



Nature Care College

Modern Phytotherapy

DESCRIPTION

Modern herbal medicine – often referred to as phytotherapy – stands at a crossroads. Whilst trying to maintain our more traditional roots, we are also facing changes in practice concepts and philosophies to adapt to the modern world. In the face of unprecedented media, political and regulatory involvement in our profession this unit of study provides a foundation for the student to understand the environment into which they will be entering, and equips them with a framework to confidently develop as an herbalist.

DURATION

24 hours

LEARNING OUTCOMES

By the conclusion of the unit of study, students should be able to:

1. Describe the clinical issues involved in adverse reactions to herbal medicines, and herb/drug interactions.
2. Define the current adverse reaction reporting procedures, and the role of the Adverse Drug Reactions Advisory Committee.
3. List the beneficiaries of bioprospecting. Define the ethical considerations of this practice and describe world trade interests in traditional medicine.
4. Demonstrate the skills necessary to access and collect reputable information on newly researched and released herbal medicines. Present these findings in a written, industry-standard, review article. Articulate an overview of this article in a verbal presentation to their peers.
5. Understand and describe the viewpoint/standards of key Herbal Medicine Associations regarding endangered medicinal plants. Propose potential solutions for medicinal plant conservation.
6. Expand on their current understanding of the role of adaptogens. Investigate the use of alternative adaptogen plants and make a written record of their discoveries.
7. Understand the principles and procedures involved in tissue and bowel cleansing. Devise a manageable client protocol and include herbal therapeutics in the treatment.
8. Become familiar with the foundational aspects of the energetic/vital force of plants. Describe this in the context of tailoring herbal medicine dosages in clinical practice.
9. List the considerations for setting up an herbal medicine dispensary. Provide a written plan for stocking an herbal medicine dispensary taking into account requisite “cornerstone” herbal medicines for each body system.
10. Describe the principles and systematic approach required to run a “Wellness Clinic”. Apply these principles and systems to client-based outcomes using provided case studies.

TEACHING METHOD

Modified lectures,
Class discussions, group work,
Home-based work and research.

Nature Care College Pty Ltd ABN 77 105 282 264

46 Nicholson Street, St Leonards NSW 2065

Tel: +61 (0)2 8423 8333 Fax: +61 (0)2 9436 0503

email: info@naturecare.com.au website: www.naturecare.com.au

ASSESSMENT	Written industry-standard research article	50%
	Verbal overview of article (in class)	20%
	Completed workbook activities	30%
	Pass mark for each component	60%
	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 ensure you have a copy of your assignment before submission for your own records.	
COMPETENCIES	Successful completion of this Unit of Study is in partial completion of the following Health Training Package HLT07 Units of Competency:	
PARTIAL COMPLETION	HLTNAT607C - Manage work within a naturopathic framework HLTHER602C - Manage work within the western herbal medicine framework	
ATTENDANCE	80% minimum.	
PRE-REQUISITES	Traditions in Herbal Medicine Herbal Medicine 1A, 1B, 1C, 1D Herbal Medicine 2A, 2B, 2C	
CO-REQUISITES	Herbal Medicine 3	
MATERIALS REQUIRED	Notebook, pen.	
TEXTBOOKS	Compulsory: Nil	
	Recommended Reading / References: Heinrich Barnes & Gibbons 2005. <i>Fundamentals of Pharmacognosy and Phytotherapy</i> . Elsevier.	
	<u>Adverse Reactions, Toxicology & Herb/Drug Interactions:</u> Harkness R, Bratman S. 2003. <i>Mosby's Handbook of Drug-Herb and Drug-Supplement Interactions</i> . Mosby, Missouri. Cassileth & Lucarelli. 2003. <i>Herb-Drug Interactions in Oncology</i> . BC Decker, USA. Adverse Drug Reactions and the Adverse Drug Reactions Advisory Committee (ADRAC) http://www.tga.gov.au/problem/index.htm	
	<u>Science, and Research Methods:</u> Minichiello V, Sullivan G, Greenwood K, Axford R, 1999. <i>Handbook for research methods in health sciences</i> . Pearson Education Australia, Sydney. Granger B, Chulay M, 1999. <i>Research Strategies for Clinicians</i> . Appleton & Lange, Connecticut. European Scientific Cooperative on Phytotherapy http://www.escop.com/index.htm Proceedings of the National Herbalists Association of Australia Annual Seminar, 2003 HerbMed http://www.herbmed.org/Medline http://www.nlm.nih.gov	

