

The Φ Hippocratic Φ Institute

Wherever the art of medicine is loved, there is also a love of humanity



Master Herbalist
Diploma (M.H)

Learning Program

Author: Andy Patterson

MAcS, BSc(Hons), M.H, N.D

1. Introduction

This postgraduate level, 18-month (425 hours) education program is designed to provide the theoretical and practical basis for a clinical role as an herbal medicine practitioner. The course will be delivered in a mixed, (substantially) distance-learning and (summative) attendance method. The assessment system will involve coursework assignments, a practicum, case studies and end of module tests. There will be a summative weekend professional development seminar. It is expected upon completion of the course, in addition to accredited certification, students will be able to seek membership of a self-regulated professional body (The International Practitioners of Holistic Medicine, or Complementary Medicine Association) and take out an indemnity insurance policy for practice.

2. Prerequisites

Level 5 equivalent Medical Sciences certificate

Level 5 equivalent in Naturopathy, Nutrition or other clinical discipline diploma

3. Progression

The Master Herbalist diploma is part of an umbrella of related courses offered at The Hippocratic Institute, including:

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| (i) | Medical Sciences Certificate | - foundation degree-level equivalent |
| (ii) | Naturopathic Nutrition Diploma (N.D) | - undergraduate degree-level equiv. |
| (iii) | Master Herbalist Diploma (M.H) | - postgraduate level equivalent |

The appropriate academic progression would be to start with the Medical Sciences certificate, and then the Naturopathic Nutrition diploma. The Master Herbalist diploma is open to graduates of the Naturopathic Nutrition diploma, but additionally graduates from other degree-level clinical programs including Nutrition, Naturopathy, Osteopathy, Chiropractic, Pharmacology, Nursing, Midwifery, and Medicine.

4. Course Objectives

A major thrust of the course is to remain within the therapeutic scope of complementary practice and not seek to emulate or oppose medical treatment. The course & its techniques are designed to promote wellness rather than treat disease, and therefore blend well with other treatment modalities. The indications and use of herbal medicines will therefore be emphasised in a responsible context, particularly in relation to parallel pharmaceutical treatments. Therefore, safety, competence and red flag signs & symptoms will be reinforced (particularly through the assessment structure) within the framework of a safe, self-reflective professional practice.

5. Key Information

Course Title	Master Herbalist Diploma	
Course Registration Body	The International Practitioners of Holistic Medicine (IPHM) Complementary Medicine Association (CMA) Balens or Westminster Global Insurance	
Tutor / Assessor	Andy Patterson	Doctor of Naturopathy & Biomedicine Lecturer Executive Member of IPHM Member of the United Register of Herbal Practitioners
Contact Time	425 Hours	265 hrs Online learning 120 hrs Real-life case studies 24 hours Practicum 16 hours Professional development seminar
Duration	The course is self-paced and can be completed in 12 to 18 months depending on the student's other commitments. The teaching component needs to be completed within 2 years of starting the course. An annual extension fee of £50 can be paid to continue the course.	
Contact Details	Web:	https://hippocratic.institute/ Email: the.hippocratic.institute@gmail.com

6. Total Qualification Time

Please Note: 10 hours of Guided Study = 1 CPD Credit

Course Component	Guided Learning Hours (GLH)
Modules 1- 18 Online Study (Reading, Note-taking, Webinars, etc)	125
Modular Coursework, Case Studies & End of Unit tests	100
Monthly group tutorials and 1:1 meetings	40
Practicum	24
6x Real-life Case Studies	120
Professional development weekend seminar	16
Total (minimum)	425

7. Extension Activities

Many opportunities exist for academic extension at the college, with additional activities and practical engagement often being recommended in the course material. Guest contributors also make webinars which are designed to augment teaching themes. Opportunities for field visits exist, depending on student numbers and interest, e.g. Kew Gardens, Chelsea Physic Garden, Community Projects, etc. This is not included in our assessment of course hours.

The Hippocratic Institute is partnered with Herbalists Without Borders (HWB), a non-profit global network which provides compassionate holistic care to communities and countries in need impacted by natural disasters, violent conflicts, poverty, trauma and other access barriers to health and wellness. The produce from the practicum exercises are donated via HWB to suitable causes, and students are strongly encouraged to participate in further HWB initiatives which form part of college activities.

