

# Table of Contents

- Introduction** ..... 1
- Overview** ..... 1
  - Learning Outcomes ..... 1
  - Additional Information ..... 3



# UNIT 4: Materia Medica 1

## Introduction

This is the first of three Materia Medica units, the first of which contains a detailed consideration of five common medicinal plants:

- German chamomile, *Matricaria recutita* L.
- Fennel, *Foeniculum vulgare* Mill.
- Elder tree, *Sambucus nigra* L.
- Lemon Balm, *Melissa officinalis* L.
- Meadowsweet, *Filipendula ulmaria* (L.) Maxim.

## Overview

- Get to know 5 important medicinal plants (particularly how and why they are used), and develop a strong affinity with each plant so that you can use them wisely and appropriately
- Understand research into medicinal plants compounds and into the effects of whole plant extracts
- Use key texts and modern sources to conduct your own research into the historical use of key plants within Phytotherapy, and compare these uses with modern approaches confirmed by research
- Learn to use your senses to identify and know more deeply the subtleties of medicinal plants, thus building up a more complex and nuanced understanding and relationship to them
- Explore the making of simple home recipes and practical pharmacy, learning how to transform a plant into something pleasant and remedial to use (e.g., tisanes, infused oils and electuaries).

## Learning Outcomes

**By the end of Section 1, you will have an understanding of:**

- The structure of this Unit, and some central concepts underpinning Western herbal medicine.

**By the end of Section 2, you will have:**

- Undertaken a Plant Tasting with the 5 herbs using the Goethean method
- Defined 5 keywords for each tasting

**By the end of Section 3, you will have an understanding of:**

- The basic botany of German chamomile
- The parts used, main constituents, main therapeutic actions, methods of preparation and use, cautions and care, and research relating to the plant

- The central role and importance of the digestive system and mucus membranes in herbal medicine
- How to use tisanes/herbal teas.

**By the end of Section 4, you will have an understanding of:**

- The basic botany of fennel
- The parts used, main constituents, main therapeutic actions, methods of preparation and use, cautions and care, and research relating to the plant.
- Links between the digestive system and other systems in the body, including the nervous system and the hormonal system
- How to make an aromatic digestive electuary.

**By the end of Section 5, you will have an understanding of:**

- The basic botany of the elder tree
- The parts used, main constituents, main therapeutic actions, methods of preparation and use, cautions and care, and research relating to the plant
- The effectiveness of herbal medicine in the treatment of children
- The uses of elderberry, and how to make an elderflower infused oil.

**By the end of Section 6, you will have an understanding of:**

- The basic botany of lemon balm
- The parts used, main constituents, main therapeutic actions, methods of preparation and use, cautions and care, and and research relating to the plant
- Making a lemon balm infused oil
- How the nervous system interacts with other body systems, including the digestive system and the immune system.

**By the end of Section 7, you will have an understanding of:**

- The basic botany of meadowsweet
- The parts used, main constituents, main therapeutic actions, methods of preparation and use, cautions and care, and research relating to the plant
- Case histories demonstrating how the herbalists' approach is uniquely tailored to each individual.

**By the end of Section 8, you will have taken part in an activity about herbal history and folklore and have an understanding of:**

- Have gained a good understanding of some of the history and folklore surrounding the herb you have selected.
- Know where traditional uses of your chosen plant have been carried forward into present day use and reflected in research.

- Explored how to take information from one referenced source and show you have understood its meaning by putting it in to your own words.

## Additional Information

This Unit contains **Reference and Resources** lists as well as the tutor's own tasting notes.

From:  
<https://heartwoodteam.net/wiki/> - Heartwood Team Wiki

Permanent link:  
[https://heartwoodteam.net/wiki/doku.php?id=foundation\\_course\\_students:fc\\_handbook:units:unit\\_4\\_materia\\_medica\\_1](https://heartwoodteam.net/wiki/doku.php?id=foundation_course_students:fc_handbook:units:unit_4_materia_medica_1)

Last update: **2021/12/07 14:44**

