

# Postgraduate Diploma

## Phytotherapy for Cardiovascular and Respiratory Diseases



ELEUTHERO



GINS

AGUNA



BOSWELLIA



STINGING NETTLE



ST. JOHN'S WORT



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SANDHA



ECHINACEA

WHITE WILLOW BARK



CHAMOMILE



LAVENDER



GOLDENSEAL



DEVIL'S



## Postgraduate Diploma Phytotherapy for Cardiovascular and Respiratory Diseases

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-phytotherapy-cardiovascular-respiratory-diseases](http://www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-phytotherapy-cardiovascular-respiratory-diseases)

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# 01

# Introduction

Nursing personnel are becoming more and more irreplaceable in their work to support patients in the health system. Phytotherapy in this context offers nursing professionals a highly interesting way to intervene in health prevention and maintenance. To develop this use with total guarantees, TECH offers students this complete program in Advances in Applied Phytotherapy to master how to intervene in this area, backed by a robust university of international prestige.





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*This Postgraduate Diploma offers nursing staff the possibility of incorporating the benefits of using Phytotherapy in cardiovascular diseases with the knowledge of the latest scientific advances on the international scene”*

At present there is a scientific basis that supports the efficacy of many phytotherapeutic products for certain conditions. Phytotherapy should be used in therapeutics to deal with the situations it has proven to be useful and safe.

For phytotherapeutics to be effective, the proper preparations must be made, 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 on the program, since they have all worked in the field of Phytotherapy, or in a related one, in some way, shape or form. Thus, students will learn based on our professors' experience and on evidence-based medicine, resulting in an effective and precise specialization for students. Given, on the one hand, that different university programs generally lack a deep and continuously updated specialization program on Phytotherapy; and, on the other hand, that current health trends lean toward safe and effective natural remedies, students must be offered the possibility of expanding their knowledge and therapeutic skills with greater training in the use of medical plants, both from a professional and academic perspective so as to prepare themselves for the future in the field.



*Find in Phytotherapy great options to approach patients with cardiovascular diseases and learn how to take full advantage of this way of working with this complete Postgraduate Diploma”*

This **Postgraduate Diploma in Phytotherapy for Cardiovascular and Respiratory Diseases** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ♦ The latest technology in online teaching software
- ♦ A highly visual teaching system, supported by graphic and schematic contents that are easy to assimilate and understand
- ♦ Practical cases presented by practicing experts
- ♦ State-of-the-art interactive video systems
- ♦ Teaching supported by telepractice
- ♦ Continuous updating and recycling systems
- ♦ Autonomous 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
- ♦ Availability of content from any fixed or portable device with
- ♦ an Internet connection
- ♦ Supplementary documentation databases are permanently available, even after the course

“*Include Phytotherapy among your tools and improve patient care with new treatment and prevention methods and alternatives*”

Our teaching staff is composed of medical professionals, practicing 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 bring their practical knowledge derived from their own experience to this course: one of the differential qualities of this training.

This mastery of the subject is complemented by the effectiveness of the methodology used in the design of this Postgraduate Certificate. Developed by a multidisciplinary team of e-learning experts, it integrates the latest advances in educational technology. In this way, you will be able to study with a range of easy-to-use and versatile multimedia tools that will give you the necessary skills you need for your specialization.

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*, students will be able to acquire the knowledge as if they were dealing with the case they are studying in real time. 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 master's degree will take you through different teaching approaches to allow you to learn in a dynamic and effective way.*

*Our innovative telepractice concept will give you the opportunity to learn through an immersive experience, which will provide you with a faster integration and a much more realistic view of the contents: “Learning from an expert”*





02

# Objectives

This Postgraduate Diploma will allow students to define the limits of use in Phytotherapy so as to manage it safely with patients by making the appropriate decisions to use it in a preventive and therapeutic way.







