



Certificate Herbal Course Lecture Plan

This seven month course aims to teach basic Western Herbal Medicine to those who are already working in healthcare. It includes information on the principles of herbal medicine and teaches the actions of some herbs commonly used by the general public. It does not cover all herbs commonly used by practitioners of herbal medicine. 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

Course Venues and Lecture Dates:

Dublin – Our Lady’s Hospice

7th & 8th February 2009

4th & 5th April 2009

6th & 7th June 2009

Lecturer

TBC

TBC

TBC

Cork – Bru Columbanus

31st January & 1st February 2009

28th & 29th March 2009

23rd & 24th May 2009

Lecturer

TBC

TBC

TBC

Galway – Courtyard by Marriott Hotel

31st January & 1st February 2009

28th & 29th March 2009

23rd & 24th May 2009

Lecturer

TBC

TBC

TBC

Lecture Times: Sat & Sun 09.30am to 5.30pm (Dublin venue has 10.30am start on Sundays).

Course Fees: €1500

Please note that students can attend lectures at another venue if necessary but must inform head office on 090 974 9929 or admin@icim-ireland.net.

Course Outline

First Weekend

Module 1 – Introduction to Western Herbal Medicine

- 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

Second Weekend

Module 2 – Materia Medica

This module will look at herbs commonly used in WHM. Some of these will be covered in class and some in the home study material. Herbs will be studied in systems, as listed below. Studying herbs individually including: Latin and common names, active constituents, actions, uses in WHM, dosage levels, contraindications, adverse effects & safety in pregnancy.

Herbs to be included:

- **Immune System;** Andrographis, Echinacea, Baical Skullcap, Myrrh, Garlic, Pau d'arco, Astragalus, Feverfew & Yarrow
- **Upper Respiratory Tract;** Elder flower & berry, Eyebright, Golden Rod, Hyssop & Plantain
- **Lower Respiratory Tract;** Elecampane, Euphorbia, White Horehound, Mullein, Wild Cherry, Pleurisy Root & Thyme
- **Cardiovascular System;** Coleus, Hawthorn, Gotu Kola, Horse Chestnut, Prickly Ash & Butcher's Broom
- **Gastro Intestinal Tract;** Chamomile, Meadowsweet, Oregon Mountain Grape, Butternut, Cascara, Senna, Wormwood, Fringe Tree, Gentian, Dandelion – Root & Leaf, Turmeric, St Mary's Thistle, Globe Artichoke, Cinnamon, Peppermint & Fennel
- **Skin & Mucous Membranes;** Blue Flag, Burdock, Cleavers, Nettle, Red Clover, Yellow Dock, Calendula, Chickweed, Golden Seal, Sage, Licorice, Marshmallow
- **Endocrine System;** Fenugreek, Bladderwrack, Chaste Tree, Sarsaparilla, Nettle Root, Damiana, Dong Quai, Bilberry, Gymnema & Peony
- **Urinary System;** Juniper, Gravel Root, Corn Silk, Horsetail, Uva-Ursi & Cranberry
- **Musculo-Skeletal System;** Cramp Bark, Skullcap, Wild Yam, Black Cohosh, Celery, Devil's Claw, White Willow Bark
- **Central Nervous System;** Bacopa, Lemon Balm, Oats, Rosemary, Rhodiola, Hops, Passion Flower, Valerian, Lime Blossom, Motherwort, Zizyphus, Withania, Jamaican Dogwood, Lavender, Californian Poppy, Ginger, Panax Ginseng, Siberian Ginseng & Kola Vera

Third Weekend

Module 3 – Therapeutics

This module will look at combining herbs together to form basic formulas that can be used for common conditions. These conditions will be studied according to systems in the body.

Topics to be covered: Herbal philosophies with regards to treating systems in the body; Treatment strategies for common conditions; Basic pathology for each condition addressed.

Conditions to be studied: **Gastro Intestinal System;** Dyspepsia, Coeliacs Disease, Candida, Irritable Bowel Syndrome, Constipation & Diarrhoea **Female Reproductive System;** PMS & Menopause **Male Reproductive System;** Prostatitis **Immune System;** Chronic Fatigue Syndrome, Cold & Flu **Glandular System;** Diabetes, Hypoglycaemia, Hypothyroidism **Musculoskeletal System;** Osteoarthritis, Gout **Urinary System;** Cystitis **Cardiovascular System;** Varicose Veins, Hypertension & Hypotension **Respiratory System;** Hayfever, Sinusitis, Tonsillitis & Bronchitis **Skin;** Eczema, Psoriasis, Acne **Nervous System;** Stress, Insomnia, Anxiety, Depression & Migraine

EXAM