

Introduction to Herbal Medicine: Fundamental Principles & Practice of Western Herbal Medicine

This course is designed to aimed at introducing Western herbal medicine to those interested in learning about medicinal plants and how they can be used to treat or manage common ailments, illness and disease. Students will learn the basic principles of this ancient art of healing and the context of its practice today within modern healthcare and medicine.

Some detail will be given on selected popular herbs, and how they exert their medicinal effect within a clinical context of common health problems of the West. Participants will also learn about the importance of case-history taking and the holistic approach to diagnosis and treatment using case studies as a basis of discussion.

Aims:

- To provide a general understanding of Western herbal medicine and the context of its practice
- To have an understanding of the basic principles that govern the treatment and management of illness within herbal medicine
- To gain basic knowledge of the chemistry of the active constituents (AC) within medicinal plants that render them effective medicines in the treatment of illness
- To gain an awareness of the current issues within western herbal medicine and the political climate within which it is practised
- To gain a basic awareness of the general treatment principles within herbal medicine using case studies

Learning Objectives - by the end of the course, students should be able to:

- To have a general understanding of the principles and practice of Western herbal medicine and the context of its provision within history, tradition and modern healthcare
- To have a basic understanding of medicinal plants and their value in the treatment and management of illness
- To understand the importance of nutrition fundamentals within herbal medicine
- To gain a valuable understanding of the various preparation types and commercial context of herbal medicine

Assessment: Final Exam (100%) *tbc*

Introduction to HM

Taught Hours: 5 hours x 10weeks
Level: 1
Accreditation: NIMH, BHMA, BCMA, CPP *(tbc)*
Teaching Body: *tbc*
Awarding Body: *tbc*

Course Outline:

- Week 1: History & Tradition of Herbal Medicine
- Week 2: Basic Principles & Practice of Herbal Medicine (Holism, Synergy of AC)
- Week 3: Materia Medica – selected herb profiles
- Week 4: Common health problems of the Western world & herbal solutions
- Week 5: Endocrine Disorders & Herbal Medicine
- Week 6: Digestive Disorders & Herbal Medicine
- Week 7: Skin Disorders & Herbal Medicine
- Week 8: Preparation Types & Guide to Commercial Products
- Week 9: Nutrition & Herbal Medicine
- Week 10: Case Studies & Revision

Assessment: Final Exam MCQ (100%) *tbc*