

Yòng Yào Xīn Dé Shí Jiǎng

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



**JIAO SHÙ-DÉ**

Translated by Craig Mitchell, Nigel Wiseman,  
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Edited by Nigel Wiseman and Andrew Ellis

用藥心得十講

# Ten Lectures On The Use Of Medicinals Fr

**Mike Jess**



## **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 Tat l 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 Kongre web sayfamızda 45 bin tekil ziyaret girişi ve 4 milyondan fazla hit oluştu. Turizm Kongresi duyurular ve hatırlatmalar için 150 binden fazla mail gönderilmi olup yaklaşık 15 bin mail alınmış ve Kongre ile ilgili sekreterya üzerinden yaklaşık 6000 görüşme yapılmış ve Yukarıda ifade edilen konferans bildirisi oturumlar ve toplantılarda tıbbi ve aromatik bitkiler sektöründe ortaya çıkan reform ihtiyaçları mevzuatla ilgili ve kalite sorunları vb konular tartışılmış ve Ortaya çıkan sonuçlar kongre düzenleme kurulu tarafından sonuç bildirgesi haline getirilmiştir. Sonuç Bildirgesi ile tam metin kongre kitabına kongre kitabı olarak kongre paydaşlarına ait web siteleri ile kongre web sitesinden [www.tabkon.org](http://www.tabkon.org) kamuoyu ile paylaşılacaktır. SONU ve DEĞERLENDİRME RAPORU Kongre düzenleme oturumu soru cevap kısmından elde edilen sonuçlar ile değerlendirilmelerini 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 İşleri Bakanlıklar, Sağlık Bakanlıklar, Gıda Tarım ve Hayvancılık Bakanlıklar ve Gümrük ve Ticaret Bakanlıklar arasında bir TIBB VE AROMATİK BİTKİLER KOORDİNASYON STKURULU oluşturulmalıdır. 2 Bitkilerimizin tıbbi ve aromatik bitkiler sektöründe ilk olarak biyogelere göre tıbbi aromatik bitki retim planlamaları yapılmalıdır. Bitkilerde 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. Gerekli türün belirlenmesi retim planlaması ve fiyatlandırılması yapmaları için yerelden STK kamu ve zel sektör uzmanlarının yer aldığı farklı disiplinlerden müteekkil bir komite kurulmalıdır. Bu belirlenen bitkilerin gerek toplanması gerekse kültürel olarak retilmesi için gerekli organizasyonlar ve destekler sağlanmalıdır. 3 İlkemiz çok zengin doğasına rağmen hala bilinmemiş 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 piyasada 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 karlılamamız mümkün değildir. Yeterli miktarda standart ve kaliteli ürün retmek için bu bitkilerin kültürel olarak nem arz etmektedir. Tıbbi aromatik bitkilerde ilkemiz endemik bitkilerinin isimlendirilmesinde terminoloji birlikteliği ve biyogesel coğrafik farklılıklar tanımlayıcı temel bilgilerin netleştirilmesi gerekmektedir. Ayrıca ilkemiz florasına uygun ekolojik olarak uygun projeler yapılmaları gerekmektedir. Kültürel olarak adaptasyon sağlanmalıdır. 5 Tıbbi ve aromatik bitkilere ait düzenli istatistiksel veriler bulunmamaktadır. Bu arz talep ilişkisi dikkate alınarak retim yapmayla zorlanmaktadır. Bu nedenle bitkilerle ilgili bilgilerin toplanması ve ulaştırılabilirliği veri bankaları oluşturulmalıdır. Yurtiçi ve yurtdışında ticareti yapılan doğa bitkilerinin tam bir listesi toplanarak ihracat eden firma ve ilgili devlet

