

COURSE DESCRIPTION

This class will focus on the criteria for Western herbal selection, and will introduce major Western herbs based on their systemic use. Students will also learn the differentiation between the Western medical herbal approach, and the Chinese herbal pharmacopia approach. Modern scientific research will also be discussed.

LEARNING OBJECTIVES

COURSE PREREQUISITIES

None

REQUIRED TEXTS

none

RECOMMENDED TEXTS

Andrew Chevallier, The Encyclopedia of Medicinal Herbs

The Green Pharmacy Herbal Handbook by James A. Duke, Ph.D

M. Grieve, "A Modern Herbal"

Terry Willard, "Edible and Medicinal Plants of the Rocky Mountains and Neighbouring Territories"

John R. Christopher Every Woman's Herbal

Dr. John R. Christopher Herb Syllabus - Master Herbalist Guide

Sandy Ellis, M.H. "Dr. Mom" "Dr. Mom's Healthy Living"

Kurt King, M.H. "Herbs to the Rescue"

COURSE REQUIREMENTS

Attendance according to ECTOM policy- 80% attendance.

Class participation and final presentation.

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

SPECIAL NOTES

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

Students will be able to discuss some of the main principles and philosophies of Western herbology including holism and shifting paradigms. Students will learn about difference in approach in Chinese and Western herbology, as it is practiced today. Students will learn about methods of collection of herbs, storage and preparation. Basic Western herbs used in treatment of gastro- intestinal diseases will be introduced, such as: St.John's wart, Centaury, Fennel seeds, Cumin seeds, Yarrow, Dill, Chamomile. Combination of herbs and herbal formulas will be taught to the students

CLASS TWO

Adaptogens in Western Herbalism. . Students will be able to discuss adaptogenic herbs (eleutherococcus senticosus- eleuthero root; Aralia , Schizandra , Rhodiola (Rhodiola rosea), Asian Ginseng (Panax ginseng), American Ginseng (Panax quinquefolius); Holy Basil (Ocimum sanctum); Astragalus (Astragalus spp); Noni (Morinda citrifolia); Ashwagandha (Withania somnifera) and some others. Most of the studies done on adaptogens were conducted in the Soviet Union (prior to its dissolution in 1991), Korea, and China during the 1980s

CLASS THREE

Students will be able to discuss selection criteria for choosing herbs, including herb's impact upon the body and mind, and using herbs within the context of a system. Students will know how to prepare and formulate Western herbs as decoctions and tinctures. Students will continue to study herbs used in treatment of gastro- intestinal diseases: Plantain, Sweet Flag (Acorus Calamus), Lemon Balm,(Melissa Oficialis); Chicory,

CLASS FOUR

Students will continue to study herbs, used in treatment of gastro-intestinal problems and parasites: Gentian (Gentiana cruciata), Thyme (Thumus Vulgaris); Wormwood (Artemisia Absinthium)), Mugwort (Artemisia Vulgaris) Tansey

CLASS FIVE

Students will continue to study herbs, used in treatment of g of parasites and respiratory diseases: Black Walnut (Juglans Nigra); Mullein (Verbascus Tapsus), Linden (Tilia Spp); Coltsfoot (Tussilago Farfara), Elecampane (Inula Helenium)

Midterm examination

CLASS SIX

Students will be able to discuss and use herbs that treat diseases of the respiratory system. Students will learn about Elderflower, Anise (Pimpinella Anisum), Echinacea (Echinacea Purpureum), Lungwort, Mullein

CLASS SEVEN

Students will be able to discuss and use herbs that have anti-inflammatory properties: Marigold (Calendula), Sage (Salvia Oficialis), Nettle (Urtica Dioica); Horsetail (Equisetum)

CLASS EIGHT

Students will be able to discuss and use herbs that treat diseases of urinary system: Parsley, Corn silk (Zea Mayis), Uva- Ursi, Cornflower (Centaurea Cyanus) will be taught with their clinical use. Herbs for treatment of hepato-biliary tract will be taught .: Helichrysum (Life ever Lasting); Agrimony (Agrimonia Eupatoria)

CLASS NINE

Students will be able to discuss and use herbs that help gynecological and metabolic diseases. Red Raspberry Leaf, Lady's Mantle (*Alchemilla Vulgaris*); Juniper Berries

CLASS TEN

Students will be able to describe and use herbs that treat psychological and neurological conditions. Valerian Root (*Valeriana*), Blackberry (*Rubus Caesius*), Knotgrass (*Poligonum aviculare*), Burdock Root, Dandelion.
Students assignments /presentations

CLASS ELEVEN

Final Examination.

Students will be able to discuss treatment of cardio-vascular diseases. Hawthorn, Motherwort; Mistletoe. Medicinal Mushrooms.

REFERENCE MATERIAL

FACULTY INFO

Shaginyan, Sergei

Please check with instructor during class to get updated contact info.

Dr. Shaginyan is an MD licensed to practice medicine in the former USSR and licensed acupuncturist in California. He received his medical degree from Moscow Medical School, the highest ranked in Russia and is trained in a number specialties, including psychiatry, pediatrics, neurology and other areas such as herbology, healing and integrative medicine. He completed his PhD in neurology in 1988 and afterwards completely dedicated himself to the holistic medicine. He has published over 30 articles and has been a guest on numerous TV and radio shows.