

Azerbaijan Medical University
Teaching methods (Syllabus)
on "Phytotherapy"

“Approved”
chief of department of
Pharmacognosy, prof. J.I.Isayev
Signature: _____
Date: 14.09.2021

Course Unit Code:	
Type of Course Unit:	Elective
Semester:	VII
Number of credits:	2
Mode of Delivery:	Face to Face
Language of Instruction:	Azerbaijani, Russian, English
Instructor (Lecturer):	prof. J.I.Isayev, senior teacher Z.K.Karimova, senior teacher E.M.Hajiyeva, senior teacher A.S.Shukurova, assistant Kh.N.Mustafayeva, assistant M.B.Zulfugarova, assistant N.T.Babayeva
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Prerequisites:

In advance for teaching the course, it is necessary to get the course "Pharmacognosy-1".

Co-Requisites:

It is not necessary to teach another course at the same time as teaching this course.

Description of the Course:

Phytotherapy as one of the elective courses plays an important role in the training of pharmacist-bachelor with higher education.

Objectives of the Course:

The aim of this course is to provide students information about the concept of phytotherapy, historical background of phytotherapy, the ability to use medicinal plants and phyto-products prepared on the basis of biologically active substances obtained from them in the treatment and prevention of various diseases, to teach to prepare plant collections of different compositions, to distinguish poisonous plants from other plants and to be able to take first aid measures in case of poisoning with them. Also, the students will be able to gain knowledge regarding the recent situation of phytotherapy in Azerbaijan and in the world and they will be able to evaluate these issues. Moreover, this course is aimed at making possible for the students to be able to have basic information about important phytotherapeutics used in various illnesses (central nervous system, digestive system, obesity, skin, liver and gynecology).

Practical habits:

During the course, students must master the following skills:

- To prepare plant collections that can be used in the treatment and prevention of various diseases.

- To prepare infusions, decoction, extracts, infusions and other dosage forms on the basis of medicinal plant raw materials.
- To learn First aid in case of poisoning by poisonous plants.
- To learn the features of phytotherapy in pediatrics.
- To use Aromatherapy as the treatment method.
- To get knowledge about medicinal plants and phytomedicines with immunomodulatory and tonic effects.
- To use the medicinal plants and phytomedicines in geriatrics and rehabilitation.
- To eliminate the toxins of exogenous and endogenous origin from the body with phytomedicines
- To learn the roles of phytomedicines in the principles and rules of health. The importance of phytotherapy in the implementation of long-term health programs.
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Learning Outcomes:

During the teaching process of this course, students gain the ability to use medicinal plants and biological active substances in the treatment and prevention of diseases, which is necessary in their practical activity as a specialist in the future.

Content of the Course:

1. The concept of Phytotherapy. The history of Phytotherapy, pharmaceutical and information base, rule and principles, relation to another medical subjects, the importance for medicine. The concept of the Herbal remedies. Basic rules of the determining of medicinal plants in Phytotherapy. The modern condition of Phytotherapy and development of its various directions (biological supplements, aromatherapy, therapeutic enema, treatment procedure, etc.). The essence of Phytopharmacology. The influential properties of biologically active substances. The aggravation and adverse impacts related to Phytotherapy.
2. Medicinal plants and herbal medicines used in treatment of Nervous System disorders.
3. Medicinal plants and herbal medicines used in treatment of Gastrointestinal System disorders.
4. Herbal remedies used in treatment of cardiovascular system disorders.
5. Herbal remedies used in treatment of Respiratory system diseases.
6. Herbal remedies used in treatment Liver and Gallbladder diseases.
7. Phytotherapy of immunodeficiency disorders. Medicinal plants and herbal medicines having immunomodulator features.
8. Medicinal plants, herbal medicines used for treatment of hormonal, and endocrinology diseases.
9. Herbal remedies used for treatment and prophylaxis of gynecological diseases. The Phytotherapy of the precancerous conditions in women. The herbal remedies used in urology and nephrology. The herbal remedies used in urology and nephrology.
10. **Quiz 1.**
11. The Phytotherapy of the rheumatic diseases. The importance of the phototherapeutic remedies in the medicinal removal of toxic substance from the human body (detoxification). Herbal remedies used treatment for skin diseases in cosmetology.
12. The Phytotherapy of the diseases of the pharynx, mucous membrane, oral cavity. The use of herbal remedies in dentistry and ophthalmology. Herbal remedies used to treat different diseases (oncological, anaemia, drug addiction, phytotherapy of aging, alcoholism and etc.).
13. **Quiz 2.**