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*With an objective focused on practice, this Postgraduate Diploma will give you the solvency of an expert in managing Phytotherapy resources”*



## 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 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



*Learn everything you need to know to practice as an expert in Phytotherapy, providing patients with an extra quality in your professional practice"*





## Specific Objectives

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- ◆ Define what a drug is and distinguish it from an active ingredient
- ◆ Explain the protocols for drug recognition
- ◆ Explain techniques for the cultivation, collection, processing and conservation of medicinal plants
- ◆ Identify botanical nomenclature and species citation
- ◆ Classify plant groups according to phylogenetic systematics (APG, 2009)
- ◆ 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 chemical groups of active ingredients, which are responsible for the activity of drugs and by extension of plants
- ◆ Define the therapeutic application of phenols, flavonoids, tannins, isoprenoids, resins, alkaloids and other products
- ◆ Describe the pharmaceutical forms used in Phytotherapy
- ◆ Elaborate and select the most appropriate form according to the condition and treatment
- ◆ Define the usefulness of Phytotherapy in the treatment of heart failure
- ◆ Define the usefulness of Phytotherapy in the treatment of arterial hypertension
- ◆ Define the usefulness of Phytotherapy in the treatment of venous insufficiency
- ◆ Define the usefulness of Phytotherapy in the treatment of cough
- ◆ Describe Phytotherapeutic treatments and therapeutic limits in cardiovascular conditions
- ◆ Describe the Phytotherapeutic treatments and therapeutic limits in respiratory system disorders
- ◆ Define the usefulness of Phytotherapy in the treatment of allergic respiratory processes





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.







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*With the expertise of industry professionals who will teach you based on the reality of the sector in a contextual and realistic learning”*

## Professors

### Dr. Acero de Mesa, Nuria

- ♦ Doctor of Pharmacy
- ♦ Titular Professor Department of Pharmaceutical and Health Sciences
- ♦ Faculty of Pharmacy CEU San Pablo University

### Dr. Allué Creus, Josep

- ♦ Doctor of Pharmacy
- ♦ Titular Professor Department of Animal Biology, Plant Biology and Ecology
- ♦ Autonomous University of Barcelona

### Ms. Alonso Osorio, María José

- ♦ Specialist in Galenic and Industrial Pharmacy
- ♦ Postgraduate Diploma Degree in Advances in Phytotherapy Applied from the University of Montpellier
- ♦ Member of Medicinal Plants and Homeopathy, College of Pharmacists of Barcelona

### Mr. Bachiller Rodríguez, Luis Ignacio

- ♦ Degree in Medicine and Surgery
- ♦ University Postgraduate Diploma Degree in Advances in Phytotherapy Applied and Medicinal Plants from the University of Montpellier
- ♦ President of the Asturian Society of Advances in Phytotherapy Applied

### Dr. Balaguer Fernández, Cristina

- ♦ Doctor of Pharmacy
- ♦ Assistant Professor, Department of Pharmacy
- ♦ Faculty of Health Sciences CEU Cardenal Herrera University

### Dr. Bejarano, María

- ♦ Doctor of Pharmacy
- ♦ Pharmacist in pharmacy office

### Dr. Beltrán Montalbán, Estanislao

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

### Dr. Beltrán Sanz, Vicente

- ♦ Doctor of Pharmacy
- ♦ Pharmacy office holder

### Dr. Blanquer Hernández, Antonio

- ♦ PhD in Biology
- ♦ Titular Professor Department of Pharmacy
- ♦ Faculty of Health Sciences CEU Cardenal Herrera University

### Ms. Buendía Sánchez, Esmeralda

- ♦ Technical Pharmaceutical Director
- ♦ Arkopharma Laboratories

### Dr. Calatayud Pascual, Araceli

- ♦ Doctor of Pharmacy
- ♦ University Professor, Department of Pharmacy
- ♦ Faculty of Health Sciences CEU Cardenal Herrera University
- ♦ CEU Cardenal Herrera University

**Dr. Carretero Accame, María Emilia**

- ♦ Doctor of Pharmacy
- ♦ Department Professor of Pharmacology
- ♦ Faculty of Pharmacy Complutense University of Madrid

**Dr. Catalá, Pedro**

- ♦ PhD in Pharmacy, cosmetologist
- ♦ Founder of Twelve Beauty

**Dr. D´Ivernois Rodríguez, Araceli**

- ♦ Degree in Pharmacy
- ♦ Technical Director, Drug Information Center
- ♦ Illustrious Official College of Pharmacists of Castellón

**Dr. Dea Ayuela, María Auxiliadora**

- ♦ Doctor of Pharmacy
- ♦ Full Professor, Department of Biomedical Sciences
- ♦ Faculty of Health Sciences, CEU Cardenal Herrera University

**Mr. Folgado Bisbal, Ricardo V**

- ♦ Degree in Pharmacy
- ♦ Member of the Very Illustrious Official College of Pharmacists of Valencia

