



Jordan University of Science and Technology
Faculty of Pharmacy
Pharmacy Department

PHAR433 Phytotherapy - JNQF Level: 7
First Semester 2024-2025

Course Catalog
3 Credit Hours. 3 Credit Hours. This course provides students with an introduction to herbal medicine and products. This includes indications, proper dosing, precautions, contraindications, herb-herb, and herb-drug interactions. Reliable information resources, regulatory status, quality control, and standardization of herbal products are also discussed.
Teaching Method: On Campus

Text Book	
Title	Fundamentals of Pharmacognosy and Phytotherapy
Author(s)	Michael Heinrich Joanne Barnes Jose Prieto-Garcia Simon Gibbons Elizabeth M. Williamson
Edition	4th Edition
Short Name	Ref. #1
Other Information	2023, Elsevier Health Sciences

Course References

Short name	Book name	Author(s)	Edition	Other Information
Ref. #2	Rational Phytotherapy	V. Schulz, R. Haensel, M. Blumenthal, and VE Tyler	5th Edition	2004, Springer
Ref. #3	Herbal Medicines. Joanne Barnes, Linda A. Anderson, and J. David Phillipson. 3rd edition, 2007, Pharmaceutical Press.	Joanne Barnes, Linda A. Anderson, and J. David Phillipson.	3rd Edition	2007, Pharmaceutical Press.
Ref. #4	The ABC Clinical Guide to Herbs.	M. Blumenthal	1st Edition	2003, American Botanical Council.
Ref. #5	Textbook of Natural Medicine	Joseph E. Pizzorno and Michael T. Murray	5th Edition	2021, Elsevier.

Instructor	
Name	Dr. Rana Qasaymeh
Office Location	PH4 L-1
Office Hours	
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Class Schedule & Room
<p>Section 3: Lecture Time: Sun, Tue, Thu : 13:30 - 14:30 Room: M3305</p> <p>Section 4: Lecture Time: Mon, Wed : 11:30 - 13:00 Room: M1302</p> <p>Section 5: Lecture Time: Mon, Wed : 13:00 - 14:30 Room: NORTH HALL</p> <p>Section 6: Lecture Time: Sun, Tue, Thu : 12:30 - 13:30 Room: M3305</p> <p>Section 7: Lecture Time: Mon, Wed : 08:30 - 09:30 Room: M3305</p> <p>Section 8: Lecture Time: Sun, Tue, Thu : 13:30 - 14:30 Room: D4203</p> <p>Section 9: Lecture Time: Sun, Tue, Thu : 14:30 - 15:30 Room: M1302</p>

Prerequisites		
Line Number	Course Name	Prerequisite Type
303340	PHAR334 Pharmacognosy And Phytochemistry	Prerequisite / Study

Tentative List of Topics Covered		
Weeks	Topic	References
Weeks 1, 2	1. Fundamentals of Phytotherapy	From Ref. #1, From Ref. #2
Week 3	2. Regulation and Pharmacovigilance of Herbal Medicines	From Ref. #1
Week 3	3. Quality Control and Standardization of Herbal Medicines	From Ref. #1
Week 4	4. Reliable Information Sources on Herbal Medicines	From Ref. #1
Weeks 6, 7	5. Herb-Drug Interactions	From Ref. #1
Weeks 8, 9	6. The Digestive System: Caraway, Fennel, Cumin, Ginger, Peppermint, Chamomile, Oral Rehydration Therapy, Rice Water, Green and Black Tea, Probiotics, Linseed (Flaxseed), Wheat Bran, Psyllium, Senna, Castor Oil, and Milk Thistle	From Ref. #1
Week 10	7. The Respiratory System and Immuno-Stimulants: Elderflowers, Elderberry, Linden Flowers, Menthol/Peppermint Oil, Camphor, Eucalyptus oil, Thyme and Thyme Oil, Ivy, Bee Products, and Echinacea	From Ref. #1
Week 10	8. The Musculoskeletal System: Turmeric, Willow Bark, Glucosamine, Chondroitin, Capsicum	From Ref. #1
Weeks 12, 13	9. The Central Nervous System: Ginkgo, Kava, Valerian, Aromatherapy, Lavender Oil, Passionflower, Melatonin, St. John?s wort, and Feverfew	From Ref. #1
Week 12	10. The Cardiovascular System: Garlic, Horse Chestnut, and Hawthorn	From Ref. #1
Week 14	11. Female and Male Health Conditions: Cranberry, Black Cohosh, Pumpkin, and Saw palmetto	From Ref. #1
Week 14	12. The Skin: Aloe vera, Hydrocotyle, and MEBO	From Ref. #1
Week 15	13. Weight Loss Products: Chilli Peppers, Bitter Orange, Green Coffee Bean, and Hoodia	From Ref. #1
Week 15	14. Adaptogens: Ginseng, Grape Seed, and Ashwagandha	From Ref. #1

