

SUBJECT OUTLINE



Subject Name:

Herbal Medicine *Materia Medica* 2

Subject Code:

WHMF212

SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Health Science (Naturopathy)

Total course credit points:

128

Level:

2nd Year

Duration: 1 Semester

Subject Coordinator: Lindy Smithies (Melbourne campus)

Subject is: Core

Subject Credit Points: 2

Student Workload:

No. timetabled hours per week:

3

No. personal study hours per week:

2

Total hours per week:

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: Mid-Semester Exam is completed in class during week 3 of the intensive.

Herbal Monograph for intensive delivery is due to be uploaded by Sunday on week 5 of the Summer School period.

Final exam is conducted in week 6 of summer school.

Full Time

Part Time

Pre-requisites: WHMF112, WHMF121, BIOH122

Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This is the second 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	Weeks Content Delivered	Week Due	Weighting
Mid Semester Exam (45 mins) (Short answer, case studies)	1,3,4	1-6	7	20%
Herbal Monograph (1500-2000 words)	1,2,4	1-9	Sunday following Week 9	40%
Final Examination (1.5 hours) (Multiple choice, short answer, extended response and case study questions)	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. 1-2) 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]
- Tobyn, 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.	Digestive Herbs Part III (continued from WHMF112): <ul style="list-style-type: none"> Materia Medica: <i>Agrimonia eupatorium, Rheum palmatum, Frangula purshiana, Rumex crispus</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
2.	Hepato-biliary System Part I: <ul style="list-style-type: none"> Materia Medica: <i>Bupleurum falcatum, Berberis vulgaris, Chelidonium majus, Curcuma longa, Cynara scolymus</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
3.	Hepato-biliary System Part II: <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>Gentiana lutea, Hydrastis canadensis, Picrorrhiza kurroa, Silybum marianum, Taraxacum officinale</i> from traditional and research literature.	
4.	Urinary System Part I: <ul style="list-style-type: none"> Materia Medica: <i>Arctostaphylos uva-ursi, Elymus repens, Agathosma betulina, Crataeva nurvala, Equisetum arvense</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
5.	Urinary System Part II: <ul style="list-style-type: none"> Materia Medica: <i>Eupatorium purpureum, Juniperus spp., Taraxacum officinale folia, Vaccinium macrocarpon, Zea mays</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
6.	Nervous System Part I: <ul style="list-style-type: none"> Materia Medica: <i>Avena sativa, Bacopa monniera, Lavandula angustifolia, Hypericum perforatum, Passiflora incarnata</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
7.	Mid-semester Exam Nervous System Part II: <ul style="list-style-type: none"> Materia Medica: <i>Rosmarinus officinalis, Scutellaria lateriflora, Turnera diffusa, Leonurus cardiaca, Verbena officinalis, Withania somnifera</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
NON-TEACHING WEEK (note that make-up 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 - The break week falls between Weeks 7 and 8.		
8.	Nervous System Part III: <ul style="list-style-type: none"> Materia Medica: <i>Eschscholzia californica, Humulus lupulus, Piper methysticum, Valeriana officinalis, Zizyphus jujuba</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
9.	Musculoskeletal System: <ul style="list-style-type: none"> Materia Medica: <i>Apium graveolens, Boswellia serrata, Corydalis ambigua, Harpagophytum procumbens, Salix alba, Viburnum opulus</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
10.	Female Reproductive System: <ul style="list-style-type: none"> Materia Medica: <i>Actaea racemosa, Chamaelirium luteum, Dioscorea villosa, Rubus idaeus, Asparagus racemosus, Vitex agnus-castus</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
11.	Female Reproductive system Part 2: <ul style="list-style-type: none"> Materia Medica: <i>Angelica sinensis, Paeonia lactiflora, Viburnum prunifolium</i> from traditional and research literature. 	<ul style="list-style-type: none"> Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.

	Male Reproductive system: <ul style="list-style-type: none"> • Materia Medica: <i>Tribulus terrestris, Urtica dioica (radix), Serenoa repens</i> from traditional and research literature. 	
12.	Endocrine System Part I: <ul style="list-style-type: none"> • Materia Medica: <i>Glycyrrhiza glabra, Panax ginseng, Rehmannia glutinosa, Rhodiola rosea, Schisandra chinensis</i> from traditional and research literature. 	<ul style="list-style-type: none"> • Discussion of related clinical scenarios and appropriate herbal therapeutic approaches.
13.	Endocrine System Part II: <ul style="list-style-type: none"> • Materia Medica: <i>Fucus vesiculosus, Lycopodium virginicum, Gymnema sylvestre, Galega officinalis, Salvia officinalis</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.	Final Exam Week 1 Please refer to the Exam Timetable for your local campus for the exact day and time of exam.	
17.	Final Exam Week 2 Please refer to the Exam Timetable for your local campus for the exact day and time of exam.	