

## 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> Therasia Jennings (Gold Coast campus)		
<b>Subject is:</b> Core	<b>Subject Credit Points:</b> 6	

### Student Workload:

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

Face to face                      3 x 3 hour lectures  
Full Time  
Part Time

**Pre-requisites:** WHMF221, BIOS222

**Co-requisites:** Nil

## SECTION 2 – ACADEMIC DETAILS

### Subject Rationale

In this subject students integrate and consolidate previous bioscience and herbal medicine knowledge by exploring herbal medicine management of specific health conditions by system and through case studies. Treatment strategies incorporating herbal medicines are presented, discussed and critically evaluated from the perspectives of traditional, empirical knowledge and research-based evidence. Relevant pharmaceutical drug-herb interactions are critically discussed.

### Learning Outcomes

1. Apply professional judgement in case analysis and interpretation of clinical symptoms and signs, clinical examinations, pathology testing and therapeutic goal setting in the herbal management of clients with complex pathologies.
2. Analyse and evaluate current research to determine herbal medicine treatments appropriate for the management of different population groups and a variety of health conditions.
3. Determine appropriate therapeutic strategies for the herbal management of individual cases.
4. Analyse and evaluate the evidence for potential interaction between pharmaceutical agents and herbal medicines in the treatment of individual cases.
5. Discuss the advantages 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	Session Due	Weighting
Mid Semester Examination (1 hour)	1,3,4,5	1-18	19	20%
Case Study Report (2000 words)	1-5	1-27	Sunday following Session 27	30%
Final Examination (3 hours)	1,3,4,5	1-39	Final Exam Period	50%

#### 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	Lecture
1.	Session 1 <b>Gastrointestinal and Alimentary disease Part I:</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>Overview of principles and considerations in herbal management of the GIT.</li> <li>Botanical medicine management of gastro-oesophageal reflux disease.</li> <li>Relevant herb-drug-nutrient interactions.</li> </ul>
	Session 2 <b>Gastrointestinal and Alimentary disease Part II:</b> <ul style="list-style-type: none"> <li>Introduction to importance of communication with concurrent healthcare professionals (e.g. medical practitioners) and the elements of a referral letter.</li> <li>Discussion on the importance of reporting interactions to relevant bodies.</li> <li>Herbal management of hypochlorhydria, gastritis, peptic ulcers / helicobacter pylori, constipation, diarrhoea and haemorrhoids.</li> <li>Relevant herb-drug-nutrient interactions.</li> </ul>

	<ul style="list-style-type: none"> <li>• Case study discussion.</li> </ul>
	<p>Session 3</p> <p><b>Gastrointestinal and Alimentary disease Part III:</b></p> <ul style="list-style-type: none"> <li>• Herbal management of gut dysbiosis, cholecystitis, cholelithiasis and pancreatitis.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Discussion of weight-reducing agents.</li> <li>• Case study discussion.</li> </ul>
2.	<p>Session 4</p> <p><b>Gastrointestinal and Alimentary disease Part IV:</b></p> <ul style="list-style-type: none"> <li>• Herbal medicine management of complex GIT complaints, irritable bowel syndrome, inflammatory bowel disease and coeliac disease.</li> <li>• Herbal support and modulation of these conditions drawing on relevant literature.</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>• Herbal medicine management of liver detoxification pathways, alcoholic liver disease, steatosis, hepatitis A,B, and C.</li> <li>• Focus on the herbal support and modulation of hepatological complaints drawing on relevant literature.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 6</p> <p><b>Immune System Disease Part I:</b></p> <ul style="list-style-type: none"> <li>• Introduction - overview of principles and considerations in herbal management of the immune system.</li> <li>• Identify specific herbal medicines, drawing upon relevant literature, used in the support and modulation of cellulitis.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
3.	<p>Session 7</p> <p><b>Immune System Disease Part II:</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>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 8</p> <p><b>Immune System Disease Part III:</b></p> <ul style="list-style-type: none"> <li>• Herbal management of measles/rubella, mumps, acute food poisoning with vomiting &amp; diarrhoea, parasitic causes of acute diarrhoea, chronic diarrhoea, candidiasis and mononucleosis.</li> <li>• Relevant herb-drug-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>• Relevant herb-drug-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 management of HIV/AIDS.</li> <li>• Focus on the support and modulation of quality of life and conventional treatment side effects drawing upon relevant literature.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 11</p> <p><b>Respiratory System Disease Part I:</b></p> <ul style="list-style-type: none"> <li>• Overview of principles and considerations in herbal management of the respiratory system</li> <li>• Herbal management of smoking.</li> </ul>
	<p>Session 12</p> <p><b>Respiratory System Disease Part II:</b></p> <ul style="list-style-type: none"> <li>• Herbal management of colds, flu, sinusitis, tonsillitis, allergic rhinitis and asthma.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
5.	<p>Session 13</p> <p><b>Respiratory System Disease Part III:</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>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 14</p> <p><b>Nervous System Disease Part I:</b></p> <ul style="list-style-type: none"> <li>• Overview principles and considerations in herbal management of the nervous system condition pain</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 15</p> <p><b>Nervous System Disease Part II:</b></p> <ul style="list-style-type: none"> <li>• Herbal management of anxiety disorders, sleep disorders, depression, bipolar disorder and schizophrenia.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
6.	<p>Session 16</p> <p><b>Nervous System Disease Part III:</b></p> <ul style="list-style-type: none"> <li>• Herbal management of epilepsy, myasthenia gravis and multiple sclerosis.</li> <li>• Focus on the botanical support and modulation of these conditions drawing on relevant literature.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 17</p> <p><b>Nervous System Disease Part IV:</b></p> <ul style="list-style-type: none"> <li>• Herbal management of dementia, Alzheimer’s disease and Parkinson’s disease drawing upon relevant literature.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 18</p> <p><b>Fatigue States:</b></p> <ul style="list-style-type: none"> <li>• Herbal management of chronic fatigue syndrome and fibromyalgia.</li> <li>• Focus on herbal support of these fatigue states drawing on relevant literature.</li> </ul>

