

IBN SINA HERBAL YEAR 2 STUDENT HANDBOOK 2019 - 2020



STUDENT HANDBOOK CONTAINING COURSE INFORMATION FOR YEAR 2

Students will find all information post-enrolment in this handbook.



IBN SINA HERBAL COURSE: STUDENT HANDBOOK

INTRODUCTION TO HERBAL

For over a millennia, people have healed with herbal or animal-derived remedies, using knowledge handed down through generations. In Africa, Asia, Latin America and the Middle East, 70-95 per cent of the population still use traditional medicine (TM) for primary healthcare. And some 100 million people are believed to use traditional, complementary or herbal medicine in the European Union (EU) alone — as high as 90 per cent of the population in some countries. (Source: World Health Organisation magazine, 2011)

The WHO (World Health Organization) estimates that 80% of the world's population uses herbal medicine. Research has shown that over 40% of plants comprise key ingredients which can be used for prescription drugs, and researchers look to traditional medicine as a guide to help them.

There are as many as one hundred and twenty compounds which have been taken from the higher plants, and 80 percent of those which are used in modern medicine have a positive connection between their modern and traditional usage.

Natural Medicine or also known as Herbal or Alternative Medicine is a science with generations of experience but with very few specialists in the world qualified to practice or teach this science. You can find many ancient manuscripts in libraries, museums and educational institutes around the world but again only a few that can actually decipher the lost herbal language within them. This program is designed to give seekers a chance to open this locked knowledge and practice it to a good level.

Students will be learning under qualified Herbalists, some with over 30 years of experience. This program includes the study of ancient manuscripts, dating back over 800 years old. The course encompasses classical, theoretical knowledge and traditional, practical methods, which will be taught in a modern way. Graduates from this 3 year program will have mastered the ability to diagnose illnesses and the ability to make herbal remedies, unlocking the historical secrets of Islamic and Greek Herbal Medicine.

BRIEF OVERVIEW OF 3 YEAR PROGRAM

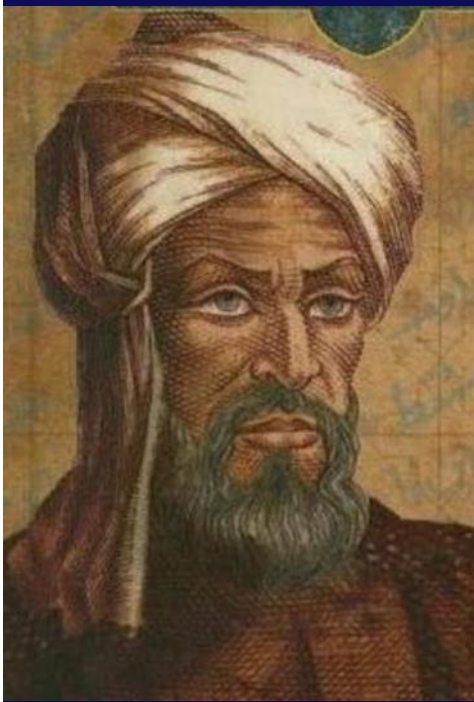
There are many topics that are taught and covered in this unique course, from theoretical to practical. The course covers a comprehensive text of Ibn Sina called the "Urjoozah" that is taught over the 3 years along with 3 semesters in the 3 years that will focus on Herbal remedies, oils, concentrates and complicated remedies known as Majoons. It also delves into herbs, types of herbs, different methods of drying them and their affects on a person's health, from a preventative perspective to a curing perspective.

Those studying on the Ibn Sina Herbal program will be covering both the Tabeeb (Diagnostic) and Hakeem (Pharmacist) aspects of Herbal Medicine. This unique approach gives the students a strong foundation in both sides of Herbal Medicine, giving a the oppurtunity to specialise in either of the two fields. The strong knowledge of the Head Herbalist (Shaykh Atabek) and his years of experience in Herbalist (Shaykh Atabek) and his years of experience in syllabus has been adjusted and developed over the years as to cover these two aspects in detail. Over the page are 3 tables that show a break down of the semesters for the 3 years:

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Year 1

Term	Term Period	Topic
1	Sept – Dec	THEORETICAL (Urjuzah) – Natural Things
2	Jan – March	PRACTICAL - Remedy Making (Study of Oils & Jams)
3	May - June	THEORETICAL (Urjuzah) – Necessary conditions

Year 2

Term	Term Period	Topic
1	Sept – Dec	THEORETICAL (Urjuzah) – Illnesses (Reasons)
2	Jan – March	PRACTICAL - Remedy Making (Study of Sharaabs, Carriers and (Ruboobs) Concentrates)
3	May - June	THEORETICAL (Urjuzah) – Illnesses (Symptoms)

Year 3

Term	Term Period	Topic
1	Sept – Dec	THEORETICAL (Urjuzah) – Practice of Medicine
2	Jan – March	PRACTICAL - Remedy Making (Study of Majoons, Murabba, Safoofs and Marhams)
3	May - June	THEORETICAL (Urjuzah) – Necessary conditions

In each year there will be 3 terms or semesters. In Year 2 you will have 2 Theoretical modules and 1 practical module.

