

# Professional Master's Degree

## Advances in Applied Phytotherapy



## Professional Master's Degree

### Advances in Applied Phytotherapy

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nutrition/professional-master-degree/master-advances-applied-phytotherapy](http://www.techtute.com/us/nutrition/professional-master-degree/master-advances-applied-phytotherapy)

# Index

01

Introduction

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*p. 4*

02

Objectives

---

*p. 8*

03

Skills

---

*p. 14*

04

Course Management

---

*p. 18*

05

Structure and Content

---

*p. 24*

06

Methodology

---

*p. 30*

07

Certificate

---

*p. 38*

# 01

# Introduction

Adequate nutrition has always been associated with the physical and mental well-being of people. Thus, nutrition, together with Phytotherapy, has been able to achieve optimal results in various conditions such as Alzheimer's disease, in whose patients it has managed to stimulate taste or smell, senses that are affected at the onset of the disease. These advances can be extrapolated to other pathologies and will be explored in depth in this Professional Master's Degree, which seeks to offer the professional nutritionist the most relevant and up-to-date information in this field. In addition, all this will be possible thanks to a 100% online methodology and innovative multimedia content that can be accessed at any time from an electronic device with an internet connection.



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*Obesity, being overweight, diabetes... You will be aware of the latest developments in the management of patients with digestive pathologies by means of Phytotherapy through this Professional Master's Degree"*

Technological advances have made it possible to obtain greater progress in the precision of the active ingredients that make up phytotherapeutic products. In addition, the latest scientific studies have discovered their effectiveness in the treatment of different pathologies such as respiratory, gynecological or digestive system diseases.

In this journey of Phytotherapy, nutrition joins it to integrate its benefits in the approach to patients with endocrine, metabolic or digestive disorders, without ruling out its application in other pathologies. This fusion has a positive impact on the patient's health and has opened up new lines of research. Given this scenario, the nutrition professional must be aware of the latest developments and, for that reason, this Professional Master's Degree in Applied Phytotherapy is born.

A program with an extensive specialized teaching staff that will bring the professional closer to the most current knowledge on the treatment of obesity, overweight, diabetes or gastritis through innovative teaching tools. Likewise, throughout the 12 months of this program, the nutritionist will be able to delve into the use of phytotherapy in cardiovascular diseases, urinary system disorders or parasitic diseases.

All this, moreover, in an educational program taught exclusively online, which can be accessed comfortably from a computer or tablet, 24 hours a day. In addition, the professional will be able to distribute the teaching load according to their needs, allowing them to combine their work responsibilities with an education that is at the academic forefront.

This **Professional Master's Degree in Advances in Applied Phytotherapy** 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



*TECH puts at your disposal the most current teaching tools so that you can obtain the most advanced and recent knowledge on Applied Phytotherapy"*



*Apply your advanced knowledge of nutrition and the latest advances in phytotherapy to plan specific programs for patients with nervous system problems"*

The program's teaching staff includes professionals from the sector who contribute their work experience to this 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 knowledge 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 throughout the program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*With this program, you will learn in depth about the benefits and limits of Applied Phytotherapy for patients with hypertension and venous insufficiency.*

*In 1500 hours of intensive learning, you will learn the most recent progress achieved from the Applied Phytotherapy and the existing legal regulations.*





# 02 Objectives

The main goal of this Professional Master's Degree is to offer the professional nutritionist the most up-to-date content in Applied Phytotherapy. For this purpose, it has a specialized faculty that will show the latest advances and trends in this science, and its application in patients with pathologies that affect from the locomotor system to the urinary system.







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*Achieve your goals of updating your knowledge in Applied Phytotherapy with a Professional Master's Degree that allows you to distribute the teaching load according to your needs"*



## 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



## Specific Objectives

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### 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 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

### 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
- ◆ 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. Toxicity of Medicinal Plants and Risk Groups in Phytotherapy**

- ◆ Explain the toxicity of medicinal plants so that treatments are safe
- ◆ Identify the therapeutic limits of phytotherapy in special groups of patients
- ◆ Describe the pharmaceutical forms used in phytotherapy
- ◆ Elaborate and select the most appropriate form according to the condition and treatment

### **Module 4. Phytotherapy for Nervous System Disorders**

- ◆ Phytotherapy in the Treatment of Anxiety and Sleep Disorders
- ◆ Phytotherapy in the Treatment of Stress and Asthenia
- ◆ Phytotherapy for the Treatment of Depression
- ◆ Phytotherapy in the Treatment of Headaches
- ◆ Phytotherapy in Patients with Cognitive Disorders