Quality Assurance, Manufacturing Standards and Drug Definitions in Herbal Medicine:

Wichtl M (editor), 2001. *Herbal Drugs and Phytopharmaceuticals*. 2nd Edition, Medpharm, Stuttgart.

Basic Liquid Chromatography

http://hplc.chem.shu.edu/NEW/HPLC_Book/index.html

Shula Levin's Homepage of HPLC and LC-MS

http://www.geocities.com/shulamit_1999/

Thin Layer Chromatography

<http://orgchem.colorado.edu/hndbksupport/TLC/>

British Herbal Pharmacopeia, 1983, 1999 and later

British Pharmacopoeia 2002 and later

British Herbal Compendium Volume 1

Regulatory Affairs:

National Herbalists Association of Australia

<http://www.nhaa.org.au>

Therapeutic Goods Administration

<http://www.tga.gov.au>

Therapeutic Goods Advertising Code Council

<http://www.tgacc.com.au/>

Therapeutic Goods Act and Therapeutic Goods Regulations, and Amendments

<http://www.tga.gov.au/legis/index.htm>

Codex Alimentarius

<http://www.codexalimentarius.net/>

<http://www.fao.org/docrep/w9114e/w9114e00.htm>

Standard for the Uniform Scheduling of Drugs & Poisons

World Health Organisation policies and documents on herbal medicines

<http://www.who.int/medicines/organization/trm/orgtrmmain.shtml>

Australian Self Medication Industry

<http://www.asmi.com.au/>

Complementary Health Care Council

<http://www.chc.org.au/>

Professional Associations:

National Herbalists Association of Australia

<http://www.nhaa.org.au>

Australian Traditional Medicine Society

<http://www.atms.com.au>

Australian Natural Therapists Association

<http://www.anta.com.au>

Australian National Training Authority

<http://www.anta.gov.au>

National Health Care Alliance

<http://www.nhca.com.au>

INTENSIVE OUTLINE

SESSION 1	Reporting Adverse Reactions Bioprospecting Newer herbal medicines on the market <ul style="list-style-type: none">• <i>Huperzia serrata</i>• <i>Mucuna pruriens</i>• <i>Phellodenron amurense</i>• <i>Pelargonium sidoides</i>• <i>Tripterygium wilfordii</i> Endangered Herbs
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SESSION 2	Adaptogens – Part 1 Adaptogens – Part 2
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SESSION 3	Herbal Medicine Dispensary Operating Specialised Clinics Class presentations
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WEEKLY OUTLINE

LECTURE 1	Reporting Adverse Reactions
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LECTURE 2	Bioprospecting
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LECTURE 3	Newer herbal medicines on the market <ul style="list-style-type: none">• <i>Huperzia serrata</i>• <i>Mucuna pruriens</i>• <i>Phellodenron amurense</i>• <i>Pelargonium sidoides</i>• <i>Tripterygium wilfordii</i>
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LECTURE 4	Endangered Herbs
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LECTURE 5	Adaptogens – Part 1
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LECTURE 6	Adaptogens – Part 2
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LECTURE 7	Bowel cleansing
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LECTURE 8	Energetic medicine
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LECTURE 9	Herbal Medicine Dispensary
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LECTURE 10	Operating Specialised Clinics
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LECTURE 11 & 12	Class presentations
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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.