



Kava: From Ethnology to Pharmacology (Medicinal and Aromatic Plants - Industrial Profiles)

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Used for centuries for ceremonial, ritual, religious, and medicinal purposes, the medicinal properties of kava are gaining recognition in the West. It is now widely marketed as an over-the-counter preparation for the treatment of anxiety, stress, restlessness, and sleep disorders. This volume describes kava's history, botanical origins, production, marketing, chemical, and biological properties of the chemical constituents, and the clinical and medical studies that provide evidence for its therapeutic benefits. An invaluable reference, the book will be of great interest to healthcare professionals, scholars, researchers, students, and professionals in the pharmaceutical industry.

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