SYLLABUS

1. Course title:

PHYTOTHERAPY

2. Code:

3. Cycle of study:

1

4. ECTS credits:

3

5. Type of course:

○ Mandatory ◉ Elective

6. Prerequisites:

Student does not have to pass any subject before this.

7. Class restrictions:

No restrictions

8. Duration / semester:

1 7

9. Weekly contact hours:

9.1. Lectures:	2
9.2. Seminars:	0
9.3. Laboratory/Practice classes:	0

10. Faculty:

Faculty of Farmacy

11. Department/study program:

Farmacy (integrated I and II cycle)

12. Lecturer:

dr. sc. Ermina Cilović Kozarević, assoc. prof.

13. Lecturer's e-mail:

ermina.cilovic@untz.ba

14. Web site:

www.frmf.untz.ba

15. Course aims:

The student will get to know the basic principles of the interaction between herbal medicine and the human organism; they will understand the mechanisms of action, know the doses, therapeutic and unwanted effects, indications and contraindications of the selected phytopreparations, and learn to independently search literature data in search of them. The acquired knowledge and skills are applicable in working with patients in the pharmacy.

16. Learning outcomes:

At the end of the semester / course, successful students, who have continuously performed their duties throughout the teaching period, will be able to:
- have proper access to phytotherapy and phytotherapists;
- on specific cases in the practice of applying the acquired knowledge from phytotherapy;
- know the conditions when the use of certain herbal medicinal products is contraindicated.

17. Course content:

General about phytotherapy and herbal medicinal products. Rational phytotherapy.
Legislation on the trade of natural medicinal raw materials and products.
Pharmacologically active herbal substances. Classification.
Herbal medicinal products for disorders of the central nervous system.
Herbal medicinal products with adaptogenic and immunomodulatory effects.
Herbal medicinal products for diseases of the respiratory system.
Herbal medicinal products for diseases of the cardiovascular system.
Herbal medicinal products for gynecological disorders.
Herbal medicinal products in diseases of the urinary tract.
Herbal medicinal products for disorders of the gastrointestinal tract.
Herbal medicinal products to improve metabolism.
Herbal medicinal products with hormonal action.
Herbal medicinal products for external use.

18. Learning methods:

Students are required to attend lectures and actively participate in them through discussion, based on already acquired knowledge from theoretical classes.
Student seminar work is required as a group team project.

19. 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. 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 27 points)

20. Assessment components:

The final success of the student is evaluated using the grading scale as follows:
10 (A) - outstanding performance without errors or with minor errors, 95-100 points
9 (B) - above the 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, 55-64 points
5 (F, FX) - does not meet the minimum criteria, below 55 points
The grade 6 (E) is the lowest passing grade.

21. Required reading list:

1. Duric K (2016). Phytotherapy, from traditional to medicine based on scientific evidence, Sarajevo.

22. Web sources:

23. Applicable starting from the academic year:

2018/19

24. Adopted in the Faculty/Academy session:

17.11.25.