

## **Post Baccalaureate Certificate in Herbal Studies (effective Fall 2019)**

The following description of the Post-Baccalaureate Certificate in Herbal Studies is effective for students entering MUIH in the Fall 2019 trimester. It replaces previous versions of the program described in the 2018-2019, and earlier, Catalogs.

### **Required Coursework**

The program consists of 12 credits of the following four required courses.

#### **HRB600 Fundamentals of Herbal Medicine (3 credits)**

*Take as an online course or as an on-campus course.*

This survey course looks at the historical and modern use of herbal medicine around the world, exploring how traditional systems influence modern herbal practice in the United States. The course reviews traditional rationale for herbal use as well as the foundational modern sciences that support a contemporary evidence-informed perspective. Classroom work will introduce materia medica, phytochemistry, pharmacology, ethnobotany, clinical trials, posology (the study of dosage), herbal preparations, and safety issues. Students will learn how to apply foundational knowledge to the formulation of simple herbal blends.

#### **HRB605 Materia Medica I (3 credits)**

*Take as an online course.*

To provide a working understanding of the individual characteristics of at least 50 primary herbs commonly used by the US public. Secondly, to develop skills in integrating information concerning the efficacy and safety of herbs from scientific literature with traditional herbal knowledge.

#### **HRB622 Herbal Pharmacy: Evaluating and Manufacturing Quality Herbal Products (3 credits)**

*Take as an online course or an on-campus course.*

This is primarily a hands-on course providing techniques for harvesting and drying herbs and incorporating them into herbal products and medicinal foods. It provides the basic theory and skills required to manufacture high-quality medicinal herb products for oral and topical application. Students learn the foundational principles of extraction, the properties of common solvents (e.g. water, alcohol and oils) and the solubility of various herbal constituents. Students apply their learning by creating herbal foods and extracts for display at a community herbal products show (or online equivalent). In addition to making their own "kitchen pharmacy" preparations, students learn how to evaluate the quality of the wide range of herbal products manufactured by the natural products industry.

#### **HRB641 Safety of Botanical Medicine (3 credits)**

*Take as an online course.*

Students will apply skills, principles, and knowledge to critically examine the safety of herbal products, including basic toxicology, pharmacokinetics and pharmacology necessary to analyze the potential acute, chronic, or idiosyncratic toxicities, as well herb/herb and drug/herb interactions. In addition, each week, students will determine the myth or reality of a safety scenario through peer discussion. Students will examine a case study with toxicity concerns and determine their plan of action through the application of materials and concepts both provided and discovered.

**Start Dates and Course Schedule**

Students may pursue the program full time or part time, based on when they begin the program and when the required courses are offered.

*Students starting in the fall trimester are enrolled in the full-time program.* The full-time track is designed with the following schedule of classes and students will finish the program in two trimesters (8 months):

- Fall – HRB600 (3 credits) and HRB641 (3 credits)
- Spring – HRB605 (3 credits) and HRB622 (3 credits)

*Students starting in the spring trimester are enrolled in the part-time program.* The part-time track is designed with the following schedule of classes and students will finish the program in four trimesters (16 months):

- Spring 1 – HRB605 (3 credits)
- Summer – HRB600 (3 credits)
- Fall – HRB641 (3 credits)
- Spring 2 – HRB622 (3 credits)

For students entering the program in Fall 2019 or Spring 2020, the schedule of classes is:

Trimester	Students Entering in Fall 2019 Full-time Track	Students Entering in Spring 2020 Part-time Track
Fall 2019	HRB641 (3 cr) HRB600 (3 cr)	
Spring 2020	HRB605 (3 cr) HRB622 (3 cr)	HRB605 (3 cr)
Summer 2020		HRB600 (3 cr)
Fall 2020		HRB641 (3 cr)
Spring 2021		HRB622 (3 cr)

### **Entry into the Herbal Medicine Master's Programs**

The PBC Herbal Studies program can also serve as an entry point and advanced standing in MUIH's M.S. Clinical Herbal Medicine degree or M.S. Herbal Product Design and Manufacture degree. The four courses of this PBC program are transferrable and make up the first four required courses of both of these Master's degrees.

*Students who start the PBC program in the fall trimester (the full-time program) and who complete the program on time in the following spring trimester, are eligible to transfer into either of the Herbal Medicine Master's degrees in the proceeding summer trimester. For example, students who begin the PBC program in the fall 2019 trimester and successfully complete the required 12 credits of coursework by the end of the spring 2020 trimester, may transfer into either the M.S. Clinical Herbal Medicine degree or M.S. Herbal Product Design and Manufacture degree in the summer 2020 trimester.*

*Students who start the PBC program in the spring trimester (the part-time program) and who complete the program on time in the following spring trimester, are eligible to transfer into either of the Herbal Medicine Master's degrees in the proceeding summer trimester. For example, students who begin the PBC program in the spring 2020 trimester and successfully complete the required 12 credits of coursework by the end of the spring 2021 trimester, may transfer into either the M.S. Clinical Herbal Medicine degree or M.S. Herbal Product Design and Manufacture degree in the summer 2021 trimester.*