



SZKOŁA GŁÓWNA
GOSPODARSTWA
WIEJSKIEGO

Herbal Ethnomedicine

Educational subject description sheet

Basic information

Field of study Course Offer for exchange students - second cycle studies, including uniform master studies (MA programmes)		Didactic cycle 2024/25	
Speciality -		Subject code PWMPWM2S_D.B1000000.06369.24	
Organizational unit Course Offer for exchange students		Lecture languages english	
Study level second cycle studies, including uniform master studies (MA programmes)		Mandatory Elective subjects	
Study form full-time studies		Block General subjects	
Education profile General academic		Disciplines	
Coordinator	Olga Kosakowska		
Teacher	Olga Kosakowska		
Period Winter semester	Examination Pass with grade	Number of ECTS points 3	
	Activities and hours Lecture: 15 Auditorium exercises: 15		

Goals

Code	Goal
C1	The aim of the subject is to provide students the basic knowledge on the meaning of medicinal plants in the past and nowadays. To overview the selected herbs species and wild growing edible plants. To show the role of herbs in traditional household, folklore, culture and art.

Subject's learning outcomes

Code	Outcomes in terms of	Effects	Examination methods
Knowledge - Student knows and understands:			
W1	the role of herbs in the past and modern medicine		Test (written or computer based)
W2	the importance of medicinal plants in tradition, household, culture and art		Presentation, Test (written or computer based)
Skills - Student can:			
U1	to recognize selected herbs species and wild growing edible plants		Presentation, Test (written or computer based)
U2	to plan and carry out an experiment leading to prepare herbal preparations		Presentation, Test (written or computer based), Assessment of activity during classes
Social competences - Student is ready to:			
K1	the creativity and ability to work in the group		Assessment of activity during classes
K2	the need to act in accordance with ethical		Assessment of activity during classes

Study content

No.	Course content	Subject's learning outcomes	Activities
1.	Herbal medicine in historical perspective. Medicinal plants in the world (number, occurrence, meaning and usage in various medical systems (Traditional Chinese Medicine, Ayurveda, homeopathy ect.). Importance of old herbariums in contemporary plant taxonomy and systematic. Modern times and new herbalism.	W1, W2	Lecture
2.	The meaning of plants in culture and art. Plants in artistic painting, sculpture and literature. Forests and trees in folk culture and beliefs. Ritual plants in Europe. Plant symbolism in Christian feasts.	W1, W2	Lecture
3.	Herbs of folk medicine in Central Europe: presentation and description of the most important species. Old, commonly used plants. Wild growing food plants in Poland. Spices. Plants used in production of alcohol and fibers. Plants as a source of pigments and cosmetics. Plant raw materials as drugs and narcotics.	W1, W2, U1, U2, K1	Lecture, Auditorium exercises
4.	Usage of old herbal recipes in the household: preparation of cosmetics, soap, dye and repellents, preparation of plant medicaments based on old formulas	W2, U2, K1, K2	Lecture, Auditorium exercises

Course advanced

Activities	Methods of conducting classes
Lecture	Lecture
Auditorium exercises	Discussion, Presentation, Teamwork

Activities	Examination method	Percentage
Lecture	Test (written or computer based)	60%
Auditorium exercises	Presentation	25%
Auditorium exercises	Assessment of activity during classes	15%

Activities	Credit conditions
Lecture	Grade over 51%
Auditorium exercises	Presence during classes

Literature

Obligatory

1. Wichtl M. (ed.) 1994. Herbal drugs and phytopharmaceuticals: A Handbook for Practice on a Scientific Basis. Medpharm, Stuttgart.
2. Peter K.V. (ed.) 2004. Handbook of Herbs and Spices. CRC Press, Boca Raton.
3. Łuczaj Ł. 2011. Wild food plants used in Poland from the mid-19th century to the present. *Etnobiologia Polska* 1, 57-125

Optional

1. Totelin L. 2015. When foods become remedies in ancient Greece: The curious case of garlic and other substances. *Journal of Ethnopharmacology* 167, 30-37.
2. Łuczaj Ł. 2012. A relic of medieval folklore: Corpus Christi Octave herbal wreaths in Poland and their relationship with the local pharmacopoeia. *Journal of Ethnopharmacology* 142, 228-240.
3. Svanberg, I., Łuczaj Ł., Pardo-de-Santayana, M., Pieroni, A. History and current trends of ethnobiological research in Europe. In: Anderson, E.N., Adams, K., Pearsall, D., Hunn, E., Turner, N. (editors) *Ethnobiology*, Wiley-Blackwell, New York, pp. 189-212
4. Łuczaj Ł. 2011. Changes in Assumption Day Herbal Bouquets in Poland: a nineteenth century study revisited. *Economic Botany* 65, 66-75.
5. Łuczaj Ł. 2010. Changes in the utilization of wild green vegetables in Poland since the 19th century: A comparison of four ethnobotanical surveys. *Journal of Ethnopharmacology* 126, 395-404.

Calculation of ECTS points

Activity form	Activity hours*
Lecture	15
Auditorium exercises	15
Preparation for exercises	15
Conducting literature research	15

Preparation for the exam	20
Student workload	Hours 80
Number of ECTS points	ECTS 3

* hour means 45 minutes