



SZKOŁA GŁÓWNA
GOSPODARSTWA
WIEJSKIEGO

Herbal Ethnomedicine

Educational subject description sheet

Basic information

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

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 |

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

* hour means 45 minutes