

Phytotherapy for Gynecological and Urinary System Conditions





## Postgraduate Diploma

Phytotherapy for Gynecological and Urinary System Conditions

» Modality: online

» Duration: 6 months

» Certificate: TECH Technological University

» Dedication: 16h/week

» Schedule: at your own pace

» Exams: online

 $We b site: {\color{blue} www.techtitute.com/us/nutrition/postgraduate-diploma/postgraduate-diploma-phytotherapy-gynecological-urinary-system-conditions} \\$ 

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## tech 06 | Introduction

Currently there is a wide experience, clinical and scientific literature that support the use of Phytotherapy to treat various gynecological and urinary system conditions, especially in women. Therefore, from the field of Nutrition, the recommendations of healthy habits or the inclusion of specific nutritional programs complemented with phytotherapeutic products provide patients with a comprehensive and much more effective care.

From this point of view, the nutritionist will be able to enter this University program created by TECH to offer professionals a complete update in this field in only 6 months. An intensive yet dynamic program, thanks to the many educational resources to the numerous pedagogical resources to which they will have access, 24 hours a day, from any electronic device with internet connection.

In this way, the graduate will be able to update their knowledge about Phytotherapy, the elaboration of its products, the active principles of the plants or the galenic forms. Special attention will be paid in this program to the Phytotherapy for Gynecological and Urinary System Conditions. A specific module that will allow students to delve into the treatment of urinary tract infections, water retention or benign prostatic hyperplasia from this discipline.

Undoubtedly, an excellent opportunity to keep informed of the progress achieved and under the highest scientific rigor. All this with a flexible university program, which allows students to self-manage their study time, as they do not have to attend classes with a fixed schedule. An ideal academic option to combine with daily personal and professional responsibilities.

This Postgraduate Diploma in Phytotherapy for Gynecological and Urinary System Conditions contains the most complete and up-to-date scientific program on the market. The most important features include:

- Practical case studies are presented by experts in Phytotherapy
- The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- Practical exercises where self-assessment can be used 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



Self-manage your study time thanks to this flexible Postgraduate Diploma adapted to nutritionist professionals like you"



An educational option that will take you for 6 months to immerse yourself in the latest scientific findings of Phytotherapy applied to Gynecological and Urinary System Conditions"

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.

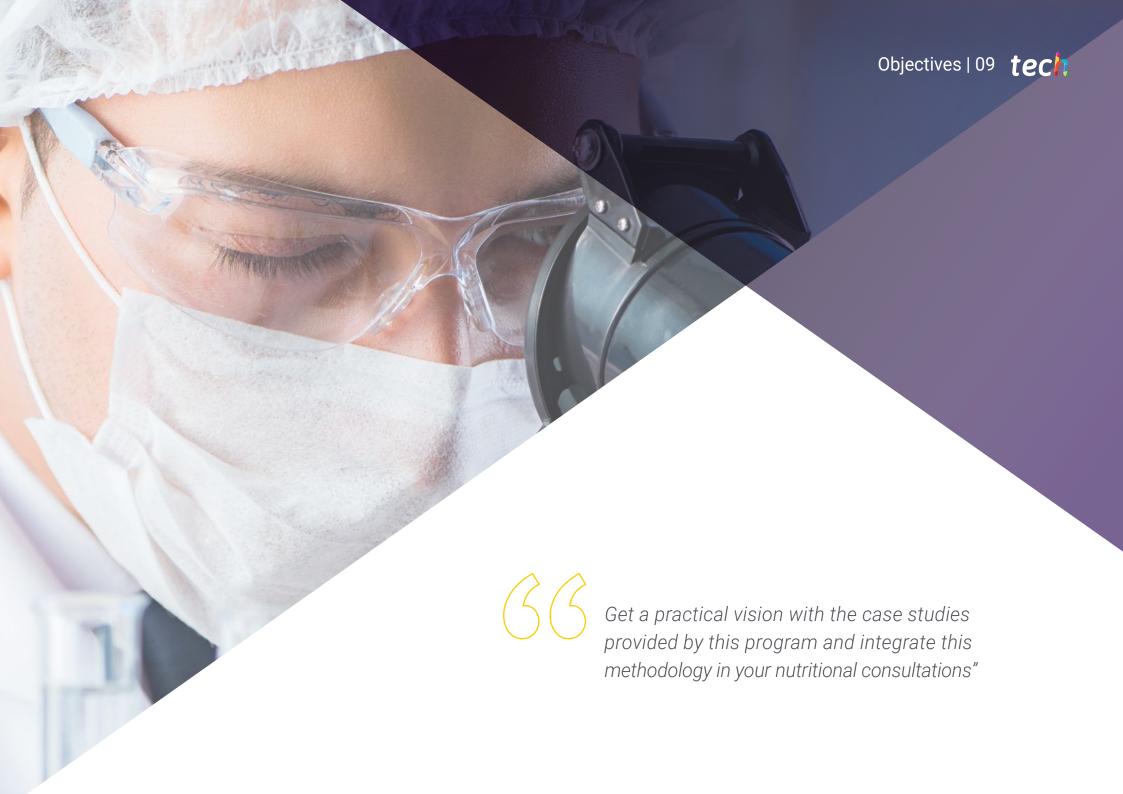
This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced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

