

**HERBAL REMEDIES: PHAR 421-01, Call #: 01769**  
**TU & TH: 3:00-4:15 PM, Bienville 350 (3 credit hours)****I. Contact Information**

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**II. Course Prerequisites/Corequisites**

Pharmacy 408, 412 & Credit or registration in Pharmacy 409

**III. Course Description**

The focus of this course is to study natural remedies and phytomedicinals, which are widely used by the general public as self-selected (OTC) products for therapeutic, quality of life, and prophylactic purposes. The course will focus on the safety, efficacy, herb-food, herb-drug, and herb-herb interactions. The role of pharmacists to assist consumers to select the safest, most proper and useful natural remedies will be considered. This course will also discuss herbal marketing regulatory and legislative aspects. Note this is a THREE hours class which meets Tuesdays and Thursdays from 3:00 to 4:15 PM, in Bienville, Room 350.

**IV. Curricular Objectives and Outcomes**

Prepare the P-3 pharmacy student to be a sensible consumer and knowledgeable counselor toward the best use, side effects, and drug interactions of phytomedicinals, herbals, and alternative medicine.

**V. Course Specific Objectives and Outcomes**

By the end of this course, the student must:

1. Develop an adequate understanding of the principles and concepts of frequently used herbal remedies as alternative therapies. This includes a thorough knowledge of the chemistry, pharmacology, and clinical use of common phytomedicinals.
2. Learn the basic regulatory dilemma of marketing herbs and phytomedicinals in the US in comparison with other worldwide regulations. Students should also be able to identify standard herbal products and proper label information.
3. Understand the safety and risks of therapeutic use of herbal remedies.
4. Define the relationships and interactions of herbals with drugs, food, laboratory tests, and other herbs.
5. Counsel patients on the proper use of herbal products.

## VI. Course Topics

1. Lecture material placed in Moodle.
2. “Tyler’s Herb of Choice - The Therapeutic Use of Phytomedicinals”. Dennis V.C. Awang, Taylor & Francis, Inc., 2009, ISBN 0789028093.

## VII. Instructional Methods and Activities

Lecture format may include presentations with audio-visual PowerPoint system, assignment presentations, group discussions, field trips, and Moodle System.

## VIII. Evaluation and Grade Assignment

TWO closed book exams are scheduled, each 150 points.\* The final examination will not be comprehensive. Exams (any combination of essay, matching, fill-in-the-blank, short answer, and multiple choice questions) will cover previous lecture materials and reading assignments. Every student is expected to take examinations on scheduled dates. **Makeup exams will ONLY be given for emergencies**, e.g., death in the family or illness resulting in hospitalization. A written excuse for missing an exam along with the proper documents must be submitted within one week of the missed exam. Makeup exams for excused absence will be arranged and will be essay format only.

### Assignments:

A revision class is scheduled before each exam. For each revision class, only 1/2 of the class roster will present. Each student will have the opportunity to earn 20 points for his/her revision oral presentation. The revision roster will be posted on Moodle on or before mid September, 2009.

Starting on class-4, 09/03/2009, one student will begin summarizing the same day class using his/her own PowerPoint slides/teaching aids. The presenter is expected to open and direct discussions with other class members. This activity will commence during the last 15 minutes of class time. A roster of this activity will be assigned in alphabetical order and posted on Moodle during the first semester week. Participation in discussion by class members is mandatory. Each student will have the opportunity to earn 20 points for this activity.

A mandatory field trip is planned on November 5, 2009 to Fiesta Health Store, 2225 Louisville Avenue, during Monroe class time (3:00-4:15 PM). A field trip assignment sheet will be posted on Moodle late October 2009. This assignment will be completed during the field trip visit and will be worth 15 points.

Class on November 18, 2008 will incorporate a mock patient counseling activity, instructed by Dr. Hilary Tice. All class members are expected to participate. This activity will be worth 15 points.

### **Grading Scale:**

<b>Item Available</b>	<b>Points</b>	<b>% of Grade</b>
Group presentation	<b>20</b>	5
Examinations	<b>2x150= 300</b>	75
Field trip assignment	<b>15</b>	3.75
Revision presentation	<b>20</b>	5
Mock Patient counseling (11/24)	<b>15</b>	3.75
Attendance	<b>30</b>	7.5

The overall score will be divided by 4. Grading scale will be:

89.5-100% = A    79.5-89.4% = B    69.5-79.4% = C    59.5-69.4% = D    0.0-59.4% = F

*\*Undergraduate mid-term grades will be posted on-line for students to view via Arrow. Mid-term grades indicate a student's status at mid-semester only and do not indicate the final performance outcome of a student.*

#### **IX. Class Policies and Procedures**

At a minimum, all policies stated in the current ULM *Student Policy Manual & Organizational Handbook* should be followed (see <http://www.ulm.edu/studentpolicy/>). Additional class policies include:

**A. Textbook(s) and Materials:** Recommended: “Tyler’s Herb of Choice - The Therapeutic Use of Phytomedicinals”. Dennis V.C. Awang, Taylor & Francis, Inc., 2009, ISBN 0789028093.

