



Certificate in Western Herbs - Lecture Plan 2009/10

This 6 month course aims to teach basic Western Herbal Medicine to those who are already working in healthcare. After completing this course, students should have enough information to confidently offer recommendations for herbs as an adjunct to their existing modalities practiced. It will also provide information on the interactions between certain herbs and prescription medication. It will not provide the depth of knowledge required to achieve full practitioner status or for students to combine and prepare their own herbal formulae. Although ICIM are happy to open this course to non-practitioners a basic knowledge of Anatomy & Physiology is required.

General Aims

Students who successfully complete this course will:

- Understand the philosophy of Western Herbal Medicine and be able to differentiate this philosophy from those of other herbal practices
- Understand basic plant anatomy and physiology
- Be able to identify the role of various active constituents in common herbs
- Demonstrate and awareness of safety issues involved with recommending herbal medicine including contraindications, herb-drug interactions and suitability for pregnancy
- Identify herbs that are safely and commonly used to treat various common health conditions
- Be able to offer sound basic herbal medicine advice and recommend herbal remedies available over the counter

Module 1: Home-Study

- Introduction; history of herbal medicine, use of herbs in different cultures, western herbal medicine (WHM) – pioneers, doctrine of signatures, comparison of philosophies of WHM, Ayurveda and TCM
- Forms of herbs – methods of administration
- Basic plant anatomy and physiology; structure of higher plants, parts of plant used in herbal medicine & factors affecting plant growth / efficacy of herb
- Basic plant biochemistry; active constituents of herbs, chemical structure of constituents & function of constituents
- Actions of herbs
- Safety issues in WHM; British Herbal Pharmacopoeia & Prescribing at safe levels

Weekend	Lecture & Home Study Content	
	Saturday (9.00am-6.00pm) * 9.00am-10.00am - tutorial	Sunday (9.30am-4.30pm)
LECTURE WE1: 27 th & 28 th February Venue: Our Lady's Hospice, Harold's Cross	Materia Medica <ul style="list-style-type: none"> • Herbs commonly used in WHM • Herbs will be studied in systems, and study will include: Latin and common names, active constituents, actions, uses in WHM, dosage levels, contraindications, adverse effects & safety in pregnancy 	
LECTURE WE 2; 8 th & 9 th May Venue: Our Lady's Hospice, Harold's Cross	Therapeutics <ul style="list-style-type: none"> • Combining herbs together to form basic formulas that can be used for common conditions (conditions will be studied according to systems in the body) and study will include: herbal philosophies with regards to treating systems in the body; treatment strategies for common conditions; basic pathology for each condition addressed 	