

Diagnosis and Management Internal Disorders
#1011 - Pharmacognosy – Utilizing Botanicals in a Functional Practice

Title of Program: #1011 - Pharmacognosy - Utilizing Botanicals in a Functional Practice
Times: Saturday 9:00 am to 6:00 pm, Sunday 9:00 am to 1:00 pm
Total CE hours: 12

Program Description:

This session provides an overview on the principles, practices, nomenclature, patient work-up and management of conditions seen in an internal disorder office utilizing herbal therapy.

Program Goals / Objectives:

At the end of the session, the student will have a detailed understanding of:

- Definition of pharmacology
- Difference between drugs, phytochemicals and supplements
- Difference between botanicals and drug botanicals
- Pharmacodynamics of plant constituents
- Benefits of common well known herb and plant products
- Herbal drug reactions
- Therapeutic monographs

Program Topics:

- Defining of pharmacology
- Differences between botanicals and drug botanicals
- Defining standardization
- Pharmacodynamics of the plant
- Benefits of common well known herbs and plant products
- Botanical medicines used in the US

Program Outline:

Saturday

9:00 am - 10:00 am

wellness

- Background and strategies.
- Prehistoric man
- Early textbooks
- Roman empire and later

10:00 am – 11:00 am

anatomy

Principles of herbal pharmacology

- Definition of pharmacology
- Photochemistry
- Difference between drugs and the phytochemicals and the supplements
- Differences between botanicals and drug botanicals
- Defining standardization

11:00 am – 12:00 pm

anatomy

Pharmacodynamics of the plant constituents

- Phenols and glycosides
- Phenolic acids are a special class
- Cyanogenic glycosides
- Mucilages
- Essential oils
- Terpenoids
- Monoterpenes
- Sesquiterpene

1:00 pm – 2:00

anatomy

- Phenylpropanoids
- Essential oil components
- Ketones – more active and toxic than alcohols
- Pharmacodynamics
- Glucosinolates
- Flavonoids
- Tannins and oligomeric procyanodins (OPC)
- Resins
- Bitters

2:00 pm – 3:00 pm

- Pungent constituents
- Saponins
- Cardiac glycosides
- Anthraquinones
- Coumarins
- Phytoestrogens
- Alkaloids

3:00 pm – 6:00 pm

Benefits of common well-known herbs and plant products

- Aloe Vera
- Astragalus
- Bilberry
- Cascara sagrada
- Capsicum
- Chamomile
- Cranberry
- Dandelion
- Dong Quai
- Echinacea
- Eluthero
- Evening primrose
- Feverfew
- Garlic
- Ginger
- Ginkgo
- Asian ginseng
- Goldenseal
- Hawthorne
- Licorice
- Milk thistle
- Passionflower
- Peppermint
- Psyllium
- Saw palmetto
- Senna
- Valerian
- Vitex
- Witch Hazel

Sunday

9:00 am – 10:00am

Botanical medicines used in the US

- Rhodiola
- Boswellin
- Quercetin
- Schizandra
- Guggal
- Policosanol
- Stevia

- Bupleurum
- Chelidonium onchitis
- Eyebright
- Horsechestnut seed
- Nettle
- Rehmannia
- Turmeric
- Red yeast rice

10:00 am – 11:00 am
Herbal drug interactions

- Dong quai
- Echinacea
- Ephedra
- Feverfew
- Ginkgo
- Garlic
- Ginseng
- Hawthorne
- Kava
- Licorice
- St. John's Wort
- Valerian

11:00 am – 1:00 pm
Therapeutic monographs

- Bilberry (blueberry) fruit
- Cascara sagrada bark
- Cat's claw bark
- Cayenne fruit
- Cranberry fruit
- Devil's claw root
- Dong Quai Root
- Echinacea Herb
- Eleuthero (Siberian Genseng) root
- Evening primrose oil
- Feverfew
- Garlic cloves
- Ginger rhizome
- Ginkgo biloba leaf extract
- Ginseng root (Asian)
- Goldenseal
- Gotu kola

- Grape seed extract
- Green tea leaf
- Hawthorne berries
- Kava-Kava rhizome
- Licorice root
- Milk thistle fruit
- Saw palmetto berry
- St. John's Wort
- Valerian root

Instructional Methods:

Lecture, practical demonstrations and case presentations

Assessment Methods:

Choose two patients and write up treatment protocols on any condition using herbal and /or orthomolecular protocols. Must submit within 2 weeks of Session 19.