8. Master Herbalist Diploma in Detail

Course Breakdown			Assessment	Weighting
Online Learning & End of Unit Assessments	265 hrs	Students will have access to all course and learning materials online. The course is available in four parts. Students are required to complete case-study orientated multiple choice tests in order to monitor progress and contribute to the final mark. These will be submitted online.	Summative	65% of overall mark
Monthly tutorials and 1:1 sessions.	40	The online learning environment permits 18 monthly group tutorials and one 1:1 session per course segment (4 in total).	N/A	80% attendance required
Practicum	24 hrs	Module 6: Herbal Formulation provides an opportunity to make two herbal formulas plus a short write-up. The formulas can be submitted at the professional development seminar weekend.	Summative	10% of overall mark
Professional development weekend seminar	16 hrs	Summative professional attendance experience.	N/A	Compulsory
6x Real-life Case Studies with follow-up	120 hrs	The 6 case studies (max. 3000 words each) will form a summative assessment exercise briefed in Module 19. They can be submitted up to 12-months after completion of the final module.	Summative	25% of overall mark
Certification				
Distinction 80% - 100% Merit 70% - 79% Pass 60% - 69%		Upon successful completion (of real-life case studies) students will receive their certificates through the post within a 2 to 4 week time frame.		

9. Recommended Books

Note: Books in **red** are essential (required) texts.
All others are enthusiastically recommended!

Medical Herbalism- David Hoffman (2003)

The Herbal Tutor – Ann McIntyre (2019)

Wild Medicine (Spring; Summer; Autumn & Winter) – Ali English (2019-2020)

Bartram's Encyclopedia of Herbal Medicine- Thomas Bartram (1998)

Principles and Practice of Phytotherapy- Mills & Bone (2012)

The Modern Herbal Dispensatory- Thomas Easley & Steven Horne (2016)

The Essential Book of Herbal Medicine- Simon Y Mills (1993)

Planetary Herbology- Michael Tierra (1992)

Self-Sufficient Herbalism – Lucy Jones (2020)

The Herbal Medicine Makers Handbook- James Green (2000)

Herbal Remedies for Women- Amanda McQuade Crawford (1997)

10. Key to Syllabus Colour Coding

The course is delivered in four parts.

Part	Modules
1	1. Introduction to Herbal Medicine 2. Phytochemistry I 3. Phytochemistry II 4. Pharmacology 5. Toxicity, Contraindications & Safety 6. Herbal Formulation 7. Phytotherapeutic Dosing Principles & Posology
2	8. The Digestive System 9. The Cardiovascular System 10. The Respiratory System 11. The Nervous System 12. The Urinary System
3	13. The Reproductive System 14. The Musculoskeletal System 15. The Skin 16. The Immune System 17. The Endocrine System 18. Herbal Medicine and Life Stages
4	19. Case Studies Module 20. Professional Development Weekend

Master Herbalist Diploma – Scheme of Work

Lesson	Learning Outcomes	Topics Covered	Activities	Assessment
1. Introduction to Herbal Medicine	By the end of this orientation module, students will be able to demonstrate knowledge and understanding of (i) the historical and cultural context of Western herbal medicine, (ii) How modern phytotherapy relates to science, and (iii) recognition skills in herb classification, botany, and quality control.	Intro to Herbal Medicine Herbal History & Philosophy Global Herbal Traditions Ancient & Modern Medicine Humoral Medicine Ayurvedic Medicine Chinese Herbal Medicine North American Tradition Science & Herbal Medicine Herb Classification & Plant Families Herb Recognition Quality Control	Reading: McIntyre Intro McIntyre pg.5-6 McIntyre pg. 10-14 McIntyre pg.22-38 Hoff ch1 (pg.12-17) Mills pg.348-364 Lesson brief Webinars - History & Philosophy - Plant Anatomy - Classification Monthly tutorial	Multiple choice end of topic test
2. Phytochemistry I	By the end of this module, students will be able to demonstrate knowledge and understanding of (i) introductory phytochemical concepts, and (ii) roughly half of the plant constituents detailed in Mills & Bone chapter 2.	Introduction to phytochemistry Secondary Metabolites Herbs & conventional drugs Simple phenols & glycosides Cyanogenic glycosides Mucilages Phenylpropanes Volatile Oils Glucosinolates & isothiocyanates Flavonoids Tannins & oligomeric procyanidins Resins Bitters Pungent Constituents	Reading: Hoffman pg.36-40 Mills & Bone pg.17-44 Lesson brief Webinars - Phytochemistry I - Polyphenols Monthly tutorial	Multiple choice end of topic test

3. Phytochemistry II	By the end of this module, students will be able to demonstrate knowledge and understanding of (i) the second half of the plant constituents and (ii) herbal pharmaco-kinetics, including gut modification of glycosides as detailed in Mills & Bone chapter 2.	<p>Saponins Cardiac glycosides Quinones & anthraquinones Coumarins & furanocoumarins Phyto-oestrogens Herbal pharmaco-kinetics Salicin Anthraquinone glycosides Glycosides & gastric modification Enteric modification Isoflavones Polysaccharides Optimising efficacy Tetraterpenes Alkaloids</p>	<p>Reading: Mills & Bone pg.44-69</p> <p>Lesson brief</p> <p>Webinars - Volatile Oils - Phytochemistry II</p> <p>Monthly tutorial</p>	Multiple choice end of topic test
4. Pharmacology	By the end of this module, students will be able to demonstrate knowledge and understanding of pharmacology from a phytotherapy perspective.	<p>Pharmaco-dynamics Phyto-oestrogens Pharmaco-kinetics Immunomodulators Inflammation & Anti-inflammatories Cancer & Plant constituents Anti-viral agents Anti-oxidants and Free radicals Cardiac Glycosides Nonsteroidal cardioactives Cholesterol & Lipid lowering activity Hyper- and Hypo-tensives Platelet function & CVD Herbs and the Liver Hypoglycaemic agents</p>	<p>Reading: Hoffman pg.134-185</p> <p>Lesson brief Webinars Monthly tutorial</p>	Multiple choice end of topic test

<p>5. Toxicity, Contraindications & Safety</p>	<p>By the end of this module, students will be able to demonstrate knowledge and understanding of toxicity, contraindications and safety aspects of herbal medicines.</p>	<p>Causes of adverse events Toxicity Oxalic acid Terpenes Glycosides Polyphenolics Alkaloids Polypeptides Lectins Photosensitivity</p>	<p>Reading: Hoffman pg.186-215</p> <p>Lesson brief Webinars Monthly tutorial</p>	<p>Multiple choice end of topic test</p>
<p>6. Herbal Formulation</p>	<p>By the end of this module, students will be able to demonstrate knowledge and understanding of a variety of methods of herbal formulation, including incompatibility in formulation, and methods to overcome it.</p> <p>As a practicum, students will also physically prepare two herbal formulations from a list and present their findings either by sending the product to the tutor, or by making an online video. The method of presentation will be by agreement with the tutor.</p>	<p>Herbal Medicines Infusions Decoctions Tinctures Fluid Extracts Syrups, Elixirs & Emulsions Juices, Linctuses, Mucilages & Oxydels Waters Capsules, Pills and Tablets Lozenges & Pastilles Baths Douches & Enemas Ointments & Suppositories Liniments Gargles & Mouthwashes Inhalants & Spray Solutions Oils Compresses & Poultices Incompatibility</p>	<p>Reading: Hoffman pg.216-235</p> <p>Lesson brief Webinars Medicine-making videos Monthly tutorial</p>	<p>Multiple choice end of topic test</p> <p>Practicum exercises (x2)</p>

