



FATIMA COLLEGE (AUTONOMOUS)
DEPARTMENT OF ZOOLOGY
VALUE ADDED CERTIFICATE COURSE (2020- 2021)
HERBALISM IN HEALTH CARE

THIS COURSE DEALS WITH

***PROPER USAGE OF HERBS IN TREATING EVERYDAYS AILMENTS AND HEALTH CONDITIONS.**

***DIFFERENT ASPECTS OF HERBALISM LIKE ORGANIC GARDENING, NUTRITION AND FIRST AID REMEDIES USING HERBS.**

***FORMULATING GOOD QUALITY MEDICINES IN OVERCOMING LIFE STYLE DISORDERS.**

“NATURE ITSELF IS THE BEST PHYSICIAN” - HIPPOCRATES



Rs. 2000/-

60 HOURS

OBJECTIVES

TO EQUIP THE STUDENTS WITH COMPREHENSIVE KNOWLEDGE OF TRADITIONAL HERBAL SYSTEMS THAT CAN BE INCORPORATED IN DIET AND LIFESTYLE.



Fatima College (Autonomous), Madurai – 625 018

Department of Zoology

Value Added Certificate Course

HERBALISM IN HEALTH CARE

For those who joined in 2019 onwards

PROGRAMME CODE	COURSE CODE	COURSE TITLE	CATEGORY	HRS	CREDITS
UAZO	19UGVA CZ1	HERBALISM IN HEALTH CARE	Certificate Course	60	-

COURSE DESCRIPTION

This course deals with the study of Herbs intended for medicinal purposes

COURSE OBJECTIVES

- To know the principles and practices of traditional medicines.
- To demonstrate basic skills in identification of herbs and preparation of herbal drugs

UNIT –I TRADITIONAL MEDICINE

(8HRS.)

Traditional systems of Medicine - History of Herbs – Definition of Herbs – Different systems of Medicine –Ayurveda, Unani, Siddha and Homeopathy- AYUSH – Central government Organization.

Self-study- AYUSH – Central government Organization.

UNIT –II COMMON MEDICINAL PLANTS

(8 HRS.)

Morphology, Chemical constituents and Medicinal uses of Neem (*Azadirachta indica*), *Aloe vera* (Kumari), *Acalypha indica* (Indian Nettle), *Trigonella foenum-graecum* (Fenugreek), *Vitex negundo* (Chinese chaste tree), *Adhatoda vasica* (Malabar Nut), *Piper nigrum* (Pepper)

UNIT –III HOME REMEDIES

(8HRS.)

Herbal remedies for common cold – *Ocimum sanctum* (Holy Basil), *Coleus amboinicus*- Renal implication of herbal remedies – *Musa paradisiaca* (Plantain), *Tribulus terrestris* (Puncture vine) - Herbal medicines for Gastrointestinal problems – *Allium sativum* (Garlic), *Zingiber officinale* (Ginger)

Trachyspermum ammi(Caraway seeds) - Herbal remedies for Hepatic disorders – *Phyllanthus niruri* Stonebreaker) , *Eclipta alba* (False daisy)- Herbal remedies for skin diseases – *Holarrhena antidysenterica* (Tellicherry Bark)

UNIT –IV LIFESTYLE DISORDERS (8HRS.)

Physical Properties, Nutritional value and uses of *Amarathus sp.*(Greens), *Moringa oleifera*(Drumstick), *Macrotyloma uniflorum*(Horse gram) - Role of Nutraceuticals in Diabetic cure, Management of Obesity, Constipation, Blood pressure & Cardiovascular diseases – Female health disorders.

UNIT –V MARKETING OF HERBAL PRODUCTS (8HRS.)

Marketing-Procurement of Raw materials-Packing(Kinds)-Costing-Distribution to customers(Concepts of marketing)-Adulteration- Trading - Foreign Trade – Export promotion council –Trading in medicinal plants – Local , Domestic and global trading.

Practical aspects: [20 HRS]

- Herbal Face Powder
- Bath powder
- Herbal hair care: hair conditioner & hair oil
- Cough choornam
- Anti-diabetic Powder
- Triphala and Thirikadugu Choornam
- Astavarga Choornam
- Prasava Lehyam
- Health Mix powder
- Preparation of Amla candy
- Ginger candy
- Gulkand
- Sherbath.

REFERENCE

1. Schulz V., Haensel R., and Tyler V.E., (2001). *Rational Phytotherapy. A Physician's Guide to Herbal Medicine*, Springer Publishers, Berlin.
2. McKenna D.J., Jones K., and Hughes K., (2004). *Botanical Medicines, The Desk Reference for Major Herbal Supplements*, The Haworth Herbal Press, New York.
3. Amrita singh, (2006). *Medicinal plants the world*. Oxford & IBH Co. Pvt. Ltd, New Delhi.
4. Penguly A., (2006). *The Constituents of medicinal plants*, Allen and Win 2 nd Edition, Australia.
5. Jain S.K., (1999). *Medicinal plants*, National book Trust, India.

