

# Diploma of Herbal Medicine (Immunology): Outline

## Module 1.

The review of human immunity. This is a reading module, which introduces the student to the fundamentals of the immune system. This is a reading module and no written work or assessments are required for it.

## Module 2.

### Section 1.

Understand the immunological defences in response to a viral infection including:

- The role of antigen presenting cells (APCs) such as dendritic cells.
- The effects of cytokines, including TNF, IL-1, IL-2, IL-6, IL-12 and Interferon
- The role of T-Helper 1 (Th1) cells
- The role of Natural Killer (NK) cells and macrophages

### Section 2.

Understand the immunological process of asthma including:

- The role of antigen presenting cells (APCs) such as dendritic cells.
- The effects of cytokines, including IL-4, IL-5, IL-9 and IL-13  
The role of T-Helper 2 (Th2) cells
- The role of Eosinophils and Mast cells

## Module 3.

### Section 1.

Understand the role of the following herbs and their possible mechanisms of action in relation to their effects on the immune system and their clinical applications related to immune function.

1. Echinacea purpurea
2. Echinacea angustifolia
3. Panax ginseng
4. Uncaria tomentosa
5. Astragalus membranaceus
6. Andrographis paniculata
7. Hemidesmus indicus
8. Eleutherococcus senticosus

## Module 4.

### Section 1.

Understand the herbs that could be used for the treatment of Rheumatoid Arthritis.

Please include:

- The Pathophysiology of the condition
- Justification and reasons why you chose this herb
- The mechanisms of actions of the herbs you selected
- The dosages you would prescribe
- What time of the day should these herbs be taken?
- Any potential interactions with these herbs and arthritis medications?
- Any side effects of these herbs?

**Section 2.**

Understand the herbs that could be used for the treatment of Eczema. Please include:

- The Pathophysiology of the condition
- Justification and reasons why you chose this herb
- The mechanisms of actions of the herbs you selected
- The dosages you would prescribe
- What time of the day should these herbs be taken?
- Any potential interactions with these herbs and Eczema medications?
- Any side effects of these herbs?

**Section 3.**

Understand the herbs that could be used for the treatment of Chronic Ross River Fever. Please include:

- The Pathophysiology of the condition
- Justification and reasons why you chose this herb
- The mechanisms of actions of the herbs you selected
- The dosages you would prescribe
- What time of the day should these herbs be taken?
- Any potential interactions with these herbs and Ross River Fever medications?
- Any side effects of these herbs?