



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Phytotherapy and Aromatherapy							
Course Code		TAB215		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	1	Practice	2	Laboratory	0
Objectives of the Course		Basic Phytotherapy. To develop an understanding of some basic principles and concepts about aromatherapy technology.							
Course Content		<p>Phytotherapy: main concepts and definitions, general regulations and directives for the legislation of formulations in Turkey and the World, Impact on Modern Medicine: why should we know about phytotherapy, types of Herbal Medicine Products (HMPs): Crude drugs,herbal teas , nutraceuticals,phytotherapeutics,phytopharmaceutics,etc. Factors influen cing the quality of plant-derived drugs.</p> <p>Methods for the standardization and quality assessment in HMPs. Parameters affecting bioavailability,pharmacokinetic,and pharmacodinamic features in HMPs. Scientific evaluation if toxicity reports on HMPs: Herbal pharmacovilance ,adverse effect ,and side effects</p> <p>Phytotherapy:Main concepts and definitions, General regulations and directives for the legislation of formulations in Turkey and the World, Impact on Modern Medicine: Why should we know about phytotherapy, What is Aromatherapy, What is the history of aromatherapy , Why do I need to know about essential oils,What are common therapeutic uses? What is the difference between “aromatherapy” and “essential oil therapy”, What are essential oils, How Do Essential Oils Work, How Do I Choose and Use Essential Oils, How do I use essential oils, How do I choose an application method, How can I inhale essential oils, What carrier oil should I use, Are Essential Oils Safe</p>							
Work Placement		Students do their compulsory internship in the 2nd and 4th semester for 30 days							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study					
Name of Lecturer(s)		Ins. Hayrettin İlker ÖZDEMİR							

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	Nimet Özata, 2006, PHYTOTHERAPY and AROMATHERAPY, Arıtan Yayınevi, 132 p., İstanbul
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Week	Weekly Detailed Course Contents	
1	Theoretical	Phytotherapy and history
	Preparation Work	Textbook (1-8 p)
2	Theoretical	General regulations and directives for the legislation of formulations in Turkey
	Preparation Work	Textbook (9-15 p)
3	Theoretical	Impact on Modern Medicine
	Preparation Work	Textbook (16-20 p)
4	Theoretical	Researches at Phytotherapy, Why do we use Phytotherapy, side effects of Phytotherapy
	Preparation Work	Textbook (21-35 p)
5	Theoretical	Aromatherapy and history
	Preparation Work	Textbook (36-42 p)
6	Preparation Work	Textbook (43-65 p)
7	Theoretical	What are essential oils? How Do Essential Oils Work? How Do I Choose and Use Essential Oils?
	Preparation Work	Textbook (66-72 p)
8	Intermediate Exam	Midterm Exam
9	Theoretical	What are essential oils? How Do Essential Oils Work? How Do I Choose and Use Essential Oils?
	Preparation Work	Textbook (66-72 p)
10	Theoretical	Classification
	Preparation Work	Textbook (73-80 p)
11	Theoretical	How do we choose an application method? How can we inhale essential oils? What carrier oil should we use?



11	Preparation Work	Textbook (81-90 p)
12	Theoretical	How do we choose an application method? How can we inhale essential oils? What carrier oil should we use?
	Preparation Work	Textbook (81-90 p)
13	Theoretical	Usage Safety of Oils
	Preparation Work	Textbook (91-95 p)
14	Theoretical	Usage Safety of Oils
	Preparation Work	Textbook (91-95 p)
15	Theoretical	General Assessment
16	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Lecture - Practice	14	0	1	14
Midterm Examination	1	3	1	4
Final Examination	1	3	1	4
Total Workload (Hours)				50
[Total Workload (Hours) / 25*] = ECTS				2

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	To be able to understand the history of phytotherapy and aromatherapy
2	To be able to recognize the plants used for healing purposes for the public
3	To be able to understand the side effects of overdose usage of medicinal plants
4	To be able to understand the aims of aromatherapy and plants parts used in this therapy
5	To be able to attain which features the plants used in aromatherapy should include

Programme Outcomes (Cosmetic Technology)

1	To know the classification of cosmetic raw materials, for what purpose, in which products and how much they should be used
2	Define and classify cosmetics,
3	To define, classify toxicity, Toxic substances and detoxification ways of these substances to know. To be able to analyze toxic substances.
4	To be aware of the precautions to be taken when working with hazardous chemicals in terms of laboratory safety and human health.
5	To have the ability to use basic mathematical methods to produce solutions.
6	To be able to define the carrier systems used in cosmetics, to be able to choose the carrier system to be used according to the cosmetic product.
7	To know and apply the necessary tests in cosmetic raw materials, intermediate products and finished products.
8	Depending on the Atatürk nationalism in accordance with Atatürk's principles and reforms, adopted the national, moral, spiritual and cultural values of the Turkish Nation, and has adopted that the Turkish language is a rich, rooted and productive language; have love and awareness of language; to have the ability to use the foreign language sufficiently to have the pleasure and habit of reading and need professionally.

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5
P1	2	3			
P2	2	3			
P3	2	2			
P4	2	2			
P5	2	1			
P6		2			
P7	2	2			
P8	4	3	2	3	2

