



Nature Care College

Herbal Medicine 1A

DESCRIPTION	Welcome to the wonderful 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.
DURATION	72 hours
LEARNING OUTCOMES	<p>By the conclusion of the module students should be able to:</p> <ul style="list-style-type: none"> • Identify and recognise common and medicinal herbs in their natural, processed and dried forms. • Understand the basic philosophical and scientific concepts of medical herbalism. • Identify the therapeutic effects of the studied herbs together with their specific indications, botanic names, common names, parts used, major constituents, dosages, and toxicology. • Recognise all highly poisonous plants in their natural state. • Select appropriate herbs indicated for particular disease states as covered in lectures. • Have an appreciation of major world systems of herbal medicine, Egyptian, Greek, Roman Arabic, and European in general. • Have an appreciation of some major figures in Egyptian, Greek, Roman & European herbalism.
TEACHING METHOD	Modified lectures. Reading for following week.
ASSESSMENT	<p>Term 1, 2 & 3 1 Assignment worth 10% of term total – week 9. Pass mark 60% 1 hour exam worth 45% of term total – week 6. Pass mark 60% 1 hour exam worth 45% of term total – week 12. Pass mark 60% Satisfactory attendance and participation (as per Unit of Study outline)</p> <p>Pass mark 60% Each component must be passed at 60% in order to pass this subject satisfactorily.</p>
COMPETENCIES PARTIAL COMPLETION	<p>HLTHER603B - Operate a western herbal medicine dispensary HLTHER606B - Prepare and dispense western herbal medicine</p>

ATTENDANCE	80% minimum
PRE-REQUISITES	Nil.
CO-REQUISITES	<i>For students studying a Bachelor or Advanced Diploma program</i> Herbal Medicine 1B (Term 1), Herbal Medicine 1C (Term 2), Herbal Medicine 1D (Term 3)
MATERIALS REQUIRED	Notebook, pen, Compulsory textbook
TEXTBOOKS	<p>Compulsory: 2004 Nature Care College Herbal Medicine 1A Workbook Bartram, T. 2002. <i>Bartram's Encyclopaedia of Herbal Medicine</i>. Marlowe & Co Griggs, B. 1997. <i>Green Pharmacy</i>. Healing Arts Press. USA.</p> <p>Recommended Reading / References: Bone Kerry, <i>The Ultimate Herbal Compendium A Desktop Guide For Herbal Prescribers</i>, Phytotherapy Press, Australia, 2007 Chevallier, A. 2000, 2nd Ed. <i>Natural Health Encyclopaedia of Herbal Medicine</i> Dorling Kindersley. UK <i>Culpeper's Colour Herbal</i>, Edited: Potterton, David Foulsham & Co, 2007 Mcantyre Anne, <i>The Complete Floral Healer</i> Pizzorno & Murray. <i>Encyclopaedia of Natural Medicine</i>. Weiss R, 2000. <i>Herbal Medicine</i>. 2nd ed. Thieme Medical Publishers, Stuttgart. Wren, R.C. 1998. <i>Potters New Encyclopaedia of U.K. Botanical Drugs & Preparations</i>. C.W. Daniel Co. Ltd. Van Wyk, B.E. & Wink, M. 2004. <i>Medicinal Plants of the World</i>. Briza Publications</p>

WEEK-BY-WEEK OUTLINE

WEEKS 1-3

Introduction
Theory and philosophy of herbal medicine.
History of Herbalism - introduction.
The origins, significant events and contributions to modern western medical herbalism.
National Herbalists Association of Australia.
Role of the NHAA and Australian herbalism.
Therapeutic Goods Act.

WEEK 4

Referencing and Assignments.

WEEKS 5 & 6

Introduction to Pharmacognosy.
(NB basic introduction only – this subject will be comprehensively dealt with in the Pharmacognosy course.)
Includes introductory level appraisal of the representative constituents: mucilages and gums, glycosides and saponins, flavonoids, anthraquinones, tannins, essential oils, alkaloids, resins.

WEEK 7

Mid-term exam - 1 hour
Ways in which herbs are used.
Water based/alcohol based, dried/fresh. Internal use, including infusions, decoctions, teas, tinctures, and external use, including creams, lotions, oils and ointments.

WEEK 8

Treatment structure.
The application of the philosophy and theory of medical herbalism to clinical procedures:
1. Treat on holistic principles.

- detoxification.
- maintain and enhance vitality.

2. Treat the symptoms (including use of specifics).
3. Treat the underlying or sustaining cause.

WEEK 9

Topic: BITTER TONICS.

- *Gentiana lutea*.
- *Angelica archangelica*.
- *Artemisia absinthium*.

Dosages - concepts.

Materia Medica - general format:

- Botanic name.
- Common name.
- Parts used.
- Known Active Constituents.
- Actions.
- Indications.
- Specific indications (including BHP).
- Preparation, dosage and administration.
- Toxicology.
- Combinations used.

Guidelines for Materia Medica homework.