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

- ♦ Doctor of Pharmacy
- ♦ Pharmacist in pharmacy office

**Dr. García Giménez, María Dolores**

- ♦ Doctor of Pharmacy
- ♦ Professor of Pharmacy Department of Pharmacology
- ♦ Faculty of Pharmacy University of Seville

**Dr. González Rosende, Eugenia**

- ♦ Doctor of Pharmacy
- ♦ Full Professor, Department of Pharmacy
- ♦ Faculty of Health Sciences CEU Cardenal Herrera University

**Dr. Güemes Heras, Jaime**

- ♦ PhD in Biology
- ♦ Curator of the Botanical Garden, Cavanilles Institute of Biodiversity and Evolutionary Biology
- ♦ University of Valencia

**Dr. Guerrero Masiá, María Dolores**

- ♦ Doctor of Pharmacy
- ♦ University Professor, Department of Pharmacy
- ♦ Faculty of Health Sciences CEU Cardenal Herrera University

**Ms. Ibars Almonacil, Ana**

- ♦ Botany Teaching Unit
- ♦ University of Valencia

**Ms. Izquierdo Palomares, Rosa**

- ♦ Graduate in Pharmacy Community

**Dr. León Bello, Gemma**

- ♦ PhD in Public Health
- ♦ Degree in Pharmacy
- ♦ Associate Professor of Pharmacology at the CEU Cardenal Herrera University

**Dr. Les Parellada, Francisco**

- ♦ Doctor of Pharmacy
- ♦ Research teaching staff of the San Jorge University
- ♦ Member of the research group Plant Bioactive Principles

**Mr. López Briz, Eduardo**

- ♦ Specialist Pharmacist in Hospital Pharmacy Specialist in Industrial and Galenic Pharmacy
- ♦ Head of Pharmacy Section at Consellería de Sanidad
- ♦ Valencian Community

**Dr. López Castellano, Alicia**

- ♦ Doctor of Pharmacy
- ♦ Professor at Private University, Department of Pharmacy
- ♦ Faculty of Health Sciences CEU Cardenal Herrera University

**Dr. López Ramos, Víctor**

- ♦ Doctor of Pharmacy
- ♦ Associate Professor, Department of Pharmacy
- ♦ Faculty of Health Sciences San Jorge University of Zaragoza

**Dr. Máñez Aliño, Salvador**

- ♦ Doctor of Pharmacy
- ♦ Professor of Pharmacology, Department of Pharmacology
- ♦ Faculty of Pharmacy University of Valencia

**Dr. Marín Vázquez, Marta**

- ♦ Doctor of Pharmacy
- ♦ University Professor, Department of Pharmacy
- ♦ Faculty of Health Sciences CEU Cardenal Herrera University

**Mr. Martín Almendros, Miguel**

- ♦ Degree in Medicine and Surgery
- ♦ Secretary of the Working Group on Advances in Phytotherapy Applied SEMERGEN

**Dr. Martín López, Teresa**

- ♦ Doctor of Pharmacy
- ♦ Full Professor, Department of Pharmacology
- ♦ Faculty of Pharmacy University of Alcalá

**Ms. Moreno Royo, Lucrecia**

- ♦ Professor at Private University, Department of Pharmacy
- ♦ Faculty of Health Sciences CEU Cardenal Herrera University

**Dr. Muñoz-Mingarro, Dolores**

- ♦ PhD. in Biological Sciences
- ♦ Titular Professor Department of Chemistry and Biochemistry
- ♦ Faculty of Pharmacy CEU San Pablo University

**Dr. Navarro Moll, Concepción**

- ♦ Doctor of Pharmacy
- ♦ Professor of Pharmacology Department of Pharmacology
- ♦ Faculty of Pharmacy University of Granada



**Dr. Noguera Romero, María Antonia**

- ♦ Doctor of Pharmacy
- ♦ Full Professor, Department of Pharmacology
- ♦ Faculty of Pharmacy University of Valencia

**Dr. Ortega Hernández-Agero, María Teresa**

- ♦ Doctor of Pharmacy
- ♦ Full Professor, Department of Pharmacology
- ♦ Faculty of Pharmacy Complutense University of Madrid

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

- ♦ Doctor of Pharmacy
- ♦ Associate Professor. Department of Pharmacology
- ♦ Faculty of Pharmacy Complutense University Madrid

