Subject Outline

Herbal Medicine Materia Medica 1

SECTION 1 - GENERAL INFORMATION

Award/s: Bachelor of Health Science (Naturopathy)
Total Course Credit Points: 128
Level: 1st Year
Duration: 1 Semester
Subject Coordinator: David Stelfox (Adelaide campus)
Subject is: Core
Subject Credit Points: 2

Student Workload:

<table>
<thead>
<tr>
<th>No. timetabled hours per week</th>
<th>No. personal study hours per week</th>
<th>Total hours per week</th>
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<tr>
<td>3</td>
<td>2</td>
<td>5</td>
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Delivery Mode:

- Face to Face (On campus)
  - 1 x 2 hour lectures
  - 1 x 1 hour tutorial

- Intensive Delivery (Summer School)
  - Contact hours are delivered over 5 weeks with 2 x 4 hour days delivered per week
  - Content: Combination lecture and tutorial activities
  - Assessment: Mid-semester Exam - Week 3; Herbal Report - Week 4; Final Written Exam - Week 6

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. Examine the therapeutic actions and applications of herbs from a traditional and contemporary perspective.
2. Develop a herbal report through investigation of available evidence (traditional and scientific) on plant medicines.
3. Apply knowledge of herbal materia medica to simple cases based on specific therapeutic action and clinical indications.
4. Examine the benefits and risks of herbal medicine in the management of human health conditions.
### Assessment Tasks

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Session Content Delivered</th>
<th>Due</th>
<th>Weighting</th>
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<tr>
<td>Mid-semester Exam short answer, case studies (1 hour)</td>
<td>1 &amp; 3-4</td>
<td>1-6</td>
<td>Session 7</td>
<td>25%</td>
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<tr>
<td>Herbal Report (1000 words)</td>
<td>1-2 &amp; 4</td>
<td>1-9</td>
<td>Week 10</td>
<td>35%</td>
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<tr>
<td>Final Written Exam multiple choice, short answer, case studies (1.5 hours)</td>
<td>1 &amp; 3-4</td>
<td>1-13</td>
<td>Final Examination Period</td>
<td>40%</td>
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All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS

### Prescribed Readings:


### Journal Article


### Recommended Readings:


## Subject Content

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<th>Week</th>
<th>Lectures</th>
<th>Tutorials / Practicals</th>
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| **1.** | **Introduction** *(Subject Outline / Subject Aims / Assessment / Teaching Resources)*  
*Materia Medica*  
- History of Materia Medica  
  - European, American, Indigenous Australian etc.  
- Origins and key figures throughout history who have contributed to its foundation (e.g., Dioscorides, Galen, Paracelsus).  
- Therapeutic actions  
  - Activities are developed to allow the students to explore relevant concepts, expand on ideas and have peer and lecturer interaction. Activities also allow for formative assessment and feedback.  
  - Explore relevant concepts and expand on ideas with peer and lecture / tutor interaction |
| **2.** | **Philosophies and Principles of Herbal Medicine**  
- Philosophies and principles of herbal medicine  
- Choosing the most appropriate herbal medicine preparation  
- Traditional and modern herbal preparations and derivatives (drug extract ratio)  
- Therapeutic actions  
  - Explore relevant concepts and expand on ideas with peer and lecture / tutor interaction |
| **3.** | **Posology**  
- Characteristics of herbal formulations (synergy, balance, supporting / stimulating etc. herbs)  
- Traditional prescribing  
- Dosage  
- Case study deconstruction  
- Labelling  
- Therapeutic actions  
  - Explore concepts and expand on ideas with peer and lecture / tutor interaction |
| **4.** | **Respiratory Herbs - Part I**  
- Upper respiratory tract  
- Materia medica  
  - *Albizia lebbeck, Armoracia rusticana, Euphrasia officinalis, Sambucus nigra, Solidago virgaurea, Tanacetum parthenium* from traditional and scientific literature.  
  - Library database research session  
  - Discussion of related clinical scenarios and appropriate herbal therapeutic approaches |
| **5.** | **Respiratory Herbs - Part 2**  
- Lower respiratory tract  
- Materia medica  
  - *Achillea millefolium, Althaea officinalis, Hedera helix, Marrubium vulgare, Plantago lanceolata, Prunus serotina, Verbascum thapsus,* from traditional and scientific literature  
  - Discussion of related clinical scenarios and appropriate herbal therapeutic approaches |
### Respiratory Herbs - Part 3
- Lower respiratory tract cont...
- Materia medica
  - *Inula helenium*, *Euphorbia hirta*, *Grindelia camporum & Thymus vulgaris* from traditional and scientific literature

### Immune System (Immunomodulators) - Part I
- Materia medica
  - *Echinacea spp*, *Andrographis paniculata*, *Scutellaria baicalensis*, *Handroanthus petiuginosus* from traditional and scientific literature

### Immune System (Immunomodulators) - Part 2
- Materia medica
  - *Astragalus membranaceus*, *Eleutherococcus senticosus*, *Uncaria tomentosa*, *Hemidesmus indicus*, *Tylophora indica* from traditional and scientific literature

### Non-Teaching Week
(Non-teaching classes may be scheduled in this week)

- **Semester 1** - This aligns with the week after Easter so it may fall between Weeks 6 to 8
- **Semester 2 & Online students** - The non-teaching week falls between Weeks 7 and 8

### Integumentary System (Skin - topical) - Part 1
- Materia medica
  - *Arnica montana*, *Capsicum minimum*, *Calendula officinalis*, *Commiphora myrrha*, *Hamamelis virginiana*, *Stellaria media* from traditional and scientific literature

### Integumentary System (Lymphatic) - Part 2
- Materia medica
  - *Arctium lappa*, *Gallium aparine*, *Phytolacca americana*, *Smilax ornata*, *Trifolium pratense* from traditional and scientific literature

### Circulatory System (Cardiovascular) - Part 1
- Materia medica
  - *Allium sativum*, *Coleus forskohlii*, *Crataegus monogyna*, *Panax notoginseng*, *Salvia miltiorrhiza* from traditional and scientific literature

### Circulatory System (Peripheral) - Part 2
- Materia medica
  - *Centella asiatica*, *Aesculus hippocastanum*, *Ginkgo biloba*, *Tilia spp*, *Vaccinium myrtillus*, *Zanthoxylum clava-herculis* from traditional and scientific literature

- Discussion of related clinical scenarios and appropriate herbal therapeutic approaches

- Discussion of related clinical scenarios and appropriate herbal therapeutic approaches

- Mid-semester Exam

- Discussion of related clinical scenarios and appropriate herbal therapeutic approaches

- Discussion of related clinical scenarios and appropriate herbal therapeutic approaches

- Herbal Report due this week

- Discussion of related clinical scenarios and appropriate herbal therapeutic approaches

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<th>Digestive System - Part 1</th>
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<th>Digestive System - Part 2</th>
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<td>- Materia medica</td>
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<td></td>
<td>o Angelica archangelica, Artemisia absinthum, Cinnamomum verum, Foeniculum vulgare, Filipendula ulmaria, Matricaria recutita from traditional and research literature</td>
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<td>o Melissa officinalis, Mentha piperita, Pimpinella anisum, Trigonella foenum-graecum, Ulmus fulva, Zingiber officinale from traditional and scientific literature</td>
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<td>- Discussion of related clinical scenarios and appropriate herbal therapeutic approaches</td>
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<td>Final Examination Week 1</td>
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