



Course Title: Plants for Human Health
Course Code: LS 201
Credit Units: 02

L	T	P/ S	SW/F W	TOTAL CREDIT UNITS
2	0	0	0	02

Course Objectives:

The objective of this course is to impart knowledge about medicinal and aromatic plants.

Prerequisites: Biological Sciences

Student Learning Outcomes:

- Students will have an understanding of the importance of medicinal and aromatic plants.
- Students will be able to categorize medicinal and aromatic plants according to different systems, which enable them to know better these species and their role in human health.

Course Contents/Syllabus-Theory:

	Weightage (%)
Module I: Introduction of Ethnobotany	
Introduction of Ethnobotany <ul style="list-style-type: none">• Introduction and historical background of medicinal knowledge of plants,• Ethno botany, Biodiversity conservation of medicinal plants• Hot spots of world	15
Module II : Pharmaceutical Plants-	

<p>Pharmaceutical Plants-</p> <p><i>Aconitum heterophyllum</i>(Aconite), <i>Atropa belladonna</i> (Deadly night shade)</p> <p><i>Glycirrhiza glabra</i> (Liquorice) , <i>Rauwolfia serpentine</i> (Serpentine)</p> <p><i>Adhatoda vasica</i> (Vasaka), <i>Aloe vera</i> (Indian Aloe)</p> <p><i>Centella asiatica</i>(Indian pennywort), <i>Ocimum sanctum</i>(Sacred basil)</p> <p><i>Papaver somniferum</i> (Opium), <i>Terminalia chebula</i> (Chebulic myrobalan)</p> <p><i>Plantago ovate</i> (Blonde psyllium), <i>Strychnos nux-vomica</i> (Nuxvomica),</p> <p><i>Artemesia annua</i> (Absinthe), <i>Azadirichta indica</i>(Neem),</p> <p><i>Achrynthes aspera</i>(Latzira) , <i>Tinospora cordifolia</i> (Gulancha)</p> <p><i>Catharanthus roseus</i> (Periwinkle). <i>Emblica officinalis</i> (Indian gooseberry)</p> <p><i>Azadiracta indica</i> (Neem), <i>Dature straminium</i></p> <p><i>Emblica officinalis</i> (Indian gooseberry),<i>Pluchea lanceolata</i>,</p> <p><i>Podophyllum hexanerum</i>, <i>Bacopa menieri</i>, <i>Withania somnifera</i></p>	<p>35</p>
<p>Module III : Nutraceutical Plants – Important plants as a source of macro and micro nutrients and herbal nutraceuticals</p>	
<p><i>Ferula asa-foetida</i> (Asafetida),<i>Curcuma longa</i> (Turmeric)</p> <p><i>Allium sativum</i> (Garlic) , <i>Ginger officinalis</i> (Ginger)</p> <p><i>Cinnamomum zeylanicum</i> (Cinnamon), <i>Coriandrum sativum</i> (Coriander)</p> <p><i>Cuminum cyminum</i> (Cumin), <i>Foeniculum vulgare</i> (Fennel)</p> <p><i>Piper nigrum</i> (Black pepper), <i>Elatteria cardamomum</i> (lesser cardamom) <i>Mentha aeruensis</i>. (Mint), <i>Asparagus sp.</i> , <i>Aloe vera</i> (Aloe)</p> <p><i>Amaranthus sp.</i> (Chaulai), <i>Avena sativa</i> (Oat), (<i>Trigonella foenum graceum</i> (Fenugreek) , <i>Hippophae rhamnoides</i></p>	<p>25</p>
<p>Module IV Aromatic Plants –</p>	

<i>Crocus sativa</i> (Saffron), <i>Carum copticum</i> (Ajwain) <i>Myristica fragrans</i> (Nutmeg), <i>Cinnamomum tamala</i> (Bay leaf), <i>Syzygium aromaticum</i> ,(Clove) , <i>Mentha aruensis</i>	10
Module V : Phytochemical aspects –	
Types of principle compounds Brief knowledge of general extraction methods of principle compounds	15

Pedagogy for Course Delivery:

The class will be taught using theory and visualization of the specimens of the locally available plants. In addition the course instructor will involve the students in the field study and the collection of locally available plants as per syllabus

Lectures: 24

Tutorial: 0

Presentation/ Seminar: 4

Class Test: 2

Total: 30

Assessment/ Examination Scheme:

Theory L/T (%)	Lab/Practical/Studio (%)	Total (%)
100%	NA	100

Theory Assessment (L&T):

Continuous Assessment/Internal Assessment					End Term Examination
Components (Drop down)	Class Test	Home Assignment	Presentation/ Seminar	Attendance	
Weightage (%)	15	10	0	5	70

Text and References:

- Economic Botany, B. P. Pandey, S .Chand & Company, 1999, 5th edition, ISBN-13: 978-8121903417
- Medicinal Plants, S.K. Jain, National Book Trust, India, 2012, 3rd edition, ISBN 13; 978-81-237-0752-5

Any Other Study Material:

- Research Papers