

AC/24.02.2024/RS1



College of Arts,
Science &
Commerce (Autonomous)

RISE WITH EDUCATION

NAAC REACCREDITED - 'A' GRADE

SIES College of Arts, Science and Commerce (Autonomous)

Sion (West) Mumbai: 400022

Affiliated to Mumbai University

Syllabus under NEP effective from June 2024

Offered by: Department of Botany

Program: S. Y. B.A and S.Y.B.Com.

Course: Botany Open Elective

**Choice Based Credit System (CBCS) with effect from the academic
year 2024-25**

OE SEM – III SYBSc (Credits: 2)

OE: BOTANY SYBA & SYBCOM SEMESTER – III (Credits: 4)				
Plant Based Remedies (2 Theory + 2 Tutorials)				
Paper Code	Unit No.	Unit Name	Credits	Lectures/week
SIUBOOE211	1	Plant cure for physical ailments	02	01+01
	2	Plant cure for lifestyle disorders and Adolescent and Reproductive Healthcare	02	01+01
<p>Course Description: This course explores the natural world of herbal remedies for common ailments with lifestyle disorders and reproductive health issues. It delves into the plant kingdom and the various botanicals that have been traditionally used for centuries to alleviate digestive disorders, respiratory issues, cold and cough symptoms, ear, eye, nose, urinary tract infections, fever, acidity, piles, anemia, arthritis, dental problems, hair issues, and skin problems. It also explores the medicinal properties of various plants and herbs that can be used to manage conditions such as diabetes, hypertension, atherosclerosis, mental stress, fatigue, menstrual problems, leucorrhoea, dysmenorrhoea, as well as issues related to ante-natal and post-natal care, and problems associated with the reproductive system. The course will focus on the use of plants and herbs for medicinal purposes, exploring their chemical compounds, potential benefits, and safe usage.</p>				

Theory: PLANT BASED REMEDIES (Theory + Tutorials)
Paper Code: SIUBOOE211
<p>Learning Objectives: Learners will develop an understanding of the traditional and modern uses of plants in herbal medicine, including the methods of preparation, administration, and dosage. They will also learn about the importance of plant identification, ethical harvesting practices, and potential risks and contraindications. Learners will delve into a comprehensive understanding of herbal remedies for lifestyle and reproductive disorders, empowering them to make informed decisions about their health and explore natural alternatives to conventional medicine.</p>
<p>Course Outcomes: After completion of the course, learners would be able to: CO1: Introduction to herbal medicine and traditional healing practices. CO2: Explore botanical knowledge, chemical compounds, and active ingredients in medicinal plants. CO3: Gain knowledge about therapeutic uses and potential benefits of specific plants for various ailments. CO4: Learn the various preparation methods: decoctions, infusions, tinctures, and extracts. CO5: Understand the dosage and administration guidelines. CO6: Apply safety considerations and contraindications. CO7: Explore the future trends and research in herbal medicine.</p>

Paper Code SIUBOOE211	Unit No.	Unit Name	Cr 02	Lectures/week
	1 Plant cure for physical ailments:	Plants used to cure - Digestive disorders, respiratory disorders, cold and cough, infections of ear, eye, nose, urinary tract, etc., fever, acidity, piles, anemia, arthritis, dental problems, hair, and skin problems.	01	01
	2 Plant cure for lifestyle disorders and Adolescent and Reproductive Healthcare	Plant cure for lifestyle disorders and Adolescent and Reproductive Healthcare: Diabetes, hypertension, atherosclerosis, mental stress & fatigue, etc. menstrual problems, leucorrhea, dysmenorrhea, ante-natal care, Post -natal care, problems associated with reproductive system.	01	01

References:	
1	Wood, M. (2017). The book of herbal wisdom: using plants as medicines. North Atlantic Books.
2	Bray, R. (2020). Natural Herbal Remedies: Herbal Medicine for Everyday Ailments. Urban Homesteading.
3	Duke, J. A. (2002). <i>Handbook of medicinal herbs</i> . CRC press.
4	Chevallier, A. (2016). Encyclopedia of Herbal Medicine. DK Publishing House. ISBN: 978-1465449818.
5	Joshi, M. C. (2019). <i>Hand book of Indian medicinal plants</i> . Scientific Publishers.

