

Book Review



Secrets of Indian Herbs *For Good Health*

Acharya Balkrishna

This review is about a book entitled 'Secrets of Indian Herbs for Good Health' authored by Acharya Balkrishna and published by Divya Prakashan, Patanjali yogapeeth, Mahrishi Dayanand Gram Uttarakhand. It describes one hundred and twenty five (125) herbs chapterwise. Each chapter of the book has been divided into five parts: Introduction, Appearance, Chemical Composition, Properties and Medicinal usages. The total covered pages are 420.

The chemical composition of herbs has been described but in an unscientific way without mentioning their chemical structure and specific bioactive constituents responsible for their therapeutic value. It is mentioned in the book that even a single herb is capable of curing number of diseases. It does not highlight specifically a herb or mixture of herbs for curing a particular ailment. The description in chapters totally lack in proper scientific presentation, assessment and interpretation.

The botanical names of the herbs should also have been mentioned along with their English, Hindi, Gujarati, Bengali, Punjabi, Arabic and Persian language names. It is, however a good collection on herbs but with a little more effort based on scientific explanatory notes, it could have been a better collected material.

Dr. I. P. Saxena
Editor, UJPAH