



S Y L L A B U S

Natural Remedies and Herbal Medicine

Duration: 5 Days (Total: 20 Hours)

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1.0 Course Overview

This hands-on module introduces learners to the world of **natural remedies and herbal medicine**, combining folk knowledge, modern herbalism, and plant-based healing to support wellness through safe, sustainable, and holistic practices.

2.0 Learning Outcomes

By the end of this course, participants will be able to:

- Understand the history and foundations of herbal medicine
- Identify and use common medicinal herbs
- Prepare basic remedies like teas, tinctures, salves, and oils
- Apply natural solutions for common ailments
- Create a safe, personalized herbal first-aid kit

3.0 Training Methodology

- Herb Identification and Tasting Sessions
- Hands-On Remedy Preparation Workshops
- Materia Medica Journal Building
- Recipe Creation and Case Study Discussions
- Guided Foraging/Demo Videos (if applicable)

4.0 Introduction to Herbal Medicine & Traditional Healing Systems (3 Hours)

Objectives:

- Explore the roots and relevance of herbal medicine in modern life

Topics Covered:

- Origins: Ayurveda, Traditional Chinese Medicine, Western Herbalism
- Holistic vs Allopathic Approach
- How Plants Support the Body (Tonic, Stimulating, Relaxing Herbs)
- Legal and Ethical Considerations

Activities:

- Discussion: Your experience with natural remedies
- Worksheet: Match healing systems with practices
- Task: Begin a Materia Medica (Herb Profile Journal)

5.0 Common Medicinal Herbs and Their Uses (3 Hours)

Objectives:

- Learn properties, benefits, and identification of popular healing herbs

Topics Covered:

- Key Herbs: Chamomile, Ginger, Peppermint, Lavender, Echinacea, Turmeric, etc.
- Nervines, Adaptogens, Carminatives, and Astringents
- Botanical Names, Growing Zones, and Drying Methods
- Introduction to Wildcrafting and Garden Sourcing

Activities:

- Herb Tasting Lab: Identify flavor and effect
- Task: Fill in herb profile sheets
- Optional: ID challenge using dried or labeled samples

6.0 Making Herbal Preparations: Teas, Tinctures, Salves & Infusions (4 Hours)**Objectives:**

- Gain hands-on skills to prepare basic home remedies

Topics Covered:

- Water-Based Preparations: Herbal Teas, Decoctions, Infusions
- Alcohol and Vinegar-Based Tinctures
- Oil Infusions and Salves for Skin
- Herb-to-Solvent Ratios and Shelf Life

Activities:

- Lab: Prepare a simple herbal tea blend
- Demo: Make a basic salve using infused oil and beeswax
- Task: Create a tincture starter (or simulate steps with worksheets)

7.0 Remedies for Everyday Ailments (3 Hours)

Objectives:

- Apply herbal knowledge to address common issues safely

Topics Covered:

- Herbs for Stress, Sleep, Digestion, Colds, Headaches, and Immunity
- Kitchen Remedies: Honey, Lemon, Garlic, Apple Cider Vinegar
- Emergency Use: Burns, Bites, Nausea, Mild Cuts
- Combining Herbs for Synergistic Blends

Activities:

- Case Study: Choose remedies for 3 sample symptoms
- Group Brainstorm: Build a “Top 10” everyday remedy list
- Create: A personalized herbal blend for your common concern

8.0 Safety, Sourcing, and Dosage Guidelines (3 Hours)**Objectives:**

- Learn safe, sustainable, and effective practices in herbal use

Topics Covered:

- When Not to Use Herbs (Pregnancy, Allergies, Medication Interactions)
- Dosage Basics for Adults and Children
- Trusted Sources for Bulk Herbs and Tools
- Preserving Herbs and Understanding Potency

Activities:

- Task: Draft your personal “Herbal Safety Checklist”
- Worksheet: Herbal dosage conversion table
- Group Review: Label reading and sourcing discussion

9.0 Creating a Personal Herbal Apothecary (2 Hours)**Objectives:**

- Build your own basic natural medicine cabinet

Topics Covered:

- Essential Herbs and Tools for Starters
- Storage Tips: Jars, Oils, Labels, and Shelf Life
- Building a Compact Kit for Travel, Kids, or Home Use
- Tracking Use with a Remedy Journal

Activities:

- Task: Design your “Starter Herbal Cabinet”
- Optional: Create a label and recipe card for your blend
- Group Share: What’s in your kit and why?

10.0 Conclusion and Wrap-Up (1 Hour)**Key Takeaways:**

- Reflect on healing, heritage, and the power of plants

Final Activities:

- Showcase: Share a prepared remedy or herb profile
- Certificate Distribution
- Feedback and Journaling: “The herb I’ll keep in my life is...”