

Department	Pharmacy		
Course Name	Phytotherapy	Course No.	0201441
Prerequisite	Phytochemistry	Credit Hours	3
Number & date of course plan approval	2015-2016	Brief Description	See form QF02/0409

Course Objective	<p>This course give the students a fundamental knowledge and understanding of herbal medicine and enable the graduated pharmacist to give counseling to members of public about herbal use, dosing, warning, interactions and side effects of different herbs and pharmaceutical products derived from herbs. This course will cover a comprehensive introduction to the phytotherapy including standardization and regulation of herbal medicine,</p> <p>pharmacokinetic herb-drug interaction, pharmacodynamics herb-drug interaction, herbal formulation, aromatherapy and homeopathy. And a wide variety of medicinal herb and their uses.</p>
Intended Learning Outcomes	<p>Upon completion of the course, the student is expected to be:</p> <ol style="list-style-type: none"> 1. Familiar with the main herbal medicines used in the treatment of diseases. 2. Familiar with teas and spices (medicinal teas). 3. Familiar with Aromatherapy and Homeopathy.
Course Topics	<p>Provide the students with accurate information about:</p> <ol style="list-style-type: none"> 1. The functional properties of herbal extracts and medicines. 2. The functional properties of medicinal formulation.
Text Books	<ol style="list-style-type: none"> 1. Handbook of Herbs and Supplements and their Therapeutic Uses , Steven Bratman ,Andrea M. Girman. ISBN 0-323-02015-1, 2003 ,Mosby , Inc. United States. 2. Herbal Medicines ,Joanne Barnes, Linda A. Anderson and J. David Phillipson, Third Edition, ISBN 978 0 85369 623 0 , 2007 , RPS Publishing , UK. 3. Herbal Medicines , Charles W. Fetrow, Juan R. Avila, ISBN 1-58255-062-X, Springhouse Corporation, United States. 4. Rational Phytotherapy, Volker Schulz, Rudolf Hansel , A Physicians Guide to Herbal Medicine. ISBN 3-540-67096 Springer –Verlag Berlin Heidelberg New York

References	1. Trease and Evans Pharmacognosy. 16 th edition, saunders Elsevier.2009 2. Pharmacognosy and Phytochemistry. 2end edition Bruneton Jean, Springer verlag, 2008, ISBN: 1898298637 3. Drugs of natural Origin, 6 th edition 2010 Gunnar Samuelsson: Swedish Pharmaceutical Press, ISBN 9186274813 4. HBP – Pharmacopoeia ٥. النباتات الطبية والعطرية في الوطن العربي، أكساد، دمشق-سوريا ٢٠١٢، تأليف أ.د.محمد عصام حسن آغا، أ.د.وسيم الحكيم، أ.د.عماد القاضي وغيرهم.			
	Grade Determination	1 st Exam = 25% 2 nd Exam = 25% Final Exam = 50%	Practical Course Grade Determination	Course Work = 50% (Reports, Term Papers, Quizes) Final Exam = 50%
Week	Hours	Subjects	Chapters in Textbook	Notes
1	1 1 1	Complementary and Alternative Medicine. Herbal Medicine.		
2	1 1 1	Standardization and Regulation of Herbal Medicine. Pharmacokinetic Herb-Drug Interaction.		
3	1 1 1	Pharmacodynamic Herb-Drug Interaction. Herbal Formulation.		
4	1 1 1	Aromatherapy. Homeopathy.		
5	1 1 1	Cardiovascular System. Phytotherapy of Congestive Heart Failure and Coronary Insufficiency (Digitalis species ,Strophanthus kombe ,Scilla maritima ,Lily of the valley , Oleander and Hawthorn). Phytotherapy of Hypertension (Hawthorn ,Garlic ,Valerian ,Dandelion and Olive leaves)		
6	1 1 1	Phytotherapy of Hypotension(Caffeine-containing herbs and beverages and Essential oils). Phytotherapy of Arteriosclerosis and Arterial Occlusive Disease (Artichoke ,Garlic , Ginseng , Silybum ,Ginkgo , Hawthorn ,Psyllium ,Guar Gum , Bran and Red yeast rice) . Phytotherapy of Chronic Venous Insufficient (Horse chestnut seed extract) Phytotherapy of Chronic Venous Insufficient(Horse chestnut seed extract ,Grape leaf and Arnica flower).		