Mapping of Course Outcomes to Program Outcomes and NQF Outcomes	Course Outcome Weight (Out of 100%)	Assessment method
Examine the fundamental scientific principles underlying the therapeutic use of herbal medicines. [1PLO1.1] [1L7K1]	16%	
Compare the regulatory frameworks for herbal medicines in Jordan and other selected countries. [1PLO1.1] [1L7K1]	4%	
Evaluate the quality of finished herbal products based on established standards and quality control practices. [1PLO1.1] [1L7K1, 1L7S1]	9%	
Identify reliable information sources for dietary supplements and herbal products in clinical practice. [1PLO1.1] [1L7K1]	4%	
Describe the therapeutic uses, mechanisms, side effects, herb-drug and herb-herb interactions, contraindications, precautions, and considerations for use during pregnancy and lactation for commonly used herbal medicines. [1PLO2.3] [1L7K1, 1L7S2]	36%	
Apply the principles of rational phytotherapy effectively when counseling patients, ensuring safe and informed use of herbal medicines. [1PLO2.1] [1L7S2, 1L7C2]	31%	

PLO1.1	PLO2.1	PLO3.2	PLO3.3	PLO2.2	PLO2.3	PLO2.4	PLO3.1	PLO3.4	PLO3.5	PLO3.6	PLO4.1	PLO4.2	PLO4.3	PLO4.4	PLO5.1	PLO-PT1.1	PLO-PT2.1	PLO-PT2.2	PLO-PT3.1
33	31				36														

Relationship to NQF Outcomes (Out of 100%)			
L7K1	L7S1	L7S2	L7C2
46.5	4.5	33.5	15.5

Evaluation	
Assessment Tool	Weight
First exam	27%
Second exam	27%

Final exam	40%
Active learning	6%

Policy	
Communicating with Instructors	Students should communicate through their official JUST emails. Communication through personal email accounts (yahoo, Gmail, Hotmail, etc.) or social media will NOT be accepted, and no response will be provided. Students are required to check their emails and the E-Learning page of the course regularly for announcements and notifications.
Exams	All exams are closed books and notes. The final exam is comprehensive (covers all the material). The first and second incomplete exams need department heads' approval. The final incomplete exams need approval from the dean.
Cheating	Prohibited; The commitment of the acts of cheating and deceit such as copying during examinations, altering examinations for re-grade, plagiarism of homework assignments, and in any way representing the work of others as your own is dishonest and will not be tolerated. Standard JUST policy will be applied. المادة 7: إذا ضبط الطالب أثناء الامتحان أو الاختبار متلبساً بالغيش فتوقع عليه العقوبات التالية مجتمعة: أ- اعتباره راسياً في ذلك الامتحان أو الاختبار. ب- الغاء تسجيله في بقية المساقات المسجل لها في ذلك الفصل. ج- فصله من الجامعة لمدة فصل دراسي واحد، و هو الفصل التالي للفصل الذي ضبط فيه.
Attendance	Attendance is mandatory and will be recorded regularly. Excellent attendance is expected. Students who miss more than 20% of the classes will be dropped from the course as per JUST policy. If you miss class, it is your responsibility to find out about any announcements or assignments you may have missed.
Active learning and students' participation	Students are expected to actively participate in class discussions.
Classroom Etiquette	Respect o Respect people, places, and things. o Raise your hand to speak. o Listen respectfully. o Food and drink are not permitted in class. o Do not engage in aside conversations. Participation or Disruption: o Do not hesitate to ask questions at any time, especially if you are unsure of something. o Listen to other students' questions to avoid asking the same question five minutes later. o Allow your classmates to participate in class discussions and refrain from taking advantage of all opportunities for active participation. Cell Phones and Electronic Devices: o Texting is not permitted in class. o The use of cell phones, smartphones, or other mobile communication devices is disruptive and is therefore prohibited during class without permission. o Your phone should be turned off. If you must keep your phone on, you should set it to vibrate or silent mode and leave class if you receive an emergency call. o Except in emergencies, those using such devices must leave the classroom for the remainder of the class period. o Do not use your laptop in class for browsing the Internet or using social media while in class. Missing a Class o Do not miss classes. It is not appropriate to ask the professor if you missed anything important if you miss class. Obviously, something of importance was missed, you missed a whole class! o Whenever you are absent from class, it is your responsibility to make up the work and to get notes, not your professor's. o If you need to leave early, notify the instructor. Be Punctual o Make sure you arrive at class on time.
Email Etiquette	Type your email in the body of the email NOT in the subject line. Provide a clear subject line. Keep it short and to the point, but not vague. Name, class, and what the email is specifically about should be in the subject line. Body of the email: Your emails should always start with a formal greeting like you would in a letter, be brief (one screen length), check your spelling/grammar/punctuation, use a professional font (not decorative), and include a salutation aligned with your message (Thank you or Sincerely). Avoid sending an email to your professor asking about grades or complaining about them. Schedule an appointment to meet in person to discuss areas for improvement if you have inquiries. Consider the impression your tone will make in the email. It is recommended to wait 24 hours before sending an email or responding to an email if you are emotionally charged. It is not appropriate to write in ALL CAPS. This conveys the impression that you are shouting at the recipient. Make sure you read and reread your email before sending it. Make sure your emails are grammatically correct, have proper titles, and are properly spelled. If you have multiple questions or the message runs long, you might consider revising the message or scheduling a face-to-face meeting. You should double-check your ATTACHMENTS. Refer to your attachments within the body of your email. It is advisable to avoid attaching large files and to consider sending the document as a PDF. Please allow sufficient time for a response. The sender and receiver should both allow sufficient time. As a rule of thumb, 24 work hours should be given. If sending emails after official work hours or during formal vacations, a delay in response is expected. Following that, if no response is received, you can follow up. Effective Email Writing: Template for Email: