

# SUBJECT OUTLINE



Subject Name:

## Clinical Herbal Medicine

Subject Code:

## WHMC311

### SECTION 1 - GENERAL INFORMATION

<b>Award/s:</b>	<b>Total Course Credit Points:</b>	<b>Level:</b>
Bachelor of Health Science (Naturopathy)	128	3 <sup>rd</sup> Year
Bachelor of Health Science (Western Herbal Medicine)	96	3 <sup>rd</sup> Year
<b>Duration:</b>		
1 Semester		
<b>Subject Coordinator:</b>		
Ian Breakspear (Sydney campus)		
<b>Subject is:</b>	<b>Subject Credit Points:</b>	
Core	6	

### Student Workload:

<b>No. timetabled hours per week:</b>	<b>No. personal study hours per week:</b>	<b>Total hours per week:</b>
9	6	15

### Delivery Mode:

Face to Face 3 x 3 hour lectures  
(On campus)

Full Time

Part Time

**Pre-requisites:** WHMF221, BIOS222

**Co-requisites:** Nil

### SECTION 2 – ACADEMIC DETAILS

#### Subject Rationale

This subject integrates and consolidates previous knowledge by exploring the use of herbal medicine in the management of specific health conditions through case studies. Treatment strategies of herbal medicines are presented, discussed and evaluated from the critical perspective of naturopathic philosophy, traditional herbal medicine and scientific knowledge. Pharmaceutical and herb interactions are presented and discussed.

#### Learning Outcomes

1. Apply professional judgement in the application of herbal medicine as a component in naturopathic case management. Case analyses includes the interpretation of presenting complaints, clinical observations, interpretation of results from clinical examinations and pathology reports and therapeutic goal setting in the context of naturopathic management of clients with complex conditions.
2. Critically appraise research to inform clinical treatment decisions.
3. Formulate appropriate herbal medicines and determine therapeutic dose for the holistic management of individual cases.
4. Evaluate potential pharmacokinetic interactions of pharmaceuticals and herbal medicines in the context of individual cases.
5. Discuss the strengths and limitations of herbal medicine in the management of common health conditions and individual case examples.

Assessment Tasks				
Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Mid-semester Written Exam</b> (1 hour)	1, 3-5	1-18	Session 19	20%
<b>Case Study Report</b> (2000 words)	1-5	1-27	Week 9	30%
<b>Final Written Exam</b> (3 hours)	1, 3-5	1-39	Final Examination Period	50%
All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS				

#### Prescribed Readings:

- Braun, L., & Cohen, M. (2014). *Herbs and natural supplements: An evidence-based guide* (4th ed., Vol. 1-2). Sydney, NSW: Churchill Livingstone Elsevier. [ebook available]
- Mills, S., & Bone, K. (2013). *Principles and practice of phytotherapy: Modern herbal medicine* (2nd ed.). Edinburgh, Scotland: Churchill Livingstone Elsevier. [ebook available]

#### Recommended Readings:

- American Botanical Council. (2013). *Herbal medicine: Expanded commission E online*. Retrieved from <http://cms.herbalgram.org/herbstream/library/HerbalMedicine/index.html>.
- Brinker, F. (2011). *Herbal contraindications and drug interactions: Plus herbal adjuncts with medicine* (4th ed.). Sandy, OR: Eclectic Medicine Publications.
- Harkness, R., & Bratman, S. (2003). *Mosby's handbook of drug-herb and drug-supplement interactions*, St. Louis, MO: Mosby.
- Hechtman, L. (2012). *Clinical naturopathic medicine*. Chatswood, NSW: Churchill Livingstone Elsevier. [ebook available]
- Trickey, R. (2011). *Women, hormones and the menstrual cycle* (3rd ed.). Fairfield, VIC: Trickey Enterprises.