TEXT BOOK

1. Annie R. and Kumaresan V., (2014). *Angiosperms – Taxonomy, Systematic Botany, Economic Botany, Ethnobotany*, Saras Publication, Nagercoil.
2. Arumugam N., Ragland A., Kumaresan V., (2014). *Plant diversity and Medicinal Botany*, Saras Publication, Nagercoil.

REFERENCES

1. Jain S. K., (1999). *Medicinal plants*, National book Trust, India.
2. Victor S.A., Sudhakar B.D. and Das P.K., *Marketing management*, Directorate Of Distance Education, Pondicherry University
3. Joshi S.G., (2010). *Medicinal Plants*, Oxford & IBH Publishing Co. Pvt. Ltd. New Delhi.
4. Khan N.A. and Iqbal S.A., *Importance of Medicinal Plants*. (2011). DPH Discovery Publishing House Pvt. Ltd, New Delhi.

DIGITAL OPEN EDUCATIONAL RESOURCES (DOER)

1. <https://www.oercommons.org/courseware/lesson/19559>
2. <https://www.merlot.org/merlot/viewMaterial.htm?id=773402407>
3. <https://www.oercommons.org/courses/classify-the-trees-leaves>
4. <https://www.oercommons.org/authoring/21765-native-plant-medicinal-garden-design-activity>
5. <https://vivaopen.oercommons.org/courseware/lesson/682/student/?task=2>

COURSE CONTENTS & LECTURE SCHEDULE:

Module No.	Topic	No. of Lectures	Teaching Pedagogy	Teaching Aids
UNIT -1 TRADITIONAL MEDICINE				
1.1	Traditional systems of Medicine	1	Chalk & Talk	Black Board
1.2	History of Herbs – Definition of Herbs	1	Chalk & Talk	LCD
1.3	Different systems of Medicine – Ayurveda,	1	Lecture	PPT & White board
1.4	Unani	1	Lecture	Smart Board
1.5	Siddha and Homeopathy	2	Discussion	Google classroom
1.6	AYUSH – Central government Organization.	2	Discussion	Google classroom
UNIT -2 COMMON MEDICINAL PLANTS				
2.1	Morphology, Chemical constituents and Medicinal uses of Neem (<i>Azadirachta indica</i>),	2	Lecture	PPT & White board
2.2	<i>Aloe vera</i> (Kumari), <i>Acalypha indica</i> (Indian Nettle),	2	Lecture	Smart Board
2.3	Fenugreek (<i>Trigonella foenum-graecum</i>), <i>Vitex negundo</i> (Chinese chaste tree)	2	Discussion	Google classroom
2.4	<i>Adhatoda vasica</i> (Malabar Nut), <i>Piper nigrum</i> (Pepper)	2	Lecture	Green Board Charts
UNIT -3 COMMON MEDICINAL PLANTS				

3.1	Herbal remedies for common cold – <i>Ocimum sanctum</i> (Holy Basil), <i>Coleus amboinicus</i>	1	Lecture	Green Board Charts
3.2	Renal implication of herbal remedies - <i>Musa paradisiaca</i> (Plantain), <i>Tribulus terrestris</i> (Puncture vine)	2	Chalk & Talk	Green Board
3.3	Herbal medicines for Gastrointestinal problems – <i>Allium sativum</i> (Garlic), <i>Zingiberofficinale</i> (Ginger) <i>Trachyspermum ammi</i> (Caraway seeds)	2	Lecture	PPT & White board
3.4	Herbal remedies for Hepatic disorders – <i>Phyllanthusniruri</i> (Stonebreaker) , <i>Eclipta alba</i> (False daisy)-	2	Lecture	Smart Board
3.5	Herbal remedies for skin diseases <i>Holarrhenaantidysenterica</i> (Telliche rry Bark)	2	Lecture	Smart Board
UNIT -4 LIFE STYLE DISORDERS				
4.1	Physical Properties, Nutritional value and uses of <i>Amaranthus sp.</i> (Greens)	2	Lecture	Smart Board
4.2	<i>Macrotyloma uniflorum</i> (Horse gram)	2	Lecture	Black Board
4.3	Management of Obesity, Constipation,	2	Chalk &Talk	Green Board
4.4	Blood pressure & Cardiovascular diseases	2		
4.5	Female health disorders	1	Chalk &Talk	Black Board
UNIT -5 MARKETING OF HERBAL PRODUCTS				
5.1	Marketing-Procurement of Raw materials-Packing(Kinds)-Costing	2	Lecture	Green Board Charts

