

Venue:	Doody's Book Review Service
Title:	Book Review: Ayurvedic herbal preparations in neurological disorders, Murali Muralidhara, et al.
Date:	2023
Type:	Book Review
Author(s)/ Presenter(s):	Paul Ratte
Abstract (or Book Review):	<p>Description</p> <p>This book offers a compilation of chapters exploring the application of Ayurvedic medicine in addressing neurological disorders. With a consistent structure throughout each chapter, the book is an ordered and accessible reading experience.</p> <p>Purpose</p> <p>This book aims to provide a thorough and detailed exploration of the utilization of Ayurvedic herbal preparations for managing neurological disorders. Using an evidence-based approach, it explores the mechanisms underlying the efficacy of Ayurvedic plants, whether administered individually or in combination, in both preclinical and clinical contexts.</p> <p>Audience</p> <p>Bridging the realms of basic science and clinical practice, the book integrates scientific research for scholars while offering practical clinical applications for practitioners. For researchers, it provides a comprehensive examination of existing evidence while charting pathways for future investigation. Clinicians, on the other hand, will find value in its practical relevance and direct applicability to clinical settings, making it a valuable resource for advancing both research and practice in the field.</p> <p>Features</p> <p>The book adopts a structured approach across its chapters, aiding busy clinicians in efficiently navigating the content. Figures and tables are invaluable tools, facilitating quick</p>

comparisons of herbal therapies with summaries of research findings. Color diagrams add a refreshing dimension to the reading experience, providing a welcome break from the monotony of black-and-white text. However, the book could benefit from more such visual aids. Introducing a standardized table template for each chapter to delineate various herbs discussed would enhance clarity.

Assessment

This book serves as an asset for both clinicians and researchers, offering up-to-date evidence pertinent to expanding treatments in neurological disease. Its well-structured format ensures easy access for clinicians seeking specific information while providing ample insight for researchers to guide future investigations. Despite its length, the text's organized layout renders it easily navigable for professionals in both fields. Highly recommended for those committed to the study of integrative medicine, particularly those intent to integrate proven herbal remedies into neurological disease treatments.