

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Fitoterapija
Course title	Phytotherapy

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fitoterapija/I. stopnja	Ni smeri študija	2.	3.
Phytotherapy/I st level	No specific field	2 nd	3 rd

Vrsta predmeta/Course type	obvezni/obligatory
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Univerzitetna koda predmeta/University course code	FIT_2_UNI
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Predavanja Lectures	Sem. vaje Tutorial	Kab. vaje Cabinet tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
60	90				150	12

Nosilec predmeta/Lecturer:	dr. Aleš Mlinarič, viš. pred.
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Jeziki/ Languages:	Predavanja/Lectures:	slovenski/Slovenian
	Vaje/Tutorial:	slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	Prerequisites:
- Vpis v drugi letnik študijskega programa. - Študent mora pred izpitom pripraviti in predstaviti seminarsko nalogo.	- The prerequisite for inclusion is enrolment in the second year of study. - Students have to successfully prepare and present a seminar paper before the examination.

Vsebina:	Content (Syllabus outline):
<i>Uvod v fitoterapijo:</i> zgodovina zdravilstva s poudarkom na fitoterapijo; razvrstitev zdravilnih rastlin, vrste pripravkov iz zdravilnih rastlin; zdravilne gobe; začimbe; glavni načini delovanja fitofarmakologov; rastline kot zdravilo in hrana. <i>Farmakodinamske lastnosti rastlin - pregled po organskih sistemih:</i> - Živčevje – Osnove anatomije in fiziologije ter pregled bolezni. Pregled zdravilnih rastlin, njihovih učinkovin in načina uporabe za	<i>Introduction to phytotherapy:</i> history of healing with the focus on phytotherapy; classification of medicinal plants, types of products from medicinal plants; medicinal mushrooms; spices; main modes of action of phytopharmaceuticals; plants as medicine and food. <i>Pharmacodynamic properties of plants – review by organic systems:</i> <i>Nervous system</i> – The basics of anatomy, physiology and pathology of nervous system. An overview of medicinal plants,

zdravljenje bolezni organskega sistema. • <i>Dihala</i> – Osnove anatomije in fiziologije ter pregled bolezni. Pregled zdravilnih rastlin, njihovih učinkovin in načina uporabe za zdravljenje bolezni organskega sistema. • <i>Srce in ožilje</i> – Osnove anatomije in fiziologije ter pregled bolezni. Pregled zdravilnih rastlin, njihovih učinkovin in načina uporabe za zdravljenje bolezni organskega sistema. • <i>Kosti, mišice in sklepi</i> – Osnove anatomije in fiziologije ter pregled bolezni. Pregled zdravilnih rastlin, njihovih učinkovin in načina uporabe za zdravljenje bolezni organskega sistema. • <i>Imunski sistem</i> – Osnove anatomije in fiziologije ter pregled bolezni. Pregled zdravilnih rastlin, njihovih učinkovin in načina uporabe za zdravljenje bolezni organskega sistema. • <i>Prebavila</i> – Osnove anatomije in fiziologije ter pregled bolezni. Pregled zdravilnih rastlin, njihovih učinkovin in načina uporabe za zdravljenje bolezni organskega sistema. • <i>Ledvice in mehur</i> – Osnove anatomije in fiziologije ter pregled bolezni. Pregled zdravilnih rastlin, njihovih učinkovin in načina uporabe za zdravljenje bolezni sečil. • <i>Prostata</i> – Osnove anatomije in fiziologije ter pregled bolezni. Pregled zdravilnih rastlin, njihovih učinkovin in načina uporabe za zdravljenje bolezni tega organa. • <i>Ženski reproduktivni organi</i> – Osnove anatomije in fiziologije ter pregled bolezni. Pregled zdravilnih rastlin, njihovih učinkovin in načina uporabe za zdravljenje bolezni organskega sistema.	their active ingredients and the way they are used to treat diseases of this organ system. • <i>Respiratory system</i> – The basics of anatomy, physiology and pathology of respiratory system. An overview of medicinal plants, their active ingredients and the way they are used to treat diseases of this organ system. • <i>Heart and veins</i> – The basics of anatomy, physiology and pathology of cardiovascular system. An overview of medicinal plants, their active ingredients and the way they are used to treat diseases of this organ system. • <i>Bones, muscles and joints</i> – The basics of anatomy, physiology and pathology of musculoskeletal system. An overview of medicinal plants, their active ingredients and the way they are used to treat diseases of this organ system. • <i>Immune system</i> – The basics of anatomy, physiology and pathology of immune system. An overview of medicinal plants, their active ingredients and the way they are used to treat diseases of this organ system. • <i>Gastrointestinal tract</i> – The basics of anatomy, physiology and pathology of gastrointestinal system. An overview of medicinal plants, their active ingredients and the way they are used to treat diseases of this organ system. • <i>Kidney and bladder</i> – The basics of anatomy, physiology and pathology of urinary system. An overview of medicinal plants, their active ingredients and the way they are used to treat diseases of the urinary system. • <i>Prostate</i> – The basics of anatomy, physiology and pathology of prostate. An overview of medicinal plants, their active ingredients and the way they are used to treat diseases of this organ. • <i>Women's reproductive organs</i> – The basics of anatomy, physiology and pathology of female reproductive system. An overview of medicinal plants, their active ingredients and the way they are
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• <i>Koža in sluznice</i> – Osnove anatomije in fiziologije ter pregled bolezni. Pregled zdravilnih rastlin, njihovih učinkovin in načina uporabe za zdravljenje bolezni kože in sluznic.	used to treat diseases of this organ system. • Skin and mucous membranes – The basics of anatomy, physiology and pathology of skin and mucous membranes. An overview of medicinal plants, their active ingredients and the way they are used to treat diseases of the skin and mucous membranes.
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Kreft, S., in Kočevar Glavač, N. (ur.) (2013). *Sodobna fitoterapija : z dokazi podprta uporaba zdravilnih rastlin*. Ljubljana: Slovensko farmacevtsko društvo.
- Bone, K., in Mills, S. (2018). *Principles and practice of phytotherapy: modern herbal medicine*, 2nd edition, London: Churchill Livingstone Elsevier.
- Galle-Toplak, K. (2017). *Zdravilne rastline na Slovenskem*. 2. razširjena izdaja, Ljubljana: Mladinska knjiga.

