaki faaliyet gösteren üreticileri toplayacak ihracat sanayici araştırmacı ve dillerin paydalarının koordinasyonunu sağlayacak bir sistem ve araştırma sonuçlarının pratik olarak kullanılması inşallah araştırmacı sanayici üretici arasında bilgi akışını sağlayacak yayın sistemi oluşturulmalıdır. 10 Genetik kaynaklar kullanılarak tarıma ve lke ekonomisine endemik ve ekonomik değeri olan bitkiler kazandırılmalıdır. Genetik materyal tohumluk fide yetersizliğini gidermek için almalara yapılmalıdır. 11 Tıbbi yabancı madde araştırma problemine karşı standardizasyon sağlanmalıdır. 12 Aktarılabilecek almalara inşallah Tıbbi ve Aromatik Bitkiler mezunu olmaları arttırılmalıdır. 13 kişisel olan eğitimci yetersizdir. Avrupa ülkelerindeki gibi Medikal Herbalistlik ekinde uygulamaları en az kişisel eğitimci verilmelidir. 14 Hali hazırda kişisel fide dağıtımını gerçekleştirilerek bu konudaki sız sahipleri ülkelerdeki gibi eğitimci verilmelidir. Okullar arasında fide dağıtımını birleştirilebilir. Eitimcilerin bu konuda yetkinliğini arttırmak için Meslek gereklerine uygun donanımı mezunların yetiştirilmesi inşallah eğitime uygun altyapı sağlanmalıdır. 15 Bu bakanlık mezunları yeterli eğitimci verilerek herbalist olarak verilebilir. Ve yasalarca da tanınabilir. Mevcut unvan olan Tıbbi ve Aromatik Bitkiler Teknikeri uzun bir unvan oldu undan daha akılda kalıcı bir unvan inşallah deneme yapılmalıdır. 16 Baharat bitkisel gıda takviyesi de al kozmetik bitki ay bitkisel ila retin için yerleri ile bu ürünlerin satışının yapılması eczane aktarılabilecek organik ürün dikkatli olarak bakanlık mezunlarının alması zorunluluğuna yasalarca dikkate alınmalıdır. 17 Bilimsel araştırma sonuçlarının pratik olarak kullanılması noktasında almalara yapılması gerekmektedir. Elde edilen sonuçların ulusal ve uluslararası düzeyde katkı yapması beklenmektedir. 18 Ülkemizde bitkisel ila sanayinin gelişmesine yönelik almalara destek verilmelidir. 19 Uluslararası ticarete nem taşıyan ürünlerin retimi ve ihracatının arttırılması gerekmektedir. 20 Pazar garantili bahçe tarla uygulamalarıyla yönelik almalara ila markalaşmaya yönelik almalara yapılmalıdır. Ayrıca stratejik değeri olan ürünlerin retimine gidilmelidir. 21 Herhangi bir zaman diliminde popüler olan ürün ya da ürünün üzerine yoğunlaşmak yerine her dönem nemini kaybetmeyen ürünlere nem verilmelidir. 22 Tıbbi ve

aromatik bitkilerin tar m i in orman arazileri yerine tar msal alanlar n ayr lmas gereklidir 23 T bbi ve aromatik bitki analizi ile ilgili yetkin laboratuvarlar arac l yla kriterler belirlenmeli bile enlerin i eri i ve miktar ve yap lacak al malarda bu standartlar baz al nmal d r 24 Bitkilerin do ru tan mlanmamas nemli bir hata olarak kar m za kmaktad r Bu konuda yetkinli i olan ki ilerle ortak al lmal d r 25 retim teknolojileri ile ilgili al ma yapmak isteyen yat r mc lara gerekli e itimler bakanl k vb kurumlar n deste iyle verilmelidir 26 Fitoterapi konusunda Sa l k Bakanl n n deste i gereklidir 27 G da takviyesi olarak sat lan r nlerin ruhsatland r lmas Sa l k Bakanl taraf ndan yap lmal d r 28 Bilimsel al malara konu olan bitkiler aktar veya pazardan temin edilmemeli do al ortam veya k lt r ortam ndan al nmal Bu t r bildiriler bilimsel kongrede kabul edilmemelidir 29 T bbi ve aromatik bitkilerin retimi esnas nda zirai m cadelede ruhsatlı pestisit retimi zerine al malar yap lmal d r 30 Kongre esnas nda posterlerin okunabilmesi i in daha uzun s re as l kalmal d r lave olarak bu amaca d n k olarak posterler elektronik ortamda yay mlanmal d r 31 Kongrede kullan lan dilin T rk e ve ngilizce olmas nem arz etmektedir 32 Etnobotanikte 70 farkl e it bitkiye kekik ad veriliyor Bunu giderecek al malar yap lmal d r 33 Sar ve k rm z kantaronun etki mekanizmalar farkl olmas na kar n bu bitkiler kar t r larak hataen birbirinin yerine kullan labilmektedir Bu y zden baz sa l k problemleri ya anabilmektedir Bu ve benzeri durumlar n giderilmesi i in gerekli al malar yap lmal d r 9 34 Lavanta vb endemik bitkilerin lke ekonomisine kazand r lmas i in al malar yap lmal d r 35 T bbi ve aromatik bitkiler zerine farkl bilim disiplinlerinin i birli i i inde y r tece i multidisipliner al malar ve toplant lar n say s art r lmal d r Fakat bu toplant lar belli bir koordinasyon i inde y r t lmelidir Benzer tarzda fazla say da yak n tarihli ve i erikli toplant lar d zenlenmektedir 36 T bbi ve aromatik bitkilerle ilgili kongrelerin mutad olarak ulusal ve uluslararası bazda d zenlenmesi gerekir Bunun i in 2 y lda bir ulusal 4 y lda bir uluslararası kongre d zenlenmesine karar verilmi tir Ger ekle tirilecek kongrelerden kacık sonu ve neriler akademik ekonomik ve retim r n faydal model yeni teknolojiler kt lar n n olmas i in azami zen ve gayretin g sterilmesi b y k neme haizdir 37 Bir sonraki Ulusal T bbi ve Aromatik Bitkiler Kongresi nin Afyon Kocatepe niversitesi ev sahipli inde 2018 2019 e itim retim d neminde Afyon da yap lmas na karar verilmi tir Kongre sonu lar n n lkemize bilim insanlar na reticilere sanayicilere ve b t n insanl a olumlu katk yapmas dile iyle 16 05 2017 Konya **The Lancet London** ,1870 The Lancet ,1868 **The Athenaeum** ,1913 *The New England Journal of Medicine* ,1854 *Medical Times* ,1852 **The Chemical News and Journal of Physical Science** ,1885 *Lectures on clinical medicine* v.2 Armand Trousseau,1873 Modern Medicine and Bacteriological Review John Harvey Kellogg,1894 **National Library of Medicine Current Catalog** National Library of Medicine (U.S.),1992 *British Medical Journal* ,1893 *Northwest Medicine* ,1927 **Medical Journal of Australia** ,1922 International Journal of Oriental Medicine ,2001 Nature ,1896

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Ten Lectures On The Use Of Medicinals Fr Introduction

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