### **Module 5. Phytotherapy for Endocrine, Metabolic and Digestive System Disorders**

- ◆ Define the usefulness of phytotherapy in the treatment of gastritis and ulcers
- ◆ Define the usefulness of phytotherapy in the treatment of obesity and overweight
- ◆ Define the usefulness of phytotherapy in the treatment of diabetes
- ◆ Define the usefulness of phytotherapy in patients with inflammatory bowel disease
- ◆ Explain the phytotherapy treatments and the therapeutic limits in the most frequent digestive tract disorders
- ◆ Describe phytotherapy treatments and therapeutic limits in endocrine and metabolic disorders

### **Module 6. Phytotherapy for Disorders of the Locomotor System**

- ◆ Define the usefulness of phytotherapy in the treatment of arthritis
- ◆ Define the usefulness of phytotherapy in the treatment of arthrosis
- ◆ Define the usefulness of phytotherapy in the treatment of joint pain
- ◆ Identify muscle that act as relaxant medicinal plants for the treatment of muscle contractions
- ◆ Define the usefulness of phytotherapy in the treatment of arthrosis
- ◆ Identify and classify remineralizing medicinal plants
- ◆ Explain the phytotherapy treatments and therapeutic limits in locomotor system disorders

### **Module 7. Phytotherapy for Cardiovascular and Respiratory Diseases**

- ◆ 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 coughs
- ◆ Describe phytotherapy treatments and therapeutic limits in cardiovascular conditions
- ◆ Describe the phytotherapy treatments and therapeutic limits in respiratory system disorders
- ◆ Define the usefulness of phytotherapy in the treatment of allergic respiratory processes

### **Module 8. Phytotherapy for Gynecological and Urinary System Affections**

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

### **Module 9. Dermatological Phytotherapy**

- ◆ Describe phytotherapy treatments and therapeutic limits in skin conditions
- ◆ Describe the phytotherapy treatments and therapeutic limits in scalp disorders
- ◆ Explain the relationship between cosmetics and phytotherapy, and their application

### **Module 10. Other Applications of Phytotherapy: Immunomodulatory Phytotherapy, Phytotherapy for Pathologies of the Sensory Organs, Phytotherapy for Parasitic Diseases and Aromatherapy**

- ◆ Define the therapeutic limits of aromatherapy, its application and associated risks
- ◆ Explain the activity of medicinal plants on the immune system and their possible application in certain pathologies related to the immune system
- ◆ Define the application of phytotherapy in pathologies of the sense organs





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*Get to know, thanks to this university education, the latest trends in Phytotherapy applied to patients with inflammatory bowel disorders”*

# 03 Skills

The clinical case studies presented by pharmacists specialized in Phytotherapy and who teach this program will enhance the skills of the students who immerse themselves in this program. This will allow the nutritionist to approach real situations on the application of phytotherapy in patients with digestive pathologies, which can also be integrated into their usual clinical practice.





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*Get the latest information on Phytotherapy and enhance your skills in this field thanks to this university program"*

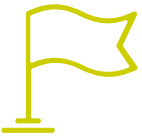


## General Skills

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- ◆ Master the classification and nomenclature of active ingredients
- ◆ Utilize phytotherapy to prevent and treat diseases
- ◆ Deal expertly with the problems of overdose, intoxication, etc.
- ◆ Solve specific problems by applying Phytotherapy
- ◆ Acquire skills in the collection, preservation and manipulation of medicinal plants
- ◆ Master the strategies of scientific research in phytotherapy
- ◆ Master professional communication skills
- ◆ Integrate Evidence-Based Medicine into daily practice
- ◆ Provide support and Phytotherapeutic advice
- ◆ Upgrade therapeutic plans to the most current standards





## Specific Skills

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- ◆ Keep clinical knowledge up to date with new advances in applied phytotherapy
- ◆ Master the advances in clinical phytotherapy
- ◆ Recognize and classify different medicinal plants and active ingredients
- ◆ Update knowledge in phytotherapy in various conditions
- ◆ Manage phytotherapy in relation to appetite and satiety
- ◆ Delve into the relationship between phytotherapy and endocrinology
- ◆ Delve into the bioethics of clinical research and the professional/patient relationship
- ◆ Know and handle the different taxonomies in phytotherapy
- ◆ Know the different pathologies derived from abuse and addiction problems
- ◆ Master the problems of drug abuse
- ◆ Master the phytotherapy treatment of various childhood disorders
- ◆ Master phytotherapy in the treatment of urinary tract infections
- ◆ Apply phytotherapy in arthritis and osteoarthritis
- ◆ Define the properties of phytotherapy for joint pain
- ◆ Identify muscle relaxant medicinal plants for the treatment of muscle contractions
- ◆ Apply Phytotherapy in the treatment of rheumatism
- ◆ Identify uricosuric plants
- ◆ Define the use of phytotherapy in the treatment of sarcopenia
- ◆ Identify remineralizing medicinal plants



*You can easily delve into phytotherapy treatments for common childhood disorders from your computer whenever you want"*

04

# Course Management

In its philosophy of offering students a quality education, TECH has made a rigorous selection of all the faculty that integrates its programs. Thus, the professional will have before them an extensive and specialized teaching staff in Pharmacy and Phytotherapy. Their extensive knowledge in this field and their professional trajectory are a guarantee for students who are looking for an update from the hand of real experts.





