



# Nature Care College

## Herbal Medicine 1A (Part 3) DISTANCE/BLENDED LEARNING

<b>DESCRIPTION</b>	Welcome to the magical world of Herbal Medicine! This one-year unit of study introduces the philosophy and science of herbalism in its historical perspective. You will explore the materia medica, learn about the therapeutic effects, constituents, preparation and usage of plants as medicine.
<b>DURATION</b>	One term (12 weeks) approximately 24 learning hours.
<b>LEARNING OUTCOMES</b>	<p>By the conclusion of Herbal Medicine 1A, students should be able to:</p> <ol style="list-style-type: none"> <li>1. Understand the basic philosophical and scientific concepts of medical herbalism</li> <li>2. Identify the therapeutic effects of the studied herbs together with their specific indications, botanic names, common names, parts used, major constituents, dosages and toxicology</li> <li>3. Select appropriate herbs indicated for particular disease states as covered in notes</li> </ol>
<b>TEACHING METHOD</b>	<p>This subject will be studied by the method known as “Distance/Blended Learning”. This form of study involves your completion of all learning outcomes without formal attendance at lectures or other types of classes.</p> <p>The benefits of this system are considerable as it contributes significant flexibility to your study programme. It also encourages students to take responsibility for their own learning, enhancing those mandatory skills of self-education. There will be considerable support from the College to aid you in your studies.</p> <p>A tutor will be available to answer any academic questions students may have. Details regarding this will be in the information and instruction sheet that will be sent to you upon enrolment.</p>
<b>ASSESSMENT</b>	<p><b>An Assessment Pack will be included in your Distance/Blended Learning folder.</b></p> <p><b>Pass mark : 60%</b></p>
<b>COMPETENCIES PARTIAL COMPLETION</b>	<p>Successful completion of this unit of study is in partial completion of the following Health Training Package HLT07 Units of Competency</p> <p>HLTHER603B - Operate a western herbal medicine dispensary</p> <p>HLTHER608B - Provide specialised western herbal medicine treatment</p> <p>HLTNAT602B - Provide western herbal medicine treatment</p> <p>HLTHER602B - Manage work within the western herbal medicine framework</p> <p>HLTHER606B - Prepare and dispense western herbal medicine</p>
<b>ENROLMENT</b>	<p>You may enrol into this subject at any time. Unit of study fees must be paid in full when you enrol. All fees are <i>non-transferable and non-refundable</i>. You can enrol in person, over the telephone using a credit card, or by mail.</p> <p>Once you have enrolled you will be sent the course workbook together with a detailed instruction and information sheet.</p>

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<b>PRE-REQUISITES</b>	Herbal Medicine 1A1 (Part 1) Herbal Medicine 1A2 ( Part 2 )
<b>CO-REQUISITES</b>	Nil
<b>TEXTBOOKS</b>	<p><b>(a) Compulsory:</b>  Bartram, T. Bartram's Encyclopaedia of Herbal Medicine. Marlowe &amp; Co; 2002  Griggs, B. Green Pharmacy. USA: Healing Arts Press; 1997  Van Wyk, B.E. &amp; Wink, M. Medicinal Plants of the World. Briza Publications; 2004</p> <p><b>b) Highly Recommended Reading / References:</b>  Mills, S &amp; Bone, K. Principles &amp; Practices of Phytotherapy: Churchill Livingstone; 2000  Bone, K.B. A Clinical Guide to Blending Liquid Herbs. London: Churchill Livingstone; 2003</p> <p><b>(c) Recommended Reading / References:</b>  Bone Kerry. The Ultimate Herbal Compendium A Desktop Guide For Herbal Prescribers, Australia: Phytotherapy Press; 2007  Chevallier, A. Natural Health Encyclopaedia of Herbal Medicine. 2<sup>nd</sup> ed. UK: Dorling Kindersley; 2000  Potterton, editor. Culpeper's Colour Herbal. David Foulsham &amp; Co; 2007  McIntyre A. The Complete Floral Healer  Pizzorno, J, Murray, M. Encyclopaedia of Natural Medicine.2<sup>nd</sup> ed. Little, Brown:1998  Weiss R. Herbal Medicine. 2<sup>nd</sup> ed. Stuttgart: Thieme Medical Publishers; 2000  Wren, R.C. Potters New Encyclopaedia of U.K. Botanical Drugs &amp; Preparations. C.W. Daniel Co. Ltd; 1998</p>

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**SUGGESTED HOME STUDY PLAN:**

<b>WEEK 1</b>	Vuneraries
<b>WEEK 2</b>	Adaptogens
<b>WEEK 3</b>	Adaptogens (Continued)
<b>WEEK 4</b>	Laxatives
<b>WEEK 5</b>	Carminatives
<b>WEEK 6</b>	Antispasmodics
<b>WEEK 7</b>	Salicylates/Anti-inflammatories
<b>WEEK 8</b>	Diuretics/Urinary Demulcents/Antiseptics
<b>WEEK 9</b>	Specifics/Organ Tonics
<b>WEEK 10</b>	Specifics/Organ Tonics (Continued)
<b>WEEK 11</b>	Review
<b>WEEK 12</b>	<b>Assessment due</b>