Course title:	Phytotherapy in the dietary management
Course title in Polish:	Fitoterapia w postępowaniu dietetycznym
Course for discipline:	Nutrition and food technology

Semester:	5	**Status of course:**	faculty	**Language:**	english
Academic year:	2027/2028	**Catalog number:**	104/2025/26		

Coordinator of course:	Dr. Michał Oczkowski, PhD
Lecturer od course:	Employees of the Department Dietetics, Institute of Human Nutrition Sciences
Executing unit:	Department of Dietetics, Institute of Human Nutrition Sciences
Ordering unit:	Doctoral School SGGW
Assumptions, goals and description of the course:	The aim of the course is to present the current knowledge on the potential use of medicinal plants in the prophylaxis and management of some diet-related diseses. The topics: (1) general characteristics of medicinal (herbal) plants used in dietetics and their potential use in therapy for various diseases, such as gastrointestinal diseases, obesity, insulin resistance, type 2 diabetes, and dyslipidemia; (2) Analysis of scientific studies (e.g. meta-analyses, RCTs, case studies etc.) on the use of medicinal plants in dietary prevention and therapy of these diseases; (3) Mechanisms of action of compounds contained in herbal plants in the prevention of diet-related diseases; (4) Safety and practical guidelines for the use of medicinal plants, taking into account various population groups.
Didactic form, number of hours:	classes, 15 hours
Teaching methods:	PPT presentations, discussions and reports
Limit of people in the group:	no limit

Learning outcomes

KNOWLEDGE - the graduate knows and understands:	**SKILLS - the graduate is able to:**	**COMPETENCES - the graduate is ready to:**
To the extent enabling to revise the existing pradigms in the field/discipline - the world achievments, gathering theoretical background as well as general and selected detailed issues	Carry out critical assessment of the scientific research findings and expert activities and their contribution to the knowledge development in the field/discipline	Critically evaluate the achievments in the field/discipline represented
Major general development trends in the field/discipline		Recognise knowledge in solving cognitive and practical problems characteristic for the area of research (field/discipline) and in an interdisciplinary aspect
		Support the ethos of scientific circles and conduct independent research

The method of verification of learning outcomes:	Evaluation of the reports (on the critical analysis of meta-analyses, case-control studies, case studies on the use of different herbal plants in the prevention and treatment of diet-related diseases, practical use of herbal plants, the safety of the use of medicinal plants taking into account different population groups).
Form of documentation of achieved learning outcomes:	grade protocols, PhD student reports
Elements and weights of the final grade:	reports (100%)
Place of the course:	Student Hall

Basic and supplementary literature

1. Scientific publications related to the topics of the course provided by the academic teacher.
2. Agarwal V., Singh S., Sachidanand S., Datta R., Exploring traditional wild edible plants. First Edition. CRC Press Taylor & Francis Group, London, 2025;
3. Burge S.M., Modern medicines from plants : botanical histories of some of modern medicine's most important drugs : from the Garden of Medicinal Plants at the Royal College of Physicians, First Edition. CRC Press Taylor & Francis Group, London, 2024;
4. Öztürk M.A. (ed.). Ethnic knowledge and perspectives of medicinal plants. Volume 2, Nutritional and dietary benefits. First edtition. Apple Academic Press Inc., London, 2024;
5. Öztürk M.A. (ed.). Ethnic knowledge and perspectives of medicinal plants. Volume 1, Curative properties and treatment strategies. First Edition. CRC Press Taylor & Francis Group, London 2024;
6. Pandita D. (ed.). Potent anticancer medicinal plants : secondary metabolite profiling, active ingredients, and pharmacological outcomes. CRC Press Taylor & Francis Group, London 2024;
7. Hafiz S. (ed.). Bioactive compounds from multifarious natural foods for human health : foods and medicinal plants. First Edition. CRC Press Taylor & Francis Group, London 2022;

Comments:	N/A

Estimated number of hours of work of the doctoral student necessary to achieve the assumed learning outcomes:	20h

Leraning outcomes reference to the second degree characteristics of the National Qualification Framework (level 8) covering doctoral competences:

Symbol:	**Learning outcomes:**	**8 level NQF**
SD1_KW01	To the extent enabling to revise the existing pradigms in the field/discipline - the world achievments, gathering theoretical background as well as general and selected detailed issues	P8S_WG
SD1_KW02	Major general development trends in the field/discipline	P8S_WG

SD1_KU05	Carry out critical assessment of the scientific research findings and expert activities and their contribution to the knowledge development in the field/discipline	P8S_UW
SD1_KK01	Critically evaluate the achievments in the field/discipline represented	P8S_KK
SD1_KK03	Recognise knowledge in solving cognitive and practical problems characteristic for the area of research (field/discipline) and in an interdisciplinary aspect	P8S_KK
SD1_KK08	Support the ethos of scientific circles and conduct independent research	P8S_KR