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*You have at your disposal a teaching staff specialized in Phytotherapy with whom you will be able to solve any doubts you may have about the syllabus of this Professional Master's Degree"*

## Professors

### Dr. Acero de Mesa, Nuria

- ◆ Specialist in Pharmacy
- ◆ Doctor of Pharmacy
- ◆ Full Professor, Department of Pharmaceutical and Health Sciences, Faculty of Pharmacy, CEU San Pablo University

### Dr. Allué Creus, Josep

- ◆ Specialist in Pharmacy
- ◆ Doctor of Pharmacy
- ◆ Titular Professor Department of Animal Biology, Plant Biology and Ecology at the Autonomous University of Barcelona

### Ms. Alonso Osorio, María José

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

### Dr. Bachiller Rodríguez, Luis Ignacio

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

### Dr. Balaguer Fernández, Cristina

- ◆ Specialist in Pharmacy
- ◆ Doctor of Pharmacy
- ◆ Assistant Professor in the Department of Pharmacy at the Faculty of Health Sciences of the CEU Cardenal Herrera University

### Dr. Bejarano, María

- ◆ Specialist in Pharmacy
- ◆ Doctor of Pharmacy
- ◆ Pharmacist in pharmacy office

### Dr. Beltrán Montalbán, Estanislao

- ◆ Specialist in Obstetrics and Gynecology
- ◆ Doctor of Medicine

### Dr. Beltrán Sanz, Vicente

- ◆ Specialist in Pharmacy
- ◆ Doctor of Pharmacy
- ◆ Pharmacy office holder

### Dr. Blanquer Hernández, Antonio

- ◆ Specialist in Biology
- ◆ D. in Biology
- ◆ Professor in the Department of Pharmacy of the Faculty of Health Sciences at CEU Cardenal Herrera University

### Ms. Buendía Sánchez, Esmeralda

- ◆ Specialist in Pharmacy
- ◆ Technical Pharmaceutical Director Arkopharma Laboratories

### Dr. Calatayud Pascual, Araceli

- ◆ Specialist in Pharmacy
- ◆ Doctor of Pharmacy
- ◆ Assistant Professor in the Department of Pharmacy at the Faculty of Health Sciences of the CEU Cardenal Herrera University



**Dr. Carretero Accame, María Emilia**

- ◆ Specialist in Pharmacy
- ◆ Doctor of Pharmacy
- ◆ Professor, Department of Pharmacology, Faculty of Pharmacy, Complutense University of Madrid

**Dr. Catalá, Pedro**

- ◆ Specialist in Cosmetology
- ◆ Doctor of Pharmacy
- ◆ Founder of Twelve Beauty

**Ms. D'Ivernois Rodríguez, Araceli**

- ◆ Specialist in Pharmacy
- ◆ Technical Director at a Drug Information Center
- ◆ Degree in Pharmacy

**Dr. Dea Ayuela, María Auxiliadora**

- ◆ Specialist in Pharmacy
- ◆ Doctor of Pharmacy
- ◆ Assistant Professor in the Department of Biomedical Sciences at the Faculty of Health Sciences of the CEU Cardenal Herrera University

**Mr. Folgado Bisbal, Ricardo V.**

- ◆ Specialist in Pharmacy
- ◆ Member of the Illustrious Official College of Pharmacists of Valencia
- ◆ Degree in Pharmacy

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

- ◆ Specialist in Pharmacy
- ◆ Pharmacist in pharmacy office
- ◆ Doctor of Pharmacy

**Dr. García Giménez, María Dolores**

- ◆ Specialist in Pharmacy
- ◆ Professor of Pharmacy in the Department of Pharmacology of the Faculty of Pharmacy at the University of Seville
- ◆ Doctor of Pharmacy

**Dr. González Rosende, Eugenia**

- ◆ Specialist in Pharmacy
- ◆ Doctor of Pharmacy
- ◆ Assistant Professor in the Department Pharmacy at the Faculty of Health Sciences of the CEU Cardenal Herrera University

**Dr. Güemes Heras, Jaime**

- ◆ Curator of the Botanical Garden, Cavanilles Institute of Biodiversity and Evolutionary Biology in Valencia
- ◆ D. in Biology

