

# Postgraduate Diploma

## Phytotherapy for Gynecological and Urinary System Conditions





## Postgraduate Diploma

### Phytotherapy for Gynecological and Urinary System Conditions

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 17 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-phytotherapy-gynecological-urinary-system-conditions](http://www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-phytotherapy-gynecological-urinary-system-conditions)

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# 01

# Introduction

One of the areas in which phytotherapy offers the physician irreplaceable support is that of gynecological and urinary system disorders. The use of medicinal plants in this area has amply demonstrated its efficacy and has become a reference in these treatments. Acting with therapeutic safety and accuracy requires the highest level of updating and knowledge of the latest scientific developments in order to offer the accuracy and safety that patients need. Just what you will find in this complete Postgraduate Diploma.



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*The medical treatment of conditions of the gynecological system and urinary disorders achieves the best results with phytotherapy. Keep up to date with new advances in the sector and act with therapeutic and scientific certainty"*

There is now a scientific basis supporting the efficacy of many phytotherapeutic products for certain indications. The place that Phytotherapy should occupy in therapeutics should be that for which it has demonstrated its usefulness and safety.

Efficacy is achieved only with the proper use of phytotherapeutic preparations, both in terms of indications and form of administration.

This program offers a current vision of Phytotherapy and its application in the health field, including the latest contributions and advances. The contents are guaranteed by the teaching staff involved in the Postgraduate Diploma, since in one way or another they all work in the field of phytotherapy or are related to it.

Thus, the student will learn based on the experience of the teachers and experience evidence-based medicine, which results in training the student to be more effective and accurate.

Taking into account that, on the one hand, the different university training programs generally lack a deep and continuously updated training in phytotherapy, and on the other hand, that current health trends lean towards the use of safe and effective natural remedies, it is necessary to be able to offer students the possibility of expanding their knowledge and therapeutic skills with a greater specialization in the use of medicinal plants, from the professional and academic side necessary to adequately face their future in this field.

This online Postgraduate Diploma offers you the benefits of a scientific, teaching and technological high-level course. These are some of its most notable features:

- Latest technology in online teaching software.
- Highly visual teaching system, supported by graphic and schematic contents that are easy to assimilate and understand.
- Practical cases presented by practising experts.
- State-of-the-art interactive video systems.
- Teaching supported by telepractice.
- Continuous updating and recycling systems.
- Self-regulating learning: full compatibility with other occupations.
- Practical exercises for self-evaluation and learning verification.
- Support groups and educational synergies: questions to the expert, debate and knowledge forums.
- Communication with the teacher and individual reflection work.
- Content that is accessible from any fixed or portable device with an Internet connection.
- Supplementary documentation databases are permanently available, even after the course.



*Master the latest advances in phytotherapeutic applications in gynecology and urinary system and offer your patients a first level care with the resources supported by scientific evidence"*

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*Include phytotherapy among your tools and improve patient care with new ways and alternatives for treatment and prevention"*

Our teaching staff is composed of medical professionals, practising specialists. In this way, we ensure that we provide you with the training update we are aiming for. A multidisciplinary team of doctors trained and experienced in different environments, who will develop the theoretical knowledge in an efficient way, but, above all, will put at the service of the course the practical knowledge derived from their own experience: one of the differential qualities of this training.

This mastery of the subject is complemented by the effectiveness of the methodological design of this Postgraduate Diploma. Developed by a multidisciplinary team of e-learning experts, it integrates the latest advances in educational technology. This way, you will be able to study with a range of comfortable and versatile multimedia tools that will give you the operability you need in your training.

The design of this program is based on Problem-Based Learning: an approach that conceives learning as a highly practical process. To achieve this remotely, we will use telepractice: with the help of an innovative interactive video system, and learning from an expert, you will be able to acquire the knowledge as if you were actually dealing with the scenario you are learning about. A concept that will allow you to integrate and fix learning in a more realistic and permanent way.

*With a methodological design based on proven teaching techniques, this postgraduate diploma will take you through different teaching approaches to allow you to learn in a dynamic and effective way*

*Take a leap towards greater specialization and propel yourself towards greater competitiveness in the labor market*



# 02 Objectives

This Postgraduate Diploma will allow you to define the limits of the use of phytotherapy to be able to handle it safely and the patient, so that you can make the appropriate decisions to use it in a preventive and therapeutic way.







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*This up-to-date program will provide you with a sense of confidence in your professional work, which will help you grow both personally and professionally”*



## General Objectives

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- Define the therapeutic limits of Phytotherapy and recognize 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.



