

## **Herbal Medicine Spring School 2012**

### **Urban Fringe Dispensary, Bristol.**

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## **INTRODUCTION TO HERBAL MEDICINE**

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### **Course Outline**

#### **Aims**

The aim of the course is to give people a useful understanding of the principles and practice of western herbal medicine, so that they may apply their knowledge to help treat common ailments.

The focus will be on safe use of indigenous herbs, including how to identify, harvest, and prepare the herbs, and how to classify them according to their properties and actions. Students will be encouraged to explore their own sensory and cognitive perceptions with selected herbs, and to contrast these with established knowledge. In this respect, the emphasis is very much on participative and experiential learning.

The intention is to explore perspectives into holistic health practices by looking at the many fascinating ways that herbalists apply their knowledge. This includes seeing the use of herbs as one element of a wider transformative process, where physical, mental, emotional and social factors are all considered equally in the quest for improved health and sense of well-being. By focusing on the herbal connection, and discovering some of the subtle and sensual characteristics of herbs, we will look at how herbs are systematically used to influence change. In this sense the course is not simply about acquiring knowledge, it is also an exploration of how intertwined our lives are with the environmental ecology of the world.

The course is primarily aimed at people who wish to develop their knowledge of herbal medicine to the extent that they can treat themselves and others for common ailments, and would also be suitable for people who might be considering going on to higher education to get a professional qualification in herbal medicine, to give them a firm foundation and enable them to be selective about what and where they might choose to study.

## Introduction To Herbal Medicine – Spring School 2012 TIMETABLE

March 1st	<p><b>Herbal medicine in the modern context</b>          Introductions. Establishment of ground rules. Themes that will run through the course and structure of the course.          Identify what needs are being met by western herbal medicine. Current legislation and regulatory framework. Code of ethics. Defining the scope of the course – what will you be able to do when you have successfully completed?</p>
March 8th	<p><b>Herbs</b>          Ways of seeing and describing a herb. How to assess the quality of a herb. Some basic herbal chemistry: key compounds in herbs, secondary metabolites, and different methods of extracting them. External and internal preparations. Introducing some concepts of herb actions.</p>
March 15th	<p><b>Holistic treatment and the heart</b>          Introducing first principles for holistic health care. A holistic perspective on the workings of the human heart. Comparing vitalist and biomedical models of health perception. Key herbs for common cardiovascular conditions and maintaining robust health</p>
March 22nd	<p><b>Absorption and nutrition</b>          Its not just what you eat, its what you absorb that counts. Key herbs and herbal compounds that optimise absorption and nutritional status. The kitchen pharmacy. Bitters, volatile oils and polysaccharides. Treating some common gastrointestinal problems with herbs. How to make tinctures, vinegars and oxymels.</p>
March 29th	<p><b>Metabolism</b>          Herbs and the the organs of elimination: liver, kidneys, lungs and skin. The role of the lymphatic system. Use of lymphatics and alterative herbs to treat skin conditions. Using powdered herbs. Cooling and warming remedies.</p>
April 12th	<p><b>Nervines</b>          Some key herbs, including essential oils, affecting the central and peripheral nervous systems. Role of herbal medicine in treating mental and emotional issues. Safety issues, limits and boundaries. Herbal approaches to treating sleep disorders, anxiety and depression.</p>
April 19th	<p><b>Hormones</b>          Looking at key herbs that are used to influence change in hormonal cycles. This session will look at reproductive hormones in both women and men, and also hormonal responses to stress. Using adaptogen herbs appropriately for treating many conditions where stress is a factor. Looking at other cyclic phenomena that might influence health and how we use herbs.</p>
April 26th	<p><b>Immunity and Inflammation</b>          Using herbs to treat inflammatory conditions and musculo-skeletal pain. Herbal approaches to chronic auto-immune and inflammatory disorders. Herbs for helping immune responses. Treating everyday coughs and colds, fevers and flu. The respiratory system. Using herbs to build up strength and resistance.</p>