

# 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





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)

# 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), Acalyphaindica (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)**

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

#### **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 ADDRESSE D
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.	кз	PSO6&PSO 11
CO 5	Develop entrepreneurial skill by the preparation of herbal products.	К3	PSO9&PSO 11

## Mapping of COs with PSOs

CO/	PSO											
PSO	1	2	3	4	5	6	7	8	9	10	11	12
CO1	2	2	2	2	2	2	2	2	2	2	3	2

CO2	2	2	2	2	2	2	2	2	2	2	3	2
соз	2	2	2	2	2	2	2	2	2	2	3	2
CO4	2	2	2	2	2	2	2	2	2	2	3	2
CO5	2	2	2	2	2	2	2	2	3	2	3	2

## Mapping of COs with POs

CO/ PSO	PO1	PO2	РО3	PO4
CO1	3	2	2	2
CO2	2	2	2	2
соз	2	2	2	2
CO4	2	3	2	2
CO5	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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## FATIMA COLLEGE (AUTONOMOUS)

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

# 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

FATIMA COLLEGE (AUTONOMOUS)

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