

Therapeutics of Herbal & Other Natural Medicinals

Phar 5270

SPRING 2007

2 Credits (semester system)

Room: NHH 2-101

1:25pm-3:20pm

COURSE DIRECTOR:

Rick Kingston, Pharm.D.
Professor
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Office hours: By appointment

COURSE FACULTY:

Dee Ryan RPh. M.S.

Annette Dickinson PhD

Kristin Engebretsen PharmD

Leo Sioris, PharmD

Ben Baechler MD

Marilyn Speedie, PhD

Tim Tracy PhD

Thomas G. Guilliams, PhD

Mark Blumenthal

COURSE OBJECTIVES

Upon completion of this course, the student should be able to:

1. Demonstrate an understanding of what resources are available to find accurate, reliable, authoritative information on the therapeutic constituents of herbs and other natural medicinals.
2. Know the appropriate clinical indications, uses, dosages, interactions, side effects and pharmacology of selected natural products covered in this course.
3. Know the regulatory and labeling issues as well as how they apply to natural products and other dietary supplements.
4. Demonstrate an understanding of the integrative complementary health care models that coexist with natural medicinals.

GENERAL COURSE INFORMATION

PREREQUISITES:

Organic chemistry, pathophysiology of disease states, (equivalent to third yr pharmacy) student

EXAMS:

The course will have a midterm and final exam as well as a short quiz bi-weekly. These exams will count as follows:

Bi-Weekly quizzes (5)	50% (the lowest grade quiz will be dropped)
Midterm	25%
Final	25% (non-cumulative)
Extra Credit Special Project	(Additional 10 points added to final point score)

GRADING POLICY:

A	>93%
A-	90-92%
B+	87-89%
B	83-86%
B-	80-82%
C+	77-79%
C	73-76%
C-	70-72%
D+	67-69%
D	63-66%
D-	60-62%
F	<60%

MAKE-UP POLICY:

Make up exams may be arranged for the following circumstances: illness, verified by a note from a doctor; a family emergency, verified by a note from the professional person in attendance.

COURSE EVALUATION:

Scheduled at the end of the final exam and handed in with the final.

RECOMMENDED READINGS

Students are responsible for all material presented in class as well as required readings assigned by the instructors.

The following are references in herbal medicine which are excellent resources for the student as additional recommended readings:

Suggested Books:

[Blumenthal, The ABC Clinical Guide to Herbs](#): From the American Botanical Council 2003 | ISBN 1588901572/3131323914 | Thieme Medical Publishers: www.thieme.com

Tyler, Varro. The Honest Herbal and Herbs of Choice. Pharmaceutical Press.

Stansbury, Jill. Herbs for Health & Healing. Publications International Ltd. (1997).

Weiss, R.F. Herbal Medicine. Beaconsfield Publishers (1988).

Newall, C. and L. Anderson and J. Phillipson. Herbal Medicines: A Guide for Health-Care Professionals. University of London Press (1996).

The American Botanical Council's Complete German Commission E Monographs-Therapeutic Guide to Herbal Medicines. 1998 Thieme Medical Publishers

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Wednesdays: NHH 2-101 1:25-3:20pm

Date	Topic	Lecturer
1/17/2007	Nutraceuticals, Dietary Supplements and Other Natural Medicinals: What are they and how are they regulated	Rick Kingston PharmD
1/24/2007	Complementary Medicine Integrative Medicine Functional Medicine	Karen Lawson MD
1/31/2007	Quiz 1 Pharmacognosy and Natural Products Bridging the Gap with Traditional Medicinals	Marilyn Speedie, PhD
2/7/2007	Nutritional Approaches to Diabetes:	Thomas G. Guilliams, PhD
2/14/2007	Quiz 2 Product Category: Cardiovascular	Dee Ryan RPh MS
2/21/2007	<i>Product Category : Gastrointestinal</i>	Dee Ryan RPh MS
2/28/2007	<i>Quiz 3 Product Category: Endocrine (Male/Female Health)</i> BHRT	Kristin Engebretsen PharmD
3/07/2007	<i>Product Category: Cancer prevention/ Immune support/Anti-inflammatory and Inflammatory Mediators</i>	Ben Baechler MD
3/14/2007	Spring Break	
3/21/2007	MidTerm	Annette Dickinson PhD
	Product Category: Genomic Guided Nutrition and Supplementation	
3/28/2007	<i>Herbals and Drugs: Metabolism and Pharmacokinetic Considerations</i>	Tim Tracy, PhD.
	Vitamin and Minerals	Annette Dickinson PhD
4/4/2007	Quiz 4 Product Category: Central Nervous System	Mark Blumenthal/Rick Kingston PharmD
4/11/2007	<i>Opportunities for Pharmacists in a Collaborative Nutritional Practice</i>	Dee Ryan, RPh, MS

Vitamin D

Reinhold Vieth, PhD/Rick
Kingston PharmD

4/18/2007

Quiz 5

*Toxicity of Nutraceuticals and Postmarket Surveillance
of Dietary Supplements*

Rick Kingston PharmD

4/25/2007

Therapeutic Benefits of Wine

Leo Sioris PharmD

5/02/2007

Final (non-cumulative)