Raise your skills to address from Nutrition and Phytotherapy the main gynecological problems.

You will have access to innovative pedagogical tools 24 hours a day, from an electronic device with internet connection.







## tech 10 | Objectives



## **General Objectives**

- 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 patient's 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



A Postgraduate Diploma that will lead you to delve deeper into will lead you to delve deeper into phytotherapeutic treatments and their limits and incorporate them into your nutritional programs"







### **Specific Objectives**

#### Module 1. Phytotherapy and Herbal Medicines

- 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

## Module 2. Active Ingredients of the Plants, Pharmaceutical Forms and Galenic Preparations

- Explain the application of the magistral formulation in Phytotherapy
- Explain the industrial processing of herbal medicines
- $\bullet\,$  Define the main groups and properties with relation to the active ingredients
- Define the therapeutic application of phenols, flavonoids, tannins, isoprenoids, resins, alkaloids and other products

#### Module 3. Phytotherapy for Gynecological and Urinary System Disorders

- Describe phytotherapy treatments and therapeutic limits in urinary system conditions, especially in BPH
- Know the phytotherapy treatments and therapeutic limits in gynecological conditions such as menopause





## tech 14 | Course Management

#### **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. 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 Arkoprharma
- Doctor of Pharmacy
- Member of the Herbal Medicinal Products Committee (HMPC) of the European Medicines Agency

#### Dr. González Rosende, Eugenia

- Pharmacist and Researcher Specialized in the Therapeutic Area
- Professor in the Department from Pharmacy at the Faculty of Health Sciences of the CEU Cardenal Herrera University
- Principal Investigator of the group on the Search for New Compounds with Therapeutic Activity
- Therapist of the CEU Cardenal Herrera University
- Researcher of the group SEPLAN at CEU Cardenal Herrera University
- Doctor of Pharmacy
- Author of several specialized books on organic chemistry for the clinical profession

#### 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 and 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

#### 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
- Professor at the Department of Pharmaceutical and Health Sciences, Faculty of Pharmacy, CEU San Pablo University
- Main researcher of the Natural Products group at Universidad San Pablo
- Doctor of Pharmacy
- Co-author of several scientific publications in specialized media

#### Dr. Muñoz-Mingarro, Dolores

- Professor of the Department of Chemistry and Biochemistry, Faculty of Pharmacy, CEU
   San Pablo University
- Researcher
- Author of more than 30 scientific articles
- Award to the best initiative granted by Correo Farmacéutico for the book Manual de Fitoterapia
- PhD. in Biological CC from the Complutense University of Madrid
- Degree in CC Biology from the Complutense University of Madrid
- Graduate in Pharmacy from the Complutense University of Madrid
- Member of: Spanish Society of Chromatography and Related Techniques SECYTA, Iberoamerican Network of Natural Products for Medicinal Use and Research Groups in Ripronamed

