

Topics:

- Getting familiar with herbal/traditional
- Examining a patient.
- Giving diagnosis and advice for treatment.

Objective:

- Use expressions and vocabulary related to traditional medicine orally and in writing.
- Use expressions for examining , diagnosing, and treating patients ' problems orally and in writing.

Unit 13 Grandma's Remedies

Communicative functions

Giving instructions for physical examination: Could you hold the child, please?

Praising patients. Uhh That's it!

Reassuring patients. There is nothing to worry about. It is not a very serious problem.

Expressing diagnosis

. The patient seems to have indigestion./ stomatitis.

Giving advice for treatment. It is advisable to... You should...

Making appointments. I'll see her in a week.

Bring her back in a week

.

All these are instructions for physical examination.
What are the examiners checking in each case?

- 1. Show me your tongue. Say 'ah. _____
- 2. Could you keep your sight on the tip of my pen, please? _____
- 3. Point the place where you feel pain. _____
- 4. Please, draw your family in this sheet of paper. _____

- We call "phytotherapy" to herbal medicine and phytodrugs to compounds extracted from a single or many plants.
- The historian Herodotus wrote that the builders of the Egyptian pyramids were given large amount of garlic, to protect them against Malaria because of the antimicrobial properties of this plant.
- Several old Chinese documents contain lists of herbs with their medicinal uses.
- There are references to "leaves for healing" in the Christian Bible.
- There is truth in an old saying that states "Nature has grown a herb for every illness."

After reading:

- Tell the group what you have already learned about Herbal Medicine history.
- Talk about some medicinal plants we use here in Cuba.
- What is your personal opinion about phytotherapy?

Medicinal Herb: Matricaria
Chamomilla

Indications: Dermatitis, Insomnia,
Rash, Anxiety, Stomachache,
Stomatitis, Diarrhea,.

Action: Antimicrobial,
antiinflammatory, antiseptic,
scarring, antispasmodic, sedative.

Doses: Dentistry: Gargle

Skin: Tinctures 20% 20 drops

Compress: 10-30 drops

Bathe: boiled leaves.

Stomach: Tincture 20 drops in a
glass of
water 3 times a day

- Medicinal Herb: Allium Sativum
- **Indications:** Asthma, common cold, Bronchitis, Parasites(oxyuris & amoebas), Stomatitis, Candidiasis.
- **Action:** Antiasthmatic, expectorant, analgesic, antiviral, antifungal, antielmintic.
- **Caution:** Pregnant women, lactation. Don't use in children.
- Side effects: Digestive disorders.
- **Doses:** Tincture: 20-40 drops 2 times a day. Soft capsules: 2 caps a day
- Syrup: 1-3 teaspoons daily.
- Gargle: 3 times a day.

Medicinal Herb: Psidium
Guayava

Indications: Gingivitis, diarrhea,
rash, spasm

Action: Antidiarrheic, antispasm,
antiseptic, antiinflammatory,
antifungal.

Doses: Powder: 2 times daily.

- Fruit: slices in diet.
- Tincture: 1 tablespoon in a glass of water 3 times a day.
- Elixir: 1 tablespoon 3 times a day.
- **Decoction:** a glass of boiled leaves 3 times a day.

Medicinal Herb: Allium Ceba
(Onion)

Indications: Asthma, muscle
and bone
pain .

Action: Antiinflammatory,
analgesic, bronchodilator.

Doses: Tincture: 20-40 drops
daily (respiratory problems)

Tisane: (traditional use): half
an onion boiled in a
syrup of water 3 times a day

Medicinal Herb: Aloe Vera

Indications: Hepatitis, constipation, alopecia, ulcers, burns, common cold stomatitis.

Action: Scarring, stimulating of the scalp, antitussive, anti inflammatory.

Caution: Pregnancy & lactation

Doses: Syrup: 1 tablespoon 3 times a day. (Adults) Cream: 3 times a day. Slices: 2 times a day (Hepatitis).

Juice with Honey: 2 times a day in children (Dentistry)

Shampoo & Lotion: once a day.

Medicinal Herb: Justicia Pectoralis

Indications: Insomnia, anxiety.

Action: Sedative.

Caution: Pregnancy, Lactation, children puerperium.

Doses: Decoction: 2 glasses daily.

Extract: 40 drops in 100 ml of water 2 times a day.

Infusion: a cup daily.

Syrup: 1 teaspoon 2 times a day

6. Read the phototherapy guide carefully. Select the most appropriate herbal treatment. for the following patients. More than one herb is possible.

- a. A 63 year old widower starts with diarrheas and can not sleep well. _____
- b. An 18 year old girl with pain in muscles of the neck and shoulder.

- c. A 57 year old man has noted abundant loss of hair and feels stressed . and worried. _____
- d. A 4 year old boy with ulcers in the mouth and lips, excessive salivation, reddish and inflamed gums. _____
- e. A 10 year old boy who has diarrheas because of amoebas parasites. _____
- f. A 21 year old university student with skin rash and itching. He feels uneasy and uncomfortable and can not sleep well. _____

Give responses to the following questions according to the information obtained in the chart above.

- 1-Can physicians, dentists and psychologists use the same herb for different purposes? Give an example.
2. Can they use different herbs for the same condition? Justify your answer.
- 3-Do patients have the possibility to use herbal preparations without medical advice? Why yes/Why not?
- 4-Why do you think the title includes the word Grandma?
- 6-Have you r anyone in your family ever used Grandma's remedies? Which remedy? For which problem?
- 6-Give your personal opinion about the phytotherapy guide.