

SUBJECT OUTLINE



Subject Name:

Herbal Medicine *Materia Medica* 1

Subject Code:

WHMF112

SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Health Science (Naturopathy)

Total course credit points:

128

Level:

1st Year

Duration:

1 Semester

Subject Coordinator: Elizabeth MacGregor (Perth campus)

Subject is: Core

Subject Credit Points: 2

Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
3	2	5

Delivery Mode:

Face to face

1 x 2 hours lecture

1 x 1 hour tutorial

Intensive Delivery

Details:

Summer School - contact hours are delivered over 5 weeks with 2 x 4 hour days delivered per week. Assessments: as detailed in the summer school delivery schedule. Final exam is conducted in week 6 of summer school.

Full Time

Part Time

Pre-requisites: BIOB111, BIOH111

Co-requisites: BIOH122

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This is the first of two subjects that explore plants used in the practice of Naturopathy and Herbal Medicine. Each herb is investigated from the perspective of its taxonomy and morphology, natural chemical constituents, therapeutic actions and applications, administration and dosage. This investigation considers both the traditional and historical use of the herbs as well as relevant research-based evidence. The *materia medica* is explored in relation to physiological systems and the herbs that exert a primary influence on particular systems. Students are introduced to herbal medicine management of clinical cases. This subject prepares students for the study of Herbal Pharmacology and Pharmacognosy and Clinical Herbal Medicine.

Learning Outcomes

1. Compare and contrast the therapeutic applications of herbs from the perspective of traditional and empirical knowledge from different historical paradigms and on the basis of current research.
2. Develop herbal monographs through investigation of available information on plant medicines.
3. Apply knowledge of herbal *materia medica* to simple cases based on specific therapeutic action and clinical indications.
4. Critically evaluate the benefits of herbal medicine in the management of human health conditions.

Assessment Tasks				
Type	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
Mid Semester Exam 1 hour (Short answer, case studies)	1,3,4	1-6	7	20%
Herbal Monograph (1500-2000 words)	1,2,4	1-9	Sunday following Week 10	40%
Final Examination (1.5 hrs) (Multiple choice, short answer, case studies)	1,3,4	1-13	Final Exam Week	40%

Prescribed readings:

- Braun, L., & Cohen, M. (2015). *Herbs and natural supplements: An evidence-based guide* (4th ed., Vol. 1) Chatswood, NSW: Elsevier. [ebook available]
- Fisher, C. (2009). *Materia medica of western herbs*. Nelson, NZ: Vitex Medica.

Recommended readings:

- American Botanical Council. (2013). *Herbal medicine: Expanded commission E online*, Retrieved from <http://cms.herbalgram.org/herbstream/library/HerbalMedicine/index.html>.
- Barnes, J., Anderson, L. A., Phillipson, J. D., Veitch, N. C., & Smith, M. (Eds.) (2014). *Herbal medicine* (4th ed.). London, England: Pharmaceutical Press. [ebook available]
- Bone, K. (1996). *Clinical applications of ayurvedic and Chinese herbs: Monographs for the western herbal practitioner*. Warwick, QLD: Phytotherapy Press.
- Mills, S., & Bone, K. (2013). *Principles and practice of phytotherapy: Modern herbal medicine* (2nd ed.). Edinburgh, Scotland: Churchill Livingstone Elsevier. [ebook available]
- Tobyne, G., Denham, A., & Whitelegg, M. (2011). *The Western herbal tradition: 2000 years of medicinal plant knowledge*, Edinburgh, Scotland: Churchill Livingstone Elsevier. [ebook available]

Subject Content		
Week	Lecture	Tutorial
1.	Introduction: <ul style="list-style-type: none"> Subject Outline, Subject Rationale, Subject Assessment, Student Resources History of <i>Materia Medica</i> (European, American, Indigenous Australian etc.), the origins and key figures throughout history who have contributed to its foundation (e.g. Dioscorides, Galen, Paracelsus). Therapeutic actions 	<ul style="list-style-type: none"> Explore relevant concepts and expand on ideas with peer and lecture/tutor interaction
2.	Principles of Herbal Medicine: <ul style="list-style-type: none"> Principles and philosophies of natural medicine Choosing the most appropriate herb product Traditional and modern herbal preparations and derivatives (drug extract ratio). 	<ul style="list-style-type: none"> Explore relevant concepts and expand on ideas with peer and lecture/tutor interaction

