

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI
COURSE PLAN June - November 2024

Department : Botany
Name of the Faculty : Dr. Diana Vinodhini.S
Course Title : Herbal Therapy
Course Code : 23BT/GE/HT22
Shift : I

COURSE OUTCOMES (COs)

COs	Description	CL
CO1	recall the basic principles of Indian Systems of Medicine and relate the therapeutic uses of medicinally important plants for skin, hair and common ailments	K1
CO2	understand the importance of herbs as medicinal plants and explain the importance of indigenous medicinal system	K2
CO3	apply the techniques of herbal drug preparation for skin, hair and lifestyle ailments and identify their role in present drug research	K3

Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Jun 19 – 26, 2024 (Day Order 1 - 6)	1	Indian Systems of Medicine 1.1 Introduction: Ayurveda, Siddha and Unani	K1-K3	2	1-3	Lecture, PPT and video presentations	
Jun 27 – July 4, 2024 (Day Order 1 - 6)	1	1.1 Introduction: Ayurveda, Siddha and Unani	K1-K3	2	1-3	Lecture, PPT and video presentations	
July 5 – 12, 2024 (Day Order 1 - 6)		1.2 Basic Principles of Ayurveda: Panchamahabhutas, Tridhoshha Concept and Malas	K1-K3	2	1-3	Lecture, PPT and video presentations	
July 15 – 23, 2024 (Day Order 1 - 6)		1.3 Preparation of Ayurvedic and Siddha Medicine Ayurveda: Svarasa (Juice); Churna (Powder);Kalka (Paste);	K1-K3	2	1-3	Lecture, PPT and video presentations	Assignment (10 marks)
July 24 – 31, 2024 (Day Order 1 - 6)		Kashaya (Decoction and Infusion) and Bhasma	K1-K3	2	1-3	Lecture, PPT and video presentations	
Aug 1 – 5, 2024 (Day Order 1 - 3)		Siddha: Lavanam, Pashanam, Loham, Rasam and Gandhakam	K1-K3	1	1-3	Lecture, PPT and video presentations	
Aug 6 – 10, 2024	C.A. Test - I						
Aug 12 – 14, 2024 (Day Order 4-6)	2	Herbs and Therapeutics 2.1 Herbal remedies for some common ailments: Diarrhoea, Ulcer	K1-K3	1	1-3	Lecture, PPT and video presentations	

Aug 16 – 23, 2024 (Day Order 1-6)		2.1 Herbal remedies for some common ailments: Cold, Asthma, Fever, Hypertension, Jaundice,	K1-K3	2	1-3		
Aug 27 – Sep 3, 2024 (Day Order 1-6)		2.1 Herbal remedies for some common ailments: Chickenpox, Diabetes, Menstrual Disorders	K1-K3	2	1-3	Lecture, PPT and video presentations	Scrap book (15 marks)
Sep 4 – 11, 2024 (Day Order 1-6)		2.2 General Health Tonics and Salads	K1-K3	2	1-3	Lecture, PPT and video presentations	
Sep 12 - 20, 2024 (Day Order 1-6)		2.3 Preparations of Ayurvedic Medicines: Churnam, Decoction, (Practical)	K1-K3	2	1-3	Lecture, PPT and video presentations	
Sep 23 - 26, 2024 (Day Order 1-4)		2.3 Preparations of Ayurvedic Medicines: Leghyam, Tailam and Skin Cream (Practical)	K1-K3	2	1-3	Lecture, PPT and video presentations Students given hands on training	
Sep 27 – Oct 3, 2024	C.A. Test - II						
Oct 4 – 5, 2024 (Day 5 & 6)		Skin and Hair care 3.1 Role of Dhatu in physical beauty 3.2 Herbal Care for Facial Skin - Herbal Face Pack for Dry, Oily and Normal Skin: Herbal Remedy for Pimples, Acnes, Black Heads, Corns, Warts and Boils	K1-K3	1	1-3	Lecture, PPT and video presentations	

Oct 7 - 15, 2024 (Day Order 1 to 6)		3.3 Herbal Remedy for Dandruff, Premature Greying and Loss of Hair: Hair Washes and Herbal Hair Tonics	K1-K3	2	1-3	Lecture, PPT and video presentations	
Oct 16 - 22, 2024 (Day Order 1 to 6)		3.4 Demonstration of Facial and Hair Care	K1-K3	1	1-3	Demonstration	
Oct 23 - 24, 2024 (Day Order 1 to 2)	REVISION						