kurumlar yla birlikte hazırlanmalı ve bir veri tabanı oluşturulmalıdır. Tıbbi ve aromatik bitkilerin doğadan toplanmalarını kontrol altına almalı nesli tehlikede olanları koruma altına almalı ncelikle tarıma bağlanmalı. Bu bilgiler oluşturulacak veri tabanında yer almalıdır. 6. En okuyucu ihracat yapanlarındaki bitkisel ürünler ihracat istatistiklerinde dışarıları faslında yer almaktadır. Bu yüzden ülkemizden ihraç edilen ilaçların tam bir listesine ulaşabilmek mümkün olmamaktadır. Bu bitkiler üzerinde sağlıklı almalara yapılabilmesi için bunların ticaretlerinin izlenmesi ihracat ve zellikle retime miktarların ve bunların ne kadarının doğadan toplama ve ne kadarının tarla retimeinden geldiğinin istatistiklerinde açık ve net olarak yer alması zorunluluğu bulunmaktadır. 7. Tüketiciler ve sanayici taleplerine cevap veren kaliteli ve standart ürünlerin geliştirilmesi uygun ekolojik koşulların belirlenmesi doğadaki bitkilerin doğaya zarar vermeden zamanında toplanması hasat sonrası işlemler ve işleme teknolojisinin belirlenmesi tıbbi ve aromatik bitkilerde retime ve pazar olanaklarının arttırılmalıdır. Bülgenlere göre birkaç tane ve etkin madde retimeine geçilmesi retime ürünleri için markalaştırma ve standart oluşturulması faaliyetlerinin yürütülmesi elzemdir. Ayrıca ham madde retimeini ikincil ürünlere dönüştürecek tarıma dayalı sanayi tesislerinin bulguya kazandırılması önemlidir. 8. Gıda, Tarım ve Hayvancılık bakanlığının fide ve tohum dağıtılması noktasında ilçe idaresiyle birlikte projeler yapması mümkün etkili olacaktır. 9. Tıbbi ve aromatik bitkiler alanındaki faaliyet gösteren üretici toplayıcı ihracat sanayici ara tirmacı ve dışarıya tıbbi maddeyi koordine etmesini sağlayacak bir sistem ve ara tırma sonuçlarının pratik aktarılması için ara tırıcı sanayici üretici arasında bilgi akışını sağlayacak yayın sistemi oluşturulmalıdır. 10. Genetik kaynakları kullanarak tarıma ve ülke ekonomisine endemik ve ekonomik değeri olan bitkiler kazandırılmalıdır. Genetik materyal tohumluk fide yetersizliğini gidermek için almalara yapılmalıdır. 11. Tıbbi yabancı madde ticaretinde problemine karşı standardizasyon sağlanmalıdır. 12. Aktarılabilecek amaçları tıbbi ve Aromatik Bitkiler mezunu olmaya getirilmelidir. 13. Kişisel olan ekim sınırları yetersizdir. Avrupa ülkelerindeki gibi Medikal Herbalistlik ekinde uygulamaları en az kişisel ekim verilmelidir. 14. Hali hazırda ki mürşatı günden geçirilerek bu konudaki sınırları sahibi ülkelerdeki gibi ekim verilmelidir. Okullar arasında mürşatı birleştirilmesini sağlanmalıdır. Etkinlikçilerin bu konuda yetkinliğini arttırmak için Meslek gereklerine uygun donanımı mezunların yetiştirilmesi için ekime uygun altyapı sağlanmalıdır. 15. Bu bitkiler mezunları yeterli ekim verilerek herbalist olarak verilebilir. Ve yasalarca da tanımlanabilir. Mevcut unvan olan Tıbbi ve Aromatik Bitkiler Teknikeri uzun bir unvan oldu undan daha açık ve net bir unvan için değerlendirilmelidir. 16. Baharat bitkisel gıda takviyesi doğadaki kozmetik bitki ve bitkisel ilaçları yerleri ile bu ürünlerin satışını yapabilecek eczane aktarı organik ürün dağıtıcılarındaki bitkiler mezunları arasında tıbbi zorunluluğu yasalarca dikkate alınmalıdır. 17. Bilimsel ara tırma sonuçlarının pratik aktarılması noktasında almalara yapılıyor olması gerekmektedir. Elde edilen sonuçların ulusal ve uluslararası düzeyde katkı yapması beklenmektedir. 18. Ülkemizde bitkisel ilaç sanayinin gelişmesine yönelik almalara destek verilmelidir. 19. Uluslararası ticarete önem taşıyan ürünlerin retime ve ihracatının arttırılması gerekmektedir. 20. Pazar garantili bahçe tarla uygulamalarıyla yönelik almalara markalaştırma ve yabancı almalara yapılmalıdır. Ayrıca stratejik değeri olan ürünlerin retimeine gidilmelidir. 21. Herhangi bir zaman diliminde popüler olan ürün ya da ürünün üzerine yoğunlaşarak 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 mutlak 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 Athenaeum* ,1913 The New England Journal of Medicine ,1858 *Medical Times* ,1852

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