

**FATIMA COLLEGE (AUTONOMOUS)**  
**DEPARTMENT OF ZOOLOGY**  
**VALUE ADDED CERTIFICATE COURSE (2021-2022)**  
**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.**



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**Re-Accredited with 'A++' by NAAC (Cycle – IV)**  
**Mary Land, Madurai**

PROGRAMM E CODE	COURS E CODE	COURSE TITLE	CATEG ORY	HRS	CREDIT S
UAZO	19UGV ACZ1	Herbalism In Health Care	Certific ate 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), *Zingiberofficinale*(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)



<b>CO2</b>	2	2	2	2	2	2	2	2	2	2	3	2
<b>CO3</b>	2	2	2	2	2	2	2	2	2	2	3	2
<b>CO4</b>	2	2	2	2	2	2	2	2	2	2	3	2
<b>CO5</b>	2	2	2	2	2	2	2	2	3	2	3	2

### Mapping of COs with POs


<b>CO/ PSO</b>	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>
<b>CO1</b>	3	2	2	2
<b>CO2</b>	2	2	2	2
<b>CO3</b>	2	2	2	2
<b>CO4</b>	2	3	2	2
<b>CO5</b>	2	2	2	2

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

#### COURSE DESIGNER:

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

22Forwarded By

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

**HOD'S Signature  
& Name**

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## Staff Attendance for the

மாதத்தின் பணியாளர் வருகைப் பதிவேடு  
month of 20

வ.எண் Sl. No.	பெயர் Name	பதவி Designation	வேலை நேரம் Working hours	5/10	6/10	11/10	12/10	13/10	14/10	15/10	16/10	17/10	18/10	19/10	20/10	21/10	22/10	23/10	24/10	25/10	26/10	27/10	28/10	29/10	30/10	31/10	சென்ற மாதம் No. of Days Worked	மொத்த மாதம் No. of Days Leave	குறிப்பு Remarks
20.	Tejaswini PT	2020Z38		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
21.	Anusuya N	2020N03		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
22.	Asmaa Salreen B	2020N04		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			Total no. of hours = 30 x 2 = 60 hrs
23.	Gowdalya M	2020N07		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
24.	Hemamalini M	2020N09		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			Total number of students enrolled - 30
25.	Kavya A	2020N13		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			Total number of students enrolled - 30
26.	Nithyassriharita R	2020N20		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			Total number of students enrolled - 30
27.	Rashika M	2020N23		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			Total number of students enrolled - 30
28.	Salma Zahan A	2020N25		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			Total number of students enrolled - 30
29.	Sivasankari S	2020N43		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			Total number of students enrolled - 30
30.	Vetri Selvi S	2020N48		/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			Total number of students enrolled - 30

coarse teachers:  
1) Dr. V. Bharathy

2) Dr. N. Nagaraj

3) Dr. Kavitha  
BMSDr. A. TAMIL SELVI  
Head, Dept. of Zoology  
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### DEPARTMENT OF ZOOLOGY

#### Value added Certificate Course - Course Teacher Name list

S. No.	Course Title with Course Code	Course Teacher	No. of Hours Taken
1.	Herbalism in Health Care - 19UGVACZ1	Dr. Kavitha Mathan	13
2.	Herbalism in Health Care - 19UGVACZ1	Dr .V. Bharathy	35
3.	Herbalism in Health Care - 19UGVACZ1	Dr. N. Nagarani	12

Course Teacher Signature

1. Dr. Kavitha Mathan

2. Dr. V. Bharathy

3. Dr. N. Nagarani

Signature of the HOD with Seal

**Dr. A. TAMIL SELVI**

Head, Dept. of Zoology

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