



# SUBJECT OUTLINE

Subject Name:

**Herbal Therapeutic Preparations**

Subject Code:

**WHMF124**

## SECTION 1 – GENERAL INFORMATION

<b>Award/s:</b>	<b>Total Course Credit Points:</b>	<b>Level:</b>
Bachelor of Complementary Medicine	48	2 <sup>nd</sup> Year
<b>Duration:</b>	1 Semester	
<b>Subject is:</b>	<b>Subject Credit Points:</b>	2
Core		

### Student Workload:

<b>No. timetabled hours per week:</b> 3	<b>No. personal study hours per week:</b> 2	<b>Total hours per week:</b> 5
<b>Delivery Mode*:</b>		
<input type="checkbox"/> On campus	<input checked="" type="checkbox"/> Online / Digital	<input type="checkbox"/> Blended
		<input type="checkbox"/> Intensive
<b>Weekly Session^ Format/s - 1 session per week:</b>		
<input checked="" type="checkbox"/> eLearning modules: Lectures: Narrated PowerPoint presentations Tutorials: can include asynchronous tutor moderated discussion forum and activities, learning journal activities or other web-based resources		
<p>*All modes are supported by the online learning management system which will include subject documents such as handouts, readings and assessment guides.</p> <p>^A 'session' is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.</p>		
<b>Study Pattern:</b>	<input checked="" type="checkbox"/> Full Time	<input checked="" type="checkbox"/> Part Time
<b>Pre-requisites:</b>	Nil	
<b>Co-requisites:</b>	Nil	

## SECTION 2 – ACADEMIC DETAILS

### Subject Rationale

This foundational subject provides students with introductory skills in critiquing the manufacture of herbal therapeutic preparations. Within this subject, students integrate skills in research and evidence based practice, to the preparation of herbal therapeutics in a variety of administrative forms. Additionally students are introduced to the legislative and regulatory frameworks that govern the manufacture and sale of botanical medicines in Australia.



## Learning Outcomes

1. Evaluate the different growing and harvesting techniques commonly encountered for raw materials used for the preparation of botanical medicines
2. Analyse and evaluate the benefits of different processing and manufacturing techniques commonly utilised for the manufacture of botanical medicine therapeutics.
3. Demonstrate the ability to critique various forms of herbal preparations for topical and internal administration.
4. Discuss current Australian legislation as it relates to the growing, manufacture, dispensing and dosage of herbs for therapeutic administration.

## Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Quiz</b> (multiple choice questions and short answer questions – 45 mins)	1, 2, 4	1-6	Week 7	30%
<b>Assignment</b> (Herbal Compounding critique, 750 words)	1-4	1- 11	Week 13	30%
<b>Final Exam</b> (1.5 hrs)	1-4	1- 13	Final Exam Period	40%
All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS				

### Prescribed Readings:

Nil

### Recommended Readings:

1. Fisher, C. (2018). *Materia medica of Western herbs*. Aeon Books. [ebook available]
2. Green, J. (2000). *The herbal medicine-maker's handbook: A home manual*. Crossing Press. [ebook available]
3. Grubb, A., & Raser-Rowland, A. (2012). *The Weed forager's handbook: A guide to edible and medicinal weeds in Australia*. Hyland House Publishing.
4. Van Wyk, B-E., & Wink, M. (2004). *Medicinal plants of the world: An illustrated scientific guide to important medicinal plants and their uses*. Timber Press.