<p>7. Phytotherapeutic Dosing Principles & Posology</p>	<p>By the end of this module, students will be able to demonstrate (by means of multiple-choice questions) knowledge and understanding of dosing principles as they relate to formulation.</p>	<p>Phytotherapeutic Selection Criteria Dosage & Formulation Criteria Dosage & Dosage Forms Dosage Approaches Oral Dosage Forms The Preparation of Liquids Quality vs Quantity Standardized Extracts Mechanism for Formulating Liquids Comparing Doses</p>	<p>Reading: Hoffman pg.236-257 Mills & Bone pg.116-125</p> <p>Lesson brief Webinars Monthly tutorial</p>	<p>Multiple choice end of topic test</p>
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<p>8. The Digestive System</p>	<p>By the end of this module, students will be able to demonstrate (by means of multiple-choice questions and case studies) knowledge and understanding of herbal indications and therapeutics appropriate for digestive disorders. They will be able to apply this knowledge to herbal formulation and dispensing, relating this to safety, drug interactions and possible contraindications. Students will also demonstrate clinical reasoning by evaluating clinical scenarios, interpreting case studies, and creating workable and safe treatment plans. For a list of herbs used in this section, see Appendix 1.</p> <p>Herbal actions to include (i) Digestive demulcents, (ii) Digestive bitters, (iii) Gentle bitters, (iv) Digestive astringents, (v) Digestive carminatives, (vi) Digestive anti-inflammatories, (vii) Digestive antispasmodics, (viii) Aperients and laxatives, (ix) Hepatics and cholagogues, (x) Digestive nervines, (xi) Anthelmintics.</p>	<p>Flatulence Constipation Laxatives Diarrhoea Aphthous ulcers Periodontal disease Oesophagitis and GERD Gastritis Peptic ulcers Hiatus Hernia Functional Dyspepsia Irritable Bowel Syndrome Inflammatory Bowel Disease Ulcerative Colitis Diverticulitis Jaundice Chronic & Viral Hepatitis Cirrhosis Cholecystitis & Cholelithiasis Haemorrhoids</p>	<p>Reading: Hoffman pg.258-290</p> <p>Lesson brief Webinars x 2 Monthly tutorial</p>	<p>Multiple choice end of topic test based on Case Studies</p>
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<p>9. The Cardiovascular System</p>	<p>By the end of this module, students will be able to demonstrate (by means of multiple-choice questions and case studies) knowledge and understanding of herbal indications and therapeutics appropriate for cardiovascular disorders. They will be able to apply this knowledge to herbal formulation and dispensing, relating this to safety, drug interactions and possible contraindications. Students will also demonstrate clinical reasoning by evaluating clinical scenarios, interpreting case studies, and creating workable and safe treatment plans. For a list of herbs used in this section, see Appendix 1.</p> <p>Herbal actions to include:</p> <ul style="list-style-type: none"> (i) Cardiotonics, (ii) Cardioactives, (iii) Circulatory stimulants, (iv) Peripheral vasodilators, (v) Hypotensives, (vi) Diuretics, (vii) Vascular tonics, (viii) Nervines, (ix) Antispasmodics. 	<p>Tonics for the Cardiovascular System Cholesterol Hypertension Arteriosclerosis Congestive Heart Failure Angina Pectoris Peripheral Arterial Occlusive Disease Varicose Veins</p>	<p>Reading: Hoffman pg.291-315</p> <p>Lesson brief Webinar Monthly tutorial</p>	<p>Multiple choice end of topic test based on Case Studies</p>
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<p>10. The Respiratory System</p>	<p>By the end of this module, students will be able to demonstrate (by means of multiple-choice questions and case studies) knowledge and understanding of herbal indications and therapeutics appropriate for respiratory disorders. They will be able to apply this knowledge to herbal formulation and dispensing, relating this to safety, drug interactions and possible contraindications. Students will also demonstrate clinical reasoning by evaluating clinical scenarios, interpreting case studies, and creating workable and safe treatment plans. For a list of herbs used in this section, see Appendix 1.</p> <p>Herbal actions to include:</p> <ul style="list-style-type: none"> (i) Pulmonary tonics, (ii) Stimulating expectorants, (iii) Relaxing or demulcent expectorants, (iv) Respiratory antispasmodics, (v) Respiratory antimicrobials, (vi) Immune herbs (vii) Anticatarrhals, (viii) Cardiotonics, (ix) Nervines, (x) Astringents, (xi) Diaphoretics. 	<p>Coughs Acute Bronchitis Chronic Bronchitis Pertussis Asthma Emphysema Common Cold Covid-19 Influenza Hay Fever Sinusitis Laryngitis Tonsillitis</p>	<p>Reading: Hoffman pg.316-343</p> <p>Lesson brief Webinar Monthly tutorial</p>	<p>Multiple choice end of topic test based on Case Studies</p>
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<p>11. The Nervous System</p>	<p>By the end of this module, students will be able to demonstrate (by means of multiple-choice questions and case studies) knowledge and understanding of herbal indications and therapeutics appropriate for nervous system disorders. They will be able to apply this knowledge to herbal formulation and dispensing, relating this to safety, drug interactions and possible contraindications. Students will also demonstrate clinical reasoning by evaluating clinical scenarios, interpreting case studies, and creating workable and safe treatment plans. For a list of herbs used in this section, see Appendix 1.</p> <p>Herbal actions to include:</p> <ul style="list-style-type: none"> (i) Tonics (ii) Relaxants (iii) Stimulants (iv) Hypnotics (v) Antispasmodics (vi) Adaptogens (vii) Antidepressants (ix) Analgesics 	<p>Managing Stress: An Overview Depression Insomnia Benzodiazepine withdrawal Anorexia Nervosa Headache Neuritis Tinnitus Motion Sickness Shingles</p>	<p>Reading: Hoffman pg.344-374</p> <p>Lesson brief Webinar Monthly tutorial</p>	<p>Multiple choice end of topic test based on Case Studies</p>
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<p>12. The Urinary System</p>	<p>By the end of this module, students will be able to demonstrate (by means of multiple-choice questions and case studies) knowledge and understanding of herbal indications and therapeutics appropriate for urinary system disorders. They will be able to apply this knowledge to herbal formulation and dispensing, relating this to safety, drug interactions and possible contraindications. Students will also demonstrate clinical reasoning by evaluating clinical scenarios, interpreting case studies, and creating workable and safe treatment plans. For a list of herbs used in this section, see Appendix 1.</p> <p>Herbal actions to include:</p> <ul style="list-style-type: none"> (i) Anti-inflammatories (ii) Anti-lithics (iii) Antimicrobials (iv) Antispasmodics (v) Urinary Astringents (vi) Cardioactive (vii) Urinary Demulcents (viii) Diaphoretics (ix) Diuretics (x) Hypotensives 	<p>Frequency Dysuria Haematuria Oedema Cystitis Urinary Calculi</p>	<p>Reading: Hoffman pg.375-383</p> <p>Lesson brief Webinar Monthly tutorial</p>	<p>Multiple choice end of topic test based on Case Studies</p>
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<p>13. The Reproductive System</p>	<p>By the end of this module, students will be able to demonstrate (by means of multiple-choice questions and case studies) knowledge and understanding of herbal indications and therapeutics appropriate for reproductive system disorders. They will be able to apply this knowledge to herbal formulation and dispensing, relating this to safety, drug interactions and possible contraindications. Students will also demonstrate clinical reasoning by evaluating clinical scenarios, interpreting case studies, and creating workable and safe treatment plans. For a list of herbs used in this section, see Appendix 1.</p> <p>Herbal actions to include:</p> <ul style="list-style-type: none"> (i) Herbal Emmenagogues (ii) Hormonal normalisers (iii) Uterine Astringents (iv) Uterine Demulcents (v) Nervines & Antispasmodics 	<p>Emmenagogues Amenorrhoea Dysmenorrhoea Premenstrual Syndrome Menopause Pregnancy Herbs to Avoid in Pregnancy Uterine Fibroids Endometriosis Fibrocystic Breast Disease Benign Prostatic Hypertrophy</p>	<p>Reading: Hoffman pg.384-407</p> <p>Lesson brief Webinar Monthly tutorial</p>	<p>Multiple choice end of topic test based on Case Studies</p>
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<p>14. The Musculoskeletal System</p>	<p>By the end of this module, students will be able to demonstrate (by means of multiple-choice questions and case studies) knowledge and understanding of herbal indications and therapeutics appropriate for musculoskeletal disorders. They will be able to apply this knowledge to herbal formulation and dispensing, relating this to safety, drug interactions and possible contraindications. Students will also demonstrate clinical reasoning by evaluating clinical scenarios, interpreting case studies, and creating workable and safe treatment plans. For a list of herbs used in this section, see Appendix 1.</p> <p>Herbal actions to include:</p> <ul style="list-style-type: none"> (i) Anti-rheumatics (ii) Anti-inflammatories (iii) Alteratives (iv) Antispasmodics (v) Circulatory Stimulants (vi) Rubefacients (vii) Analgesics (viii) Diuretics (ix) Nervines 	<p>External Applications Myalgia Osteoarthritis Rheumatoid Arthritis Osteoporosis Gout Bursitis and Tendinitis Restless Leg Syndrome</p>	<p>Reading: Hoffman pg. 408-429</p> <p>Lesson brief Webinar Monthly tutorial</p>	<p>Multiple choice end of topic test based on Case Studies</p>
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<p>15. The Skin</p>	<p>By the end of this module, students will be able to demonstrate (by means of multiple-choice questions and case studies) knowledge and understanding of herbal indications and therapeutics appropriate for skin disorders. They will be able to apply this knowledge to herbal formulation and dispensing, relating this to safety, drug interactions and possible contraindications. Students will also demonstrate clinical reasoning by evaluating clinical scenarios, interpreting case studies, and creating workable and safe treatment plans. For a list of herbs used in this section, see Appendix 1.</p> <p>Herbal actions to include:</p> <ul style="list-style-type: none"> (i) Antipruritics (ii) Anti-inflammatories (iii) Emollients (iv) Topical astringents (v) Vulneraries (vi) Antimicrobials (vii) Alteratives (viii) Hepatics (ix) Lymphatic tonics 	<p>Topical Applications Eczema and Dermatitis Psoriasis Acne</p>	<p>Reading: Hoffman pg. 430-440</p> <p>Lesson brief Webinar Monthly tutorial</p>	<p>Multiple choice end of topic test based on Case Studies</p>
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<p>16. The Immune System</p>	<p>By the end of this module, students will be able to demonstrate (by means of multiple-choice questions and case studies) knowledge and understanding of herbal indications and therapeutics appropriate for immune disorders. They will be able to apply this knowledge to herbal formulation and dispensing, relating this to safety, drug interactions and possible contraindications. Students will also demonstrate clinical reasoning by evaluating clinical scenarios, interpreting case studies, and creating workable and safe treatment plans. For a list of herbs used in this section, see Appendix 1.</p> <p>Herbal actions to include:</p> <ul style="list-style-type: none"> (i) Deep Immune Activators (ii) Surface Immune Activators (iii) Adaptogenic/ Hormonal Modulators (iv) Alteratives (v) Aperients (vi) Diaphorectics (vii) Diuretics (viii) Expectorants (ix) Hepatics (x) Lymphatic Tonics 	<p>General Support Protocols Detoxification Postoperative Recovery General Guidelines for treating Infections Vaginitis Prostatitis Boils Fungal Skin Infection Cancer</p>	<p>Reading: Hoffman pg.441-460</p> <p>Lesson brief Webinar Monthly tutorial</p>	<p>Multiple choice end of topic test based on Case Studies</p>
