

## Unit 12: Activity 5 - Plant Monograph - 1500-3000 words (This activity will be graded)

### By the end of this assignment you will:

- Have followed your chosen plant through the year, gathering information about it as suggested in the monograph instructions below.
- Have used the suggestions made throughout the course to deepen your study and interact with your plant, including your own ideas that help to make your monograph unique!
- Have collated all your information and organised it into your own monograph format, including references.

### Description of this assignment:

1. Choose one of the herbs listed below:

Elder – <i>Sambucus nigra</i>	Elecampagne - <i>Inula helenium</i>	Milk Thistle - <i>Silybum marianus</i>	Lime flower – <i>Tilia europaea</i>
Fennel - <i>Foeniculum vulgare</i>	Nigella - <i>Nigella sativa</i>	Burdock - <i>Arctium lappa</i>	Angelica - <i>Angelica archangelica</i>
Peppermint - <i>Mentha x piperita</i>	Lavender – <i>Lavandula angustifolia</i>	German chamomile - <i>Matricaria chamomilla</i>	Pot Marigold - <i>Calendula officinalis</i>
Catnip - <i>Nepeta cataria</i>	Hawthorn - <i>Crataegus monogyna</i>	Raspberry - <i>Rubus idaeus</i>	Cinnamon - <i>Cinnamomum verum</i>
Lady's Mantle - <i>Alchemilla vulgaris</i>	Thyme - <i>Thymus vulgaris</i>	Nettle – <i>Urtica dioica</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>
Marshmallow – <i>Althaea officinalis</i>	Cleavers – <i>Galium aparine</i>	St. John's Wort – <i>Hypericum perforatum</i>	Ginkgo – <i>Ginkgo biloba</i>
Wood Betony – <i>Stachys betonica</i>	Valerian – <i>Valeriana officinalis</i>	Vervain – <i>Verbena officinalis</i>	Skullcap – <i>Scutellaria lateriflora</i>
Rosemary – <i>Salvia rosmarinus</i>	Agrimony – <i>Agrimonia eupatoria</i>	Plantain – <i>Plantago major</i>	Red Clover – <i>Trifolium pratense</i>
Birch – <i>Betula alba</i>	Willow – <i>Salix alba</i>	Sage – <i>Salvia officinalis</i>	Rose – <i>Rosa spp.</i>
Licorice – <i>Glycyrrhiza glabra</i>	Motherwort – <i>Leonurus cardiaca</i>		

2. Write between 1500-3000 words on your chosen herb and include your findings on the following:

- **Names:** a list of names for the plant (current scientific name, various local common names noting where they come from)
- **Habitat:** how and where your plant grows, describing its growth from personal experience if possible, either by growing the plant yourself or by observing it in the wild throughout a growing year.
- **Botany:** identifying features, family, leaf shape, flower morphology, images (ideally created by you) of all stages – seed to flower)
- **History, ethnobotany and folklore:** how your chosen plant has been used through history and in a variety of cultures.
- **Key constituents:** include their pharmacological activity, where known.
- **Medicinal actions and indications:** use a diverse range of suitable sources to provide a reliable summary of actions and indications/uses.
- **Research:** briefly describe one or two academic papers (scientific and otherwise) that are available for your chosen plant.
- **Organoleptic tasting:** include the results of your tasting, meditative and observational exercises from Unit 12.
- **Medicinal preparations:** include the reasoning for your choices.
- **Personal relationship:** please include something that shows your personal relationship to your herb - for example, drawings, photos, a story, poem or family recipe.

3. Include all of your source material (books, scientific papers and internet searches) as a list at the end of your work, providing adequate in-text citations and attempting APA referencing.

4. Save your work as a PDF and upload using the instructions at the bottom of this document.

### **Notes on this assignment:**

One of our ambitions at Heartwood is to enable you to build a close understanding of and healing relationship with medicinal plants. Central to this is the concept that, alongside books and tutors, the plants themselves can become an integral part of the learning process and will ultimately stand alongside you as a Native Healer and ally.

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

You will receive a grade and some individual feedback which refers to the **assessment criteria** (listed below) and will need to achieve a 60% pass mark to apply for the Professional Course.

We suggest that, from Unit 2 onwards, you start to compile a portfolio of your discoveries and findings, in whatever format suits you, and add to it as the year progresses. 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.

**Word count:** Please state your exact word count at the bottom of your submission. Please note that the drawings, photos, in-text references and the reference list at the end are not included in the word count.

