

General Info

Objectives of the Course

The aim of the Phytotherapy course is to indicate the regulatory and healing role of herbal medicines on human health.

Course Contents

The importance of herbal medicines. Differences between herbal and synthetic drugs. Considerations when using herbal drugs in complementary medicine. Herbal drug forms.

Recommended or Required Reading

Projector, laptop. Course book: Phytotherapy and Aromatherapy, N. Özata, Doğan Publishing.

Planned Learning Activities and Teaching Methods

Lectures, question and answer.

Recommended Optional Programme Components

Since the course will be taught theoretically by the person in charge of the course, students are not expected to pay attention to anything.

Instructor's Assistants

There is no assistant.

Presentation Of Course

Theoretical topics are taught face-to-face by the course instructor using PowerPoint presentations and whiteboards.

Dersi Veren Öğretim Elemanları

Assoc. Prof. Dr. Ata Eskin

Program Outcomes

1. Experiences how to obtain the drug to be used in treatment.
2. Lists the effects of drugs in treatment.
3. Lists the essential oils to be used in aromatherapy and their modes of action.
4. Experiences in preparing massage oil blends.
5. Uses the information acquired to support nutritional therapy.

Weekly Contents

Order	PreparationInfo	Laboratory	TeachingMethods	Theoretical	Practise
1	Phytotherapy and Aromatherapy, N. Özata, Doğan Publishing. Weekly lecture notes given to students.		Slide show, explanation of terms, topic explanation and question and answer.	What are aromatherapy and phytotherapy? Historical development, the origins of treatment with plants, phytotherapy and aromatherapy today.	
2	Phytotherapy and Aromatherapy, N. Özata, Doğan Publishing. Weekly lecture notes given to students.		Slide show, explanation of terms, topic explanation and question and answer.	Importance of herbal medicines, differences between herbal medicines and synthetic drugs, considerations for the use of herbal drugs in complementary medicine, forms of herbal medicine.	
3	Phytotherapy and Aromatherapy, N. Özata, Doğan Publishing. Weekly lecture notes given to students.		Slide show, explanation of terms, topic explanation and question and answer.	Preparation of medical teas (infusion, decoction, maceration) , considerations in preparation and types of medical teas (bag tea, granulated Tea, instant teas), their contents.	
4	Phytotherapy and Aromatherapy, N. Özata, Doğan Publishing. Weekly lecture notes given to students.		Slide show, explanation of terms, topic explanation and question and answer.	Phytotherapical effects of sage, Hawthorn, rosehip, nettle and Jasmine.	
5	Phytotherapy and Aromatherapy, N. Özata, Doğan Publishing. Weekly lecture notes given to students.		Slide show, explanation of terms, topic explanation and question and answer.	Phytotherapical effects of horse chestnut, Horsetail, Rosemary, Yarrow, parsley, chamomile and Daffodil.	
6	Phytotherapy and Aromatherapy, N. Özata, Doğan Publishing. Weekly lecture notes given to students.		Slide show, explanation of terms, topic explanation and question and answer.	Phytotherapic effects of blueberry, camel thorn, flax and cantarone, licorice and hops.	
7	Phytotherapy and Aromatherapy, N. Özata, Doğan Publishing. Weekly lecture notes given to students.		Slide show, explanation of terms, topic explanation and question and answer.	Phytotherapical effects of hibiscus, echinacea, ginko biloba, ginseng, thyme and fennel.	

Order	PreparationInfo	Laboratory TeachingMethods	Theoretical	Practise
8		Slide show, explanation of terms, topic explanation and question and answer.	Mid-term exam	
9	Phytotherapy and Aromatherapy, N. Özata, Doğan Publishing. Weekly lecture notes given to students.	Slide show, explanation of terms, topic explanation and question and answer.	Phytotherapical effects of marshmallow, Hayit, Linden, anise and cat grass.	
10	Phytotherapy and Aromatherapy, N. Özata, Doğan Publishing. Weekly lecture notes given to students.	Slide show, explanation of terms, topic explanation and question and answer.	The use of essential oil of German chamomile, Juniper, bergamot, tea tree and Rosemary in aromatherapy.	
11	Phytotherapy and Aromatherapy, N. Özata, Doğan Publishing. Weekly lecture notes given to students.	Slide show, explanation of terms, topic explanation and question and answer.	Perception of odors, sense of smell and physiology.	
12	Phytotherapy and Aromatherapy, N. Özata, Doğan Publishing. Weekly lecture notes given to students.	Slide show, explanation of terms, topic explanation and question and answer.	The use of essential oil of basil, grapefruit, rose and ITIR in aromatherapy.	
13	Phytotherapy and Aromatherapy, N. Özata, Doğan Publishing. Weekly lecture notes given to students.	Slide show, explanation of terms, topic explanation and question and answer.	The use of essential oil of thyme, lavender, lemon, ylang ylang and balm in aromatherapy.	
14	Phytotherapy and Aromatherapy, N. Özata, Doğan Publishing. Weekly lecture notes given to students.	Slide show, explanation of terms, topic explanation and question and answer.	The use of essential oil of Myrtle, mint, neroli and eucalyptus in aromatherapy.	
15	Phytotherapy and Aromatherapy, N. Özata, Doğan Publishing. Weekly lecture notes given to students.	Slide show, explanation of terms, topic explanation and question and answer.	The use of essential oils of orange, sandalwood, cedar and cypress and the use of fixed oils (sweet almond , olive, wheat extract, jojoba, hazelnut, sesame and grape seed oil) used in aromatherapy.	