**Dr. Guerrero Masiá, María Dolores**

- ◆ Specialist in Pharmacy
- ◆ Doctor of Pharmacy
- ◆ Professor in the Department of Pharmacy of the Faculty of Health Sciences at CEU Cardenal Herrera University

**Ms. Ibars Almonacil, Ana**

- ◆ Botany Specialist
- ◆ Botany teaching unit at the University of Valencia

**Ms. Izquierdo Palomares, Rosa**

- ◆ Specialist in Pharmacy
- ◆ Degree in Community Pharmacy

**Dr. León Bello, Gemma**

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

**Dr. Les Parellada, Francisco**

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

**Mr. López Briz, Eduardo**

- ◆ Specialist in Industrial and Galenic Pharmacy
- ◆ Head of Pharmacy Section at the Valencia Regional Ministry of Health

**Dr. López Ramos, Víctor**

- ◆ Specialist in Pharmacy
- ◆ Doctor of Pharmacy
- ◆ Associate Professor in the Department of Pharmacy of the Faculty of Health Sciences at the San Jorge University of Zaragoza

**Dr. Mániz Aliño, Salvador**

- ◆ Specialist in Pharmacy
- ◆ Doctor of Pharmacy
- ◆ Professor of Pharmacology, Department of Pharmacology, Faculty of Pharmacy, University of Valencia

**Dr. Marín Vázquez, Marta**

- ◆ Specialist in Pharmacy
- ◆ Doctor of Pharmacy
- ◆ Assistant Professor in the Department of Pharmacy at the Faculty of Health Sciences of the CEU Cardenal Herrera University

**Dr. Martín Almendros, Miguel**

- ◆ Specialist's Degree In Medicine and Surgery
- ◆ Secretary of the Working Group on Advances in Applied Phytotherapy SEMERGEN
- ◆ Degree in Medicine and Surgery

**Dr. Martín López, Teresa**

- ◆ Specialist in Pharmacy
- ◆ Doctor of Pharmacy
- ◆ Professor of the Department of Pharmacology at the Faculty of Pharmacy of the University of Alcalá

**Dr. Moreno Royo, Lucrecia**

- ◆ Specialist in Pharmacy
- ◆ Professor in the Department of Pharmacy Faculty of Health Sciences at CEU Cardenal Herrera University

**Dr. Muñoz-Mingarro, Dolores**

- ◆ Specialist in Pharmacy
- ◆ Professor of the Department of Chemistry and Biochemistry, Faculty of Pharmacy, CEU San Pablo University
- ◆ D. in Biological Sciences

**Dr. Navarro Moll, Concepción**

- ◆ Specialist in Pharmacy
- ◆ Professor of Pharmacology, Department of Pharmacology, Faculty of Pharmacy, University of Granada
- ◆ Doctor of Pharmacy

**Dr. Noguera Romero, María Antonia**

- ◆ Specialist in Pharmacy
- ◆ Professor of the Department of Pharmacology at the Faculty of Pharmacy of the University of Valencia
- ◆ Doctor of Pharmacy

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

- ◆ Specialist in Pharmacy
- ◆ Professor of the Department of Pharmacology at the Faculty of Pharmacy of the Complutense University of Madrid
- ◆ Doctor of Pharmacy

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

- ◆ Specialist in Pharmacy
- ◆ Doctor of Pharmacy
- ◆ Associate Professor at the Department of Pharmacology, Faculty of Pharmacy, Complutense University of Madrid

**Dr. Puchol Enguádanos, Santiago Vicente**

- ◆ Specialist in Pharmacy
- ◆ Pharmacist in pharmacy office
- ◆ Doctor of Pharmacy

**Ms. Reigada Ocaña, Inés**

- ◆ Specialist in Pharmacy
- ◆ Researcher at the University of Helsinki
- ◆ Degree in Pharmacy

**Dr. Ríos Cañavate, José Luis**

- ◆ Specialist in Pharmacy
- ◆ Professor of Pharmacology, Department of Pharmacology, Faculty of Pharmacy, University of Valencia
- ◆ Doctor of Pharmacy

**Dr. Rodilla Alama, Vicente**

- ◆ Specialist in Biology
- ◆ Professor in the Department of Pharmacy Faculty of Health Sciences at CEU Cardenal Herrera University
- ◆ D. in Biology

**Dr. Sanahuja Santafé, Maria Amparo**

- ◆ Specialist in Pharmacy
- ◆ Assistant Professor in the Department from Pharmacy at the Faculty of Health Sciences of the CEU Cardenal Herrera University
- ◆ Doctor of Pharmacy

**Dr. Sánchez Thevenet, Paula**

- ◆ Specialist in Biochemistry
- ◆ Assistant Professor in the Department of Biomedical Sciences at the Faculty of Health Sciences of the CEU Cardenal Herrera University
- ◆ D. in Biochemistry

**Dr. Soriano Guarinos, Pilar**

- ◆ Specialist in Pharmacy
- ◆ Doctor of Pharmacy
- ◆ Professor of the Department of Botany at the Faculty of Pharmacy of the University of Valencia

**Ms. Tejerina, Eva**

- ◆ Senior Consultant at Apdena Consult S.L.

