

SARDAR PATEL UNIVERSITY
Programme: B.Sc (Home Science)
Semester: III
Syllabus with effect from: June-2012

Theory

Objectives:

- To help students learn about our Herbal Wealth in nature.
- To familiarize the students about Herbs and their prophylactic uses.
- To teach the students about the alternative Herbal remedies and treatment of common diseases.

Paper Code: UH03EBIO03	Total Credit: 1
Title Of Paper: Health & Herbs	

Unit	Description in detail	Weighting (%)
I	History of Herbs and indigenous system of medicines. Use of Herbs for Optimal Health. Sources of drugs: plant roots, stems, bark, leaf, flowers and seeds.	15%
II	Cultivation, collection, processing and storage of crude drugs Factors influencing cultivation of medicinal plants- Types of soil and common fertilizers used. Quality control of crude drugs.	15%
III	Identification of selected medicinal plants- morphological characters. Herbarium of medicinal plants. Local medicinal herbs.	15%
IV	Nutraceuticals. Herbal tonics. Herbal cosmetics	25%
V	Herbal remedies for common diseases- (Prophylactic and curatives) Digestive disorders. Respiratory infections. Skin Urinary disorders. Diabetes. Cardiac care. Herbal first aid.	30%

Basic Text & Reference Books

- Medicinal plants for primary health care compiled and edited by Goraya GS and B.S.Somashakher
- Glossary of Indian Medicinal plants, CSIR 1956
- Ayurved Jadi-Buti Rahasya By Acharya Balkrishna, Divya Prakashan