	<ul style="list-style-type: none"> Therapeutic actions. 	
3.	<p>Posology:</p> <ul style="list-style-type: none"> Formulation Construction (synergy, supporting/stimulating etc. herbs) Traditional prescribing Dosing Case study deconstruction. Therapeutic actions. 	<ul style="list-style-type: none"> Explore relevant concepts and expand on ideas with peer and lecture/tutor interaction
4.	<p>Respiratory Herbs Part I:</p> <ul style="list-style-type: none"> Upper Respiratory Tract Materia Medica: <i>Armoracia rusticana, Euphrasia officinalis, Albizia lebeck, Sambucus nigra, Solidago virgaurea, Tanacetum parthenium</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
5.	<p>Respiratory Herbs Part II:</p> <ul style="list-style-type: none"> Lower Respiratory Tract Materia Medica <i>Hedera helix, Marrubium vulgare, Plantago lanceolata, Prunus serotina, Verbascum thapsus, Achillea millefolium, Althaea officinalis,</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
6.	<p>Respiratory Herbs Part III</p> <ul style="list-style-type: none"> Lower Respiratory Tract cont... Materia medica <i>Inula helenium, Euphorbia hirta, Grindelia camporum & Thymus vulgaris</i> from traditional and research literature. <p>Immune System (Immunomodulators) Part I:</p> <ul style="list-style-type: none"> Materia Medica <i>Echinacea spp, Andrographis paniculata, Scutellaria baicalensis, Handroanthus inpetiginosus</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
7.	<p>Immune System (Immunomodulators) Part II:</p> <ul style="list-style-type: none"> Materia Medica: <i>Astragalus membranaceus, Eleutherococcus senticosus, Uncaria tomentosa, Hemidesmus indicus, Tylophora indica</i> from traditional and research literature. 	<ul style="list-style-type: none"> Mid Semester Exam Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
<p>NON-TEACHING WEEK (note that make up classes may be scheduled in this week)</p> <p>Semester 1 - This aligns with the week after Easter so it may fall between weeks 6 to 8.</p> <p>Semester 2 - The break week falls between Weeks 7 and 8.</p>		
8.	<p>Integumentary system (Skin- topical) Part I:</p> <ul style="list-style-type: none"> Materia Medica: <i>Arnica montana, Capsicum minimum, Calendula officinalis, Commiphora myrrha, Hamamelis virginiana, Stellaria media</i> from traditional and research literature. 	<ul style="list-style-type: none"> Library Database Research Session
9.	<p>Integumentary system (Lymphatic) Part II:</p> <ul style="list-style-type: none"> Materia Medica: 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.

	<i>Arctium lappa, Galium aparine, Phytolacca americanum, Smilax ornata, Trifolium pratense</i> from traditional and research literature.	
10.	Circulatory System (Cardiovascular) Part I: <ul style="list-style-type: none"> Materia Medica: <i>Allium sativum, Coleus forskohlii, Crataegus monogyna, Panax notoginseng, Salvia miltiorrhiza</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
11.	Circulatory System (Peripheral) Part II: <ul style="list-style-type: none"> Materia Medica: <i>Centella asiatica, Aesculus hippocastanum, Ginkgo biloba, Tilia spp, Vaccinium myrtillus, Zanthoxylum clava-herculis</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
12.	Digestive System Part I: <ul style="list-style-type: none"> Materia Medica: <i>Angelica archangelica, Artemisia absinthum, Cinnamomum verum, Foeniculum vulgare, Filipendula ulmaria, Matricaria recutita</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
13.	Digestive System Part II: <ul style="list-style-type: none"> Materia Medica: <i>Melissa officinalis, Mentha piperita, Pimpinella anisum, Trigonella foenum-graecum, Ulmus fulva, Zingiber officinale</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
14.	Non-Teaching Week/Practical Exam Week 1. Note that make-up classes may be scheduled in this week.	
15.	Non-Teaching Week/Practical Exam Week 2. Note that make-up classes may be scheduled in this week.	
16-17.	Final Exam Weeks 1 & 2 Please refer to the Exam Timetable for your local campus for the exact day and time of exam.	