SYLLABUS

1. Course title:

TRADITIONAL MEDICINE

2. Code:

3. Cycle of study:

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4. ECTS credits:

3

5. Type of course:

Elective

6. Prerequisites:

No

7. Class restrictions:

No

8. Duration / semester(s):

1 | 4

9. Weekly contact hours and student workload:

Semester (1)	4	Semester (2)		(for two-semester courses)	Workload: (hours)
9.1. Lectures	2			Classes:	56.25
9.2. Seminars	-			Individual work:	28.67
9.3. Laboratory / Practice classes	-			In total:	84.92

10. Faculty:

FACULTY OF PHARMACY

11. Department/study program:

COSMETOLOGY

12. Lecturer:

Ermina Cilović Kozarević, Ph.D., M.Pharm, Associate professor

13. Course aims:

To learn about traditional healing methods (acupuncture, acupressure, Ayurveda, aromatherapy) that have survived in the world to this day. Then to learn about traditional medicine of BiH and the Balkan Peninsula, with the most common indications and examples of recipes for their treatment.

14. Learning outcomes:

After listening to the lectures, students will be able to determine the difference between traditional medicine and quackery and acquire the basics of education about traditional methods such as acupuncture, Ayurveda, aromatherapy. Then they will get to know the basics of traditional medicine in Bosnia and Herzegovina.

15. Course content:

The division of medicine into complementary, alternative and traditional
Definition of traditional medicine
Traditional Chinese medicine
Acupuncture, acupressure
Traditional Indian medicine (Ayurveda)
Traditional medicine of Bosnia and Herzegovina and other countries of the Balkan Peninsula
Working methods in traditional medicine (interview method, collection and identification of materials and data processing)
Most common indications in traditional medicine of BiH and the Balkan Peninsula
Examples of recipes used in traditional medicine of BiH and the Balkan Peninsula
Seminars

16. Learning methods:

Lectures (L)-Method of presentation, perception, conversation, consultation
Students are required to attend lectures and actively participate in them through discussion, based on the knowledge acquired from the lectures.
The student's seminar paper is a mandatory team project.

17. Assessment methods:

Knowledge testing methods: final exam, seminar paper. The final exam is written and/or oral in the scheduled exam times and contains essay questions, questions with short answers, and questions with multiple choice answers. Topics for seminar papers are assigned by the teacher at the beginning of the semester. Seminar papers are done in groups and defended publicly during lectures.
The exam grade is determined according to the following scale:

Student obligations	Points
Seminar paper	50 (minimum 28 points)
Final test	50 (minimum 26 points)

18. Assessment components:

The final success of the student is evaluated using the grading scale as follows:
10 (A) - exceptional success without mistakes or with minor mistakes, 95-100 points
9 (B) - above average, with some errors, 85-94 points;
8 (C) - average, with noticeable errors, 75-84 points;
7 (D) - generally good, but with significant shortcomings, 65-74 points;
6 (E) - meets the minimum criteria, 54-64 points;
5 (F, FX) - does not meet the minimum criteria, less than 54 points.
Grade 6 is the lowest passing grade.

19. Mandatory reading list:

1. Šarić-Kundalić B (2010). Traditional Medicine of the Balkans with Identification and Examination of the Collected Material, Dissertation, University of Vienna

20. Additional reading list:

- Ginko E, Demirović EA, Šarić-Kundalić B. Ethnobotanical study of traditionally used plants in the municipality of Zavidovići, BiH. Journal of Ethnopharmacology. 2023;302:115888.
- Redžić SS. The Ecological Aspect of Ethnobotany and Ethnopharmacology of Population in Bosnia and Herzegovina. Coll. Antropol. 2007; 31: 869-890.
-Kovač Bernardica Lj M (2022). Biljne terapije i recepti, Grude.

21. Web sources:

https://arapska-medicina.hr/cupping-terapija.html
https://www.tcmdrwang.com/tcm

22. Applicable from the academic year:

2025/2026

23. Adopted in the Faculty/Academy session: