



Holy Herbs : Modern Connections to Ancient Plants

Sudhir Ahluwalia

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With the growing trend towards ‘organic’ products and ‘coming back to nature’ worldwide, the rising interest in herbs and herbal remedies, in culinary use, health products, medicine, cosmetics and religious rituals is not surprising. A wide audience shares the fascination for Mother Earth’s generous bounty.

Herbs have a long history and find a mention in ancient texts. Do herbal products have relevance in modern medicine, such as in the treatment of cancer, Alzheimer’s disease, diabetes, high blood pressure, obesity and so on?

This book explores the historical, cultural, religious and scientific connection between the East and the West. With the author’s exposure to forestry training and research and knowledge drawn from the Bible, perhaps one of the biggest references for herbs, Holy Herbs stands at the right spot for tracing a global history of herbs from ancient to modern times.

Holy Herbs : Modern Connections to Ancient Plants Details

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Author : Sudhir Ahluwalia

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From Reader Review Holy Herbs : Modern Connections to Ancient Plants for online ebook

Sheetal Maurya - Godse (Halo of Books) says

The book starts with the historical overview of herbs from different places and how these herbs started to get transported from one place to another. The author has talked about, the Indus valley, Egypt, Greece, Rome, China, and America. There were many routes which help herbs to reach from one place to another.

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In the next section, the author has extensively talked about anointing oil and its connection with the Holy Bible. There are many herbs through which the oil used to get extracted. Myrrh, cinnamon, and cassia were primarily used for many holy ceremonies.

Herbs also played an important role in ancient incenses and perfumes. Egyptian and many other civilizations used agarwood. Aloeswood, galbanum, costus, and henna. There are also many belief attached to it, which puts them in demand.

Cedar, Date Palm, Sycamore, Olive, Pomegranate, Willow, Myrtle were the trees which not only are sacred but also have many health benefits.

If we are talking about herbs then we shouldn't forget that these herbs help to increase the taste and nutritional value of any food. The author has talked about ancient Egyptian, Jewish, Greek and Roman food. He has also described the herbs which we still use in our cooking.

My perception:

This book is a good read and it majorly talked about herbs and how it is connected to various religions. The author has written this book to provide general information about the herbs and he has succeeded in it. I personally liked this book as it gives various interesting information about the herbs and spices which we use in daily life. If you love reading informative books, then this book is for you.

Beth Martinez says

Interesting

This was interesting because i love herbs and essential oils. I get more and more fascinated by their uses the more educated I get. I guess I just expected to learn something more from this.

Heatherton says

I'm always up for reading about herbs and plants. This book took a completely different route than most herb encyclopedia type books. The author was clear and concise with his knowledge. I enjoyed this book.

Vishnu Chevli says

My mom preferred herbs over medicines. Her herb-cyclopedia is vast enough to cover 90% of our health issues with herbs. When I saw this book on Goodreads giveaway, it created enthusiasm for me to get some knowledge myself as well. After all, I am also a mother now and I should know some basics of herbs as well.

The book started with historical notes how people in ancient time used herbs, how just for getting some important spices & herbs people started faraway trades. It also covers how ancient civilization's herbology was consolidated. Then came the part where the importance of herb associated with religion. How different religion emphasized various plants.

The main section covers different herb categories, specific herbs, history and/or religious background (if any) and finally its benefits. The book is informative but it was more technical or academic side. Overall I liked the book.

Detailed Review Link - <http://chevusread.blogspot.in/2018/01...>

Review by my wife...

Janine Brouillette says

Very Good!

He provides a good knowledge of ancient herbs found in biblical writings. Very good pictures, history, and usage. Good book to have for backyard gardeners.

Angelia says

A historical guide to biblical herbs and plants.

Alexander Pyles says

Holy Herbs: Modern Connections To Ancient Plants is a great resource for those looking into cultivating an increased knowledge of plants and herbs. Written by Sudhir Ahluwalia, the book is both parts history book, encyclopedia and broad overview of various plants and herbs from across the globe. The real treasure of this book is how it can appeal to many people and their various topics.

Personally, I enjoyed the chapter on "Sacred Trees" and loved the historical and cultural background of their various uses and treatments. Ahluwalia clearly has a lifelong interest in this topic and it shows with how thorough he is with each herb, using photographs, diagrams, maps and drawings to show where each herb

comes from and what it is. He outlines useful parts of each and explains their uses.

Clearly, it is a must read for anyone with even a small knowledge or interest in various herbs. The relation he draws between various plants and their cultural and religious importance in Jewish, Islamic, and Christian faith traditions is also important since it contextualizes the various herbs in their respective regions. No one would be disappointed in giving this book a read.

Aryan Sarath says

Gone are the days where we use to get the treatment for our ailments at home from our grandmother or great grandmother. These days, the families have become nuclear(mostly) and joint families have become a rarity. We have also started neglecting the natural products which would do no harm but bring home only the goodness and started running behind packed food items which are nothing but processed and preserved.

Though we are now going back to the (g)olden days to bring back the organic food, we lost the track of various herbs and plants which has been effectively used by our forefathers/ancestors to address various concerns. When I saw this book and most importantly the author's profile, I knew for sure that this is going to be one awesome read and my expectations were not proved wrong.

The book is divided into 5 chapters namely Historic Overview, The Bible and the Herbs of The Holy Anointing Oil, Herbs in Ancient Incenses and Perfumes, Sacred Trees and Culinary Herbs in The Bible

The subject was well researched and written. Since the author was an Indian Forest Service Officer, this came to me as no wonder. Pictures were used wherever required which makes the book even more appealing. The beauty of the book lies in establishing the facts about these herbs with the historic, cultural, religious and scientific connection between the East and the West.

The book is a treasure trove of information!!