	<ul style="list-style-type: none"> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
7.	<p>Session 19</p> <p><b>Mid Semester Exam</b></p> <p><b>Cardiovascular System Disease Part I:</b></p> <ul style="list-style-type: none"> <li>• Overview of principles and considerations in herbal management of the cardiovascular system.</li> <li>• Identify specific herbal medicines, drawing upon relevant literature, used in the support and modulation of chilblains, Reynaud’s disease, varicose veins, varicose ulcers and hyperlipidaemia.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 20</p> <p><b>Cardiovascular System Disease Part II:</b></p> <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>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 21</p> <p><b>Cardiovascular System Disease Part III:</b></p> <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>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p><b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week)</p> <p><b>Semester 1</b> - This aligns with the week after Easter so it may fall between weeks 6 to 8.</p> <p><b>Semester 2</b> - The break week falls between Weeks 7 and 8.</p>
8.	<p>Session 22</p> <p><b>Integumentary System Disease Part I:</b></p> <ul style="list-style-type: none"> <li>• Overview of principles and considerations in herbal management of the integumentary system.</li> <li>• Identify specific herbal medicines, drawing upon relevant literature, used in the support and modulation of eczema and dermatitis.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 23</p> <p><b>Integumentary System Disease Part II:</b></p> <ul style="list-style-type: none"> <li>• Herbal management of psoriasis, acne vulgaris and acne roseacea.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 24</p> <p><b>Musculoskeletal System Disease Part I:</b></p> <ul style="list-style-type: none"> <li>• Overview of principles and considerations in herbal management of the musculoskeletal system.</li> <li>• Herbal management of osteoarthritis, gout and osteoporosis.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
9.	<p>Session 25</p> <p><b>Musculoskeletal System Disease Part II:</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> </ul>

	<ul style="list-style-type: none"> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 26</p> <p><b>Endocrine System Disease Part I:</b></p> <ul style="list-style-type: none"> <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>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 27</p> <p><b>Endocrine System Disease Part II:</b></p> <ul style="list-style-type: none"> <li>• Herbal management of adrenal exhaustion, Addison's disease and Cushing's syndrome.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
10.	<p>Session 28</p> <p><b>Endocrine System Disease Part III:</b></p> <ul style="list-style-type: none"> <li>• Herbal management of diabetes mellitus and healthy blood sugar regulation.</li> <li>• Relevant 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>• 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>• Relevant 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>• 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>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
11.	<p>Session 31</p> <p><b>Female Reproductive System Disease Part I:</b></p> <ul style="list-style-type: none"> <li>• Overview of principles and considerations in herbal management of the female reproductive system from an evidence based perspective.</li> <li>• Herbal management of Pre Menstrual Syndromes: PMS-A, PMS-C, PMS-D, PMS-H, PMS-P.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 32</p> <p><b>Female Reproductive System Disease Part II:</b></p> <ul style="list-style-type: none"> <li>• Herbal management of dysmenorrhoea, abnormal &amp; dysfunctional uterine bleeding and polycystic ovarian syndrome (PCOS).</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 33</p> <p><b>Female Reproductive System Disease Part III:</b></p> <ul style="list-style-type: none"> <li>• Identify specific herbal medicines, drawing upon relevant literature, used in the support and modulation</li> </ul>

	<p>of endometriosis and infertility.</p> <ul style="list-style-type: none"> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
<b>12.</b>	<p>Session 34</p> <p><b>Female Reproductive Health Part I:</b></p> <ul style="list-style-type: none"> <li>• Identify specific herbal medicines, drawing upon relevant literature, used in the support and modulation of pregnancy and preconception care.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 35</p> <p><b>Female Reproductive Health Part II:</b></p> <ul style="list-style-type: none"> <li>• Identify specific herbal medicines, drawing upon relevant literature, used in the support and modulation of menopause.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 36</p> <p><b>Neoplastic Disease Part I:</b></p> <ul style="list-style-type: none"> <li>• Herbal management of cancer.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
<b>13.</b>	<p>Session 37</p> <p><b>Neoplastic Disease Part II:</b></p> <ul style="list-style-type: none"> <li>• Herbal management of cancer.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 38</p> <p><b>Childhood Diseases:</b></p> <ul style="list-style-type: none"> <li>• Management of complex and multi-system conditions through the use of specific herbal medicines and their specific biochemical and physiological applications in the management of otitis media, whooping cough and ADHD syndromes.</li> <li>• Support and modulation of the treatment of these conditions will draw upon relevant literature.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
	<p>Session 39</p> <p><b>Anti-ageing:</b></p> <ul style="list-style-type: none"> <li>• Herbal management of ageing and cardiovascular disease.</li> <li>• Herbal support and modulation of aging with respect to uses, efficacy and limitations drawing upon relevant literature.</li> <li>• Relevant herb-drug-nutrient interactions.</li> <li>• Case study discussion.</li> </ul>
<b>14.</b>	<b>Non-Teaching Week/Practical Exam Week 1. Note that make-up classes may be scheduled in this week.</b>
<b>15.</b>	<b>Non-Teaching Week/Practical Exam Week 2. Note that make-up classes may be scheduled in this week.</b>
<b>16-17.</b>	<p><b>Final Exam Weeks 1 &amp; 2</b></p> <p>Please refer to the Exam Timetable for your local campus for the exact day and time of exam.</p>