**Dr. Puchol Enguádanos, Santiago Vicente**

- ♦ Doctor of Pharmacy
- ♦ Pharmacist in pharmacy office

**Ms. Reigada Ocaña, Inés**

- ♦ Degree in Pharmacy
- ♦ Researcher at the University of Helsinki

**Dr. Merino Llorens, Jose Luis**

- ♦ Doctor of Pharmacy
- ♦ Professor of Pharmacology, Department of Pharmacology
- ♦ Faculty of Pharmacy University of Valencia

**Dr. Rodilla Alama, Vicente**

- ♦ PhD in Biology
- ♦ Full Professor, Department of Pharmacy
- ♦ Faculty of Health Sciences CEU Cardenal Herrera University

**Dr. Sanahuja Santafé, Maria Amparo**

- ♦ Doctor of Pharmacy
- ♦ Titular Professor Department of Pharmacy
- ♦ Faculty of Health Sciences CEU Cardenal Herrera University

**Dr. Sánchez Thevenet, Paula**

- ♦ PhD in Biochemistry
- ♦ Titular Professor Department of Biomedical Sciences
- ♦ Faculty of Health Sciences, CEU Cardenal Herrera University

**Dr. Soriano Guarinos, Pilar**

- ♦ Doctor of Pharmacy
- ♦ Full Professor, Department of Botany
- ♦ Faculty of Pharmacy University of Valencia

**Ms. Tejerina, Eva**

- ♦ Senior Consultant
- ♦ Apdena Consult S.L

**Dr. Villagrasa, Victoria**

- ♦ Doctor of Pharmacy
- ♦ Full Professor, Department of Pharmacy. Faculty of Health Sciences CEU Cardenal Herrera University

04

# Structure and Content

The contents of this Postgraduate Diploma have been developed by the different experts involved in the program, with a clear purpose: to ensure that our students acquire each and every one of the necessary skills to become true experts in this field.



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*This Postgraduate Diploma in Phytotherapy for Cardiovascular and Respiratory Diseases contains the most complete and up-to-date scientific program on the market”*



### Module 1. Phytotherapy and Herbal Medicines

- 1.1. Phytotherapy: Definition and Scope of Use
- 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 Plant Ingredients, 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 Cardiovascular and Respiratory Diseases

- 3.1. Utility of Phytotherapy in the Treatment of Heart Failure
- 3.2. Phytotherapy in the Treatment of Arterial Hypertension
- 3.3. Phytotherapy in the Treatment of Hyperlipidemia involved in Cardiovascular Diseases
- 3.4. Phytotherapy in Venous Insufficiency Disorders
- 3.5. Phytotherapy in Respiratory Infections
- 3.6. Phytotherapy in the Treatment of Cough
- 3.7. Phytotherapy in the Treatment of Allergic Respiratory Processes
- 3.8. Treatment of Asthma with Active Ingredients Derived from Plants: Antispasmodics
- 3.9. Phytotherapy and Herbal Active Ingredients in the Treatment of Lung Cancer

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*A comprehensive teaching program, structured in well-developed units, oriented toward high-impact learning”*



