

SUBJECT OUTLINE



Subject Name:

Herbal Therapeutic Preparations

Subject Code:

WHMF124

SECTION 1 – GENERAL INFORMATION

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|-----------------------------|-------------------------------------|------------------------------------|----|---------------|-----------------|
| Award/s: | Bachelor of Complementary Medicine | Total course credit points: | 48 | Level: | 2 nd |
| Duration: | 1 Semester | | | | |
| Subject Coordinator: | Julie Wilkinson Flores (Gold Coast) | | | | |
| Subject is: | Core | Subject Credit Points: | 2 | | |

Student Workload:

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| No. timetabled hours per week: | No. personal study hours per week: | Total hours per week: |
| 3 | 2 | 5 |

Delivery Mode:

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| E-Learning | 2 hour lecture | 1 hour tutorial |
| | Details: Narrated PowerPoint presentations, video-recorded herbal manufacturing demonstrations, Tutor moderated discussion forum and activities | |
| Full Time | | |
| Part Time | | |

Pre-requisites: Nil

Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This foundational subject provides students with introductory skills in 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 and reflect upon 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 produce 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 | Week Content Delivered | Week Due | Weighting |
|------------------------|----------------------------|------------------------|----------|-----------|
| Tutorial Participation | N/A | 1-13 | 1-13 | Pass/Fail |

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| (Forum posts on all 13 tutorial activities required) | | | | |
| Quizzes (multiple choice questions and short answer questions – 45 mins each) | 1, 2, 4 | 1-6 7-11 | 7,12 | 40% (20% each) |
| Assignment (Herbal Compounding) | 1-4 | 1-13 | 13 | 30% |
| Final Exam (1.5 hrs) | 1-4 | 1-14 | Final Exam Period | 30% |

Prescribed readings:

- Adams, J., & Tan, E. (2012). *Herbal manufacturing: How to make medicines from plants* (2nd ed.). Melbourne, VIC: Eleanor Tan & Jenny Adams.

Recommended readings:

- Fisher, C. (2018). *Materia medica of western herbs*. London, England: Aeon Books. [eBook available]
- Green, J. (2000). *The herbal medicine-maker's handbook: A home manual*. Berkeley, CA: Crossing Press. [eBook available]
- Grubb, A., & Raser-Rowland, A. (2012). *The Weed forager's handbook: A guide to edible and medicinal weeds in Australia*. Carlton, VIC: Hyland House Publishing.
- Van Wyk, B-E., & Wink, M. (2004). *Medicinal plants of the world: An illustrated scientific guide to important medicinal plants and their uses*. Portland, OR: Timber Press.
- Williams, C. (2010). *Medicinal plants in Australia: Bush pharmacy* (Vol. 1). Kenthurst, NSW: Rosenberg Publishers. [eBook available]
- Williams, C. (2011). *Medicinal plants in Australia: Gums, resins, tannins and essential oils* (Vol. 2). Dural, NSW: Rosenberg Publishers. [eBook available]

| Subject Content | | |
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| Week | Lecture | Tutorial |
| 1. | Herbal Manufacturing Legislative considerations Part I: Introduction to the Therapeutic Goods Administration (TGA) and fundamental legislation pertinent to herbal medicines from a research perspective. The role and background of the TGA. TGA legislation: Therapeutic Goods Act, Australian Regulatory Guidelines for Complementary Medicines (ARGCM) and the Australian Register of Therapeutic Goods (ARTG) Extemporaneous dispensing and Practitioner-only products. Guidelines for levels of evidence for Listed products Advertising Guidelines for Listed Medicines | Manufacturing tutorial: Refer to tutorial activities on LMS and post responses to questions on discussion forum. |
| 2. | Legislative considerations Part II: | Manufacturing tutorial: |