*Include among your skills the intervention in phytotherapy, including the preparation of galenicals, which only the most updated professional can offer to their patients"*





## 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 activity 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 in relation to Phytotherapy.
- ♦ Explain the application of the magistral formulation in Phytotherapy.
- ♦ Explain the industrial processing of herbal medicines.
- ♦ Define the main groups and properties in relation to the active ingredients.
- ♦ Define the therapeutic application of phenols, flavonoids, tannins, isoprenoids, resins, alkaloids and other products.
- ♦ Describe the Phytotherapeutic treatments and therapeutic limits in urinary system disorders, especially in benign prostatic hyperplasia (BPH).
- ♦ Know the Phytotherapeutic treatments and therapeutic limits in gynecological conditions such as menopause.

03

# Course Management

For our course to be of the highest quality, we are proud to work with a teaching staff of the highest level, chosen for their proven track record. Professionals from different areas and fields of expertise that make up a complete, multidisciplinary team. A unique opportunity to learn from the best.



“

*With the direct experience of professionals who will teach you based on the reality of the sector in a contextual and realistic learning"*

## Professors

### Dr. Jaime Güemes Heras

- ♦ Degree in Biology.
- ♦ Doctor of Biology (PhD).
- ♦ University of Valencia.
- ♦ Curator of the Botanical Garden, Cavanilles Institute of Biodiversity and Evolutionary and Biology

### Dr. Pilar Soriano

- ♦ Degree in Pharmacy.
- ♦ Doctor in Pharmacy (PhD).
- ♦ Faculty of Pharmacy. University of Valencia.
- ♦ Full Professor of the Department

### Dr. Rosa Izquierdo

- ♦ Degree in Pharmacy.
- ♦ Drug Information Center.
- ♦ Illustrious Official College of Pharmacists of Castellón.

### Dr. Esmeralda Buendia

- ♦ Technical Pharmaceutical Director. Arkopharma Laboratories.

### Dr. Olga Maria Palomino Ruiz-Poveda

- ♦ Degree in Pharmacy.
- ♦ Doctor in Pharmacy (PhD).
- ♦ Faculty of Pharmacies, Complutense University, Madrid.
- ♦ Associate Professor, Department of Pharmacology.

### Dr. Ana Ibars

- ♦ University of Valencia. Botany Teaching Unit.

### Dr. Gema Alejandra García-Fontestad

- ♦ Doctor of Pharmacy.
- ♦ Pharmacist in pharmacy office.

### Dr. María Bejarano

- ♦ Doctor of Pharmacy.
- ♦ Pharmacist in pharmacy office.

### Dr. Nuria Acero de Mesa

- ♦ Degree in Pharmacy.
- ♦ Doctor in Pharmacy (PhD).
- ♦ Faculty of Pharmacy.

### Dr. Dolores Muñoz-Mingarro

- ♦ Degree in Biology.
- ♦ Ph.D. in Biological Sciences.
- ♦ Faculty of Pharmacy.
- ♦ CEU San Pablo University.
- ♦ Full Professor of the Department

### Dr. Eugenia González Rosende

- ♦ Degree in Pharmacy.
- ♦ Doctor in Pharmacy (PhD).
- ♦ Faculty of Health Sciences, CEU Cardenal Herrera University.
- ♦ Professor of the Department of Pharmacy.

**Dr. Cristina Balaguer**

- ♦ Degree in Pharmacy.
- ♦ Doctor in Pharmacy (PhD).
- ♦ Faculty of Health Sciences, CEU Cardenal Herrera University.
- ♦ Assistant Professor, Department of Pharmacy.

**Dr. Aracely Calatayud**

- ♦ Degree in Pharmacy.
- ♦ Doctor in Pharmacy (PhD).
- ♦ Faculty of Health Sciences, CEU Cardenal Herrera University.
- ♦ University Professor, Department of Pharmacy.

**Dr. Esmeralda Buendia**

- ♦ Technical Pharmaceutical Director. Arkopharma Laboratories.

**Dr. María Dolores García Giménez**

- ♦ Degree in Pharmacy.
- ♦ Doctor in Pharmacy (PhD).
- ♦ Faculty of Pharmacies, Seville University
- ♦ Professor of Pharmacy, Department of Pharmacology.

**Dr. Antonio Blanquer**

- ♦ Degree in Biology.
- ♦ Doctor of Biology (PhD).
- ♦ Faculty of Health Sciences, CEU Cardenal Herrera University.
- ♦ Professor of the Department of Pharmacy.

**Dr. Concepción Navarro**

- ♦ Degree in Pharmacy.
- ♦ Doctor in Pharmacy (PhD).
- ♦ Faculty of Pharmacy. University of Granada.
- ♦ Professor of Pharmacology, Department of Pharmacology.

**Dr. Estanislao Beltrán Montalbán.**

- ♦ Doctor of Medicine.
- ♦ Specialist in obstetrics and gynecology.

