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UNIT 6: Materia Medica 2

Introduction

This is the second of three Materia Medica Units in which we consider 5 more valuable medicinal plants in the herbal materia medica:

- Hawthorn, *Crataegus monogyna* Jacq.
- Marigold, *Calendula officinalis* L.
- Lime Blossom, *Tilia europea* L.
- Lavender, *Lavendula angustifolia* Mill.
- Nettle, *Urtica dioica* L.

Overview

- Deepen your understanding of major plant compounds, research, safety and efficacy
- Explore case histories, plant tastings, simple home recipes and practical pharmacy
- Consider Western Herbal Medicine's approach to the treatment of conditions of the nervous system, the circulatory system, the skin and allergies
- Gain knowledge of common pharmacy preparations including tinctures, salves, ointments and plaisters

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
- Get to know five more important medicinal plants
- Recognise that the circulatory system is given particular emphasis in traditional herbal medicine as it is a key area of action and benefit for many medicinal plants
- An introduction to the concepts of tonics and adaptogens
- Understand that the health and treatment of the skin is viewed as an ecology of health in Western Herbal Medicine and that there are many herbs with a huge capacity for wound healing.

By the end of Section 2, you will have an understanding of

- Revisit the method of contemplative plant tasting introduced to you in Unit 2
- Consider how you would make a tea with each of the five herbs in this unit, and record your findings from following the tasting methodology
- Learn how to share your five key words from your plant tastings on the LMS

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

- The rose family, including hawthorn
- 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 of hawthorn as a heart medicine
- Cardiotonic cordials.

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

* Tinctures and how they may be more or less suitable for certain people, and at different stages of life.

- What the terms menstruum and marc mean in relation to tincture making
- Marker compounds.
- Get to know 5 more important medicinal plants in Western herbal medicine, (particularly how and why they are used)
- Deepen your understanding of major plant compounds, research, safety and efficacy, case histories, plant tastings, simple home recipes and practical pharmacy
- Consider Western herbal medicine's approach to the treatment of conditions of the nervous system, the circulation, the skin, and allergy
- Gain knowledge of common pharmacy preparations, including tinctures, salves, ointments and plaisters.

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

* The asteraceae family including marigold

- The parts used, main constituents, main therapeutic actions, methods of preparation and use, cautions and care, case history and research relating to the plant
- The central role of marigold as a wound healer
- Marigold and the management of cancer
- Ointments and plaisters.

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

- The basic botany of lime flowers
- The parts used, main constituents, main therapeutic actions, methods of preparation and use, cautions and care, case history and and research relating to the plant
- Tonics and adaptogens
- The role of lime flower as a tonic for the nervous and circulatory systems.

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

* The basic botany of lavender

- The parts used, main constituents, main therapeutic actions, methods of preparation and use, cautions and care, and research relating to the plant
- The adaptable nature of lavender as a first aid medicine
- Allergy and gut flora
- How to make a lavender and oatmeal bath sachet

By the end of Section 8, you will have:

* The basic botany of nettle

- 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 of nettle as a food-like herb in herbal medicine at all stages of life
- Skin, and the role of blood in keeping skin healthy.

By the end of Section 9, you will have:

Shared with your fellow students, your five tasting words of the five plants covered in this unit.

Additional Information

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

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