Study program: Integrated academic studies of Pharmacy	
Type and level of the study program: integrated academic studies	
Course title: BASICS OF PHYTOTHERAPY (PhV-BPHYT)	
Teachers: Neda S. Gavarić, Nebojša V. Kladar	
Course status: mandatory	
ECTS Credits: 5	
Condition: Pharmacognosy II, Special Pharmacology I, Bromatology	

Course aim

The aim of this course is to provide students basic information on current phytotherapy and its role in medicine and pharmacy. Students are expected to learn about the most important phytopreparations used in Serbia and in the world, about their active compounds, recommended therapeutic dosage, modes of action and adverse effects.

Expected outcome of the course:

Students should integrate their knowledge in courses of Pharmacognosy I and II, and realistically estimate application of phytopreparations in current systems of medication. They should also be able to classify drugs and phytopreparations according to basic pharmacological activities. Students should also have a critical attitude to certain phytopreparations and explain their advantages and disadvantages.

It is expected that students acquire skills of objective assessment in use of phytopreparations and their role in conventional medicine, skills for preparation of phytopreparations, as well as for complete analysis of commercial herbal remedies or dietary supplements.

Course description

Theoretical education:

1. Phytotherapy. Definition and role in conventional medicine.
2. Regulations and instructions for application of herbal remedies.
3. Phytopreparations in the prevention and therapy of disorders of nervous system.
4. Phytopreparations in the prevention and therapy of cardiovascular system diseases.
5. Phytopreparations in the prevention and therapy of metabolic disorders.
6. Phytopreparations in the prevention and therapy of renal system diseases.
7. Antiinflammatory drugs and phytopreparations.
8. Phytopreparations in the therapy of respiratory system diseases.
9. Phytopreparations in the prevention and therapy of reproductive organs disorders.
10. Adaptogens.
11. Phytopreparations in the prevention and therapy of digestive tract diseases.
12. Phytopreparations in the prevention and therapy of liver and bile diseases.
13. Phytopreparations in the therapy of skin diseases.
14. Phytonutritients.
15. Phyt-preparations in the prevention of carcinoma.

Practical education (labs):

1. Evaluation and quality control of herbal remedies and dietary supplements (determination of impurities and the degree of pulverization, basic chemical testing).
2. Demands for categorization of phytopreparations (herbal remedies and dietary supplements).
3. Adulterations in herbal remedies and dietary supplements.
4. Tae mixtures analysis.
5. Identification and determination of the content of active components in herbal remedies and dietary supplements.
6. Instructions for use of phytopreparations – analysis and control.

Literature

Compulsory

1. Capasso F, Gaginella TS, Grandolini G, Izzo AA. Phytotherapy A Quick Reference to Herbal Medicine. Springer, 2003.
2. Laboratory classes in Basics of Phytotherapy, script for internal use. Department of Pharmacy, Faculty of Medicine, Novi Sad.

Additional

1. Heinrich M, Barnes J, Gibbons S, Williamson EM. Fundamentals of pharmacognosy and phytotherapy. Elsevier Health Sciences, 2012.
2. Bisset NG, Wichtl M. Herbal Drugs and Phytopharmaceuticals. CRC Press, Boca Raton, London, New York, Washington DC, 2001.

Number of active classes				**Other:**
Lectures: 45	Practice: 45	Other types of teaching: -	Research related activities: -	-

Teaching methods

1. Theoretical education (Lectures, Interactive Lectures)
2. Practical education (Practical Classes, Experiments)

Student activity assessment (maximally 100 points)			
Pre-exam activities	**points**	**Final exam**	**points**
Lectures	5	Practical	20
Practices	5	Written	20
Colloquium	4x5=20	Oral	30
Essay	-		