SEMESTER 1 (THEORETICAL) - OVERVIEW

As mentioned before you will study the different chapters of the Urjuzah fi-Tibb of Ibn Sina for the theoretical side of Herbal Medicine. Below is the breakdown of the modules and their chapters you will cover in Semester 1. They are made in a table for you so you can tick them off as you cover them with the herbalist teacher.

***NOTE:** Every theory lesson will vary between 1-3 hours depending on how the teacher covers the subject at hand. Lessons will be given once a week, the number of lessons in semester 1 are shown in the calendar (please see year calendar for more info)





CATEGORY	TOPIC	COMPLETED <small>(Please tick once you complete)</small>
(AL MARD) - ILLNESS, STMPOTMS AND REASONS		
First Deviation	Illnesses that overcome organs	
	Description of the Illnesses in the organs	
	On the loss of continuity	
Second Deviation	The causes of Abnormal factors	
	The causes illnesses due to Heat	
	The causes illnesses due to Cold	
	The causes illnesses due to Wetness	
	The causes illnesses due to Dryness	
	The causes of physical Alternations	
	The causes that open the ducts (passageways)	
	The causes of roughness of flexibility	
	The causes of Separation	
	The causes of the loss of continuity	
Third Deviation	On the causes of Abnormal Symptoms	
	On the types of Symptoms obtained from the body	
	On the types of symptoms obtained from the bodily extracts	
	On the types of symptoms in general	
Fourth Deviation	Abnormal Signs	
	On general signs of the present	
	On the signs obtained from the functions of the brain	
	On the signs obtained from the functions of the heart	
Second	On the signs of the pulse	
	- First: on the amplitude of the pulse	
	- Second: on the frequency of the pulse	
	- Third: On the slow frequency of the pulse	
	- Fourth: On the strength of the pulse	
	- Fifth: on the artery	
	- Sixth: on the consistency of the artery	
	- Seventh: On the temperature of the artery	
	- Eighth: What the artery contains	
	- Ninth: On the periods of pulsations and rest	
	- Tenth: On the quantity of the arteries	
	- Eleventh: Number of pulsations of the artery	
	On the pulse in Harmony with Age, Country, Season, Temperament, general appearance and Sex	
	END OF SEMESTER 1	



SEMESTER 2 (PRACTICAL) - OVERVIEW

The practical side of Herbal medicine covers the making of remedies (Hakeem). In Year 2, Semester 2, similar to Year 1, you will also have a few lessons linked to Ibn Nafis' Encyclopaedia. For these lessons you will be taught a variety of herbs (that are ordered alphabetically according to the Arabic alphabet). You will be given their effects and side-effects, temperament, English/Latin names.

EQUIPMENT LIST

Below is a mandatory equipment list that every Herbal Student should have before commencing the first practical lesson of the course. These will be used throughout the 3 years.

	NAME	TYPE
1	Pestle and Mortar	Rough (eg: granite) Soft (eg marble)
2	Cooking Pots (with lids)	3 sizes (Big eg: 10l, Medium, Small)
3	Cooking Spoons	Wooden spoons (Various Sizes)
4	Weighing Scale	Small weighing scale (measuring: 0.01g) Large weighing Scale (measuring 1g – 1kg)
5	Pyrex Glass Bowls	3 sizes (Big, Medium, Small)
6	Plastic Containers	3 sizes for mixing and measuring (big, medium, small)
7	Sieve	3 sizes (big, medium, small)
8	Funnels	Various sizes
9	Preserving Jars	Air tight and in various sizes (small, medium, large)
10	Knives	Various sizes
11	Metal Spoons/forks	Various sizes for general mixing
12	Coffee (herb) grinder	Suitable for grinding: herbs, flowers, nuts, beans etc
13	Portable Electric/Gas Hob	Must be portable to plug in or use anywhere. It must have 2 stoves.
14	Juice extracting machine (optional)	Any domestic juice machine to extract juices from fruits and veg.
15	Muslin Cloth	2 - 5 metres minimum

