



The medicinal properties of plants

Start date 24th June 2016

End date 26th June 2016

Venue Madingley Hall
Madingley
Cambridge

Tutor Dr Patrick Harding

Course code 1516NRX067

Director of Programmes

Emma Jennings

For further information on this course, please contact

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To book See: www.ice.cam.ac.uk or telephone 01223 746262

Tutor biography

Patrick Harding has enjoyed teaching adults for 35 years and for the last 25 years has contributed to the residential programme at Madingley. He imparts information through profusely illustrated lectures backed up by handouts and book displays. He considers humour important and steers away from a dry approach. He includes field visits and, where possible, poetry and prose to broaden a subject. Patrick has considerable media experience including Radio 4 (Natural History, Christmas) and Television (Flying Gardener, Castle in the Country, Mushrooms, Christmas).

Course Programme

Friday

Please plan to arrive between 16:30 and 18:30. You can meet other course members in the bar which opens at 18:15. Tea and Coffee making facilities are available in the study bedrooms.

19:00	Dinner
20:30 – 22:00	Plants in the history of medicine
22:00	Terrace bar open for informal discussion

Saturday

07.30	Breakfast
9.00– 10.30	Medicinal plants containing alkaloids and essential oils
10.30	Coffee
11.00– 12.30	Plants containing mucilages, tannins and bitters
13.00	Lunch
14:00 -16:00	Visit to look at medicinal plants in the field (suitable footwear and clothing advisable)
16:15	Tea
17:00 – 18:30	Free
18:30	Dinner
20:00 – 21:30	Homoeopathy and some plant-based remedies
22:00	Terrace bar open for informal discussion

Sunday

07.30	Breakfast
9.00 – 10.30	Plants containing coumarins, cardiac glycosides saponins, salicylates and steroids
10.30	Coffee
11.00– 12.30	A look at the herb garden at Madingley
12:45	Lunch

The course will disperse after lunch

Course syllabus

Aims:

1. To increase awareness of the importance of plants in the history of medicine.
2. To introduce students to the major groups of pharmacologically active chemicals found in plants and to examine their mode of action.
3. To see how certain plant families are rich in particular chemicals
4. To explain the use of plants both allopathically and homoeopathically.

Content:

The course aims to separate fact from fiction in relation to claims about the medicinal properties of plants. To this end, sessions will include advice on books and a review of the history of drug use. Many of the plant drugs are examples of distinct chemical groups. We will examine well-known plants containing Alkaloids, Essential Oils, Mucilages, Tannins, Cardiac Glycosides, Phenols, etc., and see how their acclaimed medicinal usage fits the chemical properties. The session in the field and in the Madingley gardens will enable us to see more of the important medicinal plants while the session on homoeopathy looks at the problem of drug side effects and one approach to the problem.

Presentation of the course:

Illustrated lectures with handouts will be used to put over some of the more factual information but with time for questions and discussion. The more informal field sessions will help with plant identification.

Outcomes:

As a result of the course, within the constraints of the time available, students should be able to:

1. Recognise both the historical and current significance of plants in medicine;
2. Understand the general modes of action of some of the more important chemicals found in medicinal plants;
3. Identify (with the help of books) some of the more common native plants with medicinal properties;
4. Appreciate the problem of dose and side-effects and the difference between allopathy and homeopathy.

Reading and resources list

Listed below are a number of texts that might be of interest for future reference, but do not need to be bought (or consulted) for the course.

Author	Title	Publisher and date
Griggs, Barbara	<i>Green Pharmacy: A History of Herbal Medicine</i>	Inner Traditions (new edition, 1997) ISBN: 0892817275 pbk £15.99
Hoffman, David	<i>The Holistic Herbal: a Safe and Practical guide to making and Using Herbal Remedies</i>	Harper Collins (new edition, 2002) ISBN: 007145411 pbk £14.99
Auel, Jean M	<i>The Clan of the Cave Bear</i>	Coronet (new edition, 2002) ISBN: 0340824425 pbk £7.99
Rose, F	<i>The Wild Flower Key</i>	Frederick Warne (new revised edition, 2006) ISBN: 0723251754 pbk £19.99
Wong, J	<i>Grow Your Own Drugs</i>	BBC Publications, 2008

The will be a large display of books about plants and herbal medicine.

Note Students of the Institute of Continuing Education are entitled to 20% discount on books published by Cambridge University Press (CUP) which are purchased at the Press bookshop, 1 Trinity Street, Cambridge (Mon-Sat 9am – 5:30pm, Sun 11am – 5pm). A letter or email confirming acceptance on to a current Institute course should be taken as evidence of enrolment.

Information correct as of March 2016