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<p>17. The Endocrine System</p>	<p>By the end of this module, students will be able to demonstrate (by means of multiple-choice questions and case studies) knowledge and understanding of herbal indications and therapeutics appropriate for cardiovascular disorders. They will be able to apply this knowledge to herbal formulation and dispensing, relating this to safety, drug interactions and possible contraindications. Students will also demonstrate clinical reasoning by evaluating clinical scenarios, interpreting case studies, and creating workable and safe treatment plans. For a list of herbs used in this section, see Appendix 1.</p> <p>Herbal actions to include:</p> <p>(i) Thyroid-specific herbs, (ii) Hypoglycaemic Herbs, (iii) Adaptogens.</p>	<p>Hypothyroidism Hyperthyroidism Diabetes Mellitus The Adrenal Glands</p>	<p>Reading: Hoffman pg.461-466</p> <p>Lesson brief Webinar Monthly tutorial</p>	<p>Multiple choice end of topic test based on Case Studies</p>
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<p>18. Herbal Medicine and Life Stages</p>	<p>By the end of this module, students will be able to demonstrate (by means of multiple-choice questions and case studies) knowledge and understanding of herbal indications and therapeutics appropriate for treatment of disorders of children and the elderly. They will be able to apply this knowledge to herbal formulation and dispensing, relating this to safety, drug interactions and possible contraindications. Students will also demonstrate clinical reasoning by evaluating clinical scenarios, interpreting case studies, and creating workable and safe treatment plans. Herbal actions to include a variety of herbs discussed in previous lessons. For a list of herbs used in this section, see Appendix 1.</p>	<p>Phytotherapy & the Elderly Nurturing health in Elders Disease prevention & treatment</p> <p>Phytotherapy & Children Measles Mumps Colic Constipation Diarrhoea Indigestion Nausea Otitis Media Attention Deficit Disorder Diaper Rash Cradle Cap Impetigo</p>	<p>Reading: Hoffman pg.467-483</p> <p>Lesson brief Webinar Monthly tutorial</p>	<p>Multiple choice end of topic test based on Case Studies</p>
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<p>19. Case Studies Module</p>	<p>Lesson 19 is an integrative (synoptic) parallel module in which the content of units 8-18 are illustrated with reference to applied clinical scenarios. The case studies will start as learning examples, and progress through a sequence of clinical evaluation questions and exercises concluding in 6 real-life case studies which require students to formulate a full treatment plan and interpret clinical findings. The 6 case studies will form a summative assessment exercise comprising 25% of overall marks.</p> <p>Real-life Case Studies to include (i) Anonymised client details, (ii) Clinical history and client medications/ supplements, (iii) Clinical examination findings, (iv) Lab results if appropriate, (v) Therapeutic rationale, (vi) Treatment plan, (vii) Herb selection with rationale, (viii) Dosage, safety, contraindications, and interactions, (ix) Formulation details & posology (x) Herb labels, (x) Outcomes and follow-up sessions (minimum x3), (xi) Professional self-reflection.</p>	<p>Generate six case studies within 1-year of completion of Module 19.</p> <p>Students may attend monthly Skype and maintain tutor-support via email during this period.</p>	<p>Lesson brief</p> <p>Reading: Case Studies briefing document</p>	<p>Multiple choice end of topic tests based on Case Studies</p> <p>6x Real-life Case Studies max.3000 words each.</p>
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<p>20. Professional Development Weekend</p>	<p>In this attendance weekend seminar, students will develop professional content knowledge and understanding during a weekend seminar.</p> <p>Students to produce a 2500-word self-reflection exercise based on the lesson material. This is to include:</p> <p>(i) A post-graduation action plan for professional memberships/ insurance, (ii) Patient/ practitioner informational resources, (iii) Plan for supplies, (iv) Continuing Professional Development ideas, (v) Consideration of business model, etc.</p>	<p>Indemnity insurance Membership bodies, incl. URHP, AMH Periodicals & further reading Ongoing Training & CDP URHP applications Herbal Suppliers Herbs Doctor Formulas Herbal Publications & Books Herbal Safety Information Herbalists Without Borders Herbal History Research Network Herbal professionalism & ethics Herbal consultation guidelines Integrating Phytotherapy into your practice Hippocratic Institute membership Business Model Generation</p>	<p>Delivered face-to-face during summative weekend seminar.</p> <p>Reading: McIntyre Plant Healer Magazine Business Model You</p>	<p>Compulsory attendance weekend</p> <p>2500-word self-reflection exercise.</p> <p>Practicum results/ products may be submitted during this weekend.</p>
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Herbs List for Master Herbalist Diploma (English Names)