Subject Content	
Week	Lectures
1.	Session 1 <b>Introduction</b> (Subject Outline / Subject Aims / Assessment / Teaching Resources) Revise naturopathic philosophy and principles of practice <b>Gastrointestinal and Alimentary Disease: Part 1</b> <ul style="list-style-type: none"> <li>Introduction to clinical decision making</li> <li>Revision of basic pharmacology / drug schedules, history / adverse reactions</li> <li>Clinical characteristics of people with gastro intestinal disease including common presenting complaints</li> <li>Overview of herbal treatment of the GIT</li> <li>Herbal medicine management of gastro-oesophageal reflux disease</li> <li>Potential herb-drug-nutrient interactions</li> </ul>

	<p>Session 2</p> <p><b>Gastrointestinal and Alimentary Disease: Part 2</b></p> <ul style="list-style-type: none"> <li>• Introduction to collaboration with healthcare professionals (e.g. medical practitioners) and the elements of a referral letter</li> <li>• Reporting adverse reactions to relevant bodies</li> <li>• Herbal management of hypochlorhydria, gastritis, peptic ulcers / helicobacter pylori, constipation, diarrhea and haemorrhoids</li> <li>• Potential herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul> <p>Session 3</p> <p><b>Gastrointestinal and Alimentary Disease: Part 3</b></p> <ul style="list-style-type: none"> <li>• Herbal management of gut dysbiosis, cholecystitis, cholelithiasis and pancreatitis</li> <li>• Potential herb-drug-nutrient interactions</li> <li>• Weight-reducing agents</li> <li>• Case study discussion</li> </ul>
<p>2.</p>	<p>Session 4</p> <p><b>Gastrointestinal and Alimentary Disease: Part 4</b></p> <ul style="list-style-type: none"> <li>• Herbal medicine as a component in the management of complex GIT complaints, irritable bowel syndrome, inflammatory bowel disease and coeliac disease</li> <li>• Herbal support and modulation of these conditions review of the published evidence</li> <li>• Relevant herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul> <p>Session 5</p> <p><b>Hepatic Disease</b></p> <ul style="list-style-type: none"> <li>• Clinical characteristics of people with liver disease</li> <li>• Mechanisms of herbal medicine on liver detoxification pathways</li> <li>• Herbal medicine management of alcoholic liver disease, steatosis, hepatitis A,B, and C</li> <li>• Herbal medicine for hepatological complaints review of the published evidence</li> <li>• Potential herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul> <p>Session 6</p> <p><b>Immune System Disease: Part 1</b></p> <ul style="list-style-type: none"> <li>• Characteristics of people with immune disease</li> <li>• Overview of herbal management to improve immune function</li> <li>• Critically appraise the published evidence for herbal medicines that may be used to support people with cellulitis</li> <li>• Discuss potential herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul>
<p>3.</p>	<p>Session 7</p> <p><b>Immune System Disease: Part 2</b></p> <ul style="list-style-type: none"> <li>• Herbal medicine management of varicella zoster, herpes simplex 1, herpes simplex 2, herpes zoster, ringworm, tinea and warts</li> <li>• Potential herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul>

