

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



COURSE OUTLINE

HLTH 242 BOTANICAL MEDICINE

Prepared By: Erica Sharpe, PhD

SCHOOL OF SCIENCE, HEALTH, AND CRIMINAL JUSTICE
February 2018

- A. **TITLE:** Botanical Medicine
- B. **COURSE NUMBER:** HLTH 242
- C. **CREDIT HOURS:** 3
- D. **WRITING INTENSIVE COURSE:** No
- E. **COURSE LENGTH:** 15 weeks
- F. **SEMESTERS OFFERED:** Summer, Winter
- G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, OR ACTIVITY:**
3 lecture hours per week
- H. **CATALOG DESCRIPTION:** This course is an overview of botanical medicine that will cover topics including: the history of botanical medicine, taxonomy and identification of herbs, herb actions, the 35 most common medicinal herbs, traditional/historical uses of each herb, and preparation/storage techniques for herbal medicine types (including infusions, decoctions, tinctures, hydrosols, ointments, salves, lotions, syrups, baths, poultices, and more). Bioactive components, current research trends, and toxicity/proper use will be discussed for several common herbal preparations. Three hours of lecture per week.
- I. **PRE-REQUISITES/CO-REQUISITES:** None

J. GOALS (STUDENT LEARNING OUTCOMES):

By the end of this course, the student will be able to:

<i>Course Objective</i>	<i>Institutional SLO</i>
Demonstrate the ability to match several essential herbs and plant parts (<i>i.e.</i> root, leaf, fruit, stem) with their actions. Students must display the ability to identify a proper preparation/extraction method to use for each plant, based on an herbal action.	2. Crit. Thinking
Display competence in the foundations of botanical medicine through demonstrating the ability to recognize herbs on the California School of Herbal Studies (CSHS) list, as well as identify similarities between plants based on their taxonomy. Students must display their ability to compare bioactive components of plants with respect to function, bioavailability, solubility, and toxicity.	3. Foundational Skills
Demonstrate knowledge of the uses of various medicinal plants, traditionally and interculturally.	4. Social Responsibility

K. TEXTS: (If a text is used it should adhere to APA, MLA or ASA)

Herbal Medicine: From the Heart of the Earth, by Sharol Tilgner, Wise Acres, 1999. ISBN: 1881517020, 9781881517023

L. REFERENCES: (alternative textbooks, references, and resources for the course):

The Herbal Medicine-Maker's Handbook: A Home Manual, by James Green. Crossing Press, 2000. ISBN: 978-0-89594-990-5

M. EQUIPMENT: (university supplied equipment, i.e., technology enhanced classroom)

N. GRADING METHOD: A-F

O. MEASUREMENT CRITERIA/METHODS:

- a) Weekly Quizzes
- b) Essay(s)
- c) Final Exam
- d) Participation

P. DETAILED COURSE OUTLINE:

I. Introduction

- a. History of Botanical Medicine
- b. Taxonomy and Identification

II. Essential Medicinal Herbs

- c. 35 Most Common Medicinal Herbs
- d. Traditional/Historical Uses of Each Herb
- e. 40 Herbal Actions and Plants That Provide Them

III. Making Herbal Medicine

- a. Gardening, Harvesting, Drying, Garbling and Storing
- b. The Extraction Process
- c. Solvents and How to Select a Solvent
- d. Forms of Herbal Medicine

IV. Infusions and Decoctions

- a. What Compounds Are Extracted?
- b. Selecting Herbs, Herb Parts and Actions
- c. Preparation/Storage/Proper Use
- d. Research Trends
- e. Traditional/Historical Usage
- f. Similarities/Differences: Selecting a Preparation Type

V. Distillation of Hydrosols

- a. What Compounds Are Extracted?
- b. Selecting Herbs, Herb Parts and Actions
- c. Preparation/Storage/Proper Use
- d. Research Trends
- e. Traditional/Historical Usage

VI. Flower Essences

- a. What Compounds Are Extracted?
- b. Selecting Herbs, Herb Parts and Actions
- c. Preparation/Storage/Proper Use
- d. Research Trends
- e. Traditional/Historical Usage

VII. Tinctures

- a. What compounds are extracted?
- b. Selecting herbs, herb parts and actions
- c. Preparation/Storage/Proper Use
- d. Research trends

- e. Traditional/historical usage

VIII. Infusions (vinegar, glycerin, and oil)

- a. What Compounds Are Extracted?
- b. Selecting Herbs, Herb Parts and Actions
- c. Preparation/Storage/Proper Use
- d. Research Trends
- e. Traditional/Historical Usage
- f. Similarities/Differences: Selecting a Preparation Type

IX. Ointments, Salves & Balms

- a. What Compounds Are Extracted?
- b. Selecting Herbs, Herb Parts and Actions
- c. Preparation/Storage/Proper Use
- d. Research Trends
- e. Traditional/Historical Usage
- f. Similarities/Differences: Selecting a Preparation Type

X. Lotions & Creams

- a. What Compounds Are Extracted?
- b. Selecting Herbs, Herb Parts and Actions
- c. Preparation/Storage/Proper Use
- d. Research Trends
- e. Traditional/Historical Usage
- f. Similarities/Differences: Selecting a Preparation Type

XI. Herb Jellos

- a. What Compounds Are Extracted?
- b. Selecting Herbs, Herb Parts and Actions
- c. Preparation/Storage/Proper Use
- d. Research Trends
- e. Traditional/Historical Usage

XII. Syrups, Honeys, Oxymeals and Electuaries

- a. What Compounds Are Extracted?
- b. Selecting Herbs, Herb Parts and Actions
- c. Preparation/Storage/Proper Use
- d. Research Trends
- e. Traditional/Historical Usage
- f. Similarities/Differences: Selecting a Preparation Type

XIII. Bath for Water Therapy

- a. What Compounds Are Extracted?
- b. Selecting Herbs, Herb Parts and Actions
- c. Preparation/Storage/Proper Use
- d. Research Trends
- e. Traditional/Historical Usage

XIV. Poultices and Fomentations

- a. What Compounds Are Extracted?
- b. Selecting Herbs, Herb Parts and Actions
- c. Preparation/Storage/Proper Use

- d. Research Trends
- e. Traditional/Historical Usage
- f. Similarities/Differences: Selecting a Preparation Type

XV. Supplementary Information

- a. Complementary Techniques, Terms, and Other Considerations
- b. A Perspective on Medicine
- c. At-Risk Medicinal Plants
- d. Plants by Region
- e. Eight Principles of Excellent Medicine Making
- f. First Aid for Poisoning by Alkaloids