

# Table of Contents

**Introduction**

Overview

Learning Outcomes

Additional Information

.....

.....

.....

.....

1

1

1

3



# 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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