

## A Very Important Book on Ethiopian Traditional Medicine

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The Institute of Development and Education for Africa (IDEA), Inc. invites all to read this very important book (Amharic) entitled Ethiopian Traditional Medicine in Scientific Perspective: Herbal Medicine. The author, Dr. Fekadu Fulas, a Ph.D. in pharmacognosy (study of medicinal drugs obtained from plants and other natural sources) has presented a well-researched and well-written book on Ethiopian traditional herbal medicine.

Important themes discussed in the book range from the knowledge of chemical properties of herbs, to the various types of herbs and their usage in North America, Europe, China, Africa, and Ethiopia (Chapter 1).

Chapter 2 is about the history of Ethiopian traditional medicine; regulation to control the medicines; on diseases; etiology and side effects of traditional medicine; and branches of traditional medicine and the training of experts.

Chapter 3 includes topics such as why we need to know the traditional Ethiopian medicine; the properties of herbal medicine and modern research; the relationship of traditional and modern medicine; and the importance of the preservation of medicinal herbs.

Chapter 4 essentially presents a long list of medicinal herbs (pp. 73-166) and discusses their use with a caveat not to indulge in overdose.

Chapter 5 discusses the use and dosage of 32 Ethiopian herbs, presented in a table.

Note: Dr. Mesfin Tadesse, professor of herbal science at Ohio State University, has contributed the Foreword to the Book and Dr. Fekadu Fulas can be contacted via [FeFubal@aol.com](mailto:FeFubal@aol.com) or at the following address:

3135 Grandview Blvd  
Sioux City, IA 51104  
USA

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