Priporočljiva literatura/Recommended literature

- Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij s področja fitoterapije, izbrane internetne strani.
- Willfort, R. (2006). *Zdravilne rastline in njih uporaba*. 5. pregledana in dopolnjena izdaja, Maribor: Obzorja.

Cilji in kompetence:	Objectives and competences:
<i>Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:</i> • poznavanje in razumevanje posebnosti fitoterapije v primerjavi z ostalimi terapevtskimi pristopi, • poznavanje in razumevanje umestitve fitoterapije v področje zdravstva in področje zdravilstva, • kritično razumevanje utemeljenosti fitoterapije na 1) znanstvenih dognanjih in 2) na izkušnjah tradicionalnega zeliščarstva ter dopolnjevanje obeh, • koherentno obvladanje temeljnega znanja, sposobnost povezovanja znanja z različnih področij in aplikacij, • sposobnost umeščanja novih, velikokrat zavajajočih, informacij in interpretacij v kontekst biomedicine, • sposobnost analize, sinteze in predvidevanja rešitev ter posledic, • pridobitev sistematičnega znanja o zdravilnih rastlinah, njihovih presnovkih in njihovi terapevtski uporabi,	<i>The learning unit mainly contributes to the development of the following general and specific competences:</i> • knowledge and understanding of the specific features of phytotherapy in comparison with other therapeutic approaches; • knowledge and understanding of categorisation of phytotherapy under the field of health care and complementary medicine; • a critical understanding of phytotherapy validation by 1) scientific findings and 2) experience of the traditional herbal medicine, and the complementarity of both; • coherent mastering of the basic knowledge and the ability to link the knowledge from various areas and its applications; • the ability to categorise new, often misleading information and

• slušatelji dobijo pregled nad spektrom različnih metod fitoterapije ter pregled načinov uporabe zdravilnih rastlin za zdravljenje, lajšanje in preprečevanje različnih bolezni in zdravstvenih težav, • sposobnost uporabe znanja v praksi, • avtonomnost v strokovnem delu, • etična refleksija in zavezanost profesionalni etiki.	interpretations in the context of biomedicine; • the ability of analysis, synthesis and prediction of solutions and consequences; • acquisition of systematic knowledge on medicinal plants, their metabolites and their therapeutic use; • participants receive an overview of the spectrum of various methods of phytotherapy, and an overview of how to use medicinal plants for treatment, alleviation and prevention of various diseases and health problems; • the ability to implement knowledge into practice; • autonomy in professional work; • ethical reflexion and dedication to professional ethics.
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Predvideni študijski rezultati:	Intended learning outcomes:
Študent/študentka: • pozna fitofarmacevtske pristope za zdravljenje različnih bolezni po organskih sistemih. • razume posebnosti fitoterapije v primerjavi z drugimi terapevtskimi pristopi, • razvije sposobnost povezovanja znanja fitoterapije z znanjem drugih področij, • se usposobi za uporabo fitoterapevtskega znanja v praksi, • razvije sposobnost kritične presoje uporabe fitoterapije glede na zdravstvene težave bolnika.	Students: • know the phytopharmaceutical approaches for treating various diseases according to organic systems. • understand the specificity of phytotherapy compared to other therapeutic approaches. • develop the ability to integrate knowledge of phytotherapy with other areas of knowledge. • are able to use the phytotherapeutic knowledge in practice. • develop the ability to critically assess the use of phytotherapy in relation to the patient's health problems.

Metode poučevanja in učenja:	Learning and teaching methods:
• <i>Predavanja</i> z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov). • <i>Seminarske vaje</i>: priprava, predstavitev in uspešen zagovor seminarske naloge, portfolio (reševanje problemov, študije primera, kritično presojanje, diskusija, refleksija izkušenj, vrednotenje, projektno delo, timsko delo).	• <i>Lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving). • <i>Tutorials</i>: preparation, presentation and a successful defence of a seminar paper, portfolio (problem solving, case studies, methods of critical thinking, discussion, reflection of experience, evaluation, project work, teamwork).

Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
Načini: • izpit • izdelava, predstavitev in zagovor seminarske naloge Ocenjevalna lestvica: ECTS.	60 % 40 %	Types: • exam • preparation, presentation and defence of the seminar paper Grading scheme: ECTS.