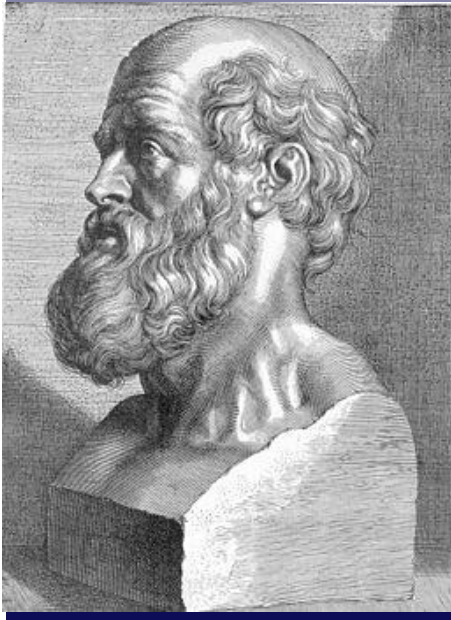


PRACTICAL SESSIONS OUTLINE , HERB AND EQUIPMENT REQUIREMENT

In the 2nd year you will be taught remedy making of **Herbal Sharaabs (Drinks), Herbal Carriers and Ruboobs (concentrates)**. This will be taught by the traditional methods. Thereafter, you will be taught about herbs, their benefits and attributes from an ancient herbal encyclopaedia. Students must have the herbs listed below that are to be used throughout the academic years for their practical sessions.

**Please note in the table when "cooking utensils" is mentioned this includes: knives, forks, spoons and wooden cooking spoons etc*

SESSION	LESSON NAME	HERBS REQUIRED	QUANTITY	NOTES/EQUIPMENT
1	Herbal Encyclopaedia 3	NONE	-	Session will cover a part of the Herbal Encyclopaedia
2	Julaab (Carrier 1)	Brown Sugar	2kg - 4kg	Large Cooking pots, Portable hob, bowls/Containers, weighing scale, funnels, preserving jars and cooking utensils
		Water	5-10kg	
		Eggs	5-10	
3	Deactivating Honey (Carrier 2)	Honey / Brown sugar	1L	Large Cooking pots, Portable hob, bowls/Containers, weighing scale, funnels, preserving jars and cooking utensils
		Water	2L	
4	Rhubarb Liquorice (La'ook)	Rhubarb	300 - 500g	Large Cooking pots, Portable hob, Glass bowls/Containers, grinding machine or Pestle & Mortar, Muslin Cloth (0.5m) weighing scale, funnels, preserving jars and cooking utensils
		Julaab or D.Honey	900g -1kg	
		Water	na	
		Julaab (see above)	300g - 500g	
5	Date Sharaab	Julaab (see above)	300g	Cooking pots, Portable hob, Glass bowls/Containers, Pestle and Mortar, Muslin Cloth (0.5m) weighing scale, funnels, preserving jars and cooking utensils
		Dates	100g	
6	(Fruits) Pear/ Quince Sharaab	Julaab (see above)	300-500g	Cooking pots, Portable hob, Glass bowls/Containers, Pestle and Mortar, weighing scale, funnels, preserving jars and cooking utensils
		Pear or Quince	2 - 3 (50-100g)	
		Apples	2 - 3 (50-100g)	
7	Apple or Pear Ruboob (Concentrate)	Apple Juice (extracted from juicer)	500ml - 1L	Juicer, Large Cooking pots, Portable hob, Glass bowls/Containers, weighing scale, funnels, Large preserving jars and cooking utensils, fridge.
		Brown Sugar	500g	
8	Herbal Encyclopaedia 4	NONE	-	Session will cover a part of the Herbal Encyclopaedia
9	Herbal Encyclopaedia 5	NONE	-	Session will cover a part of the Herbal Encyclopaedia



SEMESTER 3 (THEORETICAL) - OVERVIEW

Below is the breakdown of the modules and their chapters you will cover in Semester 3. They are made in a table for you so you can tick them off as you cover them with the herbalist. After Year 2 this will cover 2 full section of Urjuzah fil Tibb. This is very important to understand and know before you progress into the third year.