**Ms. Villagrasa, Victoria**

- ◆ Specialist in Pharmacy
- ◆ Assistant Professor in the Department from Pharmacy at the Faculty of Health Sciences of the CEU Cardenal Herrera University
- ◆ Doctor of Pharmacy

# 05

## Structure and Content

TECH applies the Relearning system in all its programs, given its effectiveness in student fluency due to the content of the syllabus and the reduction of study hours. With this system and the best multimedia resources, the nutritionist will be able to obtain the most exhaustive, relevant and recent information on phytotherapy applied to patients with pathologies that affect the nervous system, the digestive system, skin conditions or the use of aromatherapy. A curriculum that can also be accessed at any time from a computer or tablet.



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*Access 24 hours a day to the most innovative and visual teaching material on phytotherapy and the impact of the use of herbal drugs for the treatment of pathologies"*

## 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. Regulation of the European Market for Medicinal Herbal Preparations: Legal Regulations and Scope of Application
- 1.5. Cultivation, Collection, Processing and Preservation of Medicinal Plants
- 1.6. Plant-Based Drugs: Impact of Drug Recognition on the Quality of Phytotherapeutic Products
- 1.7. 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. Toxicity of Medicinal Plants and Risk Groups in Phytotherapy**

- 3.1. Medicinal Plants Toxicity
- 3.2. Safety and Interactions of Medicinal Plants
- 3.3. Phytotherapy in Pediatrics
- 3.4. Phytotherapy in Pregnancy and Lactation
- 3.5. Phytotherapy in Geriatrics

**Module 4. Phytotherapy for Nervous System Disorders**

- 4.1. Define the Use of Phytotherapy in the Treatment of Anxiety and Sleep Disorders
- 4.2. Define the Usefulness of Phytotherapy in the Treatment of Stress and Asthenia
- 4.3. Define the Usefulness of Phytotherapy in the Treatment of Depression
- 4.4. Define the Usefulness of Phytotherapy in the Treatment of Coughs
- 4.5. Define the Usefulness of Phytotherapy in Patients with Cognitive Disorders

**Module 5. Phytotherapy for Endocrine, Metabolic and Digestive System Disorders**

- 5.1. Phytotherapy in the Treatment of Obesity and Overweight People
- 5.2. Medicinal Plants that Stimulate Appetite
- 5.3. Phytotherapy and Diabetes
- 5.4. Phytotherapy in the Treatment of Dyspepsia
- 5.5. Phytotherapy for the Treatment of Flatulence. Carminative Medicinal Plants
- 5.6. Phytotherapy for the Treatment of Gastritis and Ulcers
- 5.7. Phytotherapy for Hepatic Affections and Biliary Dysfunctions
- 5.8. Phytotherapy for the Treatment of Diarrhea
- 5.9. Phytotherapy for the Treatment of Constipation
- 5.10. Phytotherapy in the Treatment of Vomiting
- 5.11. Phytotherapy in Patients with Inflammatory Bowel Disease

**Module 6. Phytotherapy for Disorders of the Locomotor System**

- 6.1. Phytotherapy in Arthritis
- 6.2. Phytotherapy in Arthrosis
- 6.3. Phytotherapy for Joint Pain: Anti-Inflammatory and Analgesic
- 6.4. Medicinal Plants Muscle Relaxants for the Treatment of Muscle Contractions
- 6.5. Phytotherapy in the Treatment of Rheumatism
- 6.6. Phytotherapy in the Treatment of Gout: Uricosuric Plants
- 6.7. Phytotherapy in the Treatment of Sarcopenia
- 6.8. Remineralizing Medicinal Plants

**Module 7. Phytotherapy for Cardiovascular and Respiratory Diseases**

- 7.1. Utility of Phytotherapy in the Treatment of Heart Failure
- 7.2. Phytotherapy in the Treatment of Arterial Hypertension
- 7.3. Phytotherapy in the Treatment of Hyperlipidemia Involved in Cardiovascular Diseases
- 7.4. Phytotherapy in Venous Insufficiency Disorders
- 7.5. Phytotherapy in Respiratory Infections
- 7.6. Phytotherapy in the Treatment of Coughs
- 7.7. Phytotherapy in the Treatment of Allergic Respiratory Processes
- 7.8. Treatment of Asthma with Active Ingredients Derived from Plants. Antispasmodics.
- 7.9. Phytotherapy and Herbal Active Ingredients in the Treatment of Lung Cancer

