



HERBALISM FOUNDATION DIPLOMA COURSE

2021/2022



PROGRAM

HISTORY OF HERBAL MEDICINE

- INTRODUCTION TO AYURVEDA, TCM, TIBETAN MEDICINE AND EASTERN HERBAL TRADITIONS
- TRADITIONAL MEDICINE OF THE AMERICAS AND SHAMANISM
- GREEK AND ROMAN MEDICINE
- ALCHEMY
- GALEN'S HUMOURS
- WESTERN HERBAL MEDICINE
- BIOMEDICINE AND INTEGRATIVE MEDICINE
- MODERN COMPLEMENTARY THERAPIES
- DIFFERENCES IN BETWEEN ALLOPATHIC AND COMPLEMENTARY MEDICINE

FIRST UNIT

APPROXIMATELY
40 HOURS OF STUDY

REFERENCE BOOKS

- MICHAEL TIERRA
CHINESE
TRADITIONAL HERBAL
MEDICINE
- RECHUNG RIMPOCHE-
TIBETAN MEDICINE
- TULEY DE SILVA -
TRADITIONAL AND
ALTERNATIVE
MEDICINE
- VASANT DATTATRAY
LAD- TEXTBOOK OF
AYURVEDA
- RAKEL DAVID M-
INTEGRATIVE
MEDICINE
- JACQUES JOUANNA-
GREEK MEDICINE
FROM HIPPOCRATES
TO GALEN
- TOBYN DENHAM &
WHITELEGG- .THE
WESTERN HERBAL
TRADITION
- MIRCEA ELIADE-
SHAMANISM:
ARCHAIC
TECHNIQUES OF
ECSTASY
- SEAN MARTIN-
ALCHEMY AND
ALCHEMISTS



PROGRAM

BIOLOGY AND PLANT'S LIFE

- BIOLOGY AND PHYSIOLOGY OF PLANTS
- INTRODUCTION TO BOTANY
- TAXONOMY AND SYSTEMATICS
- EVOLUTION OF PLANTS
- PLANT ECOLOGY
- IDENTIFICATION KEYS
- HABITATS AND ENVIRONMENT

REFERENCE BOOKS

- JOHN STEVENS HENSLOW-
A DICTIONARY OF BOTANICAL TERMS
- ERNST-DETLEF SCHULZE -
PLANT ECOLOGY
- MICHAEL G. SIMPSON-
PLANT SYSTEMATICS
- PETER B. KAUFMAN-
BOTANY ILLUSTRATED
- LACK, EVANS-
PLANT BIOLOGY
- WILLIAM G. HOPKINS-
INTRODUCTION TO PLANT PHYSIOLOGY
- HACKSWORTH-
PLANT CONSERVATION AND BIODIVERSITY

SECOND UNIT
APPROXIMATELY
70 HOURS OF STUDY



PROGRAM

PHYTOCHEMISTRY AND MEDICINAL VALUE OF PLANTS

- BASIC PHARMACOLOGY
- PHARMACODYNAMICS AND PHARMACOKINETICS
- PLANT BIOCHEMISTRY
- PHYTOCHEMISTRY
- MEDICINAL PLANTS AND BIOACTIVITY
- PLANT TOXICITY AND SAFETY
- SYNERGISTICAL EFFECTS OF PLANTS

REFERENCE BOOKS

- KATSUNG-
BASIC & CLINICAL
PHARMACOLOGY
- BIREN SHAH &
AVINASH SETH-
TEXTBOOK OF
PHARMACOGNOSY
AND
PHYTOCHEMISTRY
- DAVID R. GANG-
THE BIOLOGICAL
ACTIVITY OF
PHYTOCHEMICALS
- DAVID R. GANG-
MEDICINAL PLANTS OF
THE WORLD
- ANDREW
CHEVALLIER-
ENCYCLOPEDIA OF
HERBAL MEDICINE

THIRD UNIT
APPROXIMATELY
70 HOURS OF STUDY



PROGRAM

HERBAL PREPARATIONS

- PRACTICAL WORK WITH PLANTS
- UNDERSTANDING DOSAGES AND ADMINISTRATION
- PHYTOTHERAPY
- BASICS OF AROMATHERAPY
- HOMEOPATHIC PREPARATION
- STANDARDIZATION OF REMEDIES
- SOAP MAKING, CREAMS, BALMS, TINCTURES AND MAIN TECHNIQUES
- HERBAL FORMULAS
- PRACTICAL APPLICATIONS (10 CASE STUDIES)

