Subject Name: Advanced Herbal Medicine
Subject Code: WHMF314

SECTION 1 - GENERAL INFORMATION

Award/s: Bachelor of Health Science (Naturopathy)
Total Course Credit Points: 128
Level: 4th Year
Duration: 1 Semester
Subject Coordinator: Julie Wilkinson-Flores (Gold Coast campus) and Vicki van der Meer (Melbourne campus)

Student Workload:

<table>
<thead>
<tr>
<th>No. timetabled hours per week:</th>
<th>No. personal study hours per week:</th>
<th>Total hours per week:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>2</td>
<td>5</td>
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</table>

Delivery Mode:

Face to Face (On campus)
1 x 3 hour integrated lecture and case discussions

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: Continuous Skill Development - Weeks 1-5; Oral Presentation (as rostered) - Weeks 2-5; Mid-semester Exam - Week 4; Final Written Exam - Week 6

Full Time
Part Time

Pre-requisites: WHMC311
Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale
This subject enables students to extend their knowledge of evidence based herbal medicine practice. Exploration of advanced herbal formulation for treatment and prevention of complex conditions associated with multiple causes, associated factors and outcomes of value to naturopathic clients. Herbal synergy of herbal formulations is considered in detail as well as key elements to balancing a formula for individual health needs. A case-based approach using clinical examples, enables students to synthesise traditional and contemporary knowledge for and provide herbal medicines based on holistic naturopathic philosophy. Students will develop rational arguments to defend their herbal treatment decisions based on holistic naturopathic medicine philosophy, and supported by relevant traditional and scientific evidence.

Learning Outcomes

1. Evaluate strengths and limitations of herbal treatment approaches in relation to individual cases in acute, chronic and complex conditions.
2. Appraise traditional and scientific evidence of herbal medicine in relation to population health needs, efficacy and safety.
3. Construct a sophisticated, evidence informed herbal intervention based on herbal synergy, type of preparation, administration and dosage.
4. Explain long term outcomes from herbal medicine treatment within holistic naturopathic care.

5. Evaluate and explain clinical decisions of herbal medicine based on holistic naturopathic medicine philosophy, traditional and scientific evidence appraisal and client expectations from naturopathic care.

**Assessment Tasks**

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Session Content Delivered</th>
<th>Due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continuous Skill Development</td>
<td>N/A</td>
<td>N/A</td>
<td>Sessions 1-13</td>
<td>Pass/Fail</td>
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<tr>
<td>(80% attendance and active participation required)</td>
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<tr>
<td>Oral Presentation</td>
<td>1-5</td>
<td>1-12</td>
<td>Sessions 4-13 (as rostered)</td>
<td>30%</td>
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<tr>
<td>with slides (15-20 minutes)</td>
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<tr>
<td>Mid-semester Written Exam</td>
<td>1-5</td>
<td>1-6</td>
<td>Session 7</td>
<td>20%</td>
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<tr>
<td>case based (1 hour)</td>
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<td></td>
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<tr>
<td>Final Written Exam</td>
<td>1-5</td>
<td>1-13</td>
<td>Final Examination Period</td>
<td>50%</td>
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<tr>
<td>case based (2 hours)</td>
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All written assessments are due at 11:55 p.m. and submitted through the LMS

**Prescribed Readings:**

Nil

**Recommended Readings:**

The following resources have been highlighted by the Subject Coordinator as being among the most useful for this subject and students are encouraged to source classic texts and other journals as well:


13. *Phytotherapy Research* [Access online via ScienceDirect]