**B. Attendance Policy:** Required and worth 30 points, 7.5% of total grade. Each unexcused absence will cause deduction of 10 points of attendance grade.

**C. Make-up Policy:** According to the university policy, Make-up exams will be given during the period of finals, provided you have a bona fide excuse. Students not taking the final during the scheduled time will be given an "I" for the course. All make-up exams may be of the subjective "essay" type.

**D. Academic Integrity:** Faculty and students must observe the ULM published policy on Academic Dishonesty (see Page 4 in ULM *Student Policy Manual*. <http://www.ulm.edu/studentpolicy/>).

**E. Course Evaluation Policy:** At a minimum, students are expected to complete the on-line course evaluation.

**F. Student Services:** Information concerning student services in the College of Pharmacy can be found in the College of Pharmacy Student Handbook. In particular, students should pay special attention to the Colleges technical standards and policies concerning students with special needs. ULM student services, such as Student Success Center (<http://ulm.edu/cass/>), Counseling Center (<http://ulm.edu/counselingcenter/>), and Student Health Services, are available at the following Student Services web site <http://ulm.edu/studentaffairs/>

**G. Emergency Procedures:** Check the emergency escape plan posted in the hall outside of the classroom. Move quickly and safely to the appropriate exit. Notify you instructor if you or anyone else needs assistance.

**H. Discipline/Course Specific Policies:** N/A

## X. Tentative Course Schedule

### A. Contact Information:

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**B. Schedule:** *The instructor reserves the right to adjust the schedule as needed.*

Planned Lecture Schedule		
	Date	Topic
1	Aug 25 (T)	I- Introduction, Definitions, Herbs/Phytomedicinals versus Other Drugs II- Basic Principles: Herbal Quality, Paraherbalism, Homeopathy & Rational Herbalism,
2	Aug 27 (TH)	Guidelines in Using Herbal remedies: Do's & Don'ts for wise consumers, Herbal Dosage Forms, Herbal Medicine Information Sources. Herbals abuse.
3	Sep 1 (T)	Herbal Regulatory Dilemma
4	Sep 3 (TH)	<u>I- Herbs Used in Digestive system disorders:</u> <b>1- Motion sickness:</b> Ginger. <b>2- Appetite loss:</b> Gentian, Centaury, Bitterstick, Bogbean, Blessed Thistle. <b>3- Constipation:</b> Psyllium, Cascara, Senna, Aloe, Alder Buckthorn, Rhubarb.
5	Sep 8 (T)	<b>4- Diarrhea:</b> Blackberry, Blueberries <b>5- Indigestion-Dyspepsia:</b> Peppermint, Chamomile, Anise, Caraway, Coriander, Fennel. <b>6- Cholagogues:</b> Turmeric, Boldo.
6	Sep 10 (TH)	7- Hepatotoxicity: Milk Thistle, Schizandra, <b>8- Peptic ulcer:</b> Licorice <u>II- Herbs used in Kidney, UT problems:</u> <b>1- Aquaretic herbs:</b> Goldenrod, Parsley, Juniper, Birch leaves, Lovage root,
7	Sep 15 (T)	<b>2- Antiseptic herbs:</b> Bearberry. <b>3- Antiinfective herbs:</b> Cranberry <u>III- Benign Prostate Hyperplasia:</u> Saw Palmetto, Nettle root, Pygeum, others
8	Sep 17 (TH)	<u>IV- Herbs treating Respiratory Tract Problems:</u> <b>1- Bronchial asthma/flu:</b> Ephedra, others <b>2- Demulcent antitussives:</b> Iceland Moss, Marshmallow root, Mullein flower, Plantain leaf, Slippery Elm.
9	Sep 22 (T)	<b>3- Expectorants:</b> Ipecac, Lobelia. 4- Local irritants:

