



# Nature Care College

## Herbal Medicine 3 (Therapeutics)

<b>DESCRIPTION</b>	You will learn how to diagnose, manage, prescribe and dispense herbal medicines for disease/dysfunction of the skin, genitourinary, endocrine, cardiovascular and nervous systems.	
<b>DURATION</b>	72 hours	
<b>LEARNING OUTCOMES</b>	<p>By the conclusion of this module, students should be able to:</p> <ol style="list-style-type: none"> <li>1. Diagnose, prescribe and dispense herbal medicines for diseases/dysfunction of the nervous system.</li> <li>2. Diagnose, prescribe and dispense herbal medicines for diseases/dysfunction of the skin.</li> <li>3. Diagnose, prescribe and dispense herbal medicines for diseases/dysfunction of the genitourinary and male reproductive systems.</li> <li>4. Diagnose, prescribe and dispense herbal medicines for diseases/dysfunction of the endocrine system.</li> <li>5. Diagnose, prescribe and dispense herbal medicines for diseases/dysfunction of the cardiovascular system.</li> <li>6. Describe and apply the principles of clinical reasoning as it relates to herbal medicine.</li> <li>7. Discuss and apply dosage systems in herbal medicine.</li> <li>8. Describe the therapeutic classes of herbal medicines used in the treatment of diseases/dysfunction of the nervous, genitourinary, male reproductive, dermatological, endocrine and cardiovascular systems.</li> <li>9. Compare and contrast the activities and clinical uses of various herbal medicines in each therapeutic class.</li> <li>10. Apply the western herbal medicine diagnostic framework.</li> <li>11. Perform the western herbal medicine health assessment.</li> <li>12. Plan the western herbal medicine treatment strategy.</li> <li>13. Provide specialised western herbal medicine treatment.</li> </ol>	
<b>TEACHING METHOD</b>	<p>Lectures accompanied with handouts          Slides and overhead transparencies where appropriate.          Exercises.          Group discussion.</p>	
<b>ASSESSMENT</b>	Exam	50%
	Assignment Per Term (x3)	50%
	<b>Pass mark</b>	<b>60%</b>
	<b>Both components must be passed at 60% in order to pass this subject satisfactorily.</b>	

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**Note:** To facilitate the return of your assignment you will need to provide a stamped addressed envelope. If no envelope is provided assignments will be destroyed after results are recorded. Please also make a copy of your assignment before submission for your own records.

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**ATTENDANCE** 80% minimum.

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**PRE-REQUISITES** Herbal Medicine 1  
Anatomy & Physiology 1  
Chemistry

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**CO-REQUISITES** Anatomy & Physiology 2  
Symptomatology & Diagnosis 1  
Biochemistry  
Herbal Medicine 2

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**MATERIALS REQUIRED** Notebook, pen.

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**TEXTBOOKS** **Compulsory:**  
Mills, Simon & Bone, Kerry *Principles & Practices of Phytotherapy* Churchill Livingstone 2000  
Weiss R, 2000. *Herbal Medicine*. 2<sup>nd</sup> ed. Thieme Medical Publishers, Stuttgart.

**Recommended Reading / References:**

Bates B. *A Guide to Physical Examination and History Taking*. Current ed. J. B. Lippincott Company, Philadelphia, USA.  
(BHMA) British Herbal Medicine Association, 1992. *British Herbal Compendium*. Vol 1. Edited by Bradley PR. British Herbal Medicine Association, Dorset, UK.  
Ellingwood F, 1983. *American Materia Medica, Therapeutics and Pharmacology*. Eclectic Medical Publications, Portland.  
Holmes P, 1989. *Energetics of Western Herbs*. Vol 1 and 2. Artemis Press, Colorado, USA.  
*Davidson's Principles and Practice of Medicine*. Current ed. Edited by Macleod J, Edwards C, Bouchier I. Churchill Livingstone, Edinburgh.  
Mills SY, 1991. *Out of the Earth*. Arkana, London, UK.  
Pizzorno J, Murray M. *Textbook of Natural Medicine*. Current ed. Bastyr College, Seattle.  
Priest AW, Priest LR, 1982. *Herbal Medications*. LN Fowler, London, UK.  
Wren RC, 1988. *Potter's New Cyclopaedia of Botanical Drugs and Preparations*. C.W. Daniel Co, Saffron.  
Bone, K.B., 2003, *A Clinical Guide to Blending Liquid Herbs*, Churchill Livingstone, London.  
Mills, S. Bone, K. 2005. *The Essential Guide to Herbal Safety*, Churchill Livingstone, London.