OE SEM – IV SYBSc (Credits: 2) AROMATHERAPY

OE: BOTANY SYBA & SYBCOM SEMESTER – IV (Credits: 4)				
Introduction to Aromatherapy (2 Theory + 2 Tutorials)				
Paper Code	Unit No.	Unit Name	Credits	Lectures/week
SIUBOOE221	1	Introduction, scope & applications of aromatherapy	02	01+01
	2	Plants in Aromatherapy	02	01+01
<p>Course description: This course is designed for individuals interested in holistic health, natural remedies, and the power of scent. It provides a comprehensive understanding of the principles and practices of aromatherapy, enabling participants to incorporate aromatherapy into their personal wellness routines or professional practice. It includes lectures and demonstrations, to deepen understanding and skills. This course also explores the therapeutic properties and applications of essential oils derived from various plants commonly used in aromatherapy. Learners will gain a deeper understanding of the unique chemical compositions, aromatic profiles, and potential therapeutic benefits of each essential oil, and how they can be effectively utilized to address a wide range of physical, emotional, and mental health concerns.</p>				

Theory: Introduction to Aromatherapy (Theory + Tutorials)
Paper Code: SIUBOOE221
<p>Learning Objectives: This course provides learners with a comprehensive understanding of the principles and practices of aromatherapy, enabling them to utilize essential oils safely and effectively for personal health and well-being. By the end of this course, learners will have gained a comprehensive understanding of the therapeutic uses of essential oils and the specific benefits of each oil. They will be able to apply the knowledge of essential oils for various health concerns, and for personal or professional use.</p>
<p>Course Outcomes: After completion of the course, learners would be able to:</p> <p>CO1: Introduction to essential oils used in Aromatherapy. CO2: Understand the classification of essential oils based on chemical composition. CO3: Explore botanical knowledge and active ingredients in different essential oils with methods of application. CO4: Learn about specific plants used in aromatherapy and their therapeutic properties. CO5: Gain knowledge about methods of extraction of essential oils: distillation, cold-pressing, solvent extraction, and carbon dioxide extraction. CO6: Apply safety considerations, contraindications, and precautions when using essential oils. CO7: Explore the future trends and research in aromatherapy.</p>

Paper Code SIUBOOE221	Unit No.	Unit Name	Cr	Lectures/ week
	1. Introduction, scope & applications of aromatherapy	<ul style="list-style-type: none"> ● Introduction and classification of aromatherapy. ● Methods of extraction of essential oils. ● Factors affecting quality of essential oils. ● Modes of application of essential oils in aromatherapy. ● Procedure of aromatherapy products: scented candles, scented soaps, bath bombs, bath oils, cosmetics. 	01	01
	2. Plants in Aromatherapy	<ul style="list-style-type: none"> ● Plants used in aromatherapy: Ylang-ylang, Rose, Vetiver, Eucalyptus, Jasmine, Citronella, Lavender, Patchouli, Geranium, Citrus, Sandalwood. ● Therapeutic uses of essential oils. ● Safe use of essential oils (safe dosage and blending of essential oils) 	01	01

References:	
1	Rose, J. (2013). <i>The aromatherapy book: applications and inhalations</i> . North Atlantic Books.
2	Price, S., & Price, L. (Eds.). (2011). <i>Aromatherapy for health professionals E-book</i> . Elsevier Health Sciences.
3	Davis, P. (2011). <i>Aromatherapy An AZ: The most comprehensive guide to aromatherapy ever published</i> . Random House.
4	Miller, L., & Miller, B. (1998). <i>Ayurveda and aromatherapy: the earth essential guide to ancient wisdom and modern healing</i> . Motilal Banarsidass Publ..
5	Worwood, V. A. (2016). <i>The complete book of essential oils and aromatherapy revised and expanded: over 800 natural, nontoxic, and fragrant recipes to create health, beauty, and safe home and work environments</i> . New World Library.