



Faculty of Pharmacy
Department of Pharmacognosy
Course Specifications
Phytotherapy (3274)

1-Basic Information:	
Program on which the course is given:	Bachelor of Pharmaceutical Sciences and Drug Technology
Mandatory or elective element of program:	Mandatory
Department offering the course:	Pharmacognosy
Academic year and level: 2019/ 2020- level 4	Course prerequisite(s): Phytochemistry 2 (3242)
Date of specification approval:	5/9 /2019
Title: Phytotherapy Code: 3274 Credit hours: 2	Theoretical: 1 hours (1 credit hours) Practical: 2 hours (1 credit hours)
Professional Information:	
2-Overall Aim of Course: The course introduces the students to the pharmacological properties of herbal medicines. It also describes the basis of complementary and alternative medicine with emphasis on herbal remedies, nutritional supplements, homeopathies, aromatherapy and their effect on maintaining optimum health and prevention of diseases.	
3-Course Learning Outcomes:	
1-1-4 1. Outline different systems of complementary and alternative medicines. (1-1-4-1) 2. List therapeutic actions of herbal medicines. (1-1-4-1)	
1-1-5 3. Make use of available research data to present it. (1-1-5-1)	
3-1-4 4. Select the appropriate herbal medicine for treatment of different diseases. (3-1-4-2). 5. Explain evidence-based information in disease treatment. (3-1-4-2) 6. Apply herbal products based on understanding the pathophysiology of diseases. (3-1-4-2)	
3-2-1 7. Explain herb-drug interaction. (3-2-1-1)	

8. Evaluate adverse effects and drug interaction of herbal therapies. (3-2-1-1)

3-2-3

9. Make use of the proper herbal medicine for treatment of some disease. (3-2-3-1)

10. Utilize medical terms properly in dealing with patients. (3-2-3-1)

4-1-1

11. Justify time management skills (4-1-1-2).

4-Course Contents:

Week	Topic	No. of Teaching Hours	Lecture (credit hours)	Labs (credit hours)	Course Learning Outcomes
One	Introduction to Complementary and Alternative Medicine	3	2		1
	Lab rules and demo phytotherapy glossary			1	1,10
Two	GIT Disorders-1	3	2		2,4
	Abdominal and colonic pain-bloating			1	6,8,9
Three	GIT Disorders-2	3	2		2,4,5
	Constipation- diarrhea			1	6,8,9
Four	CVS- disorders-1	3	2		2.4
	Hypertension			1	6,8,9
Five	CVS- disorders-2	3	2		2,4,5
	Edema - atherosclerosis			1	6,8,9
Six	Endocrine disorders-1	3	2		2,4
	Diabetes			1	6,8,9
Seven	Midterm Exam				
Eight	Endocrine disorders-2	3	2		2,4,5
	Muscle pains - obesity			1	6,8,9
Nine	CNS disorders	3	2		2,4
	Urinary tract disorders			1	6,8,9
Ten	Urinary tract disorders	3	2		
	Cough - bronchitis			1	6,8,9
Eleven	Respiratory tract disorders	3	2		2,4
	Students presentations			1	3,11
Twelve	Respiratory tract disorders-2	3	2		2,4,5
	Practical Exam			1	12
Thirteen	Immune disorders Skin disorders	2	2		2,4,5
Fourteen	Toxicity of herbal medicines and drug-drugs interaction	2	2		7,8

5-Teaching and Learning Methods:

- Lectures
- Practical sessions
- Case study

<ul style="list-style-type: none"> • Presentation • Office hours 	
6- Teaching and Learning Methods for Probation Students: <ul style="list-style-type: none"> • Lectures • Practical sessions • Case study • Presentation • Office hours • Extra office hours 	
7-Student Assessment: Written quizzes, presentation and mid-term exam: To assess the ability of students to follow-up the course subjects. Practical exam: To assess the gained experience in practicing laboratory methods and techniques. Oral exam: To assess the ability of students in expressing and presenting their knowledge clearly and in systematic approach. Final written exam: To assess the overall outcomes.	
a- Assessment methods:	a. Class work: <ol style="list-style-type: none"> 1. Quizzes 2. Midterm theoretical 3. Participation and assignments 4. Practical exam b. Final exam <ol style="list-style-type: none"> 1. Written theoretical 2. Oral exam
b- Assessment schedule:	a. Class work: <ol style="list-style-type: none"> 1. Quizzes: <ul style="list-style-type: none"> Quiz I (4th week) Quiz II (11th week) 2. Midterm theoretical (7th week) 3. Participation and assignments (throughout the semester) 4. Practical exam (12th week) b. Final exam <ul style="list-style-type: none"> Written theoretical (15th week) Oral exam (15th week)
c- Weight of assessments:	a. Class work 50 marks (50%) distributed as: <ol style="list-style-type: none"> 1. Quizzes (10%) 2. Midterm theoretical (10%) 3. Participation and assignments (10%) 4. Practical exam (20%) b. Final exam <ol style="list-style-type: none"> 1. Written exam (40%) 2. Oral exam (10%) <p style="text-align: right;">Total percentage 100 marks (100%)</p>
8- List of References:	
a- Course notes: Uploaded on the learning management system (Moodle) <ol style="list-style-type: none"> i. Lecture notes: Phytotherapy ii. Practical note: Phytotherapy Lab Manual b- References books: <ol style="list-style-type: none"> b.1. Essential text books: <ol style="list-style-type: none"> b.1.1. Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals, 3rd edition, by Dennis V.C. Awang, Publication: Boca Raton : CRC Press, 2009. b.1.2. The Desktop Guide to Complementary and Alternative Medicine: An Evidence-based Approach, 2nd edition, by Edzard Ernst, Max H. Pittler, Barbara Wider, Publication: Mosby 	

Elsevier, 2006.

b.1.3. Adverse effects of herbal drugs. 1st edition, P.A.G.M. De Smet, K. Keller, R. Hansel, R.F. Chandler. Springer-Verlag, 1992.

b.1.4. PDR for Herbal Medicines. 2nd edition, Joerg Gruenwald, Thomas Brendler, Christof Jaenicke. Medical Economics Company, 2000.

b.2. Recommended books:

b.2.1. Fundamentals of Pharmacognosy and Phytotherapy, 3rd Edition, by Michael Heinrich, Joanne Barnes, Simon Gibbons, Elizabeth M. Williamson (Authors), Churchill Livingstone, 2018.

b.2.2. Principles and Practice of Phytotherapy: Modern Herbal Medicine, 2nd Edition by Kerry Bone, Simon Mills (Authors), Churchill Livingstone, 2013.

c- Periodicals, web sites, ,,,,,

i. Planta Medica, Journal of Ethnopharmacology, Phytotherapy Research, Phytomedicine,.....etc.

ii. Web sites: www. Botanical.com, Pubmed.com, Scirus.cometc.

9- Facilities required for teaching and learning:

1. Data Show
2. White board

Course Instructor: Prof. Dr. Sameh AbouZid

Head of Department: Prof. Dr. Sameh AbouZid

Date: 5/9/2019

Approved by QAC 2019/2020

Concerning NAQAAE Form No 12