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| | <p>TGA legislation focusing on advertising codes, labeling, claims substantiation and the Standard for Uniform Scheduling of Medicines and Poisons (SUSMP).</p> <p>Qualitative and quantitative assessment of herbal raw materials and finished products.</p> <p>Different analytical, qualitative and quantitative techniques – cultivation, harvesting, drying & wildcrafting of medicinal plants</p> | <p>Refer to tutorial activities on LMS and post responses to questions on discussion forum.</p> |
| 3. | <p>Manufacturing: Pills and capsules:</p> <p>Definitions, advantages and disadvantages of pills and capsules as a dosage form.</p> <p>General physiological conditions/situations that would benefit from the use of pills and capsules and conversely, where usage should be avoided.</p> | <p>Manufacturing tutorial:</p> <p>Preparation of medicinal 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.</p> |
| 4. | <p>Manufacturing: Succi, infusions and decoctions:</p> <p>Discussion of the various solvents (water, ethanol etc.) and the pros and cons of each.</p> <p>Definitions, advantages and disadvantages of succi, infusions and decoctions as a dosage form.</p> <p>General physiological conditions/situations that would benefit from the use of succi, infusions and decoction and conversely, where usage should be avoided.</p> | <p>Manufacturing tutorial:</p> <p>Preparation of medicinal 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.</p> |
| 5. | <p>Manufacturing: Tinctures:</p> <p>Definitions, advantages and disadvantages of tinctures as a dosage form.</p> <p>General physiological conditions/situations that would benefit from the use of tinctures and conversely, where usage should be avoided.</p> | <p>Manufacturing tutorial:</p> <p>Preparation of a 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.</p> |
| 6. | <p>Manufacturing: Fluid Extracts and glycerol extracts:</p> <p>Definitions, advantages, disadvantages of fluid extracts and glycerol extracts as dosage forms.</p> <p>General physiological conditions/situations that would benefit from the use of fluid extracts, glycerol extracts and conversely, where usage should be avoided.</p> | <p>Manufacturing tutorial:</p> <p>Preparation of medicinal 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.</p> |
| 7. | <p>Manufacturing: Infused oils:</p> <p>Definitions, advantages, disadvantages of infused oils as a dosage form.</p> <p>General physiological conditions/situations that would benefit from the use of infused oils and conversely, where usage should be avoided.</p> | <p>Manufacturing tutorial:</p> <p>Preparation of a 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.</p> |
| <p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)</p> <p>Online Students - The break week falls between Weeks 7 and 8.</p> | | |
| 8. | <p>Manufacturing: Oxymels, syrups and lozenges:</p> <p>Definitions, advantages and disadvantages of oxymels, syrups and lozenges as dosage forms.</p> <p>Sugar as a preservative.</p> <p>Vinegar as a solvent.</p> <p>General physiological conditions/situations that would benefit from the use of oxymels, syrups</p> | <p>Manufacturing tutorial:</p> <p>Preparation of a medicinal 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.</p> |

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| | and lozenges and conversely, where usage should be avoided | |
| 9. | Manufacturing: Creams and ointments: Definitions, advantages and disadvantages of creams and ointments as a dosage form. General physiological conditions/situations that would benefit from the use of creams and ointments and conversely, where usage should be avoided. | Manufacturing tutorial: Preparation of a medicinal 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 LMS and post responses to questions on discussion forum. |
| 10. | Manufacturing: Lotions: Definitions, advantages and disadvantages of lotions as a dosage form. General physiological conditions/situations that would benefit from the use of lotions and conversely, where usage should be avoided. | Manufacturing tutorial: Preparation of medicinal herbal 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. | Manufacturing: Pessaries and suppositories: Definitions, advantages and disadvantages of pessaries and suppositories as dosage forms. Douches and sitz baths are also discussed. General physiological conditions/situations that would benefit from the use of pessaries and suppositories and conversely, where it should be avoided. | Manufacturing tutorial: Preparation of a medicinal herbal 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. | Manufacturing: Liniments, poultices and compresses: Definitions, advantages and disadvantages of liniments, poultices and compresses. General physiological conditions/situations that would benefit from the use of liniments, poultices and compresses and conversely, where usage should be avoided. | Manufacturing tutorial: Preparation of a medicinal herbal 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. | Manufacturing: Infants and Children's Remedies: Discuss the use of herbal preparations (internal and topical) for treating conditions in infants and children Challenges and solutions to herbal prescribing for infants and children – dosage, compliance, palatable forms of herbal preparations (cordials, syrups, lozenges, glycerol extracts, etc). | Manufacturing tutorial: Preparation of a herbal cordial - 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. | Non-Teaching Week/Practical Exam Week 1. Note that make-up classes may be scheduled in this week. | |
| 15. | Non-Teaching Week/Practical Exam Week 2. Note that make-up classes may be scheduled in this week. | |
| 16. | Final Exam Week 1 *Please note: Online enrolled students are required to sit the final exam on campus as per the Examination Policy – Higher Education . The Final Exam Weeks for subjects offered online are identified for each enrolment period on the Student Calendar for Online Higher Education Study for the current calendar year. The National Examination Coordinator will notify students of the exact day and time of the final exam at approximately mid-semester via The Loop and Notice Board on LMS. | |
| 17. | Final Exam Week 2 | |