



BOTANICAL MEDICINES IN INTEGRATIVE HEALTHCARE

CSPH 5421

3 Credits | Fall

Online

**Instructor:
Amy Taylor**

This course will focus primarily on the most popular and widely used botanical medicines. The information will be presented from a biomedical perspective, although discussions of alternative therapeutic systems, such as Traditional Chinese Medicine (TCM) or Ayurvedic Medicine, will also be included to provide balance. You will be introduced to information resources pertinent to the use of botanical medicines, and there will be discussion of how this topic is treated in both the scientific literature and the popular press. The botanical characteristics, traditional uses, and chemical properties of the active constituents will also be covered. Therapeutic applications, appropriate uses, potential hazards, dosage, drug interactions and other safety considerations, will be addressed. Quality control issues in the manufacture of botanical supplements, and the regulatory environment governing their manufacture and sale, will be addressed. The applications of particular botanical medicines will be discussed and related to required and recommended readings and online resources; emphasis will be placed on information derived from clinical and pre-clinical studies published in current scientific literature. The information presented will be organized according to bodily systems and processes affected, e.g. the immune system, the cardiovascular system, etc.

Visit z.umn.edu/CSPH5421 for more information.



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