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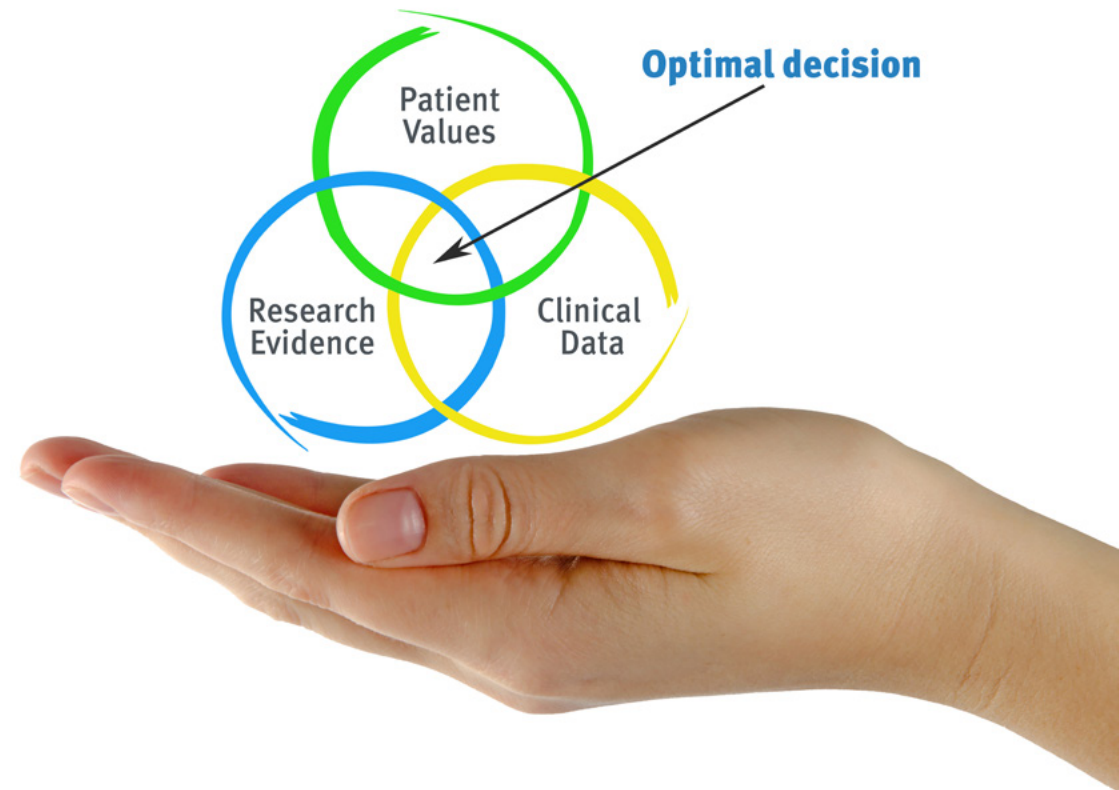
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## At TECH Nursing School 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses 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 nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse 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.*



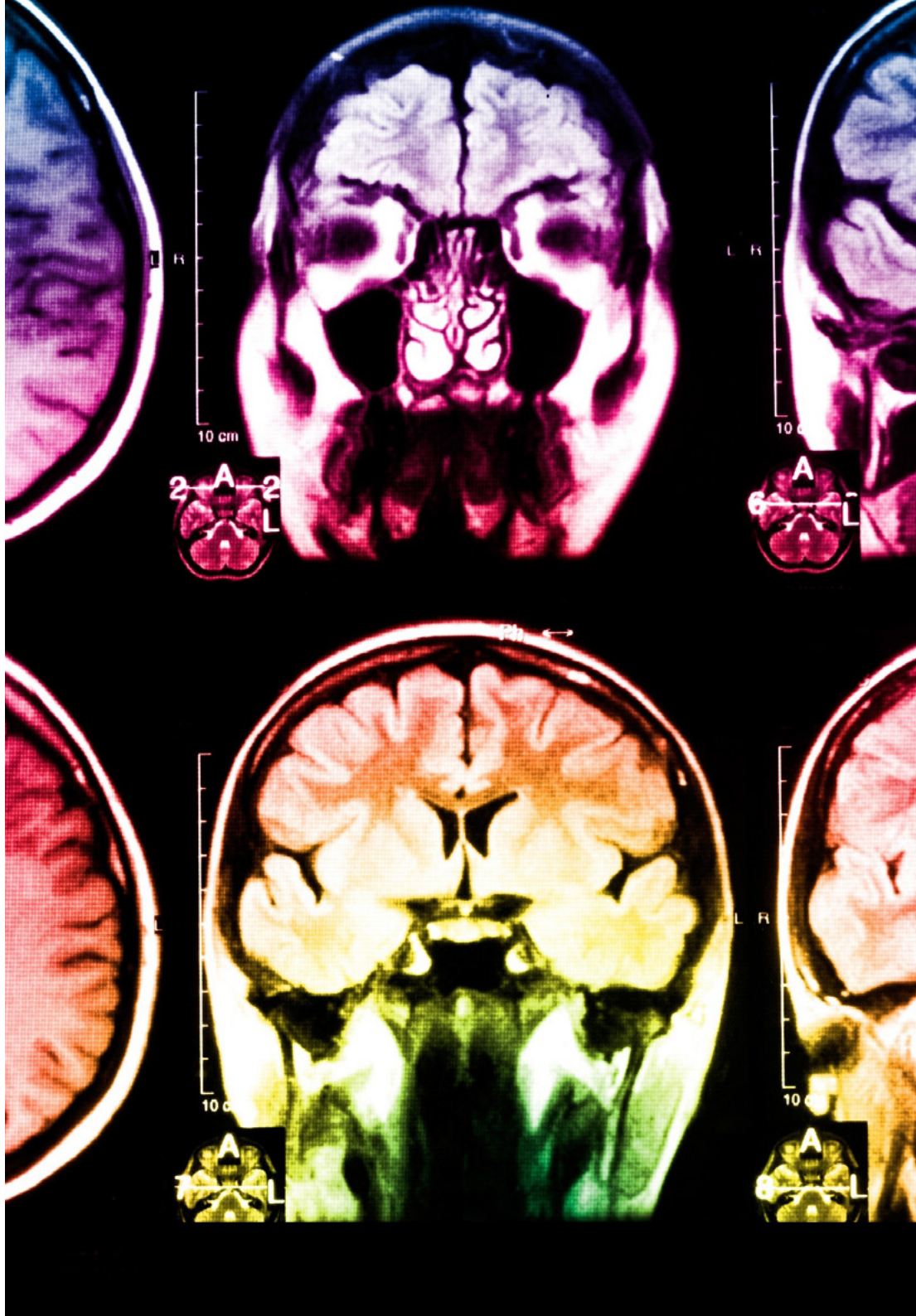
At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning 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 (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 really 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.