Digestive System	Cardiovascular	Respiratory System	Nervous System	Urinary System
(i) Digestive demulcents (Comfrey, Marshmallow, Slippery Elm, Liquorice).	(i) Cardiotonic (Hawthorn., Motherwort, Linden Flowers).	(i) Pulmonary tonics (Elecampane, Coltsfoot, Mullein).	(i) Tonics (Oat Straw, St. John's Wort, Skullcap)	(i) Anti-inflammatories (Yarrow, Celery Seed, Bearberry, Gravel Root, Cleavers, Corn Silk).
(ii) Digestive bitters (Wormwood, Gentian, Golden Seal).	(ii) Cardioactive (Lily of the valley, Scotch Broom, Gypsywort, Figwort).	(ii) Stimulating expectorants (Ipecac., Elecampane, White Horehound, Blood Root).	(ii) Relaxants (Black Cohosh, California Poppy, Hops, St. John's Wort, Hyssop, Lavender, Motherwort, German Chamomile, Lemon Balm, Catmint, Passionflower, Kava, Jamaica Dogwood, Pasqueflower, Skullcap, Linden Flowers, Valerian, Mistletoe).	(ii) Anti-lithics (Stone Root, Gravel Root).
(iii) Gentle bitters (Yarrow, German Chamomile).	(iii) Circulatory stimulants (Cayenne).	(iii) Relaxing or demulcent expectorants (Marshmallow, Lungwort, Pleurisy Root, Iceland Moss, Great Valley Gumweed, Lobelia, Ribwort Plantain spp., Coltsfoot).	(iii) Stimulants (Kola, Coffee, Yerba Mate, Guarana, Rosemary).	(iii) Antimicrobials (Yarrow, Buchu, Bearberry, Couch Grass, Juniper Berry).
(iv) Digestive astringents (Agrimony, Cranesbill, Meadowsweet, Sothern Wax Myrtle).	(iv) Peripheral vasodilators (Prickly Ash, Gingko).	(iv) Respiratory antispasmodics (Round-Leaved Sundew, Pill-Bearing Spurge, Wild Lettuce, Poppy spp., Wild Cherry).	(iv) Hypnotics (California Poppy, Hops, Wild Lettuce, Passionflower, Kava, Jamaica Dogwood, Valerian).	(iv) Antispasmodics (German Chamomile, Valerian, Cramp Bark, Wild Yam, carminatives).
(v) Digestive carminatives (Fennel, Ginger, Peppermint, German Chamomile, Lemon Balm).	(v) Hypotensives (Linden Flowers, Mistletoe, Garlic).	(v) Respiratory antimicrobials (Garlic, Eucalyptus spp., Thyme, Wild indigo, Myrrh, Privet).	(v) Antispasmodics (Kava, Skullcap, Valerian, Cramp Bark, Black Haw).	(v) Urinary Astringents (Yarrow, Agrimony, Bearberry, Horsetail, Kola, Scotch Broom).
(vi) Digestive anti-inflammatories (German Chamomile).	(vi) Diuretics (Dandelion, Yarrow, cardioactive herbs).	(vi) Immune (Echinacea spp).	(vi) Adaptogens (Siberian Ginseng, Shiitake Mushroom, Asian & American Ginseng, Shisandra, Ashwagandha).	(vi) Cardioactive (Lily of the valley, Scotch Broom, Gypsywort).
(vii) Digestive antispasmodics (German Chamomile, Valerian, Cramp Bark, Wild Yam, carminative herbs).	(vii) Vascular tonics (Horse Chestnut, Buckwheat, Gingko).	(vii) Anticatarrhals (Hyssop, Coltsfoot, Golden Rod, Elder, Golden Seal, volatile oils).	(vii) Antidepressants (Mugwort, Oat Straw, St. John's Wort, Lavender, Damiana).	(vii) Urinary Demulcents (Bearberry, Stone Root, Couch Grass, Corn Silk).
(viii) Aperients and laxatives (Yellow Dock, Senna, Dandelion, White Walnut, Cascara Buckthorn).	(viii) Nervines (Motherwort, Linden Flowers, Valerian).	(viii) Cardiotonics (Hawthorn, Motherwort, Linden Flowers).	(ix) Analgesics (Wild Yam,	(viii) Diaphoretics (Yarrow, Boneset, Elder, Linden Flowers).
(ix) Hepatics and cholagogues (Dandelion, White Turtlehead, Greater Celandine, bitters).	(ix) Antispasmodics (Valerian, Cramp Bark).	(ix) Nervines (Hyssop, Wild Lettuce, Motherwort, Lobelia).		(ix) Diuretics (Celery Seed, Bearberry, Gravel Root, Cleavers, Corn Silk, Stone Root, Yarrow, Buchu, Juniper Berry, Agrimony, Horsetail, Scotch Broom, Kola).

