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Venue:	Doody's Book Review Service
Title:	Book Review: Herbals of Asia: prevalent diseases and their treatments, Khafsa Malik, et al.
Date:	2021
Type:	Book Review
Author(s)/ Presenter(s):	Vibhuti Jansari
Abstract (or Book Review):	<p>Description: This book appreciates Asia's unique medicinal herbs and flora and makes a valuable reference for their uses in the health, medicine, and pharmaceutical industries. It is a good resource for anyone who wants to learn about the specific benefits of Asian herbs for treating common diseases. It has a detailed table of contents and an index that helps reference the information quickly.</p> <p>Purpose: The herbal treatment system is widely used by a large population even today, and this book will serve to close the gap between primary healthcare services and herbal therapies. It is an excellent resource for anyone who studies Asian herbs, particularly Unani medicine. This book meets its objectives since it has detailed information about the identification, habitat, and medicinal properties and covers recipes to prepare the tonics/herbs for consumption.</p> <p>Audience: This book is ideal for students, residents, and practitioners of Unani medicine and those specializing in Ayurvedic medicine. The authors have earned credibility and recognition in the field based on their credentials and publication records.</p> <p>Features: This book summarizes the medicinal herbs of Asia quite extensively in detail. The language is simple and easy to follow, and the table of contents and index are well structured and helpful. It is a reliable reference for anyone who studies the traditionally used herbs to treat disorders of body systems like ENT, gynecological, musculoskeletal, cardiovascular, skin diseases, etc. While the pictures are helpful for identification, the monochrome images were not always beneficial. Also, sometimes the images were pixelated and out of focus.</p>

	<p>Assessment: This book is ideal for students, residents, and practitioners of Unani medicine and those specializing in Ayurvedic medicine.</p>
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