**Module 8. Phytotherapy for Gynecological and Urinary System Affections**

- 8.1. Phytotherapy in the Treatment of Urinary Tract Infections
- 8.2. Phytotherapy in the Treatment of Water Retention
- 8.3. Phytotherapy in the Treatment of Urolithiasis
- 8.4. Phytotherapy in Patients with Benign Prostatic Hyperplasia
- 8.5. Phytotherapy in Women with Premenstrual Syndrome
- 8.6. Phytotherapy for the Treatment of Climacteric Symptomatology
- 8.7. Phytotherapy for the Treatment of Vaginal Discharge Disorders

### Module 9. Dermatological Phytotherapy

- 9.1. Phytotherapy for Infectious Skin Diseases
- 9.2. Phytotherapy for Allergic Skin Diseases
- 9.3. Cosmetics and Phytotherapy
- 9.4. Phytotherapy for Autoimmune Skin Diseases: Vitiligo and Psoriasis
- 9.5. Phytotherapy for Scalp Disorders

### Module 10. Other Applications of Phytotherapy: Immunomodulatory Phytotherapy, Phytotherapy for Pathologies of the Sensory Organs, Phytotherapy for Parasitic Diseases and Aromatherapy

- 10.1. Aromatherapy
- 10.2. Uses and Limitations of Aromatherapy
- 10.3. Immunostimulant Plants
- 10.4. Immunosuppressive Plants
- 10.5. Phytotherapy for the Most Frequent Conditions of the Anterior Part of the Eye
- 10.6. Phytotherapy in Otological Affections
- 10.7. Vermifuge Medicinal Plants
- 10.8. Phytotherapy for the Treatment of Other Parasitic Infections







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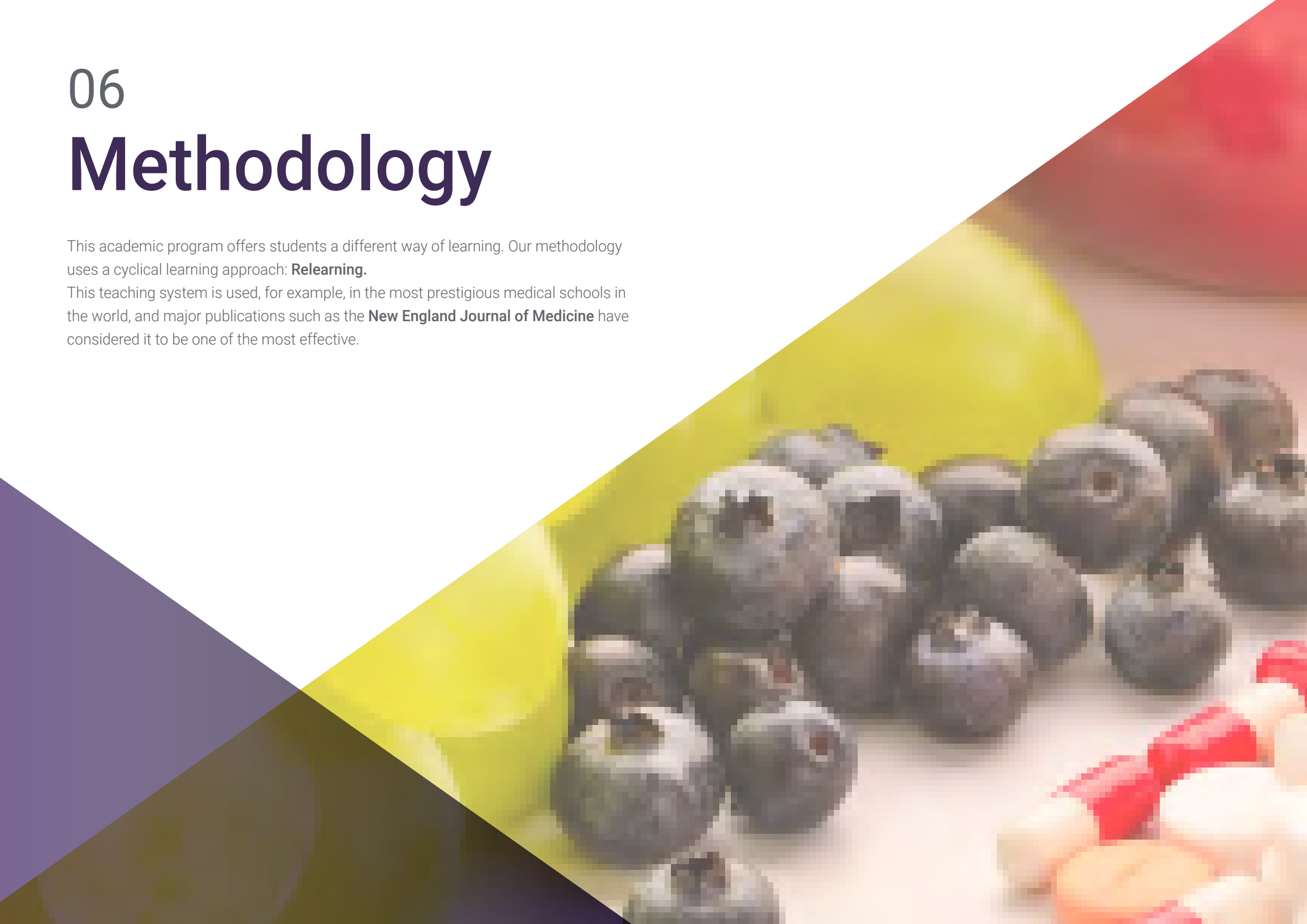
*With this 100% online university program, you will be able to delve deeper into the properties and uses of immunostimulant or immunosuppressive plants”*