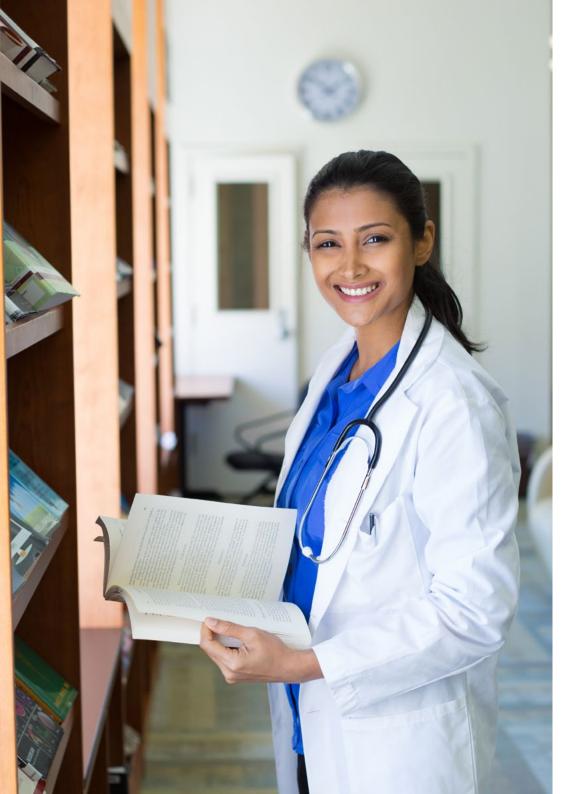
## tech 16 | Course Management

#### Dr. López Castellano, Alicia

- Pharmacist Specialized in Industrial and Galenic Pharmacy
- Researcher and author of outstanding publications in the area of Phytotherapy and Pharmacy
- Expert in Pharmacy and Pharmaceutical Technology
- Reviewer for leading scientific journals such as: International Journal of Pharmaceutics,
  Journal of Controlled Release, Journal of Pharmaceutical Science, Drug Development and
  Industry Pharmacy, Journal of Drug Delivery Science, European Journal of Pharmaceutics
  and Biopharmaceutics, Technology and Journal of Pharmacy and Pharmacology
- Director of the Department of Physiology, Pharmacology and Toxicology at CEU Cardenal Herrera University
- Dean of the Faculty of Health Sciences, CEU Cardenal Herrera University
- Professor and Senior Research Technician, Department of Pharmacy and Pharmaceutical Technology, University of Valencia
- Participation in presentations and communications at national and international conferences
- PhD. in Pharmacy at University of Valencia
- Degree in Pharmacy
- Member of: Teacher Evaluation Commission of the Valencian Agency of Evaluation and Prospective (AVAP) of the Generalitat de Valencia

#### Dr. Calatayud Pascual, Araceli

- Director of the Pharmacy Department at the Faculty Health Sciences of the CEU Cardenal Herrera University
- Assistant pharmacist in a pharmacy office
- Medicine Degree Coordinator
- Coordinator of the External Internships of Medicine
- Coordinator of the second cycle of the Degree in Medicine
- Assistant Professor in the Department university from Pharmacy at the Faculty of Health Sciences of the CEU Cardenal Herrera University
- Professor in charge of of Pharmacology in the Grade of Dentistry, CEU Cardenal Herrera University
- Participation in 41 presentations and/or communications at national and international conferences
- Researcher in 8 research projects funded by public and private institutions
- Author of various scientific publications
- Doctor of Pharmacy. Cardenal Herrera University CEU
- Degree in Pharmacy. Cardenal Herrera University CEU
- Master's Degree in Pharmaceutical Attention Pharmacy. University of Valencia
- Postgraduate Certificate in Pharmaceutical in Primary Care. University of Valencia
- Pharmacist specialized in Orthopedics. University of Valencia



## Course Management | 17 tech

#### Dr. Navarro Moll, Concepción

- President of the Center for Research in Phytotherapy Infito
- Representative of the research group Pharmacology of Natural Products
- Numerary Academician of the Iberoamerican Academy of Pharmacy
- Vice Dean of University Extension of the Faculty of Pharmacy of Granada
- Professor of Pharmacology at the Department of Pharmacology of the Faculty of Pharmacy, University of Granada
- Author of 10 book chapters, co-author of 5 books and more than 70 research papers in international specialized journals
- Speaker at congresses and scientific events
- External evaluator of the Agency for the Management of University and Research Grants of the Generalitat de Catalunya, as well as the Agency for Confidentiality in Spanish Innovation (ACIE)
- National Award of the Degree in Pharmacy
- Doctor of Pharmacy
- Member of: European Medicines Agency, Editorial Board of the Journal of Phytotherapy,
  Ars Farmacéutica, Pharmaceutical Society of the Latin Mediterranean, Spanish Society
  of Pharmacology, Organization of Ibero-American Pharmacists (OFIL), Spanish Society of
  Phytotherapy (SEFIT), Spanish Association for the Study of Menopause (AEEM) and the
  Phytotherapy Working Group of the AEEM

