

Monograph Instructions

For your final assignment we ask you to compile a '**Monograph**', focussing on one particular plant.

Traditionally, materials are gathered into diaries, folders, notebooks and albums. We suggest that, from Unit 2 onwards, you start to compile a 'hard copy' portfolio of your discoveries and findings in whatever format suits you. We suggest you create your actual document in Word, storing it on your own computer and adding lovely things along the way, until you upload it to the LMS as a PDF at the end of Unit 12.

When compiling your monograph, you may want to include information under the following headings:

- **Names:** A list of names for the plant (local names, worldwide names, current scientific name)
- **Habitat:** How and where your plant grows
- **Botany:** identifying features, family, leaf shape, flower morphology, images (ideally taken by you) of all stages – seed to flower)
- **History:** How your chosen plant has been used through history - medicinally and ethno-botanically?
- **Key compounds and constituents**
- **Medicinal actions and indications**
- **Research:** What research is available for your monograph plant?
- **Organoleptic tasting method:** See Unit 2, section 8; You can include your own plant tastings for your plant

In **Sections 2, 3, and 8 of Unit 2** there are specific Monograph Tasks to get you started, and throughout the course there are further suggestions for information you might include. Your tutors may make suggestions on your **FC Forum**, and you can also use the Forum to ask them for advice and about anything you're not sure about.

Finally, in **Unit 12, Section 4** there are some mini-tasks, which are designed to be fun and to help you engage with your plant in an individual way to complete your Monograph.

Which herbs to use for your Monograph

We have provided a comprehensive list to give you plenty of choice regarding which plant you would like to focus on. Selecting from this list will very much help your tutors when grading time comes around.

If you have any questions about your choice of plant please do contact your tutors.

Aniseed, *Pimpinella anisum*

Blackberry, *Rubus fruticosus*

Burdock, *Arctium lappa*

Elecampane, *Inula helenium*

Fennel, *Foeniculum vulgare*

Garden angelica, *Angelica archangelica*

Milk Thistle, *Silybum marianus*

Nigella, *Nigella sativa*

Peppermint, *Mentha x piperita*

Caraway, <i>Carum carvi</i>	German Chamomile, <i>Chamomilla recutita</i>	Pot Marigold, <i>Calendula officinalis</i>
Catnip, <i>Nepeta cataria</i>	Hawthorn, <i>Crataegus oxycanthoides/monogyna</i>	Raspberry, <i>Rubus ideaus</i>
Cinnamon, <i>Cinnamomum zeylanicum</i>	Lady's mantle, <i>Alchemilla vulgaris</i>	Thyme, <i>Thymus vulgaris</i>
Coriander, <i>Coriandrum sativum</i>	Lemon Balm, <i>Melissa officinalis</i>	White deadnettle, <i>Lamium album</i>
Dandelion, <i>Taraxacum officinale</i>	Meadowsweet, <i>Filipendula ulmaria</i>	Yarrow, <i>Achillea millefolium</i>
Dill, <i>Anethum graveolens</i>		

Monograph examples

Monographs can be created for many different purposes, depending on who the information is for. In ancient times people recorded information about herbs in Herbals, that were copied by hand until the invention of the printing press allowed them to be copied in print. These old Herbals often contain a form of Monograph about each herb, giving us what was considered important to know at the time.

Later herbals like Culpeper's Herbal updated this ancient information for the 17th C audience.

You may like to find a modern copy of Culpeper's Herbal (originally published 1653) as modern reprints are readily available and inexpensive. However here is a link to an online copy of a more modern edition: <https://www.gutenberg.org/files/49513/49513-h/49513-h.htm> As you scroll down past the beautiful colour plates you will see the herb Monographs begin in alphabetical order.

Then in the early 20th C herbalists like Maude Grieve collected information and presented this as monographs – hence the name "A Modern Herbal". See Mrs Grieve: on myrrh, *Commiphora molmol*, available online: <http://www.botanical.com/botanical/mgmh/m/myrrh-66.html>

Herbal medicines were once official medicines prescribed by doctors and pharmacists. The British Pharmacopeia of 1907 shows a different kind of herb monograph, via the British Pharmaceutical Codex (BPC) online via the Wellcome Library: <https://wellcomecollection.org/works/mfze4eb8>

Another great site for seeking information old and new, is Henriette's Herbal Homepage: For another example of a monograph, see this one about the beautiful Tamarind: <https://www.henriettes-herb.com/eclectic/bpc1911/tamarindus.html>

The online database of medicinal plant information and research 'Plants For A Future' has its own version of a trimmed down monograph – displayed in a different way for a modern audience: <https://pfaf.org/user/Plant.aspx?LatinName=Commiphora+myrrha>

Many books have herbal information displayed as a Monograph. This one - Tobyn, G., Denham, A. and Whitelegg, M. (2011). The Western herbal tradition. Churchill Livingstone, is expensive but worth considering as a wonderful exploration of herbal medicine by three eminent herbalists.

The American Botanical Council's monograph of elderberry is yet another version of the Monograph – see this PDF Monograph of elderberry: <http://abc.herbalgram.org/site/DocServer/Elderberry-scr.pdf?docID=165>

And one more...

The European Scientific Cooperative on Phytotherapy (ESCOP) has some of its monographs available online, free of charge, for example, references: <http://escop.com/elder-flower/>

Top Tip: You will definitely find that you will get the most out of creating your monograph if you gather relevant information on your chosen lovely plant as you work through the units, rather than leaving it all to the end. You will find various tips and suggestions scattered throughout the course content to help you with this. Creating a monograph on a plant can be great fun and deeply rewarding. Enjoy the journey.