Workload

Activities	Number	PLEASE SELECT TWO DISTINCT LANGUAGES
Vize	1	1,00
Final	1	1,00
Derse Katılım	7	1,00
Ders Sonrası Bireysel Çalışma	7	1,00
Ara Sınav Hazırlık	7	1,00
Final Sınavı Hazırlık	7	1,00
Araştırma Sunumu	5	2,00
Bütünleme	1	1,00
Teorik Ders Anlatım	14	2,00
Küçük Grup Çalışması	3	2,00

Assesments

Activities	Weight (%)
Ara Sınav	40,00
Final	60,00

	P.O. 1	P.O. 2	P.O. 3	P.O. 4	P.O. 5	P.O. 6	P.O. 7	P.O. 8	P.O. 9	P.O. 10	P.O. 11	P.O. 12	P.O. 13	P.O. 14
L.O. 1				5	5									
L.O. 2				2	2									
L.O. 3					3									
L.O. 4					5									
L.O. 5					3									

Table :

- P.O. 1 :** Tıbbi ve Aromatik bitkiler tarımı için gerekli temel bilim konularını öğrenebilme.
- P.O. 2 :** Alanıyla ilgili bitkileri doğadan toplamayı, tarımsal yetiştiriciliği, üretim ve çoğaltım yöntemlerini açıklar ve uygular.
- P.O. 3 :** Tıbbi ve Aromatik bitki türlerinde genetik ve ıslah konularını öğrenebilme.
- P.O. 4 :** Tıbbi ve Aromatik bitki üretim materyallerini (tohum, çelik) üretim tekniklerini öğrenebilme ve uygulayabilme.
- P.O. 5 :** Tıbbi ve Aromatik bitkilerin değerlendirme teknolojilerini öğrenebilme ve uygulayabilme
- P.O. 6 :** Tıbbi ve Aromatik bitkilerde bitki besleme, organik gübreleme ve sulama yöntemlerini öğrenebilme ve uygulayabilme
- P.O. 7 :** Tıbbi ve Aromatik bitkilerde, hastalık ve zararlılarla mücadele yöntemlerini öğrenebilme ve uygulayabilme.
- P.O. 8 :** Tıbbi ve Aromatik bitkilerden elde edilen ürünlerin kalite kontrolü, muhafazası ve pazara hazırlanması konusunda bilgi sahibi olabilmek.
- P.O. 9 :** Tıbbi ve Aromatik bitkilerin kültürü için gerekli temel konuları öğrenebilme
- P.O. 10 :** Yeni tarımsal teknolojilerin üreticiye benimsetilmesinde kullanılacak araç ve yöntemler konusunda bilgi sahibi olabilmek.
- P.O. 11 :** Mesleki etik ve sorumluluk bilincine sahip olma
- P.O. 12 :** Sağlık, tarım, gıda, çevre ve enerji gibi insan hayatı için kritik öneme sahip alanlardaki ihtiyaç ve sorunlara biyoteknolojinin sunduğu imkanlardan yararlanarak çözüm üretebilmek
- P.O. 13 :** Alanında karşılaştığı sorunları ve konuları bağımsız olarak analitik ve eleştirel bir yaklaşımla değerlendirir ve çözüm önerisi sunar.
- P.O. 14 :** Bilgisayar ve internet teknolojilerini kullanarak, her türlü bilimsel bilgiye ulaşabilme becerisine sahip olabilmek.
- L.O. 1 :** Tedavide kullanılacak drogun nasıl elde edileceğini deneyimler.
- L.O. 2 :** Drogaların tedavide etki şekillerini listeler.
- L.O. 3 :** Aromaterapide kullanılacak uçucu yağları ve etki şekillerini listeler.
- L.O. 4 :** Masaj yağı karışımlarının hazırlanmasını deneyimler.
- L.O. 5 :** Edindiği bilgileri beslenme tedavisini destekleyici biçimde kullanır.