06

# 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.



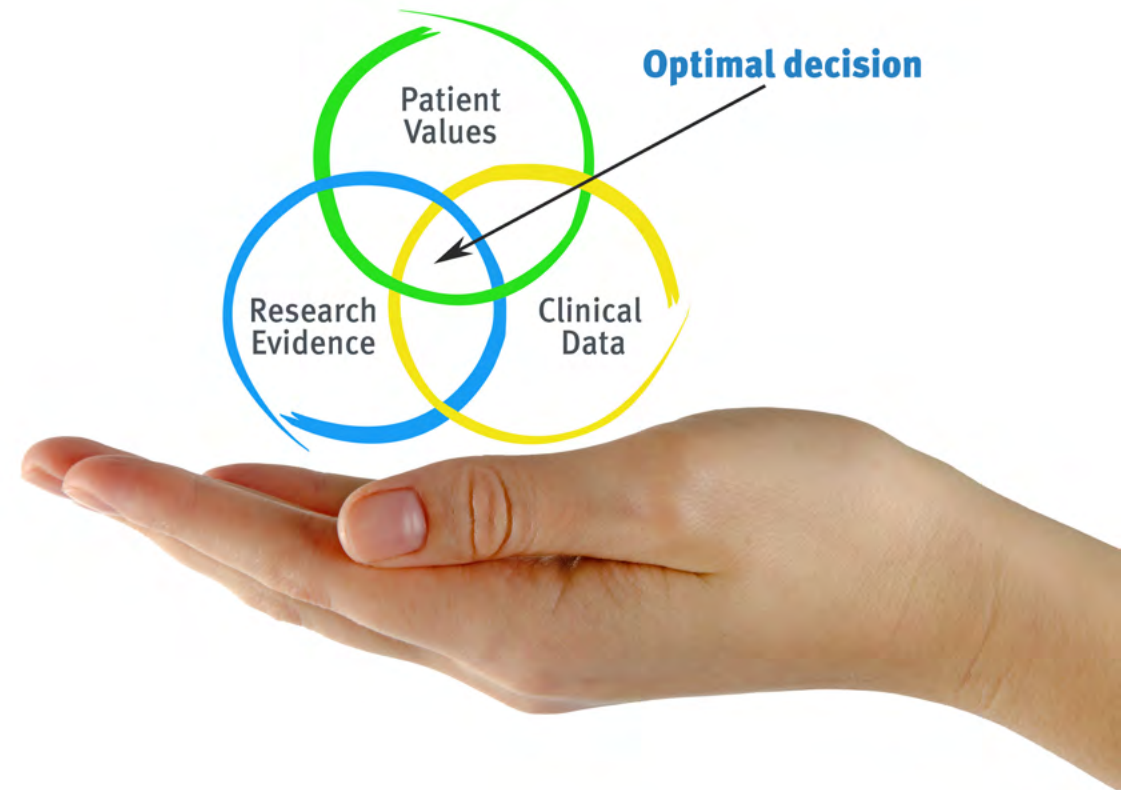
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH 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.



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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. 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.



## 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.*





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 socio-economic 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.