7	1 1 1	<p>Central Nervous System. Adaptogenic Herbal Remedies(Asian ginseng, Ginkgo biloba, Milk thistle seeds , Garlic bulb and Black current) Sleep Disorders(Valerian roots, Hop cones, Balm leafs, Passion flower herb, Lavender flower oil and Chamomile flower oil) Nervous Anxiety, Tension and Unease(Kava rhizome, Balm leaf, valerian root, Passion flower herb, Lavender flower and St. john's wort) Depression and Mood Swings (St. john wort) Primary Headache Disorders (Butterbur root, Peppermint oil and Guarana seeds.)</p>		
8	1 1 1	<p>Genitourinary System. Urinary Tract Infection (Bearberry leafs, Java Tea, Horse Tail, Betula pendula, Bean Pods and Ilex paraguariensis) Treatment of Water Retention(Juniper, Golden rod and Parsley) Treatment of Kidney Stones(Ammi visnaga fruits, Madder roots and Goldenrod) Erectile Dysfunction(Yohimbe) Herbs for Prostatic Hypertrophy(Pumpkin seeds and Pygeum bark,)</p>		
9	1 1 1	<p>The Endocrine System. Hypoglycemic and Diabetic Herbs(Momordica charantia and Guar gum) Phytoestrogen(Soya and Red clover) Hormonal Imballance in Women(Black cohosh and Chaste berry) Benign Prostatic Hyperplasia (Saw palmetto, Nettle root, Pumpkin seeds and Pygeum bark)</p>		
10	1 1 1	<p>Rheumatism and Pain. Cayenne Fruit Local Irritants(Cayenne fruits, White mustard seed, Ginger root, Peppermint oil, Conifer oil, Camphor, Grass flowers and Arnica flowers) Herbal Remedies that Modulates Prostaglandines and Leukotrien Synthesis(Willow bark, Aspen leaf and bark and Meadowsweet flowers) Rheumatoid Arthritis(Devil's claw root, Aspen bark and leaf, Ash bark, Goldenrod and Stinging nettle leaf)</p>		
11	1 1 1	<p>Gastrointestinal System. Chamomile, Ginger, Milk Thistle, Turmeric, Anorexia(Gentian root, Cinchona bark and Bitter orange peel)</p>		

		<p>Reflux, Gastritis and Gastroduodenal Ulcers(Chamomile flower, Licorice root and Fennel seeds) Demulcents(Flaxseed) Diseases of Mouth and Throat(Chamomile flower, Sage leaf, Slippery elm bark, Myrrh tincture, Bilberry fruits, Bayberry roots, rhatany and Arnica) Carminatives(Caraway seed, Fennel seed and Aniseed) Bitters(Wotmwood, Angelica root, Gentian root, chicory root, Dandelion root and yarrow herb) Aromatic Herbs(Aniseed, Carraway seed and oil, Cinnamon bark, Turmeric root Bitter orange peel, Coriander seed, Fennel seeds, Chamomile flower, Balm leaf, Peppermint leaf and Rosemary leaf) Digestive Enzymes(Papaya peel and Pineapple)</p>		
12	1 1 1 1	<p>Respiratory System. Antiphlogistics(Chamomile flower) Cold Receptor Stimulators(Peppermint oil and Camphor oil) Immunostimulants(Purple echinacea herb and Paleflowered echinacea root) Diaphoretics(Elder flower, Yarrow flower and leaf and Linden flower) Vitamin C Supplements(Black currant and Rose hip peel) Chronic Infections of the Upper Respiratory Tract(Purple</p>		
13	1 1 1	<p>echinacea herb and Siberian ginseng) Antiphlogistics(Ivy leaf, Primula root, Licorice and Iceland moss) Antibiotics and Immunomodulators(Thyme, Ivy, Nasturium and Horseradish root) Antitussives(Sundew herbs, Marshmallow root, mallow leaf and flower, Ephedra herb, Codeine and Iceland moss) Secretolytics and Expectorants(Ivy leaf, Primula root, Soap bark, Senega snake root, Licorice root and Essential oils)</p>		
14	1 1 1	<p>Dermatology. Psoriasis(Aloe vera juice and Oregon grape root or bark) Eczema(Chamomile flower, Witch hazel leaf and bark and Oak bark) Acne and Seborrhea(Oregon grape Bark and Heartsease)</p>		



Course Detailed Description – Procedures of the Course Plan Committee /Faculty of Pharmacy

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		Hair Loss(Stinging nettle) Excessive Perspiration(Sage leaf)		
15	1 1 1	Drugs Used for women health. (Evening primrose oil and Black cohosh) Disturbances of the Menstrual Cycle(Silverweed herb and Shepherd's purse)		
Approved by Dept. C1hair			Date of Approval	

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