		Horehound, Thyme, Eucalyptus, Senega. <b>V- Herb Used in Cardiovascular System Problems:</b> Digitalis, Squill, Strophanthus, Oleander, Apocyanum, Hawthorn.
10	Sep 24 (TH)	<b>VI- Herbs to Reduce Blood Cholesterol/ arteriosclerosis:</b> Garlic, Onion, Alfalfa, Artichoke, Barley, Saffron, Flax, Oats, Yucca, Sweet almond, Red Yeast, Lactobacillus Acidophilus, Fish oils, others
11	Sep 29 (T)	<b>VII- Herbs Used in Peripheral vascular diseases:</b> 1- Cerebrovascular diseases: Ginkgo. 2- Venous disorders: Horse Chestnut seeds, Butcher's-Broom. <b>VIII- Nervous System Problems:</b> <b>1- Anxiety &amp; sleep disorders:</b> Valerian, Kava, Passion Flower, Hops, L-Tryptophan, Melatonin.
-	Oct 1 (TH)	Revision-I
-	Oct 6 (T)	<b>Midterm Exam</b>
12	Oct 8 (TH)	<b>2- Depression:</b> St John Wort. <b>3- General Pain:</b> Capsicum <b>4- Headache:</b> Feverfew, Caffeine-Containing beverages, <b>5- Toothache:</b> Clove Oil, Prickly Ash bark, <b>6- Sexual Impotence:</b> Yohimbe, others
13	Oct 13 (T)	Midterm Exam Discussion <b>IX- Herbs Used in Endocrine &amp; Metabolic Disorders:</b> <b>1- Gynecological Disorders:</b> Black Cohosh, Chasteberry, Evening primrose Oil, Black Currant Oil, Borage Seed Oil, Raspberry, False unicorn root <b>2- Herbs Induce hypoglycemia:</b> Fenugreek, Gymnema, Olive leaf, Reishi mushroom, Glucomannan, others
14	Oct 15 (TH)	3- Herbs Against Hyperthyroidism: bugleweed <b>X- Herbs Used in Arthritic/Musculoskeletal Disorders:</b> 1- Arthritis: Willow bark, 2- Muscle Pain: Rubefacient: Volatile Mustard Oil, Methyl Salicylate, Turpentine Oil. Refrigerants: Menthol, Camphor. 3- Gout: Colchicum,
15	Oct 20 (T)	4- Other <b>Anti-inflammatory Herbs:</b> Pineapple, Devil's Claw, Calendula, Comfrey, Boswellia, Picrorhiza, Scullcap, Soapwort, Gotu Kola, Guggule, Honeysuckle, Meadowsweet
16	Oct 22 (TH)	<b>XI- Skin, Mucous Membranes, &amp; Gingiva Problems:</b> <b>1- Dermatitis:</b> Witch hazel leaves, Oak bark, English walnut leaves, Jewelweed. <b>2- Burns, Wounds &amp; infection:</b> Aloe Gel, Arnica, Tea Tree Oil.
17	Oct 27 (T)	<b>XII- Herbs Against Parasites/Worms:</b> Cucurbita, Elecampane, Betel nut, Allspice, Black Walnut, Star anise <b>XIII- Herbs against alcoholism:</b> Kudzu, Roseroot, Danshen.
18	Oct 29 (TH)	

		XIV- <b>Antimalarial</b> Natural products: Cinchona, Sweet Annie. XV- Oral cavity & throat problems: 1- <b>Canker sores/Sore throat:</b> Goldenseal, Rhatany, Myrrh, Sage, Sanguinaria.
19	Nov 3 (T)	XVI- <b>Anticancer Herbs:</b> Catharanthus, Podophyllum, Pacific Yew, Apricot Pits, Pau d'Arco, Mistletoe - <b>Chemopreventive Herbs &amp; Natural products:</b> Green Tea, Grape Seed extract.
20	Nov 5 (TH)	Field Trip: <b>Visit to Fiesta Health Store, Monroe</b>
21	Nov 10 (T) <b>Dr. Tice</b>	XVII- Herbs/Dietary Supplements for <b>weight loss:</b> Grapefruit, Chitosan, Chromium, Goat's Rue, Country Mallow, Garcinia, Germander, Guar Gum, Guarana, others
22	Nov 12 (TH) <b>Dr. Tice</b>	XVIII- Herbs Used to <b>enhance Immune System</b> Echinacea, Cat's Claw, Black Seed, Cedar Leaf, Wild Indigo, others
23	Nov 17 (T) <b>Dr. Tice</b>	XIX- <b>Antiviral, antibacterial, and antifungal herbs</b>
24	Nov 19 (TH) <b>Dr. Tice</b>	Patient counseling/drug interactions/drug poisoning
25	Nov 24 (T) <b>Dr. Tice</b>	Mock Patient counseling
-	Nov 26 (TH)	<b>Thanksgiving</b>
-	Dec 1 (T)	Revision-II
-	Dec 3 (TH)	No class- Finals preparations
-	Dec xx	<b>Final Exam, TBA</b>