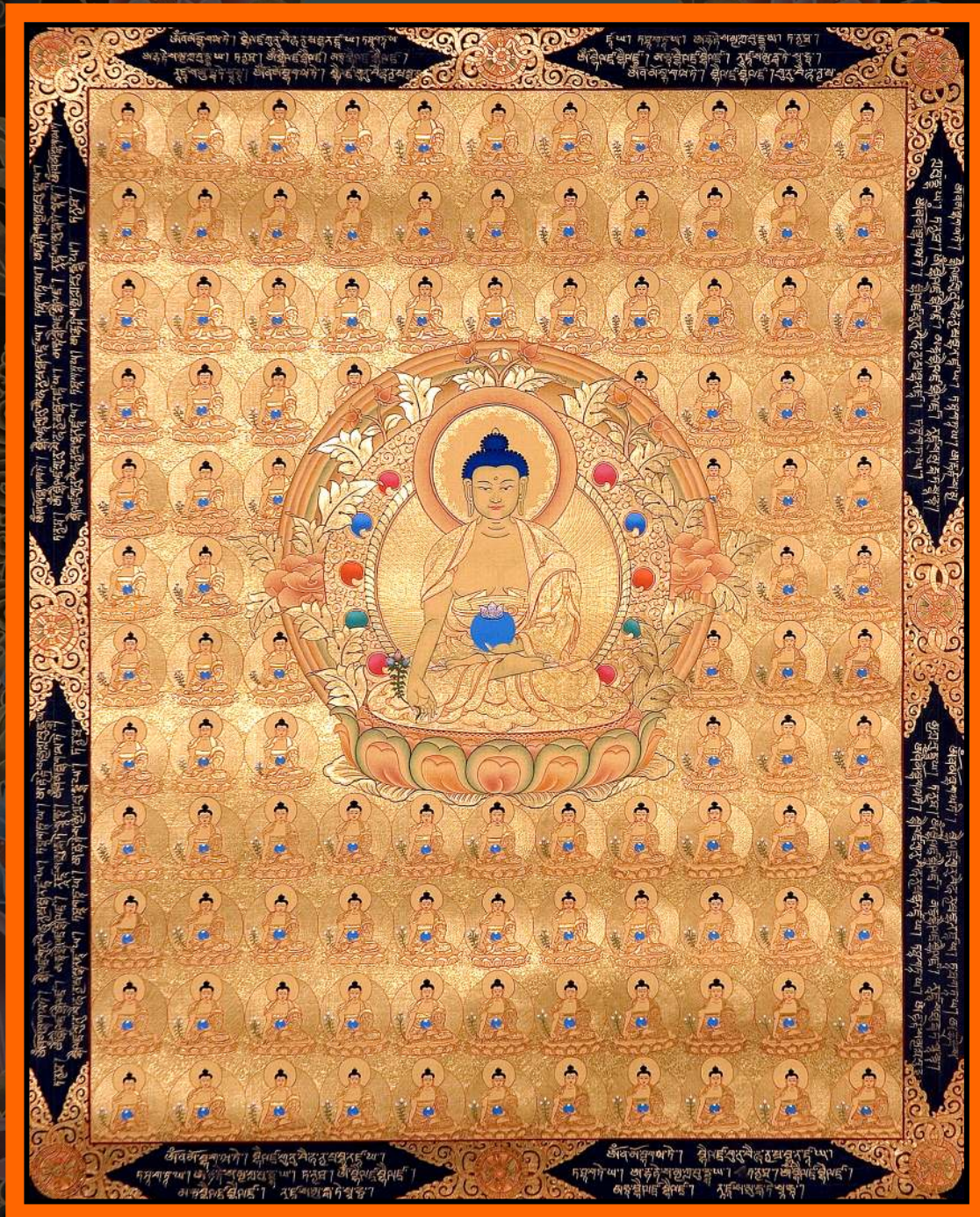


Aspects of Traditional Medicine in Nepal

MOHAN BIKRAM GEWALI



EDITED BY SURESH AWALE

Institute of Natural Medicine, University of Toyama

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Preface

The world is culturally endowed with various forms of traditional healing practices. Immediately the names of the Ayurveda of the Indian subcontinent, the Traditional Chinese Medicine of China, the Kampo of Japan, the Tibetan Medicine, the Unani and others come to mind. Such traditional medical system is time tested and contains rich medical wisdom of immense importance. They need to be explained to both specialists and general readers as well.

The book is an attempt to describe some of the basic elements of the traditional medicine and medicinal plant resources of Nepal. Care has been taken to present the material in simple and readable English. It is intended for the general readers, students and anybody who is interested in Nepali traditional medicine and medicinal plant resources. Admittedly, the third chapter of the book appears to be little technical, but it has also been made as understandable as possible. Constructive criticism and comments are most welcome from the readers. Such feedbacks are sure to make the second edition more informative and readable.

This book is one of the outcomes of my tenure as a visiting professor at the Institute of Natural Medicine, University of Toyama during November 2007 to March 2009. I am obliged to the Professor Committee of Institute of Natural Medicine, University of Toyama for offering me this Visiting Professorship. I would also like to express my sincere thanks to Prof. Tokuso Saito, (President, University of Toyama), Prof. Ikuo Saiki (Director, Institute of Natural Medicine) and Prof. Shigetoshi Kadota (Division of Natural Products Chemistry, Institute of Natural Medicine) for taking the necessary steps for realizing this invitation. I have high admiration of Assistant Professor Dr. Suresh Awale who took well care of me during my stay in Toyama. Furthermore, Dr. Awale took pain to edit this book and made it more attractive. It gives me great pleasure to write that Institute of Natural Medicine generously published the book. I would also like to acknowledge the following person for their assistance in different ways: Mr. Bhupendra Bahadur Karki, Kathmandu; Dr. Kamdev Jha, Kathmandu; Mr. Subarna Vaidya, Kathmandu; Mr. Som Prasad Nepal (Sambhu), Kathmandu; Prof. Pramod Kumar Jha, Kathmandu; Prof. Ram Prasad Chaudhary, Kathmandu; Lecturer Bharat Babu Shrestha, Kathmandu; Mr. Kuber Jung Malla, Kathmandu; Dr. Surya K. Kalauni, Kathmandu and Associate Professor Akihito Takano, Machida. Let me take this opportunity to thank the higher officials of Tribhuvan University for granting me leave.

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M. B. Gewali