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

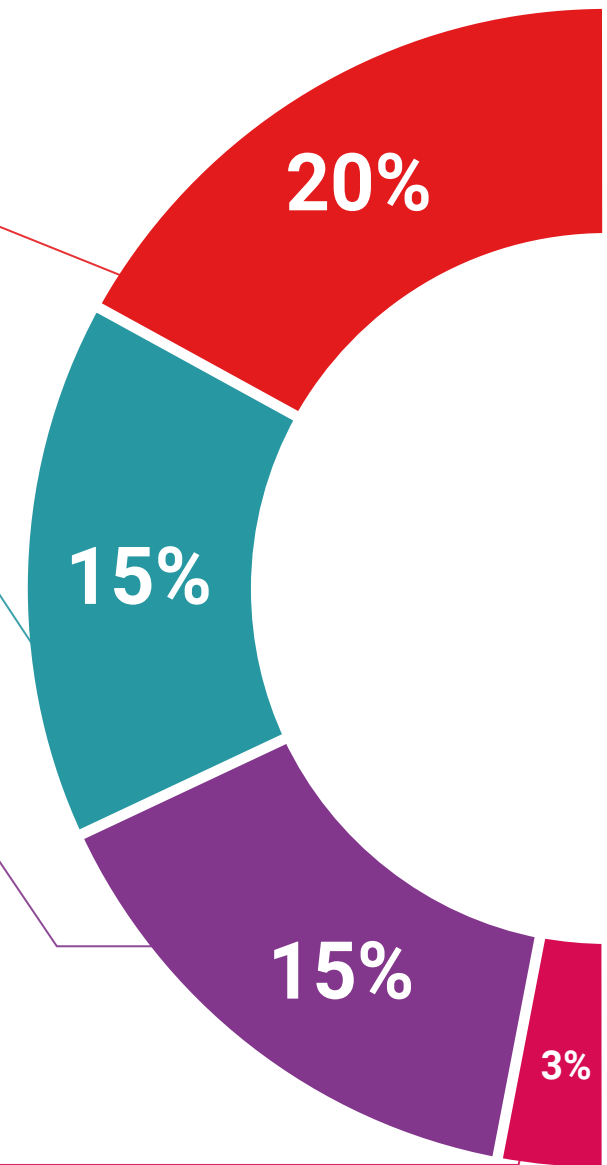
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

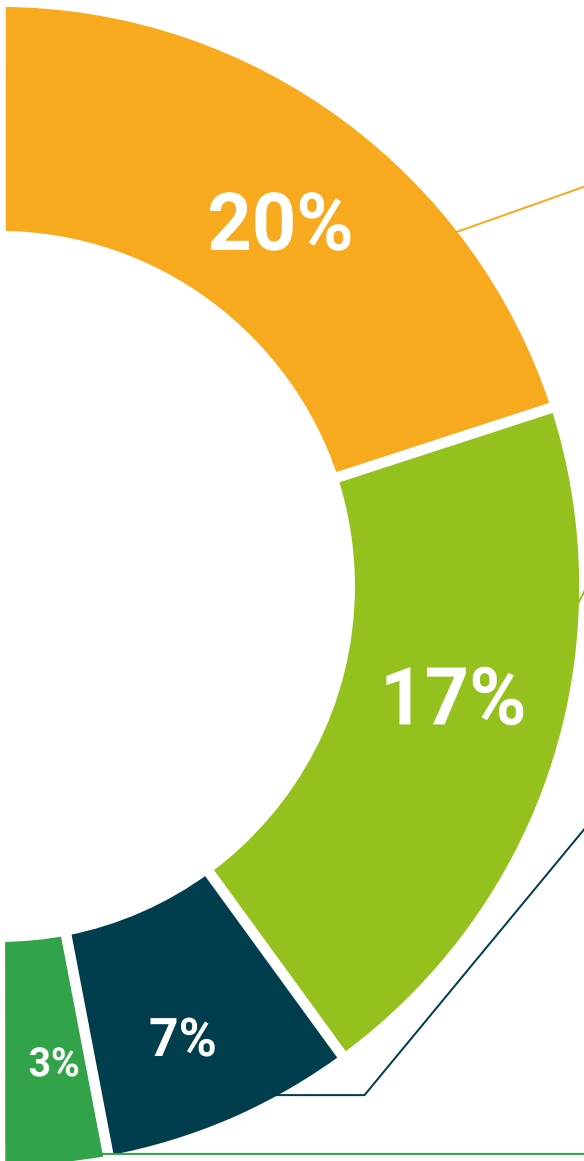
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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.





#### 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.





# 07 Certificate

The Professional Master's Degree in Advances in Applied Phytotherapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree 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 program will allow you to obtain your **Professional Master's Degree diploma in Advances in Applied Phytotherapy** 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** title 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: **Professional Master's Degree in Advances in Applied Phytotherapy**

Modality: **online**

Duration: **12 months**

Accreditation: **60 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.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

**tech** global  
university

personalized service innovation

knowledge present quality

Advances in Applied  
Phytotherapy

development language

virtual classroom

## Professional Master's Degree

Advances in Applied  
Phytotherapy

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

# Professional Master's Degree

## Advances in Applied Phytotherapy