



**FATIMA COLLEGE (AUTONOMOUS)**  
**DEPARTMENT OF ZOOLOGY**  
**VALUE ADDED CERTIFICATE COURSE (2022-2023)**  
**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**



**OBJECTIVES**

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

**COURSE DURATION:**

**60 HOURS**

**COURSE  
FEE :**

**Rs. 2000/-**



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**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**

### Staff Attendance for the

HERBALISM IN HEALTH CARE - 2022 - 2023  
மாதத்தின் பணியாளர் வருஷாழ் பூதிவேடு

மாதத்தின் பணியாளர் வருகைப் புதிவேடு

20 ஆம் ஆண்டு

Staff Attendance for the

மாதத்தின் பணியாளர் வருகைப் பதிவேடு

month of

வ.எண் Sl. No.	பெயர் Name	பதவி Designation	ரேக. நே. Reg. No.	Working hours	12/01/23	13/01/23	14/01/23	15/01/23	16/01/23	17/01/23	18/01/23	19/01/23	20/01/23	21/01/23	22/01/23	23/01/23	24/01/23	25/01/23	26/01/23	27/01/23	28/01/23	29/01/23	30/01/23	31/01/23	மொத்த த.க.கள் No. of Days Worked	விடுமுறை த.க.கள் No. of Days Leave	குறிப்பு Remarks
21.	C. Anitha	2021243			/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
22.	B. Mathava Priya	2021247			/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			
23.	D. Viyagula Deepthi	2021238			/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/			

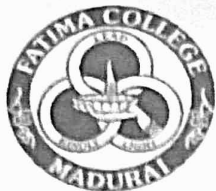
*Deepthi*

Dr. A. TAMIL SELVI

Head Department

FARMACOLLEGE

MADRAS



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Mary Land, Madurai - 625018, Tamil Nadu

## DEPARTMENT OF ZOOLOGY

### Value Added Certificate Course- 2022-2023

#### Herbalism in Health Care - 19UGVACZ1

#### Course Teacher Name list

S. No.	Course Title with Course Code	Course Teacher	No. of Hours Taken
1	Herbalism in Health Care - 19UGVACZ1	Dr.V. Bharathy	28
2		Dr. Manimegalai	12
3		Dr. Kavitha Mathan B.S.M.S	20

Signature of the HOD with Seal

**Dr. A. TAMIL SELVI**

Head, Dept. of Zoology

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## DEPARTMENT OF ZOOLOGY

This is to certify that Ms. M. ABISRI - B.Sc Zoology  
has successfully completed the Value Added Certificate Course on

## HERBALISM IN HEALTH CARE

during the academic year 2022-2023 and has been  
awarded Distinction / ~~First~~ / ~~Second class~~.

*S. S. S. S. S. S.*  
Co-ordinator

Head of the Department

Dr. Sr. G. Celine Sahaya Mary

Principal

*Dr. Sr. G. Celine Sahaya Mary*





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*Dr. G. Celine Sahaya Mary*

Dr. Sr. G.Celine Sahaya Mary

Principal

*[Signature]*

Head of the Department

*S. S.*

Co-ordinator





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has successfully completed the Value Added Certificate Course on

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S. S.

Dr. S. SURESH  
Co-ordinator

Head of the Department

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S. G. Ellis Salway Henry

Dr. Sr. G.Celine Sahaya Mary

Head of the Department

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Subs.  
Co-ordinator



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This is to certify that Ms. \_\_\_\_\_ S. KAREN (II) B.Sc Zoology \_\_\_\_\_  
has successfully completed the Value Added Certificate Course on \_\_\_\_\_

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Dr. G. C. Selwyn May

Dr. Sr. G.Celine Sahaya Mary

Ms.  
S. S. SUREMAY  
Co-ordinator

## Head of the Department

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has successfully completed the Value Added Certificate Course on

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*Susma S.*

Dr. S. Sukumar  
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Co-ordinator





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*S. S. S. S. S.*  
[Dr. S. S. S. S. S.]

Co-ordinator

A handwritten signature in black ink, appearing to be 'N. S. S.', written over a horizontal line.

Head of the Department

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Dr. Sr. G. Celine Sahaya Mary

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*Sus.S.*

*Dr. S. SURESH*  
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*[Signature]*

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Dr. Sr. G.Celine Sahaya Mary

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*S. S. S.*

[*Dr. S. S. S. S.*]  
Co-ordinator

A stylized signature in black ink, likely belonging to the Head of the Department.

Head of the Department

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Dr. Sr. G. Celine Sahaya Mary

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Head of the Department

A handwritten signature in black ink, appearing to be 'Mary'.

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S. G. Celine Sahaya Mary



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This is to certify that Ms. \_\_\_\_\_ D. VIYAGU LA DEEP THIL (I. B.Sc 20040606)  
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*S. S. S.*  
Dr. S. SURENDRAN  
Co-ordinator

*Mary*  
Head of the Department  
Dr. Sr. G. Celine Sahaya Mary  
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