CATEGORY	TOPIC	COMPLETED <small>(Please tick once you complete)</small>
AL MARD Continued		
	On signs obtained from expectoration	
	On signs obtained from the function of the liver	
	On signs obtained from the examination of urine: <ul style="list-style-type: none"> • First: on the colour of urine • Second: On the density of urine • Third: On the sediments in urine / On the location of the sediments / on the consistency of the sediments • Fourth: On the odour of urine 	
	Signs obtained from the examination of stools: <ul style="list-style-type: none"> • First: On their quantity • Second: Colour of the stools • Third: On other qualities of the stools 	
	Signs obtained from sweat	
Fifth Deviation	On Prognosis (On the general signs of prognosis)	
	On the signs of an excess of Blood (imtila)	
	On the signs of the predominance of the Dam (blood)	
	On the signs of the predominance of Safra (Yellow bile)	
	On the signs of the predominance of the Sowda (Black bile)	
	On the signs of the predominance of the Balgam (Phlegm)	
Sixth Deviation	On the signs of prognosis in the cause of illnesses	
	On the knowledge of periods in the course of illnesses	
	On the duration of illnesses	
	On the signs of a Buhraan	
	On different aspects of a Buhraan	
	On the signs to know at the time of a Buhraan	
	On the signs leading to a Buhraan	
	On the days of a Buhraan	
	On signs indicating the end of the Buhraan	
	On the signs of approaching death <ul style="list-style-type: none"> • First: Those based on the patient actions • Second: Those obtained from the condition of the body • Third: Those obtained from the waste materials 	
Seventh Deviation	Signs of Healing	
Eighth Deviation	Prognosis based on symptoms	
END OF YEAR (SEMESTER 3)		





HOW YOU WILL BE ASSESSED?

You will be summatively assessed in **3 main ways** in Year 2:

1. **Theoretical Exam** - (This will be a Written Online exam) assessing Theory knowledge and understanding only)
2. **Practical Remedies** - (This will be a Practical Exam submitted physically, assessing Practical knowledge and understanding of traditional remedy making)
3. **Assignment** - (This will be a written academic assignment, assessing both practical and theoretical knowledge and understanding)

Please Note: You must PASS all 3 of the assessments above to pass Year 2 and proceed to Year 3 (final year). The pass marks for each one is given below in red:

1. **Theoretical Exam - 50%**
 2. **Practical Remedies - 5 out of 6 remedies**
 3. **Assignment - 45%**
-

1. THEORETICAL ASSESSMENT PROCEDURE

For the theoretical side of Herbal Medicine you will be assessed at the end of the year via an exam on everything you have learnt in **Semester 1 and Semester 3. THE PASS MARK IS 50% FOR YEAR 1. Students MUST achieve this if they want to progress into year 2. (there is no ijazah (sanad) for Yr1 as this will be assessed and given in Yr3).**

The exam will be conducted ONLINE in exam conditions. The date of the exam can be seen on the calendar on the last page of this handbook. You, as a student will need to agree to the terms and conditions of the exam before commencing the exam and then the exam will begin. The exam will be timed and you will not be able to use any materials except your laptop/computer during the exam.

The Instructions for taking the exam and the Exams policies and procedures can be found in this [LINK](#).



2. PRACTICAL ASSESSMENT PROCEDURE

The practical exam is quite different to the theoretical exam. It will practically assess your knowledge and understanding of Semester 2. This will include **making six remedies** from your practical sessions list. You will be required to make these remedies from your homes and send a **quantity of 50ml** of the remedy in an air tight bottle (glass or plastic) to the following address:

FAO: Sonia Nisa
16 Elmfield Road,
Hyde Park, DONCASTER,
United Kingdom,
DN1 2BA.

Please note, it is the responsibility of the student to make sure they have sealed and packed the remedy appropriately for postage and sent via recorded delivery to the above address. Once your remedy is received by your Herbal Practical Tutor, you will be emailed confirming we have received it. The Tutor will then assess the remedies and test their effects. For the practical assessment you will either receive a “**PASS**” or “**FAIL**” for each submitted remedy and you must achieve a **pass in 5 out of the 6 remedies** to pass overall. Your tutor will use the following format to comment on your remedies and send you this as your results sheet.

No.	Assignment Title	Received Date	Signed by Tutor	Comments	PASS / FAIL
1.	Almond Oil				
2.	Rose Oil				
3.	Amla Oil				
4.				

3. ASSIGNMENT ASSESSMENT PROCEDURE

The Assignment required in Semester 3 is a **1000 word assignment (+/- 200 words)**. This should be based on the content you have learnt on the Ibn Sina Program as well as your personal academic research on the topic of Herbal or Alternative Medicine. This assignment was deliberately put in before the exams so that it becomes a method of revision for students. They will be reading through their notes and combining this with their research to develop a scholarly paper (assignment) that may be used as a research paper or article that is displayed on the Ibn Sina website.