**Copy and Paste:** Please do **not** copy and paste from any source (books, research papers, etc.) into your work. We would like you to read the information, think about what it means, and write what you have learned in your own words. Cutting and pasting others' work is known as plagiarism and is viewed as academic misconduct across the academic world. This is especially important for those of you who are intending to go forward to the Professional Course.

**Use of AI:** Please avoid using generative AI to produce your monograph. Even partial use is problematic.

**Referencing:** Once more, we would like to stress the importance of referencing and crediting sources of information. Whenever we use content from other sources, it is important to cite the original author. We suggest you attempt the APA style of referencing (and don't worry if you get it wrong!). If you do not plan to go on to the Professional Course in herbal medicine here or elsewhere, and you would prefer your feedback to be not overly technical, please put the letters "NPC" clearly at the end of your assignment. If you are considering doing the Professional Course in the future please attempt APA referencing and put "PC" at the end of your submission.

### **Some further information about Monographs:**

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 century 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/ebooks/49513> . As you scroll down past the beautiful colour plates you will see the herb monographs begin in alphabetical order. Then in the early 20th century, herbalists like Maude Grieve collected information and presented this in the form of monographs – hence the name “A Modern Herbal”. See, for example, Mrs Grieve on myrrh, *Commiphora molmol*, available online:

<https://botanical.com/~botanid5/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>

A great site that both students and practitioners turn to for seeking information old and new is Henriette's Herbal Homepage: <https://www.henriettes-herb.com/index.html>. Here is another example of a monograph, on 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 monographs. See your booklist for a variety of these.

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>.

<b>MARK</b>	<b>MONOGRAPH ASSESSMENT CRITERIA</b>
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5	Correct scientific name, and a range of common names and where your plant is known by these names
5	Summary of habitat and botany
5	Summary of history, ethnobotany, folklore
5	Summary of constituents and their activities
15	Summary of medicinal actions and indications
5	Summary of medicinal preparations and why they are used
10	Clear engagement with the living plant itself through its life cycle and has reflected on this process
10	Included reflections on your organoleptic experience and observational exercises from Unit 12 of your chosen plant
10	Used a wide variety of reliable sources, commenting on their suitability, and referencing in the APA style. Has briefly and accurately described one or two relevant academic papers.
10	Presentation, structure and logical progression of ideas enhances the work.
10	Brought something innovative to the assignment, such as photos, drawings, personal stories, poems or recipes, demonstrating personal engagement with chosen herb.
10	Demonstrates engagement with foundation course and incorporates ideas and themes from it

100 Total Marks

## Grade Descriptors for Monograph

### Distinction (70%+)

- Excellent grasp of the breadth and depth of the knowledge base.
- Consistently high standard in almost every respect, with the various elements of the work integrated into a skilled and coherent narrative.
- Significant appraisal of information and insight demonstrated.

### Merit (60% to 69%)

- Very good grasp of the breadth and depth of the knowledge base.
- High standard demonstrated in most aspects of the work, with some elements of the work integrated into a reliable narrative.
- Some appraisal of information and insight demonstrated.

### High Pass (50% to 59%)

- Good grasp of the breadth and/or depth of the knowledge base.
- Solid standard in most aspects of the work, although lacking in a clear narrative.
- Inadequate appraisal of information and insight demonstrated.

### Pass (40% to 49%)

- Reasonable grasp of the breadth or depth of the knowledge base.
- Satisfactory standard in some aspects of the work, although uneven and lacking a clear narrative.
- Minimal appraisal of some information, with some insight demonstrated.

### Low Pass (30% to 39%)

- Adequate grasp of some elements of the breadth or depth of the knowledge base.
- A sufficient standard is seen in a minimal number of aspects of the work, which is without a narrative.
- Appraisal of information is missing.

### Fail (less than 30%)

- Insufficient grasp of the breadth or depth of the knowledge base.
- Lack of adequate standard seen throughout the work, which is without a narrative.
- Appraisal of information is missing.

## Submission instructions

- To submit your assignment, please save your document, presentation or other file format as a PDF. Most word processor or editors have a 'Save as' or 'Export' option that will allow you to save as PDF. Alternatively, you could use an online PDF-creator such as the PDF Forge or this PDF Creator.

- When you are ready to submit, click on the Add submission icon (A) and select your file using the Choose file option or simply drag and drop it into the space below as indicated (B).

- Click Save changes (C).

Once saved, you will see the uploaded document under the Submission status. Note, at this point it is still in draft form and not yet submitted. (This allows you to edit/remove the submission if you need to.) To complete the submission, click on Submit assignment.

It will ask you to confirm your submission.

Once confirmed, you will see your assignment as Submitted for grading in a green bar under the Submission status.

This completes your submission.