	<p>Session 8</p> <p><b>Immune System Disease: Part 3</b></p> <ul style="list-style-type: none"> <li>Herbal management of measles/rubella, mumps, acute food poisoning with vomiting &amp; diarrhea, parasitic causes of acute diarrhea, chronic diarrhea, candidiasis and mononucleosis</li> <li>Relevant herb-pharmaceutical-nutrient interactions</li> <li>Case study discussion</li> </ul>
	<p>Session 9</p> <p><b>Autoimmune Disease</b></p> <ul style="list-style-type: none"> <li>Herbal management of autoimmune disease systemic lupus erythematosus</li> <li>Herbal support and modulation of autoimmune conditions drawing upon relevant literature</li> <li>Potential herb-pharmaceutical-nutrient interactions</li> <li>Case study discussion</li> </ul>
4.	<p>Session 10</p> <p><b>HIV/AIDS</b></p> <ul style="list-style-type: none"> <li>Herbal medicine for the management of people with HIV/AIDS</li> <li>Review the published evidence for herbal medicines and the reduction of side effects, improved quality of life and delay of disease progression</li> <li>Potential herb-drug-nutrient interactions</li> <li>Case study discussion</li> </ul>
	<p>Session 11</p> <p><b>Respiratory System Disease: Part 1</b></p> <ul style="list-style-type: none"> <li>Clinical characteristics of people with lung disease</li> <li>Herbal management of the respiratory system</li> <li>Herbal approaches to people who smoke</li> </ul>
	<p>Session 12</p> <p><b>Respiratory System Disease: Part 2</b></p> <ul style="list-style-type: none"> <li>Herbal management of colds, flu, sinusitis, tonsillitis, allergic rhinitis and asthma</li> <li>Potential herb-drug-nutrient interactions</li> <li>Case study discussion</li> </ul>
5.	<p>Session 13</p> <p><b>Respiratory System Disease: Part 3</b></p> <ul style="list-style-type: none"> <li>Herbal management of acute bronchitis, emphysema, chronic obstructive airways disease (COAD), bronchiectasis and pneumonia</li> <li>Potential herb-drug-nutrient interactions</li> <li>Case study discussion</li> </ul>
	<p>Session 14</p> <p><b>Nervous System Disease: Part 1</b></p> <ul style="list-style-type: none"> <li>Clinical characteristics of people with nervous system and psychological conditions</li> <li>herbal management for people with pain</li> <li>Potential herb-drug-nutrient interactions</li> <li>Case study discussion</li> </ul>
	<p>Session 15</p> <p><b>Nervous System Disease: Part 2</b></p> <ul style="list-style-type: none"> <li>Herbal management of anxiety, sleep disorders, depression, bipolar disorder and schizophrenia</li> <li>Assessing effectiveness of herbal treatment</li> <li>Potential herb-drug-nutrient interactions</li> <li>Case study discussion</li> </ul>

6.	Session 16 <b>Nervous System Disease: Part 3</b> <ul style="list-style-type: none"> <li>Herbal management of epilepsy, myasthenia gravis and multiple sclerosis</li> <li>Review the published evidence for herbal medicine in the management of these conditions</li> <li>Potential herb-drug-nutrient interactions</li> <li>Case study discussion</li> </ul>
	Session 17 <b>Nervous System Disease: Part 4</b> <ul style="list-style-type: none"> <li>Herbal management of dementia, Alzheimer’s disease and Parkinson’s disease drawing upon relevant literature</li> <li>Potential herb-drug-nutrient interactions</li> <li>Case study discussion</li> </ul>
	Session 18 <b>Fatigue States</b> <ul style="list-style-type: none"> <li>Clinical characteristics of people with fatigue</li> <li>Herbal management of chronic fatigue syndrome and fibromyalgia</li> <li>Review the published evidence for herbal medicines in the management of people with fatigue</li> <li>Potential herb-drug-nutrient interactions</li> <li>Case study discussion</li> </ul>
7.	Session 19 <b>Mid-semester Written Exam</b> <b>Cardiovascular System Disease: Part 1</b> <ul style="list-style-type: none"> <li>Clinical characteristics of people with cardio vascular disease</li> <li>Overview of principles and considerations in herbal management of the cardiovascular system</li> <li>Identify herbal medicines, and appraise the published evidence for treatment of chilblains, Reynaud’s disease, varicose veins, varicose ulcers and hyperlipidemia</li> <li>Potential herb-drug-nutrient interactions</li> <li>Case study discussion</li> </ul>
	Session 20 <b>Cardiovascular System Disease: Part 2</b> <ul style="list-style-type: none"> <li>Identify specific herbal medicines, drawing upon relevant literature, used in the support and modulation of primary and secondary hypertension</li> <li>Potential herb-drug-nutrient interactions</li> <li>Case study discussion</li> </ul>
	Session 21 <b>Cardiovascular System Disease: Part 3</b> <ul style="list-style-type: none"> <li>Herbal management of cardiomyopathy, congestive cardiac failure, anaemia, and haemochromatosis</li> <li>Herbal support and modulation of these conditions drawing upon relevant literature</li> <li>Potential herb-drug-nutrient interactions</li> <li>Case study discussion</li> </ul>
<b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week) <b>Semester 1</b> - This aligns with the week after Easter so it may fall between Weeks 6 to 8 <b>Semester 2</b> - The non-teaching week falls between Weeks 7 and 8	

