

# Postgraduate Certificate Phytotherapy and Herbal Drugs





## Postgraduate Certificate Phytotherapy and Herbal Drugs

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nutrition/postgraduate-certificate/phytotherapy-herbal-drugss](http://www.techtute.com/us/nutrition/postgraduate-certificate/phytotherapy-herbal-drugss)

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# 01

# Introduction

Phytotherapeutic products are considered a natural and less invasive alternative to conventional medicines. In this way, by using medicinal plants and their components, they take advantage of the therapeutic properties present in nature to promote health and treat various conditions. For this reason, there is an upward trend in its introduction in nutritional plans. Therefore, this program is designed with a 100% online methodology, which offers professionals the possibility of being up to date with the latest scientific evidence and its direct application in their practice. All this with the possibility of combining their daily activities with this updating process, marked by the most advanced and innovative didactic material.





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*With TECH you will update your knowledge in Phytotherapy and Herbal Drugs and apply their benefits to your work practice"*

One of the main advantages of phytotherapeutic products is their broad spectrum of action, as many medicinal plants contain multiple bioactive compounds that act in synergy, which can offer a holistic approach to treat different aspects of health. From anti-inflammatory, antioxidant and immune system stimulating properties to the reduction of serious side effects, this product has gained greater acceptance by professionals and the general population.

Furthermore, these benefits are accompanied by the scientific support of recent years, where greater efforts have been devoted to the study of Phytotherapy. In this line, this 6-week Postgraduate Certificate, which leads the specialist to achieve, in a short time, an effective update.

In this way, they will be able to integrate into their daily practice the most notorious advances in this field, as well as the benefits that the use of phototherapy brings to the nutritional field. In addition, thanks to the numerous didactic material, the graduate will be able to dynamically delve into the legislative framework and the procedures used for the cultivation, collection, processing and conservation of medicinal plants.

It is, therefore, an advanced program whose didactic methodology favors the reconciliation of daily activities with an effective update. And the fact is that, without pre-established schedules or attendance, students have greater freedom to self-manage their access time.

This **Postgraduate Certificate in Phytotherapy and Herbal Drugs** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ Practical case studies are presented by experts in Phytotherapy
- ♦ The graphic, schematic, and practical contents which provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Thanks to this qualification you will broaden your knowledge of the regulations and classification of plant groups"*

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*You will access this update program that will allow you to study 100% online from anywhere and at any time, 24 hours a day”*

*In just 6 weeks you will broaden your understanding of the European regulations applied to medicinal plant preparations.*

*You will acquire skills in botanical nomenclature and the citation of species in Phytotherapy with this Postgraduate Certificate that you can only find in TECH.*

The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02 Objectives

This qualification aims to update the knowledge of nutritionists in the field of Phytotherapy. Therefore, upon completion of this program, the graduate will have improved their skills and competences to recommend and advise on herbal products. Furthermore, their updating process will be accompanied by a variety of multimedia resources such as video summaries, which will be housed in a virtual library that can be accessed anytime, anywhere, 24 hours a day.





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*By having access to a device with an Internet connection you will be able to explore at your own pace the processes of cultivation, collection, processing and conservation of medicinal plants”*



## General Objectives

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- ♦ Define the therapeutic limits of Phytotherapy and identify the cases in which it can be used safely
- ♦ Describe the use of Phytotherapy oriented to the satisfaction of the needs derived from the patients health problems and the prevention of complications, guaranteeing a safe and quality practice
- ♦ Solve cases related to the field of phytotherapy
- ♦ Explain the use and indication of medical devices, food supplements and/or drugs, assessing the expected benefits and associated risks
- ♦ Apply theoretical knowledge in daily practice



*Identify throughout this program the plant structure and its importance in Phytotherapy"*





## Specific Objectives

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- ♦ Define what a drug is and distinguish it from an active ingredient
- ♦ Explain the protocols for drug recognition
- ♦ Define the main chemical groups of active ingredients, which are responsible for the effects of drugs and, by extension, of plants
- ♦ Explain techniques for the cultivation, collection, processing and conservation of medicinal plants
- ♦ Identify botanical nomenclature and species citation
- ♦ Classify plant groups according to current regulations
- ♦ Define the medicinal utility of mushrooms
- ♦ Explain the legislation and regulation related to Phytotherapy

03

# Course Management

This program is supported by highly qualified and recognized experts in Phytotherapy. In this way, the instructors who teach this Postgraduate Certificate have enriched the educational material with all the necessary skills and abilities that the nutritionist requires to keep up to date in this field. With this, the professional will be guaranteed to receive an excellent update of knowledge from specialists with a great trajectory in this field.



