

Lesson Plan: "History of Botanical Medicine and Healthcare"

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Learning Objectives

Upon completion of this lesson, you should be familiar with:

- The primary historical medical botanists (Pedanius Dioscorides, Li Shizhen, Avicenna, Hippocrates) and some of the historical botanical records (Ebers Papyrus, Corpus Hippocraticum, De Materia Medica).
- Some of the pure chemicals isolated from plants in the 19th and 20th centuries (morphine, quinine, salicin, atropine, caffeine, coniine, emetine, strychnine, tubocurarine).

Reading Assignment

- Chapter 1: Introduction, from *Medical Botany: Plants affecting human health* (Lewis & Lewis)
- Chapter 2: Pharmacognosy and its history, from *Fundamentals of Pharmacognosy and Phytotherapy* (Heinrich, Barnes, Gibbons, Williamson)

Other Tasks

- Watch the video on Ancient Roman pills and visit/browse the website of the Institute for the Preservation of Medical Traditions

Assessments

- Participate in the discussion room for this module (post and respond to at least 2 classmates)

Weblinks:

BBC News Video on Ancient Roman Pills: <http://www.bbc.co.uk/news/world-us-canada-13190376>

Watch this short video on Dr. Alain Touwaide's research on ancient medical texts and read about the interesting work on ancient Roman herbal pills that is being done by his group at the Smithsonian.

Institute for the Preservation of Medical Traditions: <http://medicaltraditions.org/>

Visit the website of the Institute for the Preservation of Medical Traditions to learn more about the role of ancient texts in modern drug discovery.

Discussion Assignment

For your first assignment, please write a short personal introduction about yourself to the class and also answer these questions:

- 1) What are your interests in medical botany?
- 2) What do you hope to learn in this course?
- 3) What experience/knowledge do you have (if any) with botany and herbal medicine?
- 4) What is your degree major?

After posting, please respond to at least two of your classmates.