

DISCIPLINE ANNOTATION:

FUNDAMENTALS OF PHYTOTHERAPY AND AROMATHERAPY

THE GOAL OF THE COURSE: to provide students with a holistic view of capabilities of medicinal plants and essential oils, forms and methods of phytotherapy and aromatherapy, understanding of its place and role in the complex treatment, rehabilitation and prevention of diseases.

The process of studying the discipline is aimed at developing the following competencies: ability to distinguish between medicinal and essential oil plants, to determine features of the use of medicinal plants in complex herbal medicine and aromatherapy.

Program learning outcomes:

to know: basic principles and rules of formulation of herbs and teas, rules of formulation and analysis of herbs, main stages of development of phytotherapy and aromatherapy; main and modern areas of scientific research in the study of medicinal plants, characteristics of the raw material base of medicinal plants (wild and cultivated), nomenclature of medicinal plants, medicinal plant raw materials and medicines of plant origin most effectively used in alternative medicine, basic information on the distribution and places of growth of medicinal plants used in folk medicine, the impact of geographical and environmental factors on the productivity of medicinal plants; the main methods and forms of use of medicinal plant materials in pharmaceutical practice and industrial production;

to be able to: to identify medicinal plants in live and herbarium form by morphological characteristics, to harvest and dry, primary process and store medicinal raw materials, to determine the identity of official and unofficial medicinal products by external and microscopic features; to analyze medicinal products in mixtures, to recognize impurities of botanically similar plant species during the collection, acceptance and certification of raw materials, to develop and prepare herbal preparations and other phytotherapeutic agents for the treatment of various diseases.

Content of the academic discipline:

Section I and II. GENERAL PHYTOTHERAPY AND AROMATHERAPY.

The concept of phytotherapy and aromatherapy, its importance and place in modern medicine. Basic principles and objectives of modern herbal and aromatherapy. The main raw materials of herbal medicine. Rules for storing essential oils. Rules for harvesting and drying of plant materials. Biologically active substances of medicinal plants. The relationship between the chemical composition and pharmacological action of medicinal plant materials. Poisonous and potent plants in the treatment of various diseases. Methods of using herbal remedies. Principles of formation of phytocompositions.

Section III. SPECIAL PHYTOTHERAPY. General principles of herbal medicine application. Indications and contraindications for the inclusion of herbal remedies in the complex treatment of patients of various profiles. Medicinal plants and phytotherapy of hypoavitaminosis. Fundamentals of diet therapy. Phytodietetics, phytohygiene, phytobalneology.

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