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WEEK 10 & 11	Topic: HEPATICS. <ul style="list-style-type: none"> • <i>Taraxacum officinale (radix).</i> • <i>Berberis vulgaris.</i> • <i>Chelidonium majus.</i> • <i>Silybum marianum.</i> • <i>Cynara scolymus.</i>
WEEK 12	Exam 2 – 1 hour Review and marking of exam
Term 2	
WEEK 1	Topic: DEMULCENTS. <ul style="list-style-type: none"> • <i>Ulmus fulva / U. rubra.</i> • <i>Linum usitatissimum.</i> • <i>Althaea officinalis.</i>
WEEK 2	Topic: CIRCULATORY STIMULANTS. <ul style="list-style-type: none"> • <i>Capsicum annum.</i> • <i>Zingiber officinale.</i> • <i>Zanthoxylum americanum / Z. clava-herculis.</i>
WEEK 3	Topic: DIAPHORETICS. <ul style="list-style-type: none"> • <i>Sambucus nigra.</i> • <i>Achillea millefolium.</i> • <i>Tilia spp.</i> • <i>Eupatorium perfoliatum.</i>
WEEK 4 & 5	Topic: DEPURATIVES/ALTERATIVES. <ul style="list-style-type: none"> • <i>Rumex crispus.</i> • <i>Arctium lappa.</i> • <i>Galium aparine.</i> • <i>Urtica dioica / U. urens.</i> • <i>Iris versicolor.</i>
WEEK 6	Exam 1 – 1 hour then marked in class Topic: ANTIBIOTICS / ANTIFUNGALS. <ul style="list-style-type: none"> a) <i>Allium sativum.</i> • <i>Tabebuia avellanedae.</i>
WEEK 7	Topic: IMMUNE ENHANCERS. <ul style="list-style-type: none"> • <i>Echinacea angustifolia / E. purpurea.</i> • <i>Picrorrhiza kurroa.</i> • <i>Astragalus membranaceus.</i>
WEEK 8 & 9	Topic: EXPECTORANTS. <ul style="list-style-type: none"> • <i>Marrubium vulgare.</i> • <i>Verbascum thapsus.</i> • <i>Inula helenium.</i> • <i>Prunus serotina.</i> • <i>Polygala senega and P. tenuifolia.</i>

WEEK 10 & 11	Topic: NERVINES. <ul style="list-style-type: none"> • <i>Valeriana officinalis.</i> • <i>Chamomilla recutita.</i> • <i>Scutellaria lateriflora.</i> • <i>Hypericum perforatum.</i> • <i>Passiflora incarnata.</i> • <i>Avena sativa.</i> • <i>Humulus lupulus.</i>
WEEK 12	Exam 2 – 1 hour Review and marking of exam
Term 3	
WEEK 1	Topic: VULNERARIES. <ul style="list-style-type: none"> • <i>Arnica montana.</i> • <i>Calendula officinalis.</i> • <i>Symphytum officinale.</i>
WEEK 2 & 3	Topic: ADAPTOGENS. <ul style="list-style-type: none"> • <i>Glycyrrhiza glabra.</i> • <i>Panax ginseng.</i> • <i>Eleutherococcus senticosus.</i> • <i>Withania somnifera.</i>
WEEK 4	Topic: LAXATIVES. <ul style="list-style-type: none"> • <i>Rhamnus purshiana.</i> • <i>Cassia angustifolia.</i> • <i>Rheum palmatum.</i>
WEEK 5	<ul style="list-style-type: none"> • Topic: CARMINATIVES. • <i>Anethum graveolens.</i> • <i>Foeniculum vulgare.</i> • <i>Mentha x. piperita.</i>
WEEK 6	Exam – 1 hour Topic: ANTISPASMODICS. <ul style="list-style-type: none"> • <i>Dioscorea villosa.</i> • <i>Viburnum opulus.</i> • <i>Viburnum prunifolium.</i>
WEEK 7	ANTISPASMODICS continued. Topic: SALICYLATES/ANTI-INFLAMMATORIES. <ul style="list-style-type: none"> • <i>Filipendula ulmaria.</i> • <i>Salix alba et spp.</i> • <i>Populus tremuloides.</i>
WEEK 8 & 9	Topic: DIURETICS / URINARY DEMULCENTS /ANTISEPTICS. <ul style="list-style-type: none"> • <i>Equisetum arvense.</i> • <i>Taraxacum officinale (folia).</i> • <i>Agropyron repens.</i> • <i>Agathosma betulina.</i> • <i>Juniperus communis.</i> • <i>Arctostaphylos uva-ursi.</i>

WEEKS10 & 11	Topic: SPECIFICS/ORGAN TONICS. <ul style="list-style-type: none">• <i>Euphrasia officinalis.</i>• <i>Ginkgo biloba.</i>• <i>Tanacetum parthenium.</i>• <i>Crataegus oxyacanthoides/monogyna.</i>• <i>Hydrastis canadensis.</i>• <i>Rehmannia glutinosa.</i>• <i>Vitex agnus-castus.</i>• <i>Turnera diffusa.</i>• <i>Tribulus terrestrus</i>
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Review for exam

WEEK 12	Exam 3 – 1 hour Review and marking of exam
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Please be respectful of your fellow students and arrive on time for class.
Please ensure all mobile phones are turned off prior to the commencement of class.