## tech 18 | Course Management

#### Dr. Beltrán Montalbán, Estanislao

- Section Chief of Obstetrics and Gynecology at HUSC in Granada
- Specialist in Obstetrics and Gynecology
- Expert of the Gyneco-obstetric Pathology Research Group
- Associate Professor of Gynecology, Faculty of Medicine. University of Granada
- Obstetrics and Gynecology Assistant at Mostoles Hospital
- INFITO consultant
- Co-author of articles and texts in the area
- Specialist of the Obstetrics and Gynecology Section. San Cecilio University Hospital
- Specialist of the Obstetrics and Gynecology Section. University of Granada
- Speaker at the XIII Congreso de Fitoterapia Ciudad de Oviedo (XIII City of Oviedo Phytotherapy Congress)
- Member of: Spanish Society of Phytotherapeutic Gynecology, Spanish Association for the Study of Menopause (AEEM), Phytotherapy Working Group of the AEEM and SEGIF Consensus Group in Granada

#### Dr. Balaguer Fernández, Cristina

- Specialty pharmacist in transdermal administration therapies
- Vice Dean of the Faculty of Pharmacy, Cardenal Herrera University
- Assistant Professor in the Department of Pharmacy at the Faculty of Health Sciences of the CEU Cardenal Herrera University
- Coordinator of different Masters at CEU University
- PhD in Pharmacy from CEU Cardenal Herrera University
- Lectures and communications in national and international congresses

#### Dr. Blanquer Hernández, Antonio

- Biologist Specialist in Phytochemistry and Clinical Applications
- Professor in the Department of Pharmacy of the Faculty of Health Sciences at CEU Cardenal Herrera University
- Researcher in several areas of Botany
- PhD in Biology from the University of Valencia
- Author and co-author of numerous scientific publications

#### Dr. García Giménez, María Dolores

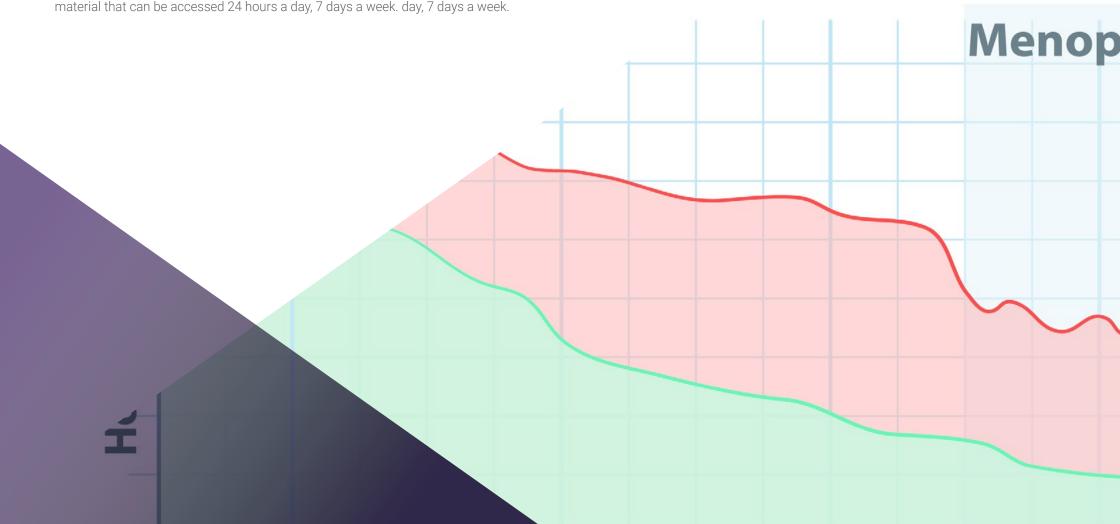
- Pharmacist Expert in Medicinal Plants and Natural Pharmaceuticals
- Professor of Pharmacy in the Department of Pharmacology of the Faculty of Pharmacy at the University of Sevilla
- Teacher of Degree in Pharmacy and Double Degree in Pharmacy and Optics and Optometry of different subjects of the Area of Pharmacology at the Faculty of Pharmacy of Seville
- Researcher and Director of several lines of study in the field of Pharmacology and Pharmacognosy
- Doctor of Pharmacy
- Degree of Specialist Pharmacist in Medication and Drug Control