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## WEEK-BY-WEEK OUTLINE

### TERM ONE

<b>WEEK 1</b>	Introduction Herbal prescribing practices Clinical reasoning Dosage principles Case taking principles
<b>WEEK 2</b>	Introduction to urinary therapeutics Classes of herbal medicines used in urinary therapeutics
<b>WEEK 3</b>	Cystitis, Interstitial Cystitis, Incontinence, Enuresis
<b>WEEK 4</b>	Pyelonephritis, Glomerulonephritis, Urinary Calculi.
<b>WEEK 5</b>	Male reproductive system Introduction, clinical features, investigations, Male Reproductive herbs, Impotence, Infertility.
<b>WEEK 6</b>	Benign Prostatic hypertrophy, Prostatitis.
<b>WEEK 7</b>	Introduction to Endocrine System, Clinical features, investigations, orthodox treatment.
<b>WEEK 8 &amp; 9</b>	Endocrine Conditions - Diabetes, Chronic complications of Diabetes, Insulin Resistance, Dysglycaemia
<b>WEEK 10 &amp; 11</b>	Endocrine Conditions - Thyroid disease, Pituitary conditions, Adrenal disorders – Cushing and Addison
<b>WEEK 12</b>	<b>Exam (2 hours)</b>
	<b>Assignment Due</b>

### TERM TWO

<b>WEEK 1</b>	Introduction Introduction to skin therapeutics
<b>WEEK 2</b>	Classes of herbal medicines used in dermatological therapeutics.
<b>WEEK 3</b>	Dermatitis / Eczema, Psoriasis, Urticaria.
<b>WEEK 4</b>	Acne, Herpes, Infectious wounds, Fungal infections.
<b>WEEK 5</b>	Bruises, Nappy rash, Cradle cap, Impetigo
<b>WEEK 6</b>	Cardiovascular: Introduction, Clinical Features, Investigations.
<b>WEEK 7</b>	Classes of herbal medicines used in cardiovascular therapeutics. Issues relating to the management of cardiovascular complaints.
<b>WEEK 8 &amp; 9</b>	Risk factors in cardiovascular diseases
	<b>Assignment Due Week 9</b>

<b>WEEK 10</b>	Cardiovascular Conditions, Angina.
<b>WEEK 11</b>	Cerebrovascular Conditions, Venous Insufficiency.
<b>WEEK 12</b>	<b>Exam (2 hours)</b>
<b>TERM THREE</b>	
<b>WEEK 1</b>	Introduction Introduction to Nervous system
<b>WEEK 2</b>	Classes of herbal medicines used in neurological therapeutics.
<b>WEEK 3</b>	Stress, Anxiety/Panic attacks.
<b>WEEK 4</b>	Headache, Migraine.
<b>WEEK 5</b>	Multiple Sclerosis, Depression.
<b>WEEK 6</b>	Chronic Fatigue Syndrome, Dementia.
<b>WEEK 7 &amp; 8</b>	Babies and Infants, Fever management.
<b>WEEK 9 &amp; 10</b>	Children's Conditions, Salicylates, ADD/ADHD
	<b>Assignment Due week 9</b>
<b>WEEK 11</b>	Revision
<b>WEEK 12</b>	<b>Exam (2 hours)</b>

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.