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*Thanks to this highly recognized teaching staff, you will learn more about how plant active ingredients influence the quality of phytotherapeutic products"*

## Professors

### Dr. Güemes Heras, Jaime

- ♦ Director of the Botanical Garden of Valencia
- ♦ Biologist and Botanic Expert
- ♦ Curator of the Botanical Garden, Cavanilles Institute of Biodiversity and Evolutionary Biology, University of Valencia
- ♦ President of the Ibero-Macaronesian Association of Botanical Gardens
- ♦ President of the Spanish Society of Plants conservation
- ♦ PhD in Biology
- ♦ Author of more than a dozen books and chapters related to biology and Botany.
- ♦ Naming scientist of 31 new species for science in the International Plant Names Index

### Dr. Soriano Guarinos, Pilar

- ♦ Researcher at the Germplasm Bank of the Botanical Garden of the University of Valencia.
- ♦ Professor of the Department of Botany at the Faculty of Pharmacy of the University of Valencia
- ♦ Researcher at the Cavanilles Institute of Biodiversity and Evolutionary and Biology
- ♦ Doctor of Pharmacy
- ♦ Author of more than a dozen scientific articles related to Botany

### Ms. Izquierdo Palomares, Rosa

- ♦ Private Pharmacy Owner in the Attention to the Public and in the elaboration of Magistral Formulas
- ♦ Head of Industrial Hygiene and Ergonomics at Unión de Mutuas
- ♦ Prevention Technician Specialist in Industrial Hygiene at Unión de Mutuas
- ♦ Degree in Community Pharmacy from the University of Valencia
- ♦ Master's Degree in Industrial Hygiene and Occupational Health



**Ms. Buendía Sánchez, Esmeralda**

- ♦ Technical Pharmaceutical Director Arkopharma Laboratories
- ♦ Director of the Scientific Department, Arkopharma, S.A
- ♦ Author of El hipérico en el tratamiento de la depresión and co-author of several publications
- ♦ Specialist in Pharmacy

**Dr. Bejarano, María**

- ♦ Histology and Pharmacy Specialist
- ♦ Pharmacist at Pharmacy Office at LKN Strategies Inc
- ♦ Trainer and promoter at LKN life
- ♦ EFG promoter trainer at Markefarm SL
- ♦ Pharmacist in pharmacy office
- ♦ Doctor of Pharmacy. CEU Cardenal Herrera University
- ♦ Degree in Histology. Botanical Garden at the University of Valencia
- ♦ Degree in Pharmacy. University of Valencia

**Dr. Acero de Mesa, Nuria**

- ♦ Pharmacist expert in Biotechnologies
- ♦ Former Professor of vegetable Physiology
- ♦ Professor at the Department of Pharmaceutical and Health Sciences, Faculty of Pharmacy, CEU San Pablo University
- ♦ Principal investigator of the Natural Products group
- ♦ Doctor of Pharmacy
- ♦ Co-author of several scientific publications in specialized media

- ♦ Member of:itdUPM and GENET Working Group on Basic Income Team of the toxicology line of the Observatory of Drug Addictions of the Valencian Community, National Service for the Certification for Plants and Fungi, Technical Commission for the follow-up

**Dr. Palomino Ruiz-Poveda, Olga**

- ♦ Expert in Pharmacology and Pharmacognosy and Botany and scientific researcher.
- ♦ Professor of the Department of Pharmacology at the Faculty of Pharmacy of the Complutense University Madrid
- ♦ Records Technician at Arkopharma
- ♦ Doctor of Pharmacy
- ♦ Member of the Herbal Medicinal Products Committee (HMPC) of the European Medicines Agency

