

SUBJECT OUTLINE



Subject Name:

Advanced Herbal Medicine

Subject Code:

WHMF314

SECTION 1 – GENERAL INFORMATION

Award/s:	Total course credit points:	Level:
Bachelor of Health Science (Naturopathy)	128	4 th Year
Bachelor of Health Science (Western Herbal Medicine)	96	3 rd year
Duration: 1 Semester		
Subject Coordinator: Kim Graham (Melbourne 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	3 hour integrated lecture and case discussions
Intensive Delivery	Details: Summer School - contact hours are delivered over 5 weeks with 2 x 4 hour days delivered per week. Assessment: Participation monitored in class through the intensive delivery period. Slide presentation times assigned in Week 1 for delivery in weeks 2 – 5 of the Summer School period. Mid-Semester exam for the intensive is completed in class at the start of Week 4 of the intensive. Final exam for the intensive is conducted in Week 6 of the Summer School period.
Full Time	
Part Time	

Pre-requisites: WHMC311

Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

In this subject students explore advanced herbal formulation using a variety of approaches in the treatment of complex conditions with multiple causes or associated factors. Herbal synergistics will be considered in formulation as well as the key elements to balancing a formula for a particular individual. Using case examples, the class will examine traditional and contemporary clinical theories and apply them to various conditions using the most appropriate herbal preparations and delivery methods whilst exploring relevant herbal research.

Learning Outcomes

1. Critically evaluate herbal treatment approaches in relation to individual cases in both acute and chronic conditions.
2. Critically appraise the validity of scientific evidence as it relates to a particular pathology and patient.
3. Construct a sophisticated therapeutic intervention based on proven or indicated efficacy, herbal synergistics, preparation, delivery method and dosage.
4. Critically evaluate various traditional and contemporary approaches to herbal formulation in relation to specific populations or conditions.

5. Utilise relevant traditional and scientific evidence along with clinical judgement and patient preferences to inform practice.

Assessment Tasks

Type	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
Individual Presentation with Slides (15-20 minutes)	1-5	1-12	Rostered Weeks 4-13	30%
Case-based Mid Semester Exam (1 hour)	1-5	1-6	7	20%
Case-based Final Exam (2 hours)	1-5	1-13	Final Exam Period	50%

Active participation in this subject is critical to ensure achievement of required outcomes. To achieve this, students will need to attend at least **80% of classes**, and provide input into class discussions.

Prescribed readings:

Nil

Recommended readings:

The following resources have been highlighted by the Subject Coordinator as being among the most useful for this subject and students are encouraged to source classic texts and other journals as well:

- American Botanical Council. (2008). *Resource library*. Retrieved from <http://cms.herbalgram.org/herbstream/library/homePage/>
- American Botanical Council. (2009). *HerbMed*. Retrieved from <http://www.herbmed.org>
- American Botanical Council. (2013). *Herbal medicine: Expanded commission E online*. Retrieved from <http://cms.herbalgram.org/herbstream/library/HerbalMedicine/index.html>
- Bradley, P. (Ed.). (1992). *British herbal compendium: A handbook of scientific information on widely used plant drugs* (Vol. 1). Exeter, England: British Herbal Medical Association.
- Bradley, P. (Ed.). (2006). *British herbal compendium: A handbook of scientific information on widely used plant drugs* (Vol. 2). Bournemouth, England: British Herbal Medical Association.
- British Herbal Medicine Association. (1996). *British herbal pharmacopoeia* (4th ed.). Bournemouth, England: Author.
- Cho, W. (2011). *Evidence-based anticancer materia medica*. Netherlands. Springer [ebook available]
- Cho, W. (2011). *Materia medica for various cancers*. Netherlands. Springer [ebook available]
- Journal of Ethnopharmacology*. [Access online via ScienceDirect]
- Journal of Herbal Medicine*. [Access online via ScienceDirect]
- Moore, M. (2008). *Southwest School of Botanical Medicine*, Retrieved from <http://www.swsbm.com/HOME/PAGE/HomePage.html> [Digitised open source classic texts of herbal medicine]
- Phytomedicine: International Journal of Phytotherapy and Phytopharmacology*. [Access online via ScienceDirect]
- Watson, R. R. (2009). *Complementary and alternative therapies in the aging population: an evidence-based approach*. San Diego, Ca. Academic Press [ebook available]

14. Wood, M. (2016). *The earthwise herbal repertory: the definitive practitioner's guide*. Berkeley, California: North Atlanta Books.

