



Medicinal Plants Under the Microscope: How and Why We Use Them.

By Anne Larvin and Carol Burnett

Mondays 11th March – 8th April 2019
10am to 12noon

William Elder Building, 56-58
Castlegate, Berwick

People have used plants as medicine for millennia. In the past, a wealthy few relied on physicians for complex, often exotic (herbal) medicines, whilst many used local and traditional remedies.

Medicine has developed dramatically in the last 100 years (several of our most important modern medicines were developed from herbs) but research identifying and developing herbs as medicines is increasing.

This introductory 5 week course will investigate a little botany, current scientific knowledge and research into herbs' medicinal uses, gaining an understanding of how and why they work. Popular modern herbs such as Turmeric and Echinacea and local herbs, wild or cultivated, will be referenced throughout.

We will add a short field trip around Berwick the end of the course at an extra charge of £6, maximum 15 people, date tbc.

Session	Date	Theme	Content
1	11/3/19	Basic botany/the importance of plant recognition Plant chemistry and pharmacology	Plant families: how to spot differences. Plants talking to each other. A look at the major chemical constituents of plants such as bitters, volatile oils, flavonoids and alkaloids and their actions (how they work in the body)
2	18/3/19	The role plants have made to modern medicine and future role	The modern medicines derived from traditional plants. A look at what future opportunities exist for plant medicines e.g. Cannabis, new antibiotics
3	25/3/19	A closer look at some garden herbs	Plants such as marigold, angelica, lemon balm, chamomile, sage and mint. Discuss traditional and current uses and science-based research.
4	1/4/19	Plants used in the kitchen	A look at some 'culinary' plants with medicinal properties such as potato, onion, garlic, ginger and turmeric and science-based research
5	8/4/19	Spring hedgerow plants and medicinal 'weeds'	Focus on plants that can be found in the Berwick area in preparation for the field trip. Medicinal plants and shrubs such as elecampane, hawthorn, elder and lime. Weeds such as nettle, cleavers, yarrow, chickweed.
Optional field trip Cost £6	?29/4/19 Date tbc	Field trip/plant recognition walk in the Berwick area	A short walk to discover medicinal plants and learn more about their traditional and current uses Max 15 places

The cost of the course is £30, including refreshments. All are welcome and no previous knowledge is assumed.

If you supply us with your personal data (name, address or email), we will hold this in accordance with our privacy policy, available [here](#) or by request to BEA, 7 Ravensdowne, Berwick-upon-Tweed TD15 1HX. If you have any queries, please email berwickea@gmail.com or phone Cian McHugh on 01289 303254

To book online, [please click here](#) To book by mail, please fill in the booking form below, and mail to BEA, 7 Ravensdowne, Berwick-upon-Tweed TD15 1HX along with a cheque in favour of BEA.

Name

Address

Tel No

Email

Cheque enclosed £

(*Medicinal Plants*)