<table>
<thead>
<tr>
<th>Week</th>
<th>Integrated Lecture and Case Discussions</th>
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</table>
| 1.   | **Introduction** (Subject Outline / Subject Aims / Assessment / Teaching Resources)  
Evidence Based Practice  
- Key elements of evidence based practice in herbal and naturopathic medicine  
- Optimising search strategies for current and future evidence  
**Traditional Evidence for Western Herbal Medicine**  
- Eclectic herbalists  
- John Uri Lloyd  
- Scudder  
- Ellingwood  
- Synergistic formulations  
Case study with alternative approaches |
| 2.   | **Formulation approaches (continued)**  
**Infants and Children**  
- Appropriate preparations for infants and children  
- Contraindications  
- Acute conditions  
  - Coughs  
  - Earaches  
  - Colic  
  - Colds and flu  
Case studies with acute and chronic conditions |
| 3.   | **Infants and Children’s Health Conditions (Continued)**  
- Chronic conditions  
  - Failure to thrive  
  - Allergies  
  - Asthma  
  - Other conditions  
Case study analysis and related class discussion on formulation approaches |
| 4.   | **Beginning Week 4, student presentations will comprise part of the class, with other topics covered by the Lecturer**  
**Adolescents and Young Adults**  
- Acne  
- Depression & anxiety  
- ADD/ADHD  
- Recreational alcohol toxicity  
- Other conditions  
Case study analysis and related class discussion on formulation approaches |
5. **Gynaecological**
   - Monthly rhythm attunement
   - Balancing oestrogen and progesterone
   - Metrorrhagia
   - Amenorrhea
   - PMS
   - PCOS
   - Menopause
     - Symptomatic relief
     - Stabilising hormones
   Case study analysis and related class discussion

6. **Reproductive Medicine**
   - Fertility enhancement
   - Pregnancy
     - Nausea treatment
     - Uterine tonic formulae
   - Postpartum
     - Uterine involution
     - Restorative formulae
     - Postpartum depression
   - Lactation
     - Enhancing milk flow
     - Painful nipples
     - Mastitis
   Case study analysis and related class discussion

7. **Mid-semester Exam**
   **Men's Health**
   - Cardiovascular support
   - Liver support
   - Hypertension
   - Prostate health
   - Sexual function
   - Andropause
     - Restoring testosterone levels
   Case study analysis and related class discussion

**NON-TEACHING WEEK** (note that make-up classes may be scheduled in this week)

Semester 1 - This aligns with the week after Easter so it may fall between Weeks 6 to 8
Semester 2 & Online students - The non-teaching week falls between Weeks 7 and 8

8. **Conditions Associated with Ageing**
   - Decreased digestive capacity
   - Fatigue
   - Decreased cognitive capacity
   - Diminished eyesight
   Case study analysis and related class discussion

9. **Chronic Immune Deficiency Syndromes**
   - Chronic fatigue syndrome
   - HIV/AIDS
   - Frequent low grade infections, colds, flu
<table>
<thead>
<tr>
<th>Case study analysis and related class discussion</th>
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<tbody>
<tr>
<td><strong>10. Autoimmune Conditions</strong></td>
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<tr>
<td>• Treating occult infection</td>
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<tr>
<td>• Regulating the immune system</td>
</tr>
<tr>
<td>Case study analysis and related class discussion</td>
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<tr>
<td><strong>11. Cancer Support</strong></td>
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<tr>
<td>• Restoring normal cell function- apoptosis, adherence, differentiation</td>
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<tr>
<td>• Chemotherapy and radiotherapy support</td>
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<td>• Organ support</td>
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<td>Case study analysis and related class discussion</td>
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<tr>
<td><strong>12. Chronic Liver Conditions</strong></td>
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<tr>
<td>• Liver congestion</td>
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<td>• Gall bladder disease</td>
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<td>• Hepatitis C</td>
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<td>• Non-alcoholic fatty liver disease</td>
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<tr>
<td>• Cirrhosis</td>
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<tr>
<td>Case study analysis and related class discussion</td>
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<td><strong>13. Metabolic Syndrome, Type 2 Diabetes</strong></td>
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<td><strong>Stress and Adrenal Fatigue</strong></td>
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<td>Case study analysis and related class discussion</td>
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<td><strong>14. Non-Teaching Week/Practical Examination Week 1</strong></td>
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<td>Note that make-up classes may be scheduled in this week</td>
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<td><strong>15. Non-Teaching Week/Practical Examination Week 2</strong></td>
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<td>Note that make-up classes may be scheduled in this week</td>
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<td><strong>16. Final Examination Week 1</strong></td>
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<td>Please refer to the Examination Timetable for your local campus for the exact day and time of exam</td>
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<tr>
<td><strong>17. Final Examination Week 2</strong></td>
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<tr>
<td>Please refer to the Examination Timetable for your local campus for the exact day and time of exam</td>
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