Subject Content	
Week	Integrated Lecture/Case discussions
1.	<p>Evidence informed practice</p> <ul style="list-style-type: none"> • Key elements of evidence informed practice in herbal and naturopathic medicine • Optimising search strategies for current and future evidence <p>Formulation approaches in traditional herbal medicine</p> <ul style="list-style-type: none"> • Eclectic herbalists • John Uri Lloyd • Scudder • Ellingwood • Synergistic formulations <p>Case study with alternative approaches</p>
2.	<p>Formulation approaches contd.</p> <p>Infants and children</p> <p>Appropriate preparations for infants and children</p> <p>Contraindications</p> <ul style="list-style-type: none"> • Acute conditions <ul style="list-style-type: none"> ○ Coughs ○ Earaches ○ Colic ○ Colds and Flu <p>Case studies with acute and chronic conditions.</p>
3.	<p>Infants and Children's health conditions contd.</p> <ul style="list-style-type: none"> • Chronic conditions <ul style="list-style-type: none"> ○ Failure to thrive ○ Allergies ○ Asthma ○ Other conditions <p>Case study analysis and related class discussion on formulation approaches.</p>
4.	<p>Beginning Week 4, student presentations will comprise part of the class, with other topics covered by the lecturer.</p> <p>Adolescents and young adults</p> <ul style="list-style-type: none"> • Acne • Depression & anxiety • ADD/ADHD • Recreational alcohol toxicity • Other conditions <p>Case study analysis and related class discussion on formulation approaches.</p>
5.	<p>Gynecological</p> <ul style="list-style-type: none"> • Monthly rhythm attunement • Balancing oestrogen and progesterone • Metrorrhagia • Amenorrhoea

	<ul style="list-style-type: none"> • PMS • PCOS • Menopause <ul style="list-style-type: none"> ○ Symptomatic relief ○ Stabilising hormonal fluctuations <p>Case study analysis and related class discussion.</p>
6.	<p>Reproductive medicine (cont'd)</p> <ul style="list-style-type: none"> • Fertility enhancement • Pregnancy <ul style="list-style-type: none"> ○ Nausea Treatment ○ Uterine tonic formulae • Postpartum <ul style="list-style-type: none"> ○ Uterine involution ○ Restorative formulae ○ Postpartum depression • Lactation <ul style="list-style-type: none"> ○ Enhancing milk flow ○ Painful nipples ○ Mastitis <p>Case study analysis and related class discussion.</p>
7.	<p>Mid Semester Exam</p> <p>Men's health</p> <ul style="list-style-type: none"> • Cardiovascular support • Liver support • Hypertension • Prostate health • Sexual function • Andropause <ul style="list-style-type: none"> ○ Restoring testosterone levels <p>Case study analysis and related class discussion.</p>
	<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>Conditions associated with ageing</p> <ul style="list-style-type: none"> • Decreased digestive capacity • Fatigue • Decreased cognitive capacity • Diminished eyesight <p>Case study analysis and related class discussion.</p>
9.	<p>Chronic immune deficiency syndromes</p> <ul style="list-style-type: none"> • Chronic fatigue syndrome • HIV/AIDS • Frequent low grade infections, colds, flu <p>Case study analysis and related class discussion.</p>
10.	<p>Autoimmune conditions</p> <ul style="list-style-type: none"> • Treating occult infection • Regulating the immune system

	Case study analysis and related class discussion.
11.	Cancer support <ul style="list-style-type: none"> • Restoring normal cell function- apoptosis, adherence, differentiation • Chemotherapy and radiotherapy support • Organ support Case study analysis and related class discussion.
12.	Chronic liver conditions <ul style="list-style-type: none"> • Liver congestion • Gall bladder disease • Hepatitis C • Non alcoholic fatty liver disease • Cirrhosis Case study analysis and related class discussion.
13.	Metabolic syndrome, Type 2 Diabetes Stress and adrenal fatigue Case study analysis and related class discussion.
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.