<p><b>8.</b></p>	<p>Session 22</p> <p><b>Integumentary System Disease: Part 1</b></p> <ul style="list-style-type: none"> <li>• Clinical characteristics of skin diseases</li> <li>• Overview of principles and considerations in herbal management of the integumentary system</li> <li>• Critically appraise the published evidence for specific herbal medicines, used for treatment of people with eczema and dermatitis</li> <li>• Potential herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul> <hr/> <p>Session 23</p> <p><b>Integumentary System Disease: Part 2</b></p> <ul style="list-style-type: none"> <li>• Herbal management of psoriasis, acne vulgaris and acne rosacea</li> <li>• Potential herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul> <hr/> <p>Session 24</p> <p><b>Musculoskeletal System Disease: Part 1</b></p> <ul style="list-style-type: none"> <li>• Characteristics of people with musculoskeletal disease</li> <li>• Overview of principles and considerations in herbal management of the musculoskeletal system</li> <li>• Herbal management of osteoarthritis, gout and osteoporosis</li> <li>• Potential herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul>
<p><b>9.</b></p>	<p>Session 25</p> <p><b>Musculoskeletal System Disease: Part 2</b></p> <ul style="list-style-type: none"> <li>• Herbal management of ankylosing spondylitis and rheumatoid arthritis</li> <li>• Herbal support and modulation of these conditions drawing upon relevant literature</li> <li>• Potential herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul> <hr/> <p>Session 26</p> <p><b>Endocrine System Disease: Part 1</b></p> <ul style="list-style-type: none"> <li>• Clinical characteristics of people with endocrine diseases</li> <li>• Overview of principles and considerations in herbal management of the endocrine system</li> <li>• Herbal management of hypothyroidism, Hashimoto's disease, hyperthyroidism and Grave's disease</li> <li>• Potential herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul> <hr/> <p>Session 27</p> <p><b>Endocrine System Disease: Part 2</b></p> <ul style="list-style-type: none"> <li>• Herbal management of adrenal exhaustion, Addison's disease and Cushing's syndrome</li> <li>• Potential herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul>
<p><b>10.</b></p>	<p>Session 28</p> <p><b>Endocrine System Disease: Part 3</b></p> <ul style="list-style-type: none"> <li>• Herbal management of diabetes mellitus and healthy blood sugar regulation</li> <li>• Potential herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul>

