



SUBJECT OUTLINE

Subject Name:

Herbal Medicine *Materia Medica* 1

Subject Code:

WHMF112

SECTION 1 – GENERAL INFORMATION

Award/s:	Total Course Credit Points:	Level:
Bachelor of Health Science (Naturopathy)	128	1 st Year
Duration:	1 Semester	
Subject Coordinator:	David Stelfox (Adelaide Campus)	
Subject is:	Subject Credit Points:	2
Core		

Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
3	2	10

Delivery Mode:

Face to Face (On Campus)	1 x 2 hour lecture	1 x 1 hour tutorial
Intensive Delivery (Summer School)	Contact hours are delivered over 5 weeks with 2 x 4 hour days delivered per week Content: Combination lecture and tutorial activities Assessment: Mid-semester Exam - Week 3; Herbal Report - Week 4; Final Written Exam - Week 6 Full Time Part Time	
Pre-requisites:	BIOB111, BIOH111	
Co-requisites:	BIOH122	

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This is the first 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. Examine the therapeutic actions and applications of herbs from a traditional and contemporary perspective.
2. Develop a herbal report through investigation of available evidence (traditional and scientific) on plant medicines.
3. Apply knowledge of herbal *materia medica* to simple cases based on specific therapeutic action and clinical indications.
4. Examine the benefits and risks of herbal medicine in the management of human health conditions.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Mid-semester Written Exam Short answer and Case studies (1 hour)	1 & 3-4	1-6	Session 7	25%
Herbal Report (1000 words)	1-2 & 4	1-9	Week 10	35%
Final Written Exam Multiple choice, Short answer, case studies (1.5 hours)	1 & 3-4	1-13	Final Examination Period	40%

All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS

Prescribed Readings:

1. Braun, L., & Cohen, M. (2015). *Herbs and natural supplements: An evidence-based guide* (4th ed., Vol. 1). Elsevier. [ebook available]
2. Braun, L., & Cohen, M. (2015). *Herbs and natural supplements: An evidence-based guide* (4th ed., Vol. 2). Elsevier. [ebook available]
3. Fisher, C. (2018). *Materia medica of Western herbs*. Aeon Books. [eBook available]
4. Pittler, M. H., & Ernst, E. (2000). Ginkgo biloba extract for the treatment of intermittent claudication: A meta-analysis of randomized trials. *The American Journal of Medicine*, 108(4), 276-281.
[https://doi.org/10.1016/S0002-9343\(99\)00454-4](https://doi.org/10.1016/S0002-9343(99)00454-4)

Recommended Readings:

1. American Botanical Council. (2013). *Herbal medicine: Expanded commission E online*.
<http://cms.herbalgram.org/herbstream/library/HerbalMedicine/index.html>



2. Barnes, J., Anderson, L. A., Phillipson, J. D., Veitch, N. C., & Smith, M. (Eds.) (2014). *Herbal medicine* (4th ed.). Pharmaceutical Press. [ebook available]
3. Bone, K. (2003). *A clinical guide to blending liquid herbs: Herbal formulations for the individual patient*. Churchill Livingstone. [ebook available]
4. Bone, K. (1996). *Clinical applications of ayurvedic and Chinese herbs: Monographs for the Western herbal practitioner*. Phytotherapy Press.
5. Mills, S. & Bone, K. (2013). *Principles and practice of phytotherapy: Modern herbal medicine* (2nd ed.). Churchill Livingstone Elsevier. [ebook available]
6. Toby, G., Denham, A., & Whitelegg, M. (2011). *The Western herbal tradition: 2000 years of medicinal plant knowledge*. Churchill Livingstone Elsevier. [ebook available]
7. Wood, M. (2008). *The Earthwise herbal. A complete guide to old world medicinal plants*. North Atlantic Books. [ebook available]
8. Wood, M. (2009). *The Earthwise herbal. A complete guide to new world medicinal plants*. North Atlantic Books. [ebook available]
9. Wood, M. (2004). *The practice of traditional Western herbal medicine: Basic doctrine, energetics and classification*. North Atlantic Books. [ebook available]

Subject Content

Week	Lectures	Tutorials / Practicals
1.	<p>Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p>Materia Medica</p> <ul style="list-style-type: none"> ➤ History of Materia Medica <ul style="list-style-type: none"> ○ European, American, Indigenous Australian etc. ➤ Origins and key figures throughout history who have contributed to its foundation (e.g., Dioscorides, Galen, Paracelsus) ➤ Therapeutic actions 	<p>Activities are developed to allow the students to explore relevant concepts, expand on ideas and have peer and lecturer interaction. Activities also allow for formative assessment and feedback.</p> <ul style="list-style-type: none"> ➤ Explore relevant concepts and expand on ideas with peer and lecture / tutor interaction
2.	<p>Philosophies and Principles of Herbal Medicine</p> <ul style="list-style-type: none"> ➤ Philosophies and principles of herbal medicine ➤ Choosing the most appropriate herbal medicine preparation ➤ Traditional and modern herbal preparations and derivatives (drug extract ratio) ➤ Therapeutic actions 	<ul style="list-style-type: none"> ➤ Explore relevant concepts and expand on ideas with peer and lecture / tutor interaction
3.	<p>Posology</p> <ul style="list-style-type: none"> ➤ Characteristics of herbal formulations (synergy, balance, supporting / stimulating etc. herbs) ➤ Traditional prescribing 	<ul style="list-style-type: none"> ➤ Explore concepts and expand on ideas with peer and lecture / tutor interaction