# 04

# Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of training in daily clinical practice, aware of the relevance of current training in order to implement the proper use of phytotherapy and committed to quality teaching through new educational technologies.





“

*The Postgraduate Diploma in  
Phytotherapy for Gynecological and  
Urinary System Conditions contains  
the most complete and updated  
scientific program on the market”*

## Module 1. Phytotherapy and Herbal Medicines

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

## 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. Industrial Processing of Herbal Medicines.





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

- 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.

“ A very complete teaching program, structured in very well developed didactic units, oriented to a learning with a high capacitive impact”

05

# Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: *Re-learning*.

This teaching system is used 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.



“

*Discover Re-learning, 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 would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

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



According to Dr. Gervas, 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 potential 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 in professional medical 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. Students who follow this method not only grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the student to better integrate into the real world.
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.



## Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our 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, which represent a real revolution with respect to simply studying and analyzing cases.



*The physician 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 250,000 physicians 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.

*Re-learning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success*

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

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



In this program you will have access to the best educational material, prepared with you 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Latest Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Re-testing

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your 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 our future difficult decisions.



#### Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

# Certificate

The Postgraduate Diploma in Phytotherapy for Gynecological and Urinary System Conditions guarantees you, in addition to the most accurate and up-to-date training, access to a Postgraduate Diploma issued by TECH Global University.



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*Successfully complete this training and receive your Postgraduate Diploma without travel or laborious paperwork"*

This private qualification will allow you to obtain a **Postgraduate Diploma in Phytotherapy for Gynecological and Urinary System Conditions** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

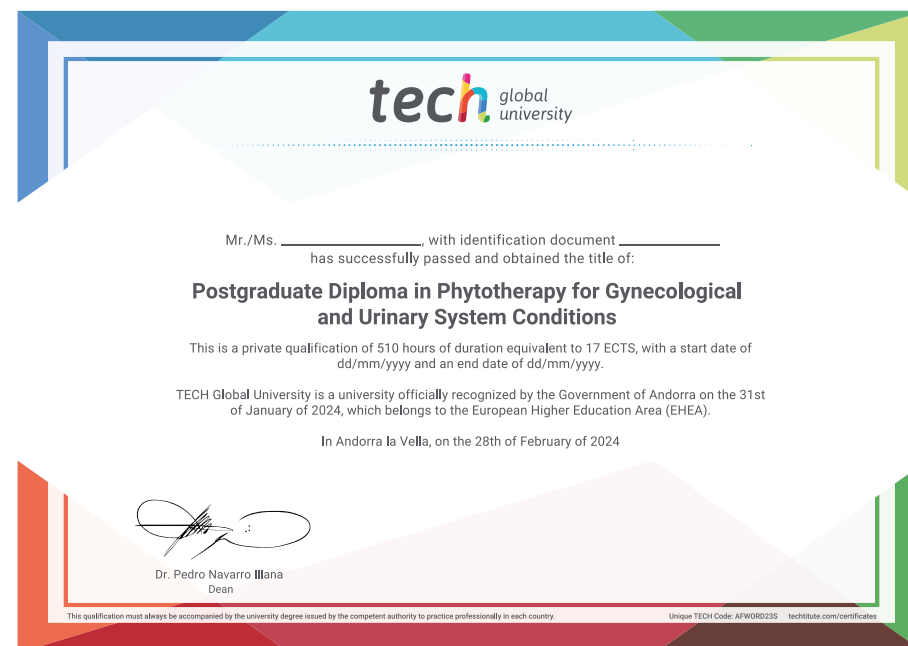
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Phytotherapy for Gynecological and Urinary System Conditions**

Modality: **online**

Duration: **6 months**

Accreditation: **17 ECTS**



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present conditions  
development language  
virtual classroom

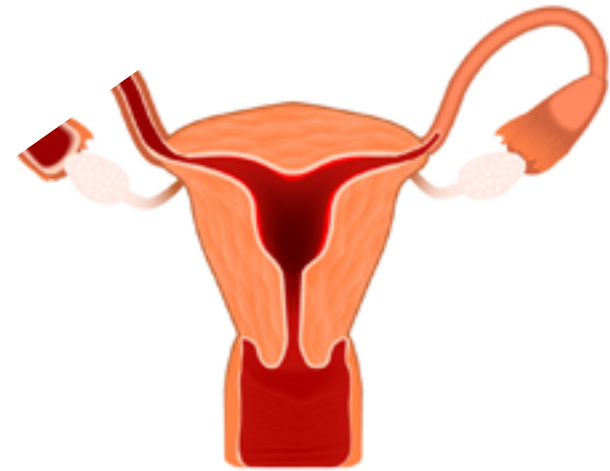


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# Postgraduate Diploma

## Phytotherapy for Gynecological and Urinary System Conditions



Older

Menopause

Estrogen

Progesterone

**tech** global university