Assessment Methods and Criteria:

The collection of 100 points required to obtain a credit for the course will be as follows.

Up to 50 points - before the exam

including:

Up to 10 points - attendance

Up to 10 points - free work

Up to 20 points - midterm examination (to be held at the exam center)

Up to 10 points - final examination (to be held at the department).

Up to 50 points - must be collected in the exam.

The exam will be held by test method. Wrongly answered questions delete the points of correctly answered questions.

NOTE:

If a minimum of 17 points is not scored in the exam, the points earned before the exam will not be collected. The points earned during and before the exam are summed and the final amount is evaluated as follows:

A - "Excellent"	-	91-100
B - "Very good"	-	81-90
C - "Good"	-	71-80
D - "Sufficient"	-	61-70
E - "Satisfactory"	-	51-60
F - "Inadequate"	-	less than 51 points

Free works:

Free works are accepted in two ways:

- 2 free work assignments are given during the semester. Completion of each task is evaluated by points. Free work should be in written form, in the form of a word file, 1-2 pages (font 12). At the end of the work at least 3 sources of literature should be indicated.
- Students can also submit free work in the form of PPT. 20-minute presentation around a topic (minimum 20-25 slides).

Completion of the task is estimated at up to 10 points. Plagiarism should not be allowed, as each free work is a collection of individual opinions of the student.

Topics of free work:

1. Phytotherapy as a science
2. Database of phytotherapy
3. Rules and principles of phytotherapy
4. History of phytotherapy
5. The essence of phytopharmacology
6. Toxicological factors in phytotherapy
7. Chemical composition (structure) and pharmacological activity of medicinal plants
8. Rules of use of phytochemicals
9. The use of food plants in medicine
10. Phytotherapy of diseases of the nervous system
11. Phytotherapy of neuroses
12. Phytotherapy of sleep disorders and wakefulness
13. Phytotherapy of diseases of the gastrointestinal tract
14. Phytotherapy of acute and chronic gastritis
15. Phytotherapy of gastric and duodenal ulcers
16. Phytotherapy of constipation
17. Phytotherapy of diarrhea
18. Phytotherapy of helminthiasis (worm infestation)

