

Venue:	Doody's Book Review Service
Title:	Book Review: Evidence based validation of traditional medicines: a comprehensive approach, Subhash C. Mandal
Date:	2021
Type:	Book Review
Author(s)/ Presenter(s):	Janet Kadlec
Abstract (or Book Review):	<p>Description: This book covers research, safety, quality issues, scientific investigation, history, benefits, standardization, safety, and much more on a multitude of traditional medicines. The wealth of information is almost overwhelming and yet the book can't begin to address all traditional medicines around the world. The table of contents is the only guide to what the book covers, and with no index, it is very difficult to focus in on specific traditional medicines, research, or information.</p> <p>Purpose: There is no introduction or preface to provide the authors' objectives for this book. The back cover gives a hint, stating the many issues surrounding the acceptance of traditional medicine around the globe and especially in developed nations. It states that the information in this book will be "useful" for people working in the area of traditional medicine. However, the layout of the book is less than user friendly and while it offers a lot of information, the specific information that any one reader might be looking for is difficult to find, if it is even included.</p> <p>Audience: According to the authors, this book is "useful for the academicians, researchers and people working in the area of traditional medicine." There is probably a limited audience that will be able to read and comprehend most of the information and data in this book. The authors have many years of research, teaching, and publications on the subject.</p> <p>Features: The book covers discovery, modern technique, validation, safety and regulatory issues, pharmaceutical uses, and plans for the future of traditional medicine. It covers an incredibly broad array of topics, but all very pertinent to the subject, for anyone attempting to promote traditional medicine in a western medicine world. Each chapter is organized in an identical manner, moving from an introduction to information or "proof" and ending</p>

with a conclusion and references. Each chapter's outline style makes it an easy flow for anyone with a research background. Most chapters include graphs or diagrams organizing the information and data that has been presented. The biggest shortcoming of this book is the fact that there is no index or easy way to look up all entries pertaining to a given topic. For example, cancer-treating traditional medicines are discussed in many different chapters, but not labeled as such in the table of contents.

Assessment: This book offers an eye-opening wealth of information on traditional medicine and on many different aspects often not considered. The intended audience will find great value in this book. While there are many books written for the layperson on different types of traditional medicinal products, this one goes deeply into the scientific research that is at the core of the power of these products and pulls all of the pertinent data and research together into one place.