



## RMHF Course Syllabus Herb Pharmacology Foundations Module

### Module Description:

5 hours total on Herbal Science, available as on-demand recorded presentations (not eligible for CME). Must complete all related quizzes with 75% or better. Preferred to be completed prior to the Spring Herb Conference.

This module prepares learners for basic terminology and pharmacology of herbal medicine, to provide a foundation to build on for subsequent clinically- focused modules.

### Organization & Components of the Module:

The following are all on-demand recordings with related quizzes, which are **required**.

1. Bove: Herbs, Holism and Science: An Introduction to Phytochemistry, Pharmacology and Pharmacokinetics – 2 hours (Herbal Science- required)
2. Spelman: The Necessity of Phytochemistry for Optimal Health & Ecological Pharmacology 2 hours (Herbal Science- Bove: Herbs, Holism and Science is pre-requisite)
3. Zampieron: Assessing Drug Induced Nutrient Depletion and Herb/ Drug Interactions 1 hour (Herbal Science)

The following on-demand recordings are **optional**, and focused on Traditional Herbalism for those who are interested. There are no related quizzes.

1. Bove: Introduction to Medical Herbalism: The Science and Practice of Herbal Medicine (Traditional Herbalism)
2. Stansbury: Actions of Herbs – \_A Basic Skill to Master to Become an Effective Herbalist (Traditional Herbalism)

### Course Descriptions and Goals & Objectives

#### Herbal Science Required Courses:

1. Bove: Herbs, Holism and Science: An Introduction to Phytochemistry, Pharmacology and Pharmacokinetics – \_2 hours

#### Description:

Are herbs more than just one or two “active constituents”? How do the compounds work synergistically? This lecture will introduce participants to overarching groups of chemical constituents, primary and secondary plant metabolites, along with details on the relationship to general physiologic effects in therapeutics. Discussion will include why herbalists may prefer using whole plant therapies rather than isolated active compounds and the role of phytotherapy in medical herbalism.

#### Goals & Objectives

- Gain a solid foundation in basic phytochemistry
- Gain a solid foundation in basic phytopharmacology and phytopharmacokinetics
- Introduction to the application of understanding the general physiologic effects of plants and their role in herbal therapeutics

2. Spelman: The Necessity of Phytochemistry for Optimal Health & Ecological Pharmacology (2 parts, 2 hours total) Herbal Science- Bove: Herbs, Holism and Science is a pre-requisite.

#### Description:

This presentation will focus on Dr. Spelman's model of the role that phytochemistry plays in human health. Education is focused on the complex interrelationship between hormesis, allostasis, organ reserve, and human evolution. In addition, you will be presented with an evidence-based analysis of the human connection to plants down to their genetic and enzyme make-up.

#### Goals & Objectives:

- Develop a thorough understanding of the role that phytochemistry plays in the optimization of human health.
- Recall and educate your patients on the relationship between hormesis, allostasis, organ reserve, and human evolution.
- Make individual recommendation on various phytochemicals for improving your patients' quality of life

3. Zampieron: Assessing Drug Induced Nutrient Depletion and Herb/ Drug Interactions  
- 1 hour

#### Description:

In this lecture, the speaker will describe drugs that can cause depletions through a variety of biochemical mechanisms. Depletion of nutrients can lead to alterations in physiology leading to side effects, symptoms or other conditions. This course will review several significant drug-induced nutrient depletions (DIND) and their impact on the body. This course will also review possible herbal support for health conditions, along with significant herb/drug interactions. Most importantly, the viewer will learn about the best resources to use for researching herb-drug-nutrient interactions.

#### Goals and Objectives:

- To recognize potential drug-induced nutrient depletions (DIND) and be able to counsel and make appropriate nutrient recommendations
- To identify the metabolic consequences of DIND's
- To provide alternative therapeutic options for individuals as a substitution for or addition to

conventional therapies

- For each drug class, Dr Zampieron will discuss: drug application and pharmacodynamics; possible nutrient depletions; possible botanicals as support or in lieu of the medication; possible herb drug interactions

Traditional Herbalism Recordings-Optional Courses:

The following on-demand recordings are optional, and focused on Traditional Herbalism for those who are interested. There are no related quizzes.

1. Bove: Introduction to Medical Herbalism: The Science and Practice of Herbal Medicine (Traditional Herbalism)

Description:

Dr. Bove presents an introduction to medicinal plants, reviewing the plant parts and phytochemicals. She reviews the central tenants to traditional herbal medicine and introduces and defines common traditional herbal language. She reviews different herbal preparations and extractions. Dr. Bove explains traditional herbal medicine categories in depth. Best viewed prior to Actions of Herbs webinar.

2. Stansbury: Actions of Herbs – \_A Basic Skill to Master to Become an Effective Herbalist (Traditional Herbalism)

Description:

This herbal overview is excellent for those who are interested in traditional/ folkloric herb education. Dr. Stansbury presents traditional herbal categories and provides extensive lists of herbs that are included in each category. She helps beginning herbal clinicians develop their working lists of the best antimicrobials for various tissues, the best anti-spasmodics for various tissues, the best nervines, vulneraries, carminatives and more. Listeners will learn a good foundation in traditional herbal material medica, traditional vocabulary and important therapeutic actions. Best viewed after Introduction to Medical Herbalism.