5.2	Distribution to customers (Concepts of marketing)- Adulteration	2	Chalk & Talk	Green Board
5.3	Trading - Foreign Trade – Export promotion council	1	Lecture	PPT & White board
5.4	Trading in medicinal plants	1	Discussion	Google classroom
5.5	Local, Domestic and global trading.	2	Discussion	Google classroom
Practical aspects				

COURSE OUTCOMES

On the successful completion of the course, students will be able to:

NO.	COURSE OUTCOMES	KNOWLEDGE LEVEL (ACCORDING TO REVISED BLOOM'S TAXONOMY)	PSOs ADDRESSED
CO1	Utilize the Traditional systems of Medicine	K1	PSO11
CO2	Outline the importance of herbs used in day today life.	K2	PSO2,PSO6 & PSO11
CO3	Make use of medicinal plants in home remedies.	K2	PSO2,PSO6 &PSO11
CO4	Solve the lifestyle disorders by treating them with herbs.	K3	PSO6&PSO11
CO5	Analyze the adulteration in herbal products and develop entrepreneurial skill by preparing herbal products.	K4	PSO9&PSO11

Mapping of COs with PSOs

CO/ PSO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7	PSO 8	PSO 9	PSO 10	PSO 11	PSO 12
CO1	-	-	-	-	-	-	-	-	-	-	3	-
CO2	-	1	-	-	-	2	-	-	-	-	3	-
CO3	-	1	-	-	-	2	-	-	-	-	3	-
CO4	-	-	-	-	-	2	-	-	-	-	3	-
CO5	-	-	-	-	-	-	-	-	3	-	3	-

Mapping of COs with POs

CO/ PSO	PO1	PO2	PO3	PO4	PO5
CO1	3	-	-	-	-
CO2	2	-	-	-	-
CO3	1	-	-	-	-
CO4	-	3	-	-	-
CO5	-	-	-	2	3

Note: ♦ Strongly Correlated – 3 ♦ Moderately Correlated – 2
 ♦ Weakly Correlated -1

COURSE DESIGNER:

1. Dr.V. Bharathy&
2. Dr. X. Devanya Rosaline

Forwarded By



Dr. A. TAMIL SELVI
 Head, Dept. of Zoology
 FATIMA COLLEGE (AUTONOMOUS)
 MADURAI-625 018

**HOD'S Signature
 & Name**

Staff Attendance for the

month of

வ.எண் Sl. No.	பெயர் Name	பதவி Designation Reg. NO	வேலை நேரம் Working hours	19/12/20										20/12/20																	மேலை செய்த நாட்கள் No. of Days Worked	விடுப்பு எடுத்த நாட்கள் No. of Days Leave	குறிப்பு Remarks			
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1.	Antorette Siena.P	2019201		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
2.	Anumitha.S	2019202		/	/	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
3.	Chithra Devi.M	2019203		/	/	/	/	/	/	/	/	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
4.	Devi Subulakshmi.J	2019204		/	/	/	/	/	/	/	/	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
5.	Dhanalakshmi.M	2019205		/	/	/	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
6.	Dharani.R	2019206		/	/	/	/	/	/	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
7.	Infant Rubitha.X	2019209		/	/	/	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
8.	Keerthana.V	2019212		/	/	/	/	/	/	/	/	/	/	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
9.	Kousika.M	2019214		/	/	/	/	/	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
10.	Lakshma Devi.P	2019215		/	/	/	/	/	/	/	/	/	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
11.	Lavanya.S	2019216		/	/	/	/	/	/	/	/	/	/	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
12.	Parithsa Devi.R	2019222		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	a	/			
13.	Roobini.J	2019229		/	/	/	/	/	/	/	a	/	/	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
14.	Sakthi Dharshini.B	2019231		/	/	/	/	/	/	/	/	/	/	/	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
15.	Saraswathi.B	2019233		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	a	/			
16.	Subarnika Rathna.A	2019238		/	/	/	/	/	/	/	/	/	/	/	a	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
17.	Thansin Banu.S	2019239		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	a	/	/			
18.	Vijaya lakshmi.N	2019241		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	a	/	/			
19.	Anish Pathima.A	2019245		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	a	/	/			
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Dr. A. TAMIL SELVI
Head, Dept. of Zoology
FATIMA COLLEGE (AUTONOMOUS)
MADURAI-625 018

DEPARTMENT OF ZOOLOGY



FATIMA COLLEGE (Autonomous)

Re-Accredited with 'A' Grade by NAAC (3rd Cycle)

College with Potential for Excellence

Mary Land, Madurai - 625018

This is to certify that Ms. SAKTHI DHARSHINI.B
has successfully completed the Value Added Certificate Course on

HERBALISM IN HEALTH CARE

during the academic year 2020 - 2021 and has been
awarded Distinction / First / Second class.

Dr. Sr. G. Celine Sahaya Mary

Dr. Sr. G. Celine Sahaya Mary
Principal

Head of the Department

Co-ordinator