# 04

# **Structure and Content**

Gynecological and Urinary System conditions are quite frequent among the population. Therefore, the syllabus of this Postgraduate Diploma is focused on offering the nutritionist the most complete update about Phytotherapy, galenic preparations and the approach to these pathologies from this discipline. All this with innovative multimedia didactic material that can be accessed 24 hours a day, 7 days a week. day, 7 days a week.







A syllabus that will help you keep up to date with the latest advances in Phytotherapy and its application in Nutrition"

## tech 22 | Structure and Content

#### Module 1. Phytotherapy and Herbal Medicines

- 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

# **Module 2.** Active Ingredients of the Plants, Pharmaceutical Forms and Galenic Preparations.

- 2.1. Active Ingredients: Main Groups and Properties, as a Basis that Justifies the use of Phytotherapy
- 2.2. Carbohydrates, Lipids, Proteins, and Sulfocyanogenetic Heterosides and their Therapeutic Application
- 2.3. Simple Phenols, Coumarins and Lignans and their Therapeutic Application
- 2.4. Flavonoids and their Therapeutic Application
- 2.5. Tannins and Quinones, and their Application
- 2.6. Isoprenoids, Saponins and Cardiotonic Heterosides and their Application
- 2.7. Resins and their Application
- 2.8. Alkaloids and their Application
- 2.9. Magistral Formulation in Phytotherapy
- 2.10. Other Pharmaceutical Forms in Phytotherapy
- 2.11. Guidelines for the proper manufacture of herbal medicines