**Ms. Ibars Almonacil, Ana**

- ♦ Biologist at the Cavanilles Institute of Biodiversity and Evolutionary and Biology
- ♦ Professor in the area of Botany and Geology at the University of Valencia
- ♦ Co-author of: Helechos de la Comunidad Valenciana
- ♦ Member of Cavanilles Institute of Biodiversity and Evolutionary Biology, CBiBE Research Lab, Scientific Committee of the SEFIT Conference. Phytotherapy in metabolic syndrome

**Dr. García-Fontestad, Gema Alejandra**

- ♦ Independent Pharmacist and Expert in Chemical Morphophysiology and its impact on health on health
- ♦ Pharmacist in pharmacy office
- ♦ Editor at Farma13
- ♦ PhD in Pharmacy from CEU Cardenal Herrera University
- ♦ Author of more than a dozen of research that articles related the pharmacological field

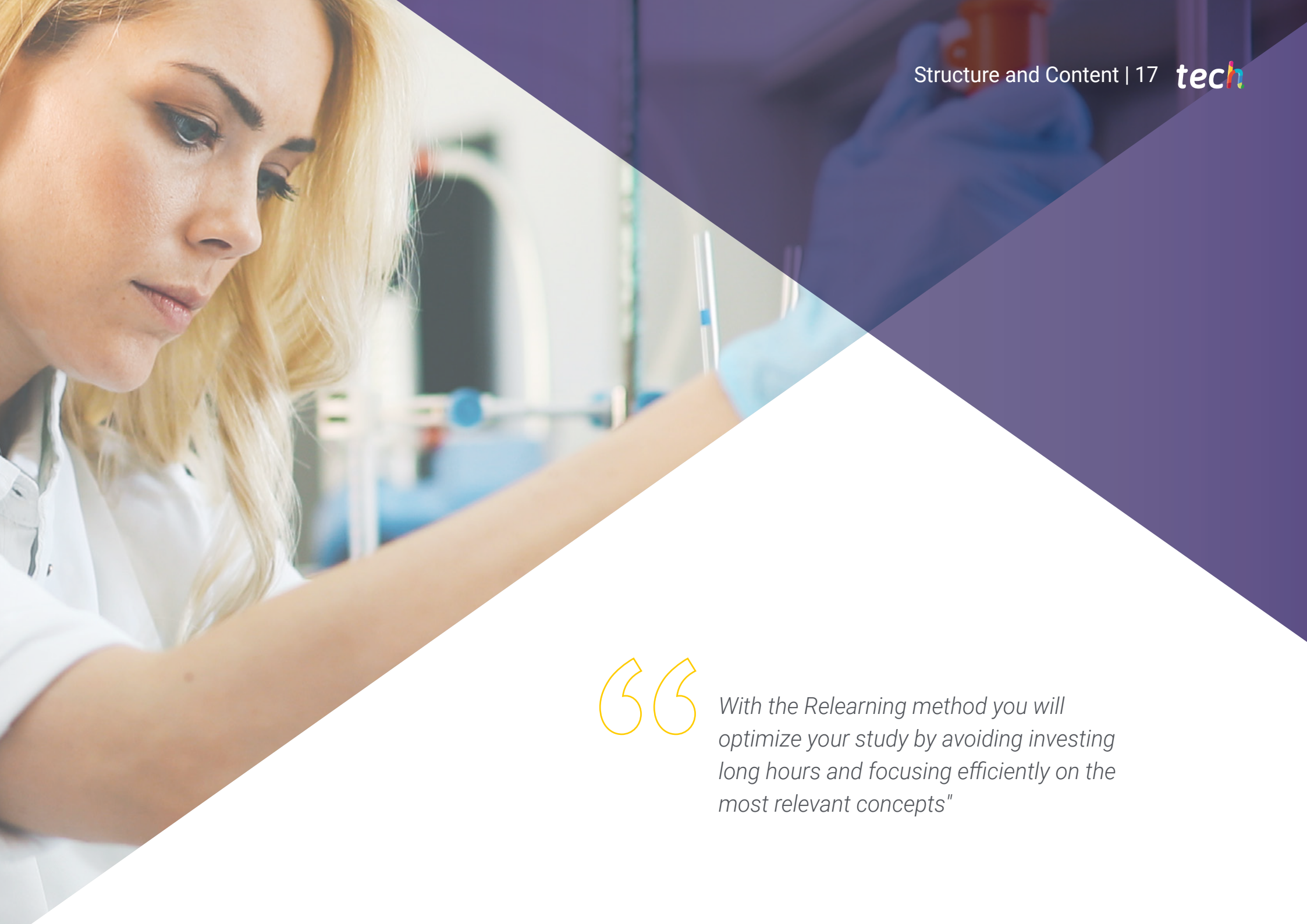
# 04

# Structure and Content

This program gathers a content based on the latest scientific advances that will be of great help for the Phytotherapeutic field applied to Nutrition. In this way, the professional will have the certainty of delving into the most relevant concepts for this field, as well as the different situations in which it can be applied, the current legal framework, the classification and structure of plants. All this, thanks to the *Relearning* method, which will make it easier for the student to remember concepts in the long term, without the need to invest long hours in the learning process.