	<ul style="list-style-type: none"> ➤ Dosage ➤ Case study deconstruction ➤ Labelling ➤ Therapeutic actions 	
4.	<p>Respiratory Herbs - Part I</p> <ul style="list-style-type: none"> ➤ Upper respiratory tract ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Albizia lebbbeck</i>, <i>Armoracia rusticana</i>, <i>Euphrasia officinalis</i>, <i>Sambucus nigra</i>, <i>Solidago virgaurea</i>, <i>Tanacetum parthenium</i> from traditional and scientific literature 	<ul style="list-style-type: none"> ➤ Library database research session ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches
5.	<p>Respiratory Herbs - Part 2</p> <ul style="list-style-type: none"> ➤ Lower respiratory tract ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Achillea millefolium</i>, <i>Althaea officinalis</i>, <i>Hedera helix</i>, <i>Marrubium vulgare</i>, <i>Plantago lanceolata</i>, <i>Prunus serotina</i>, <i>Verbascum thapsus</i>, from traditional and scientific literature 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches
6.	<p>Respiratory Herbs - Part 3</p> <ul style="list-style-type: none"> ➤ Lower respiratory tract cont... ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Inula helenium</i>, <i>Euphorbia hirta</i>, <i>Grindelia camporum</i> & <i>Thymus vulgaris</i> from traditional and scientific literature <p>Immune System (Immunomodulators) - Part I</p> <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Echinacea spp</i>, <i>Andrographis paniculata</i>, <i>Scutellaria baicalensis</i>, from traditional and scientific literature 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches
7.	<p>Immune System (Immunomodulators) - Part 2</p> <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Astragalus membranaceus</i>, <i>Eleutherococcus senticosus</i>, <i>Handroanthus inpetiginosus</i>, <i>Hemidesmus indicus</i>, <i>Uncaria tomentosa</i>, from traditional and scientific literature 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches <p>Mid-semester Exam</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 non-teaching week falls between Weeks 7 and 8</p>		
8.	<p>Integumentary System (Skin- topical) - Part 1</p> <ul style="list-style-type: none"> ➤ Materia medica 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches



	<ul style="list-style-type: none"> ○ <i>Arnica montana</i>, <i>Capsicum minimum</i>, <i>Calendula officinalis</i>, <i>Commiphora myrrha</i>, <i>Hamamelis virginiana</i>, <i>Stellaria media</i> from traditional and scientific literature 	
9.	<p>Integumentary System (Lymphatic) - Part 2</p> <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Arctium lappa</i>, <i>Galium aparine</i>, <i>Phytolacca americanum</i>, <i>Smilax ornata</i>, <i>Trifolium pratense</i> from traditional and scientific literature 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches
10.	<p>Circulatory System (Cardiovascular) - Part 1</p> <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Allium sativum</i>, <i>Coleus forskohlii</i>, <i>Crataegus monogyna</i>, <i>Panax notoginseng</i>, <i>Salvia miltiorrhiza</i> from traditional and scientific literature 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches <p>Herbal Report due this week</p>
11.	<p>Circulatory System (Peripheral) - Part 2</p> <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Centella asiatica</i>, <i>Aesculus hippocastanum</i>, <i>Ginkgo biloba</i>, <i>Tilia spp</i>, <i>Vaccinium myrtillus</i>, <i>Zanthoxylum clava-herculis</i> from traditional and scientific literature 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches ➤ Prescribed reading - Pittler, M. H., & Ernst, E. (2000). Ginkgo biloba extract for the treatment of intermittent claudication: A meta-analysis of randomized trials. <i>The American Journal of Medicine</i>, 108(4),276-281. https://doi.org/10.1016/S0002-9343(99)00454-4
12.	<p>Digestive System - Part 1</p> <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Angelica archangelica</i>, <i>Artemisia absinthum</i>, <i>Cinnamomum verum</i>, <i>Foeniculum vulgare</i>, <i>Filipendula ulmaria</i>, <i>Matricaria recutita</i> from traditional and research literature 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches
13.	<p>Digestive System - Part 2</p> <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Melissa officinalis</i>, <i>Mentha piperita</i>, <i>Pimpinella anisum</i>, <i>Trigonella foenum-graecum</i>, <i>Ulmus fulva</i>, <i>Zingiber officinale</i> from traditional and scientific literature 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches
14.	<p>Non-Teaching Week/Practical Examination Week 1 Note that make-up classes may be scheduled in this week</p>	
15.	<p>Non-Teaching Week/Practical Examination Week 2 Note that make-up classes may be scheduled in this week</p>	
16.	<p>Final Examination Week 1</p>	



	Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education . Refer to your local campus calendar for exam opening and closing times.
17.	Final Examination Week 2 Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education . Refer to your local campus calendar for exam opening and closing times.