19. Phytotherapy of diseases of the cardiovascular system
20. Phytotherapy of cardiovascular neuroses (cardioneurosis)
21. Phytotherapy of atherosclerosis
22. Phytotherapy of hypertension
23. Phytotherapy of hypotonic disease (arterial hypotension)
24. Phytotherapy of arrhythmias
25. Phytotherapy of diseases of the venous system
26. Phytotherapy of respiratory diseases
27. Phytotherapy of acute respiratory viral infections
28. Phytotherapy of bronchial and lung diseases
29. Phytotherapy of acute bronchitis
30. Phytotherapy of chronic bronchitis
31. Phytotherapy of bronchial asthma
32. Phytotherapy of ear-throat-nose diseases
33. Phytotherapy of laryngitis
34. Phytotherapy of pharyngitis
35. Phytotherapy of tonsillitis
36. Phytotherapy of diseases of the oral cavity and jaundice
37. Phytotherapy of dental diseases
38. Phytotherapy of periodontitis
39. Phytotherapy of stomatitis
40. Phytotherapy of gingivitis
41. Phytotherapy of periodontitis (Periodontitis)
42. Phytotherapy of pancreatitis
43. Phytotherapy of gallstones
44. Phytotherapy of cholecystitis
45. Phytotherapy of diseases of the biliary tract
46. Phytotherapy of hepatitis, cirrhosis and fatty hepatosis
47. Phytotherapy of diseases of the endocrine system
48. Phytotherapy of metabolic diseases
49. Phytotherapy of diabetes
50. Phytotherapy of obesity
51. Phytovitives used in cystitis
52. Phytotherapy of urethritis
53. Phytotherapy of pyelonephritis
54. Phytotherapy of glomerulonephritis
55. Phytovitives used in urinary stone disease
56. Phytotherapy of prostate adenoma
57. Phytotherapy of gynecological diseases
58. Phytotherapy of mastopathy
59. Phytotherapy of endometriosis
60. Phytovitives used in disorders of the menstrual cycle
61. Phytotherapy of rheumatic diseases
62. Phytotherapy of rheumatoid arthritis
63. Phytotherapy of metabolic arthritis
64. Indications for phytotherapy of skin diseases
65. Phytotherapy of eczema
66. Phytotherapy of dermatitis
67. Phytotherapy of neurodermatitis
68. Phytotherapy of pyoderma
69. Phytotherapy of trophic wounds
70. Phytovitives used in mycoses

71. Phytovasculars used in candidiasis
72. Phytotherapy in the treatment of leukoderma (vitiligo)
73. Phytotherapy in the treatment of warts, calluses, bumps and scabies
74. Herbal remedies used in psoriasis
75. Phytotherapy of anemia
76. Aromatherapy as a method of treatment
77. Essential oils for aromatherapy
78. Types of aromatherapy
79. Phytotherapy of immunodeficiency conditions
80. Features of immunotropic drugs
81. Phytotherapy during detoxification (cleansing the body of toxic metabolites)
82. Phytochemicals used in nicotine dependence
83. Phytotherapy in the treatment of alcoholism
84. Phytotherapy of malignant tumors
85. Medicinal plants in cosmetics
86. Herbal remedies used in cosmetics and against hair loss
87. Phytotherapy of common acne and freckles
88. Herbal remedies for dry and oily hair
89. Phytomedicines used against dandruff
90. Phytotherapy of eye diseases

Deadline for free works:

The deadline for submission of free work is 1 week before the end of classes. Acceptance of free work should be carried out by teachers outside of classes. Free work submitted after the deadline will not be considered, regardless of the reason. The results of independent work are recorded in the journal.

Course work:

Course work on this subject is not provided.

Practice:

None.

Text Book / Material / Recommended Resources:

1. Kərimov Y.B, Süleymanov T.A., İsayev C.İ., Xəlilov C.S, Farmakoqnoziya, Bakı, 2010, 741 s.
2. İsayev C.İ. Fitoterapiya, 2018, 386 s.
3. Корсун В.М., Корсун Е.В. Энциклопедия фитотерапии. Травы жизни профессора Корсуна. М., «Центрполиграф», 2007, 443 с.
4. Михайлов И.М. Современные фитотерапевтические препараты. Справочник. Москва, «СТАРКО», 1997, 144 с.
5. Практическая фитотерапия /Под ред. Б.Н.Гажева. Москва, «Олма-пресс», Санкт-Петербург, «Нева», 1998, 640с.
6. Соколов С.Я. Фитотерапия и фитофармакология. Руководство для врачей. Москва, «МИА», 2000, 976 с.
7. Bruneten I. Pharmacognosie (Phytochemie Plant medicinalis). Paris: Technique and documentation, 1999, 1120 p.
8. Wagner H. Wiesenauer, M.: Phytotherapie. Fische, Stuttgart, 1995, 835 s.
9. Weiss Rudolf Fritz, Fintelman Volker. Lehrbuch der Phytotherapie. Hippokrates, 2001, 678 p.
10. Dezso Csupor. Phytotherapy, Szeged, 2015, 237 pages.