Assignment Brief: You are required to write a 1000 word assignment on one of the **ILLNESSES (AL MARD)** you studied in the Semester 1 or 3 (Theoretical semesters). You must refer to the information you studied from the Urjuzah of Ibn Sina as well as do your own research on the illness you choose to study to discover more about it from different perspectives. You can choose any type of illness (eg: diabetes, heart disease, liver disease, alopecia, vitiligo etc). Once you have chosen your illness you then need to apply your herbal knowledge to the illness. You should cover most of the following points for a good mark:

- An Introduction to illnesses - What is Al Mard or **illness in general** according to Greco-Islamic Herbal Medicine (GIHM)?
- What are the main causes of the illness?
- Which regions of the world or types of people are most likely to get the illness (refer to statistics, lqleems, death tolls, history of any peaks).
- What are the adverse **possible effects** or **symptoms** of the illness?
- What methodology is used by Modern Medicine to cure the illness? (You could use stats to show the level of success of their methods. Side effects of the treatments etc)



- What **methodology** would GHM use to cure it? (you could explain the general concept they use and then go into detail of the specific methodology such as *damad, marhams, majoons, smoke remedy, etc*)
- What possible **Herbs** would be used to cure it? (you may use the herbal encyclopaedia, your own knowledge/experience and any researchers you can find from reliable sources)
 - You may go into detail about the herbs (where they are cultivated, grown, their side effects etc)
- What is the **recovery process**? (eg: duration, advises, resting periods, foods they should eat/refrain from)
- What GHM or other Alternative Medicines would advise to **prevent** the illness?

This is an academic assignment. As a result, you should **reference** your research appropriately and add a **Bibliography** at the end (this will not be included in the word count). You may use a choice between **Harvard** Referencing or **MLA** referencing procedures. Ensure to use one and not to switch between the two in one assignment. There is a good link to “How to Write an Academic Assignment” on the student portal to help you with writing assignments.

The Assignment **PASS mark is 45%**, which is the minimum you must receive to get through to the second year. If you fail the assignment, fail to submit it or have a mitigation circumstance, you will get **only 1 opportunity to re-submit** the assignment. Note, the highest mark you can receive on re-submission is 45% unless you had a valid and approved mitigating circumstance.

***Please note: Ibn Sina Institute holds all rights to use your assignment for research and publication purposes at no cost, by submitting the assignment you give them complete authority on using or adjusting all or parts of the assignment.**



KEY DATES:

- | | |
|---------------------------------------|-------------------------|
| Assignment Submission due Date | - Sun 26th June 2020 |
| Theoretical Exam Date | - Sunday 19th July 2020 |
| Practical Remedy due date | - Sunday 2nd Aug 2020 |
| Results Day | - Sunday 8th Sept 2020 |

IMPORTANT NOTE: If you fail any of the assessments as per the guidelines mentioned above, you will be given the opportunity to re-sit your theory exam and re-submit your practical remedies at another date. This date will be sent out to you after the results day. You will only need to resit/resubmit the assessments you failed and not all of the assessments. If you fail a second time then you must enrol for the first year again and repeat the year if you are wanting to proceed. Please also note if you fail to submit any of the assessments on time you will automatically receive a '0' or 'Fail' for that particular assessment.

DISCLAIMER: All information in this handbook is true from the date of publish, however the institute (Ibn Sina Herbal) has all the rights to change or edit any of the information in this handbook without prior consultation with students enrolled. However they will notify of any minor or major changes to the information in this handbook to students via email/sms/phone if any changes are made through the course of the year.



Ibn Sina Course Calendar 2019 - 2020

KEY DATES

Semester 1

- Sun 6th Oct - Course Begins
- Sat 14th Dec - End of Semester 1

Semester 2

- Sun 12th Jan - Semester 2 begins
- Mon 9th Feb - Sun 15th Feb - Half term holidays
- Sat 21st March - End of Semester 2

Semester 3

- Sun 12th April - Semester 3 begins
- Sun 24th May - Sat 30th May - Eid Holidays
- Sun 28th June - End of Sem3/Course (Last lesson)
- Mon 29th June - Sat 1st Aug - Study leave
- Sun 19th July - Theory Exam day
- Sun 26th July - Assignment deadline
- Sun 2nd Aug - Practical Remedy Submissions
- Sun 13th Sept - Results Day
- Sun 27th Sept - Re-sit day

October 2019						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2019						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2019						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2020						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2020						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

March 2020						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2020						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		










May 2020						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2020						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July 2020						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2020						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2020						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

	Start and End of Course		Term Holidays		Religious Observance (Eid)
	Theory Exam Day		Assignment Due Date		Resubmission / Re-sit Date
	Practical Exam (Remedy due date)		Results Day		Study Leave

* **Note:** All lessons are taught on **Sundays** at their respective times, unless an alternative day is specified by the tutor. The tutor holds the right to change the day and time during the course of the year.



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