REFERENCE BOOKS

- DAVID HOFFMANN-MEDICAL HERBALISM
- DAVID HOFFMAN-HOLISTIC HERBAL
- JULIA LAWLESS-ENCYCLOPEDIA OF ESSENTIAL OILS
- PRICE-AROMATHERAPY FOR HEALTH PROFESSIONALS
- LETCAVAGE ELIZABETH-NATURAL SOAP MAKING
- KYNES SANDRA-THE HERB GARDENER'S ESSENTIAL GUIDE
- FUSI ELISA-INDIVIDUAL REPORTS OF CASE STUDIES IN HERBAL MEDICINE PRACTICE

FOURTH UNIT
APPROXIMATELY
70 HOURS OF STUDY



PROGRAM

AROMATHERAPY AND ESSENTIAL OILS

- DISTILLATION AND EXTRACTION TECHNIQUES
- CHEMISTRY OF ESSENTIAL OILS
- ADVANCED AROMATHERAPY
- SAFETY AND CONTRAINDICATIONS
- OVERVIEW OF MEDICINAL APPLICATION OF ESSENTIAL OILS
- FORMULATING BLENDS FOR SPECIFIC AILMENTS (10 CASE STUDIES)

REFERENCE BOOKS

- DAVID HOFFMANN-
MEDICAL HERBALISM
- JULIA LAWLESS-
ENCYCLOPEDIA OF
ESSENTIAL OILS
- PRICE-
AROMATHERAPY FOR
HEALTH PROFESSIONALS
- TISSERAND, YOUNG-
ESSENTIAL OIL SAFETY
- JOHN FRENCH-
THE ART OF
DISTILLATION
- FUSI ELISA-
INDIVIDUAL REPORTS
OF CASE STUDIES IN
HERBAL MEDICINE
PRACTICE

FIFTH UNIT
APPROXIMATELY
40 HOURS OF STUDY



PROGRAM

BASIC OF SOAP MAKING

- SOAP CHEMISTRY
- SAFETY GUIDELINES
- ADVANCED SOAP MAKING TECHNIQUES
- MEDICATED SOAPS
- PRACTICAL GUIDE TO SOAP MAKING

REFERENCE BOOKS

- WATT, ALEXANDER-
THE ART OF SOAP
MAKING
- KEVIN DUNN-
THE SECRET LIFE OF
SOAP
- A.W. POUCHER-
PERFUMES, COSMETICS
AND SOAPS: MODERN
COSMETICS

SIXTH UNIT
APPROXIMATELY
30 HOURS OF STUDY



PROGRAM

HEALING WITH PLANTS

- PHARMACOLOGICAL ASPECTS
- SAFETY GUIDELINES
- HERBAL HOLISTIC APPROACH
- TRADITIONAL USES OF COMMON MEDICINAL PLANTS
- GROWING HERBS
- HARVEST, STORAGE AND MANIPULATION OF PLANT MATERIAL
- FORMULATION (20 CASE STUDIES)
- FINAL CONSIDERATIONS ABOUT HEALTH AND HERBAL MEDICINE

REFERENCE BOOKS

- BRAUN, COHEN-HERBS AND NATURAL SUPPLEMENTS: AN EVIDENCE-BASED GUIDES
- SARAH E. EDWARDS-PHYTOPHARMACY: AN EVIDENCE-BASED GUIDE TO HERBAL MEDICINAL PRODUCTS
- FRANCESCO CAPASSO-PHYTOTHERAPY
- MUNIR OZTURK & KHALID REHMAN HAKEEM-PLANT AND HUMAN HEALTH

SEVENTH UNIT

APPROXIMATELY
80 HOURS OF STUDY



PROGRAM

**THE TOTAL HOURS OF STUDY
ARE APPROXIMATELY 400**

MODALITY OF STUDY: DISTANCE LEARNING

**INDIVIDUAL ASSIGNMENTS ARE SUBMITTED AT THE END
OF EACH UNIT
FOR A TOTAL OF 7 ASSIGNMENTS**

**AS SOON AS THE ASSIGNMENTS HAVE BEEN MARKED AS
PASSED/COMPLETE A CERTIFICATE WILL
AUTOMATICALLY BE ISSUED BY THE CENTRE**

EDUCATION PROGRAM DIRECTOR: FUSI ELISA

ALQUIMIA CENTRE OF HEALING ARTS