5. Williams, C. (2010). *Medicinal plants in Australia: Bush pharmacy* (Vol. 1). Rosenberg Publishers. [ebook available]
6. Williams, C. (2011). *Medicinal plants in Australia: Gums, resins, tannins and essential oils* (Vol. 2). Rosenberg Publishers. [ebook available]

Subject Content		
Week	Lecture	Tutorial
1.	<b>Herbal Manufacturing</b> <b>Legislative considerations Part I</b> <ul style="list-style-type: none"> <li>➤ Introduction to the Therapeutic Goods Administration (TGA) and fundamental legislation pertinent to herbal medicines from a research perspective.</li> <li>➤ The role and background of the TGA.</li> <li>➤ TGA legislation: Therapeutic Goods Act, Australian Regulatory Guidelines for Complementary Medicines (ARGCM) and the Australian Register of Therapeutic Goods (ARTG)</li> <li>➤ Extemporaneous dispensing and Practitioner-only products.</li> <li>➤ Guidelines for levels of evidence for Listed products</li> <li>➤ Advertising Guidelines for Listed Medicines</li> </ul>	Manufacturing tutorial: Refer to tutorial activities on LMS and post responses to questions on discussion forum.
2.	<b>Legislative considerations Part II</b> <ul style="list-style-type: none"> <li>➤ TGA legislation focusing on advertising codes, labelling, claims substantiation and the Standard for Uniform Scheduling of Medicines and Poisons (SUSMP).</li> <li>➤ Qualitative and quantitative assessment of herbal raw materials and finished products.</li> <li>➤ Different analytical, qualitative and quantitative techniques – cultivation, harvesting, drying &amp; wildcrafting of medicinal plants</li> </ul>	Manufacturing tutorial: Refer to tutorial activities on LMS and post responses to questions on discussion forum.
3.	<b>Manufacturing: Pills and capsules</b> <ul style="list-style-type: none"> <li>➤ Definitions, advantages and disadvantages of pills and capsules as a dosage form.</li> <li>➤ General situations that would benefit from the use of pills and capsules and conversely, where usage should be avoided.</li> </ul>	Manufacturing tutorial: Herbal pills and capsules - Students watch video recording of the preparation of medicinal herbal pills and capsules, refer to tutorial activity questions on LMS and post responses to questions on discussion forum.
4.	<b>Manufacturing: Succs, infusions and decoctions</b>	Manufacturing tutorial:



	<ul style="list-style-type: none"> <li>➤ Discussion of the various solvents (water, ethanol etc.) and the pros and cons of each.</li> <li>➤ Definitions, advantages and disadvantages of succi, infusions and decoctions as a dosage form.</li> <li>➤ General situations that would benefit from the use of succi, infusions and decoction and conversely, where usage should be avoided.</li> </ul>	Succus, infusion and decoction - Students watch video-recording of the preparation of medicinal succi, infusions and decoctions, refer to tutorial activity questions on LMS and post responses to questions on discussion forum.
5.	<b>Manufacturing: Tinctures</b> <ul style="list-style-type: none"> <li>➤ Definitions, advantages and disadvantages of tinctures as a dosage form.</li> <li>➤ General situations that would benefit from the use of tinctures and conversely, where usage should be avoided.</li> </ul>	Manufacturing tutorial: Fresh plant/dried plant tincture - Students watch video-recording of the preparation of medicinal tinctures, refer to tutorial activity questions on LMS and post responses to questions on discussion forum.
6.	<b>Manufacturing: Fluid Extracts and glycerol extracts</b> <ul style="list-style-type: none"> <li>➤ Definitions, advantages, disadvantages of fluid extracts and glycerol extracts as dosage forms.</li> <li>➤ General situations that would benefit from the use of fluid extracts, glycerol extracts and conversely, where usage should be avoided.</li> </ul>	Manufacturing tutorial: Fluid extract using a percolator/multiple maceration method - Students watch video-recording of the preparation of fluid extracts, refer to tutorial activity questions on LMS and post responses to questions on discussion forum.
7.	<b>Manufacturing: Infused oils</b> <ul style="list-style-type: none"> <li>➤ Definitions, advantages, disadvantages of infused oils as a dosage form.</li> <li>➤ General situations that would benefit from the use of infused oils and conversely, where usage should be avoided.</li> </ul>	Manufacturing tutorial: Cold infused and a warm infused oil - Students watch video-recording of the preparation of infused oils, refer to tutorial activity questions on LMS and post responses to questions on discussion forum.
<b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week) <b>Online students</b> – The non-teaching week falls between Weeks 7 and 8		
8.	<b>Manufacturing: Oxymels, syrups and lozenges</b> <ul style="list-style-type: none"> <li>➤ Definitions, advantages and disadvantages of oxymels, syrups and lozenges as dosage forms.</li> <li>➤ Sugar as a preservative.</li> <li>➤ Vinegar as a solvent.</li> <li>➤ General situations that would benefit from the use of oxymels, syrups and lozenges and conversely, where usage should be avoided</li> </ul>	Manufacturing tutorial: Herbal oxymel, syrup and lozenges - Students watch video-recording of the preparation of oxymels, syrups and lozenges, refer to tutorial activity questions on LMS and post responses to questions on discussion forum.
9.	<b>Manufacturing: Creams and ointments</b> <ul style="list-style-type: none"> <li>➤ Definitions, advantages and disadvantages of creams and ointments as a dosage form.</li> </ul>	Manufacturing tutorial: Herbal cream and ointment utilising the infused oils made in earlier session - Students watch video-recording of the preparation of herbal creams and ointments, refer to tutorial activity questions on