	<p>Session 29</p> <p><b>Genitourinary and Renal System Disease</b></p> <ul style="list-style-type: none"> <li>• Clinical characteristics of people with genitourinary and renal system disease</li> <li>• Overview of principles and considerations in herbal management of the genitourinary and renal system</li> <li>• Herbal management of renal calculi, cystitis, interstitial cystitis and urethritis</li> <li>• Potential herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul>
	<p>Session 30</p> <p><b>Male Reproductive System Disease</b></p> <ul style="list-style-type: none"> <li>• Clinical characteristics of men with reproductive disease and mechanisms of pathogenesis</li> <li>• Overview of principles and considerations in herbal management of the male reproductive system</li> <li>• Herbal management of acute bacterial prostatitis, chronic bacterial prostatitis, non-bacterial prostatitis, epididymitis, benign prostatic hypertrophy, erectile dysfunction and male infertility</li> <li>• Potential herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul>
11.	<p>Session 31</p> <p><b>Female Reproductive System Disease: Part 1</b></p> <ul style="list-style-type: none"> <li>• Clinical characteristics of women with reproductive system disease</li> <li>• Herbal medicines for treatment of women with pre- menstrual syndromes (PMS)</li> <li>• Access and critically appraise the published evidence for herbal medicine in the management of premenstrual syndrome</li> <li>• Potential herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul>
	<p>Session 32</p> <p><b>Female Reproductive System Disease: Part 2</b></p> <ul style="list-style-type: none"> <li>• Herbal management of dysmenorrhea, abnormal uterine bleeding, endometriosis and polycystic ovarian syndrome (PCOS)</li> <li>• Potential herb-drug nutrient interactions</li> <li>• Case study discussion</li> </ul>
	<p>Session 33</p> <p><b>Female Reproductive System Disease: Part 3</b></p> <ul style="list-style-type: none"> <li>• Develop a herbal treatment for women to improve preconception health and to manage infertility informed by the published evidence</li> <li>• Consider potential herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul>
12.	<p>Session 34</p> <p><b>Female Reproductive Health: Part 1</b></p> <ul style="list-style-type: none"> <li>• Herbal management of women who are pregnant and/or breastfeeding</li> <li>• Review the published evidence of herbal medicine safety in treatment of pregnant and breast feeding women</li> <li>• Case study discussion</li> </ul>
	<p>Session 35</p> <p><b>Female Reproductive Health: Part 2</b></p> <ul style="list-style-type: none"> <li>• Herbal management of perimenopausal and menopausal women</li> <li>• Potential herb-drug-nutrient interactions</li> <li>• Case study discussion</li> </ul>

	Session 36 <b>Neoplastic Disease: Part 1</b> <ul style="list-style-type: none"> <li>Herbal medicine as a component in the management of people with cancer</li> <li>Potential herb-drug-nutrient interactions</li> <li>Case study discussion</li> </ul>
13.	Session 37 <b>Neoplastic Disease: Part 2</b> <ul style="list-style-type: none"> <li>Herbal medicine in the management of people with cancer</li> <li>Potential herb-drug-nutrient interactions</li> <li>Case study discussion</li> </ul>
	Session 38 <b>Childhood Diseases</b> <ul style="list-style-type: none"> <li>Clinical characteristics of children with otitis media, whooping cough and ADHD syndromes</li> <li>Herbal medicine treatment strategies</li> <li>Review of the published evidence of effectiveness</li> <li>Potential herb-drug-nutrient interactions</li> <li>Case study discussion</li> </ul>
	Session 39 <b>Anti-ageing</b> <ul style="list-style-type: none"> <li>Clinical characteristics of aging people with cardiovascular disease</li> <li>Review literature for herbal strategies for aging people</li> <li>Potential herb-drug-nutrient interactions</li> <li>Case study discussion</li> </ul>
14.	<b>Non-Teaching Week/Practical Examination Week 1</b> Note that make-up classes may be scheduled in this week
15.	<b>Non-Teaching Week/Practical Examination Week 2</b> Note that make-up classes may be scheduled in this week
16.	<b>Final Examination Week 1</b> There is no final exam for this subject <b>OR</b> Please refer to the Examination Timetable for your local campus for the exact day and time of exam <b>OR</b> <b>On campus enrolled students:</b> Refer to the Examination Timetable for your local campus for the exact day and time of exam <b>Online enrolled students:</b> You are required to sit examinations on campus per the <a href="#">Examination Policy - Higher Education</a> . The Examination Weeks for subjects offered online are identified in the Online Calendar
17.	<b>Final Examination Week 2</b> There is no final exam for this subject <b>OR</b> Please refer to the Examination Timetable for your local campus for the exact day and time of exam <b>OR</b> <b>On campus enrolled students:</b> Refer to the Examination Timetable for your local campus for the exact day and time of exam <b>Online enrolled students:</b> You are required to sit examinations on campus per the <a href="#">Examination Policy - Higher Education</a> . The Examination Weeks for subjects offered online are identified in the Online Calendar