



SUBJECT OUTLINE

Subject Name:

Herbal Medicine *Materia Medica 2*

Subject Code:

WHMF212

SECTION 1 – GENERAL INFORMATION

Award/s:	Total Course Credit Points:	Level:
Bachelor of Health Science (Naturopathy)	128	2 nd Year
Duration:	1 Semester	
Subject Coordinator:	Lindy Smithies (Melbourne Campus)	
Subject is:	Subject Credit Points:	2
Core		

Student Workload:

No. timetabled hours per week: 3	No. personal study hours per week: 2	Total hours per week: 10
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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 Monograph - Week 5; Final Written Exam - Week 6 Full Time Part Time	
Pre-requisites:	WHMF112, WHMF121, BIOH122	
Co-requisites:	Nil	

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This is the second 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 and appraisal of traditional and scientific evidence. The materia medica is explored from a physiological systems perspective using a case-based approach of simple client management. This subject prepares students for the study of Herbal Pharmacology and Pharmacognosy and Clinical Herbal Medicine.



Learning Outcomes

1. Compare and contrast herbal medicine application from the perspective of traditional and scientific evidence and from historical paradigms of medicine.
2. Generate evidence informed herbal monographs through investigation of available information on plant medicines.
3. Apply knowledge of herbal materia medica to simple cases based on specific therapeutic action and clinical indications.
4. Appraise the potential 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 (45 minutes)	1 & 3-4	1-6	Session 7	20%
Herbal Monograph (1500-2000 words)	1-2 & 4	1-9	Week 9	40%
Final Written Exam Multiple choice, Short answer, Extended response and Case study questions (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]

Recommended Readings:

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



2. Arentz, S., Smith, C. A., Abbott, J., Fahey, P., Cheema, B. S., & Bensoussan, A. (2017). Combined lifestyle and herbal medicine in overweight women with Polycystic Ovary Syndrome (PCOS): A randomized controlled trial. *Phytotherapy Research: PTR*, 31(9), 1330–1340. <https://doi-org/10.1002/ptr.585>
3. Barnes, J., Anderson, L. A., Phillipson, J. D., Veitch, N. C., & Smith, M. (Eds.) (2014). *Herbal medicine* (4th ed.). Pharmaceutical Press. [ebook available]
4. Bone, K., & Mills, S. (2013). *Principles and practice of phytotherapy: Modern herbal medicine* (2nd ed.). Churchill Livingstone Elsevier. [ebook available]
5. Salmond, S. J., George, J., Strasser, S. I., Byth, K., Rawlinson, B., Mori, T. A., Croft, K. D., Adams, L. A., & Batey, R. G. (2018). Hep573 study: A randomised, double-blind, placebo controlled trial of silymarin alone and combined with antioxidants to improve liver function and quality of life in people with chronic hepatitis C. *Australian Journal of Herbal Medicine*, 30(1), 12-25.
6. Sarris, J. (2018). Herbal medicines in the treatment of psychiatric disorders: 10-year updated review. *Phytotherapy Research*, 32(7), 1147-1162. <https://doi.org/10.1002/ptr.6055>
7. Toby, G., Denham, A., & Whitelegg, M. (2011). *The Western herbal tradition: 2000 years of medicinal plant knowledge*. Churchill Livingstone Elsevier. [ebook available]

Subject Content		
Week	Lectures	Tutorials / Practicals
1.	<p>Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p>Digestive Herbs</p> <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Agrimonia eupatorium, Frangula purshiana, Rheum palmatum, Rumex crispus</i> from traditional and research literature 	<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"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches
2.	<p>Hepato-biliary System - Part 1</p> <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Bupleurum falcatum, Curcuma longa, Cynara scolymus, Gentiana lutea, Silybum marianum, Schisandra chinensis</i> from traditional and scientific evidence 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches ➤ Recommended reading - Salmond, S. J., George, J., Strasser, S. I., Byth, K., Rawlinson, B., Mori, T. A., ... Batey, R. G. (2018). ➤ Critical appraisal of the reading
3.	<p>Hepato-biliary System - Part 2</p> <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Berberis vulgaris, Hydrastis canadensis, Chelidonium majus, Picrorrhiza kurroa, Taraxacum officinale (radix)</i> from traditional and scientific evidence 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches
4.	<p>Urinary System - Part 1</p> <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Agathosma betulina, Arctostaphylos uva-ursi, Juniperus spp., Taraxacum officinale</i> 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches



	<i>(folia)</i> , <i>Vaccinium macrocarpon</i> from traditional and scientific evidence	
5.	Urinary System - Part 2 <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Crataeva nurvala</i>, <i>Elymus repens</i>, <i>Equisetum arvense</i>, <i>Eupatorium purpureum</i>, <i>Zea mays</i> from traditional and scientific evidence 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches
6.	Nervous System - Part 1 <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Eschscholzia californica</i>, <i>Humulus lupulus</i>, <i>Passiflora incarnata</i>, <i>Scutellaria lateriflora</i>, <i>Zizyphus jujuba</i> from traditional and scientific evidence 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches
7.	Mid-semester Written Exam Nervous System - Part 2 <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Lavandula angustifolia</i>, <i>Leonurus cardiaca</i>, <i>Piper methysticum</i>, <i>Rosmarinus officinalis</i>, <i>Valeriana officinalis</i> from traditional and scientific evidence 	
<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.	Nervous System - Part 3 <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Avena sativa</i>, <i>Bacopa monniera</i>, <i>Hypericum perforatum</i>, <i>Turnera diffusa</i>, <i>Verbena officinalis</i> from traditional and research literature 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches ➤ Recommended reading - Sarris, J. (2018). ➤ Discuss reading
9.	Musculoskeletal System <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Apium graveolens</i>, <i>Boswellia serrata</i>, <i>Corydalis ambigua</i>, <i>Harpagophytum procumbens</i>, <i>Salix alba</i>, <i>Viburnum opulus</i> from traditional and scientific evidence 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches
10.	Female Reproductive System – Part 1 <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Actaea racemosa</i>, <i>Asparagus racemosus</i>, <i>Chamaelirium luteum</i>, <i>Dioscorea villosa</i>, <i>Rubus idaeus</i>, <i>Vitex agnus-castus</i> from traditional and scientific evidence 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches ➤ Recommended reading - Arentz, S., Smith, C. A., Abbott, J., Fahey, P., Cheema, B. S., & Bensoussan, A. (2017). ➤ Discuss reading



<p>11.</p>	<p>Female Reproductive System - Part 2</p> <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Angelica sinensis</i>, <i>Paeonia lactiflora</i>, <i>Viburnum prunifolium</i> from traditional and scientific evidence <p>Male Reproductive System</p> <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Serenoa repens</i>, <i>Tribulus terrestris</i>, <i>Urtica dioica (radix)</i> from traditional and scientific evidence 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches ➤ Critical appraisal of the reading
<p>12.</p>	<p>Endocrine System - Part 1</p> <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Glycyrrhiza glabra</i>, <i>Panax ginseng</i>, <i>Rehmannia glutinosa</i>, <i>Rhodiola rosea</i>, <i>Withania somnifera</i> from traditional and scientific evidence 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches
<p>13.</p>	<p>Endocrine System - Part 2</p> <ul style="list-style-type: none"> ➤ Materia medica <ul style="list-style-type: none"> ○ <i>Fucus vesiculosus</i>, <i>Lycopus virginicus</i>, <i>Gymnema sylvestre</i>, <i>Galega officinalis</i>, <i>Salvia officinalis</i> from traditional and scientific evidence 	<ul style="list-style-type: none"> ➤ Discussion of related clinical scenarios and appropriate herbal therapeutic approaches
<p>14-15.</p>	<p>Non-Teaching Week/Practical Examination Weeks 1 & 2</p> <p>Note that make-up classes may be scheduled in this week</p>	
<p>16-17.</p>	<p>Final Examination Weeks 1 & 2</p> <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.</p>	