(x) Digestive nervines (German Chamomile, Valerian, Mugwort).		(x) Astringents (Sage, Eyebright).	California Poppy, Yellow Jasmine, Jamaica Dogwood, Betony, Valerian).	(x) Hypotensives (Yarrow, Hawthorn, Linden Flowers).
(xi) Anthelmintics (Wormwood, Male Fern).		(xi) Diaphoretics (Boneset, Linden Flowers).		

Reproductive System	Musculoskeletal	Skin	Immune System	Endocrine
<p>(i) Herbal Emmenagogues (examples include <i>Yarrow, Lady's Mantle, Wormwood, Mugwort, Blue Cohosh, Black Cohosh, Motherwort, Peppermint, Pennyroyal, Partridgeberry, Pasqueflower, Red Raspberry, Rue, Red Sage, Fenugreek, Cramp Bark, Black Haw, Chaste Tree</i>).</p> <p>(ii) Hormonal normalisers (<i>Chaste Tree</i>).</p> <p>(iii) Uterine Astringents (<i>Yarrow, Shepherd's Purse, Cranesbill, Greater Periwinkle, Lady's Mantle</i>).</p> <p>(iv) Uterine Demulcents (<i>Blue Cohosh</i>).</p> <p>(v) Nervines & Antispasmodics (<i>Cramp Bark, Black Haw, Black Cohosh, Motherwort, Pasqueflower</i>).</p>	<p>(i) Anti-rheumatics (examples include <i>Yarrow, Angelica, Celery Seed, Burdock, Birch spp., Black Cohosh, Wild Yam, Boneset, Gravel Root, Devil's Claw, Oregon Grape, Bogbean, Parsley, Poke Root, Yellow Dock, Willow spp., Sarsaparilla, Dandelion, Nettle, Prickly Ash, Ginger</i>).</p> <p>(ii) Anti-inflammatories (<i>Angelica, Celery Seed, Birch, Blue Cohosh, Black Cohosh, Wild Yam, American Wintergreen, Devil's Claw, Meadowsweet, Lignum Vitae, Bogbean, Aspen, Willow, Feverfew</i>).</p> <p>(iii) Alteratives (<i>Burdock, Black Cohosh, Lignum Vitae, Blue Flag, Oregon Grape, Bogbean, Yellow Dock, Sarsaparilla</i>).</p> <p>(iv) Antispasmodic (<i>Black Cohosh, Valerian, Cramp Bark</i>).</p> <p>(v) Circulatory Stimulants (<i>Cayenne, Prickly Ash, Ginger</i>).</p>	<p>(i) Antipruritics (<i>Marigold, Witch Hazel, St. John's Wort, Chickweed</i>).</p> <p>(ii) Anti-inflammatories (<i>Arnica, Marigold, St. John's Wort, German Chamomile, Ribwort Plantain, anti-inflammatory essential oils</i>).</p> <p>(iii) Emollients (<i>Marsh Mallow, Common Mallow, Comfrey, Slippery Elm</i>).</p> <p>(iv) Topical astringents (<i>Yarrow, Cranesbill, Witch Hazel</i>).</p> <p>(v) Vulneraries (<i>Comfrey</i>).</p> <p>(vi) Antimicrobials (<i>Garlic, Myrrh, Golden Seal, essential oils including Thyme, Eucalyptus, Tea Tree</i>).</p> <p>(vii) Alteratives (<i>Fumitory, Cleavers, Figwort, Red Clover, Nettle, Wild Pansy, Blue Flag</i>).</p> <p>(viii) Hepatics (<i>Burdock, Golden Seal, Oregon Root,</i></p>	<p>(i) Deep Immune Activators (<i>Huangqi, Codonopsis, Reishi, Shiitake, Privet, Schisandra</i>).</p> <p>(ii) Surface Immune Activators (<i>Garlic, Wild Indigo, Marigold, Myrrh, Purple Coneflower, Beard Lichen</i>).</p> <p>(iii) Adaptogenic/ Hormonal Modulators (<i>Siberian Ginseng, Ginseng</i>).</p> <p>(iv) Alteratives (<i>Burdock, Cleavers, Nettle</i>).</p> <p>(v) Aperients (<i>Yellow Dock, Dandelion</i>).</p> <p>(vi) Diaphoretics (<i>Yarrow, Boneset, Elder</i>).</p> <p>(vii) Diuretics (<i>Cleavers, Dandelion</i>).</p> <p>(viii) Expectorants (<i>White Horehound, Mullein, Coltsfoot</i>).</p> <p>(ix) Hepatics (<i>Dandelion, Milk Thistle</i>).</p>	<p>Thyroid Specifics (<i>Bladder Wrack, Gypsywort, Bugleweed</i>).</p> <p>Hypoglycaemic Herbs (<i>Garlic, Goat's Rue, White Mulberry, Olive Leaf, Blueberry</i>).</p> <p>Adaptogens (<i>Siberian Ginseng, Ashwagandha, Skullcap, St. John's Wort, Oat Straw, Liquorice, Wild Yam</i>).</p>

	<p>(vi) Rubefacients (<i>Cayenne, Mustard family, Peppermint, Nettle, Prickly Ash</i>).</p> <p>(vii) Analgesics (<i>Meadowsweet, Jamaica Dogwood, Willow, Valerian</i>).</p> <p>(viii) Diuretics (<i>Yarrow, Celery Seed, Boneset</i>).</p> <p>(ix) Nervines (<i>Celery Seed, Jamaica Dogwood, Valerian</i>).</p>	<p><i>Yellow Dock, Vervain, Sarsaparilla</i>).</p> <p>(ix) Lymphatic tonics (<i>Cleavers, Nettle, Poke Root</i>).</p>	<p>(x) Lymphatic Tonics (<i>Marigold, Cleavers, Red Clover</i>).</p>	
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