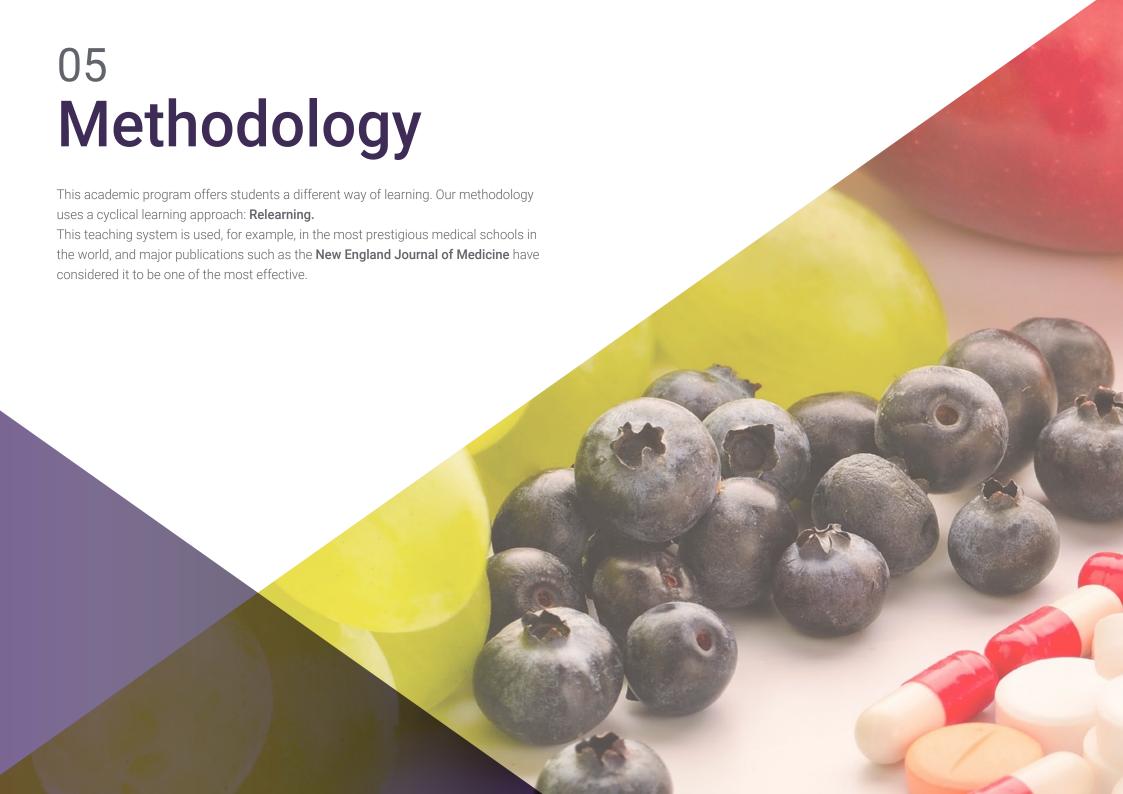
## Structure and Content | 23 tech

#### Module 3. Phytotherapy for Gynecological and Urinary System Disorders

- 3.1. Phytotherapy in the Treatment of Urinary Tract Infections
- 3.2. Phytotherapy in the Treatment of Water Retention
- 3.3. Phytotherapy in the Treatment of Urolithiasis
- 3.4. Phytotherapy in Patients with Benign Prostatic Hyperplasia
- 3.5. Phytotherapy in Women with Premenstrual Syndrome
- 3.6. Phytotherapy for the Treatment of Climacteric Symptomatology
- 3.7. Phytotherapy for the Treatment of Vaginal Discharge Disorders



Get the most rigorous information on the treatment of urinary tract infections through this 100% online university program"



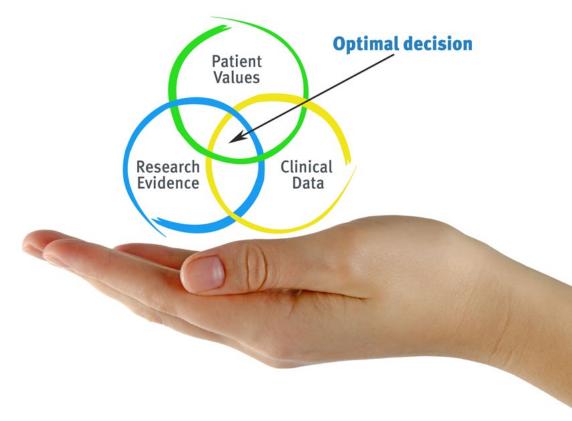


## tech 26 | Methodology

#### 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.



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:

- 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.



## tech 28 | Methodology

#### 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.



### Methodology | 29 tech

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 socioeconomic 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.

## tech 30 | Methodology

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**

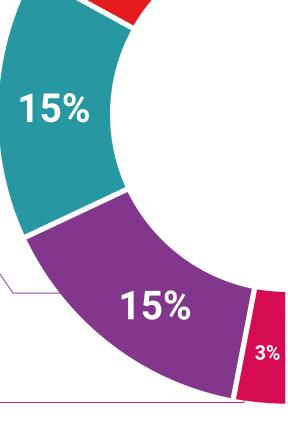
TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all,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



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



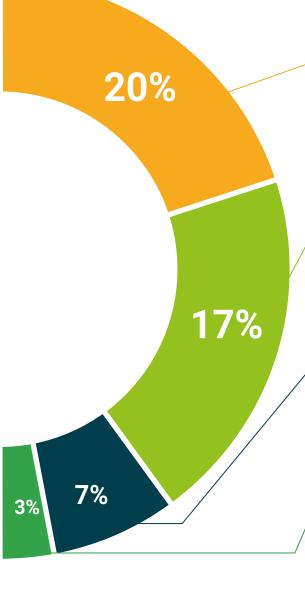
There is scientific evidence suggesting that observing third-party experts can be useful.

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.







## tech 34 | Certificate

This **Postgraduate Diploma in Phytotherapy for Gynecological and Urinary System Conditions** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** 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 Diploma in Phytotherapy for Gynecological and Urinary System Conditions

Official No of Hours: 425 hours



<sup>\*</sup>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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## Postgraduate Diploma

Phytotherapy for Gynecological and Urinary System Conditions

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

