

SUBJECT OUTLINE



Subject Name:

Introduction to Indigenous Plant Medicine

Subject Code:

WHMI311

SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Health Science (Naturopathy)

Total course credit points:

128

Level:

4th Year

Duration:

1 Semester

Subject Coordinator: Gabrielle Harris (Melbourne campus)

Subject is: Elective

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 2 hours lecture/presentations 1 hour tutorial 1 day field trip

Intensive Delivery Details: Summer School - contact hours are delivered over 3 weeks with 2 x 6 hour days delivered per week.
Assessment: Tutorial Attendance for intensive delivery is assessed in class.
Presentation times assigned in Week 1 for delivery in weeks 2 – 3.
Written Report for the intensive is due to be uploaded by 11.55pm Sunday AEST on week 2 of the Summer School period.
Written Synopsis for the intensive is due to be uploaded by 11.55pm Sunday AEST on weeks 3 – 4 of the Summer School period (as allocated according to presentation time).
Plant Monographs for the intensive are due to be uploaded by 11.55pm Sunday AEST on week 6 of the Summer School period.

Full Time

Part Time

Pre-requisites: WHMF221, WHMC311

Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject introduces students to plants as foods and medicine within indigenous culture in Australia. Aboriginal and Torres Strait Islander history, the immense variety of nations and their unique cultural contexts form the backdrop for learning about regionally relevant plants. Cultural awareness, orientation to indigenous medicine practices, and relevant botany of the regional biome are combined with a critical evaluation of issues in ethnopharmacology including ethics and intellectual property concerns.

Learning Outcomes

1. Demonstrate cultural awareness, appreciation for traditional indigenous culture, and respect for indigenous people.
2. Identify regional indigenous medicinal and edible plants in the field using both local tribal names and Latin names, and discuss their specific use and preparation.
3. Critically evaluate ethical considerations in ethnopharmacology and relevant issues regarding intellectual property rights of indigenous peoples.
4. Analyse and contrast traditional indigenous bush diet/activity/environmental factors in comparison to post-modern lifestyle and impact on resultant health issues.

5. Compare and contrast the specific elements of the indigenous medical paradigm with the traditional paradigms of conventional biomedicine, naturopathy and herbal medicine.

Assessment Tasks

Type	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
Tutorial attendance (80% attendance required)	1-5	1-13	Weekly	Pass/Fail
Written Report (focusing on indigenous culture of your geographic area) (750 words)	1	1-3	5	20%
Individual or group presentation and written synopsis (20-30 minutes/ 2000 words)	1-5	N/A	Rostered Weeks 5,7,8,9,11,12,13	50%
Indigenous Plant Monographs (1500 words)	1,2,4,5	1-12	13	30%

Prescribed readings:

NIL

Recommended readings:

- Barr, A., Knight, T., Andrews, M., & Alexander, V. (1988). *Traditional bush medicines: An Aboriginal pharmacopeia*. Richmond, VIC: Greenhouse Publishing.
- Clarke, P. A. (2011). *Aboriginal people and their plants* (2nd ed.). Dural, NSW: Rosenberg Publishing. [ebook available]
- Isaacs, J. (2002). *Bush food: Aboriginal foods and herbal medicines*. Sydney, NSW: New Holland.
- Low, T. (1990). *Bush medicine: A pharmacopoeia of natural remedies*. North Ryde, NSW: Collins / Angus & Roberston.
- Sultanbawa, Y., & Sultanbawa, F. (2016). *Australian native plants: Cultivation and uses in the health and food industries*. Boca Raton, FL: CRC Press. [ebook available]
- Williams, C. (2010). *Medicinal plants in Australia: Bush pharmacy* (Vol. 1). Dural, NSW: Rosenberg Publishers. [ebook available]
- Williams, C. (2011). *Medicinal plants in Australia: Gums, resins, tannins and essential oils* (Vol. 2). Dural, NSW: Rosenberg Publishers. [ebook available]
- Williams, C. (2013). *Medicinal plants in Australia: An antipodean apothecary* (Vol. 4). Dural, NSW: Rosenberg Publishing. [ebook available]

Subject Content		
Week	Lecture	Tutorial
1.	<p>Historical and cultural context of Indigenous Australians</p> <ul style="list-style-type: none"> • Pre-colonial and Geographical context of Australian Indigenous Peoples- current research and perspectives • Nations and languages • Biomes and lifestyle <ul style="list-style-type: none"> ◦ Rain Forest, Desert, Temperate Forest, Grassland, Coastal • Characteristics of tribal cultures versus post-modern cultures <p>Post-colonial traumatisation</p> <ul style="list-style-type: none"> • Infectious disease and population demise • Grief and anger • Stolen generation <p>Current context of Indigenous life</p> <ul style="list-style-type: none"> • Indigenous people in Australia society • Indigenous health workers • Impact of stolen generations 	<p>Overview of group and individual presentation requirements. Identifying and selecting topics and rostering for the semester.</p>
2.	<p>Indigenous medicine overview</p> <ul style="list-style-type: none"> • Introduction to Indigenous healing practices • Herbal knowledge base in the social context • Spirit healing as distinct from herbal medicine <p>Cultural awareness, Cultural competence</p>	<p>Comparison of Australian indigenous healing practices with healing practices of other indigenous peoples</p>
3.	<p>Best ethical practices in ethnopharmacology</p> <p>WHO valuing of traditional knowledge</p> <p>Biodiversity issues</p>	<p>Introduction to bush tucker</p>
4.	<p>Regional Bush Tucker</p> <p>Fruits</p> <ul style="list-style-type: none"> • Seasonality and supply • Gathering and storage • Nutritional profile • Carbohydrate content 	<p>Ethnopharmacology : Case studies of working in community</p>
5.	<p>Regional Bush Tucker</p> <p>Individual or group presentations:</p> <p>Roots</p> <ul style="list-style-type: none"> • Seasonality and supply • Gathering and storage • Nutritional profile • Carbohydrate content <p>Greens</p> <ul style="list-style-type: none"> • Seasonality and supply • Gathering and storage • Nutritional profile 	<p>Individual or group presentation on nutrition and pharmacology of a bush tucker meal</p>
6.	<p>Case study: Walpiri (NT) culture of disease and</p>	<p>Videos: gathering bush tucker - traditional foraging</p>

	healing The medicinal practices Walpiri tribe of NT are examined as a case study.	and preparation practices
7.	Regional medicinal plants for pain Individual or group presentations	Group discussion and peer evaluation
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.	Regional medicinal plants for pain (cont'd) Individual or group presentations	Group discussion and peer evaluation
9.	Regional plant medicines for gastro-intestinal disorders Individual or group presentations on topic	Group discussion and peer evaluation
10.	Processing and use of toxic plants for food	Hormesis and toxic food plants Group discussion
11.	Regional plant medicines for skin disorders Individual or group Presentations on topic	Group discussion and peer evaluation
12.	Regional Plant medicines for skin disorders Individual or group presentations on topic	Group discussion and peer evaluation
13.	Regional Plant medicines for eye, ear, mouth disorders Individual or group presentations on topic	Group discussion and peer evaluation Potluck bush tucker meal
14.	Practical Exam/Study Week. Note that make-up classes may be scheduled in this week. Monograph assignment due.	
15.	Final Exam Week 1 This subject does not have a final exam.	
16.	Final Exam Week 2 This subject does not have a final exam.	