### Nursing 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 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 them as many times as you want.



### 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 Diploma in Phytotherapy for Cardiovascular and Respiratory Diseases guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.





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

This private qualification will allow you to obtain a **Postgraduate Diploma in Phytotherapy for Cardiovascular and Respiratory Diseases** 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.

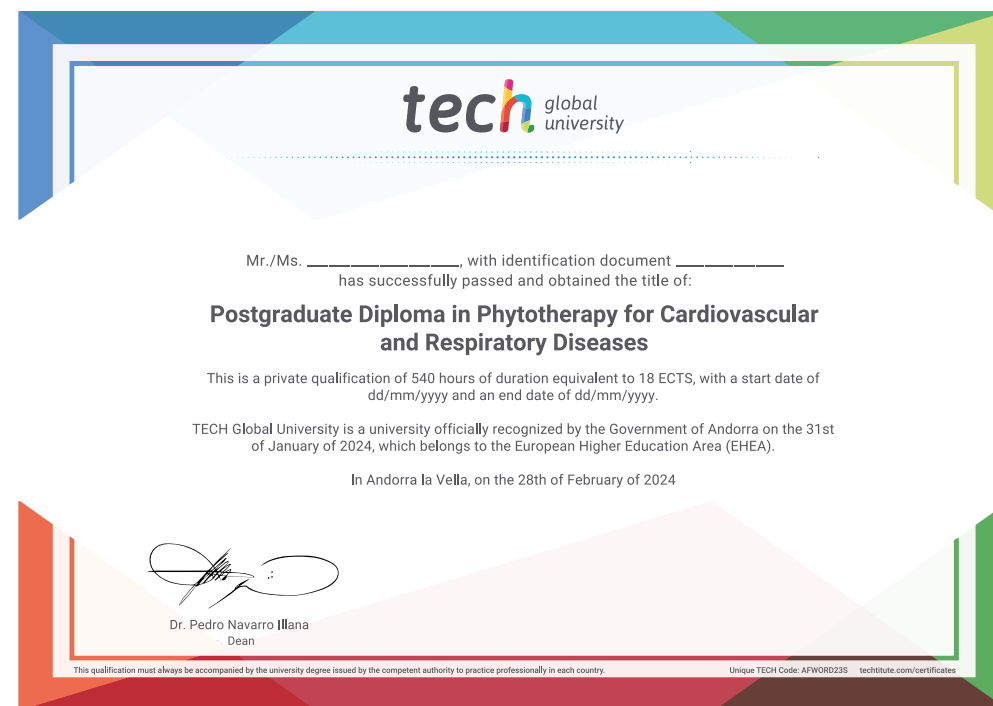
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Phytotherapy for Cardiovascular and Respiratory Diseases**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**



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



health

future

confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present

online training

development language

classroom

**tech** global  
university

**Postgraduate Diploma**  
Phytotherapy for  
Cardiovascular and  
Respiratory Diseases

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Diploma

## Phytotherapy for Cardiovascular and Respiratory Diseases