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*With the Relearning method you will optimize your study by avoiding investing long hours and focusing efficiently on the most relevant concepts”*

## Module 1. Phytotherapy and Herbal Drugs

- 1.1. Phytotherapy: Definition and Scope of Application
- 1.2. Legislation and Registration of Herbal Medicines in Spain
- 1.3. Regulation of the European Market for Medicinal Herbal Preparations: Legal Regulations and Scope of Application
- 1.4. Vegetal structure
- 1.5. Botanical Nomenclature and the Citation of Species in Phytotherapy
- 1.6. Cultivation, Collection, Processing and Preservation of Medicinal Plants
- 1.7. Current Classification of Plant Groups
- 1.8. Plant-Based Drugs: Impact of Drug Recognition on the Quality of Phytotherapeutic Products





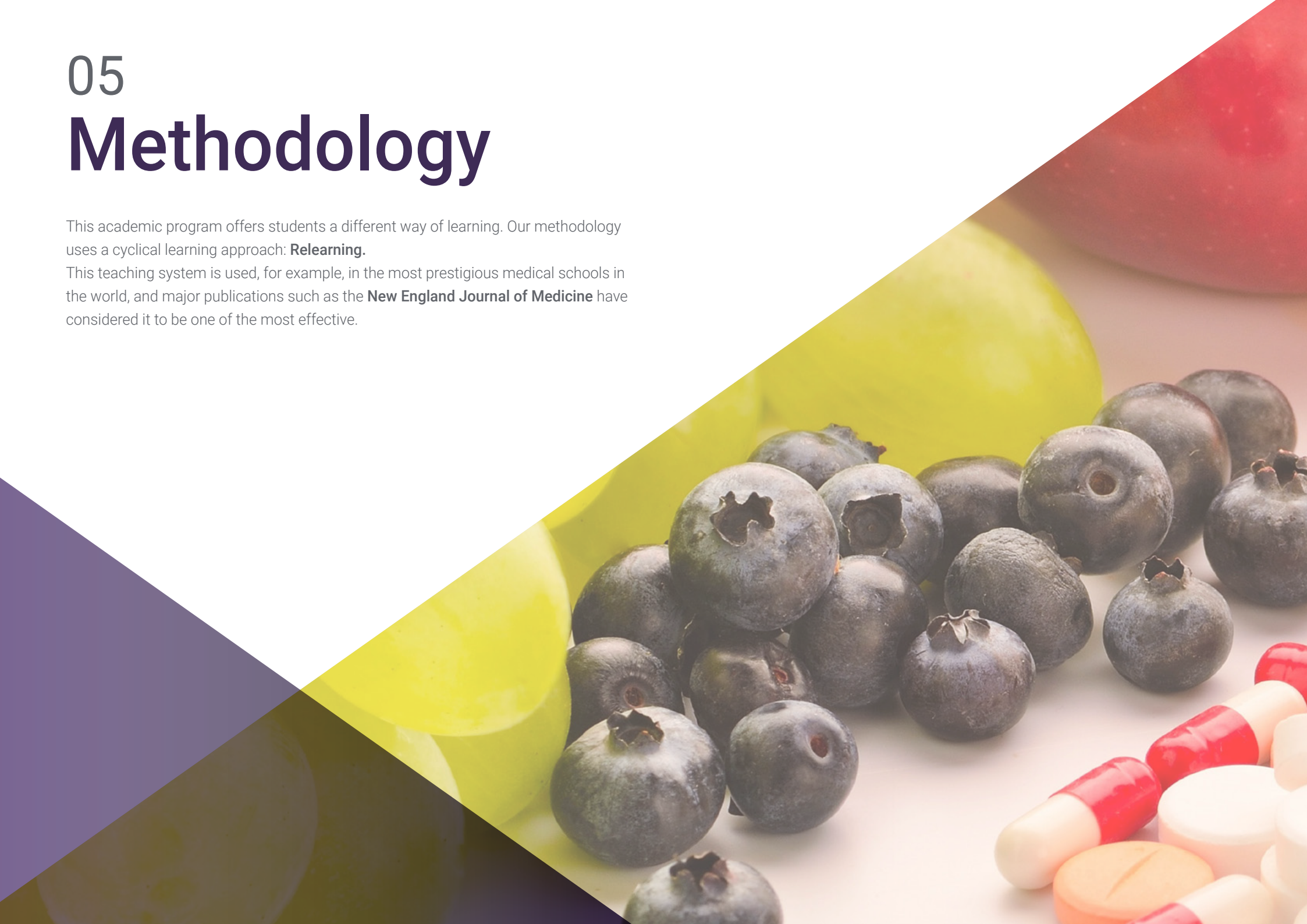
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*You will delve into the most up-to-date educational content in the academic world, presented in innovative multimedia formats that will optimize your study process”*

# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH, nutritionists can experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions of professional nutritional practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Nutritionists who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate knowledge into clinical practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*The nutritionist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*





At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



### Interactive Summaries

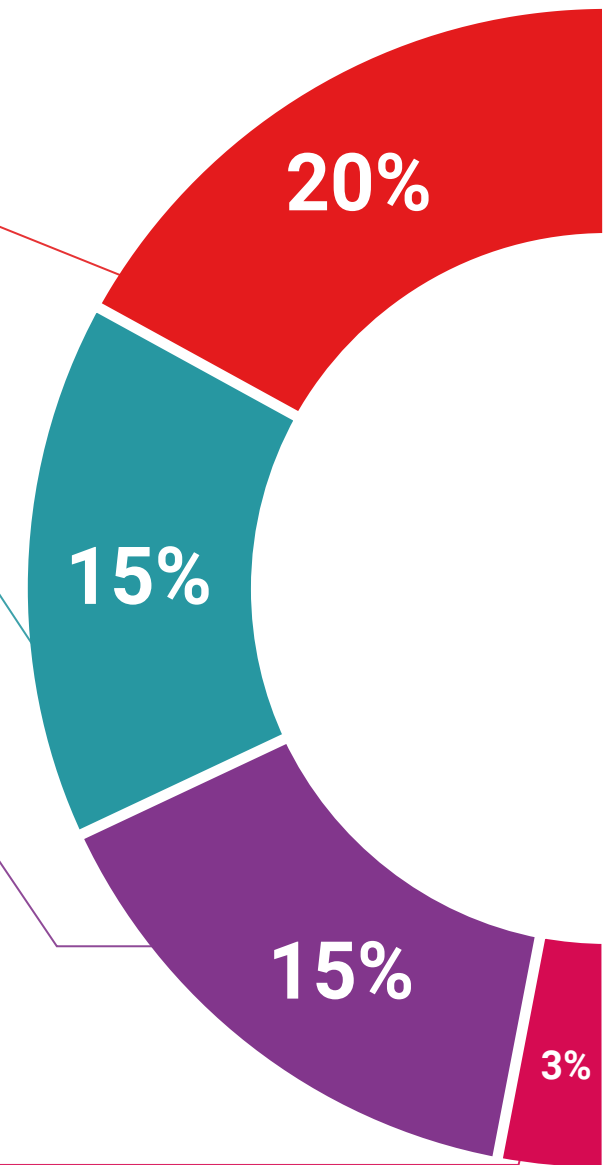
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Certificate in Phytotherapy and Herbal Drugs guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Phytotherapy and Herbal Drugs** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University via tracked delivery\***.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Phytotherapy and Herbal Drugs**

Official N° of Hours: **100 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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