	<ul style="list-style-type: none"> <li>➤ General situations that would benefit from the use of creams and ointments and conversely, where usage should be avoided.</li> </ul>	LMS and post responses to questions on discussion forum.
10.	<b>Manufacturing: Lotions</b> <ul style="list-style-type: none"> <li>➤ Definitions, advantages and disadvantages of lotions as a dosage form.</li> <li>➤ General situations that would benefit from the use of lotions and conversely, where usage should be avoided.</li> </ul>	Manufacturing tutorial: Lotions - Students watch video-recording of the preparation of herbal lotions, refer to tutorial activity questions on LMS and post responses to questions on discussion forum.
11.	<b>Manufacturing: Pessaries and suppositories</b> <ul style="list-style-type: none"> <li>➤ Definitions, advantages and disadvantages of pessaries and suppositories as dosage forms.</li> <li>➤ Douches and sitz baths are also discussed.</li> <li>➤ General situations that would benefit from the use of pessaries and suppositories and conversely, where it should be avoided.</li> </ul>	Manufacturing tutorial: Pessary - Students watch video-recording of the preparation of herbal pessaries, refer to tutorial activity questions on LMS and post responses to questions on discussion forum.
12.	<b>Manufacturing: Liniments, poultices and compresses</b> <ul style="list-style-type: none"> <li>➤ Definitions, advantages and disadvantages of liniments, poultices and compresses.</li> <li>➤ General situations that would benefit from the use of liniments, poultices and compresses and conversely, where usage should be avoided.</li> </ul>	Manufacturing tutorial: Liniment - Students watch video-recording of the preparation of herbal liniment, refer to tutorial activity questions on LMS and post responses to questions on discussion forum.
13.	<b>Manufacturing: Infants and Children's Remedies</b> <ul style="list-style-type: none"> <li>➤ Discuss the use of herbal preparations (internal and topical) for treating conditions in infants and children</li> <li>➤ Challenges of herbal prescribing for infants and children –forms of herbal preparations (cordials, syrups, lozenges, glycerol extracts, etc).</li> </ul>	Manufacturing tutorial: Cordials - Students watch video-recording of the preparation of herbal cordial, refer to tutorial activity questions on LMS and post responses to questions on discussion forum.
14-15.	<b>Non-Teaching Week/Practical Examination Weeks 1 &amp; 2</b> Note that make-up classes may be scheduled in these weeks.	
16.	<b>Final Examination Week 1</b> Students are required to sit examinations using the Respondus Lockdown Browser software per the <a href="#">Examination Policy – Higher Education</a> . Refer to your local campus calendar for exam opening and closing times.	
17.	<b>Final Examination Week 2</b> Students are required to sit examinations using the Respondus Lockdown Browser software per the <a href="#">Examination Policy – Higher Education</a> . Refer to your local campus calendar for exam opening and closing times.	