

QUESTIONS FOR PREPARATION
for classes on the subject
"Fundamentals of Phytotherapy"
for 4th-year students of the Faculty of Pharmacy
for the 7th semester of the 2025-2026 academic year

№	Date	Thematic block	Questions
1.	01.09.25.- 06.09.25.	Introduction to phytotherapy.	1. Phytotherapy, objectives, its place and role of phytotherapy in modern medicine. 2. History and current state of development of phytotherapy. 3. Features of the use of medicinal plants. 4. Rules of phytotherapy. 5. Principles of modern phytotherapy.
2.	08.09.25.- 13.09.25.	Medicinal tea collections as a medicinal form. Analysis of medicinal tea collections.	1. Medicinal tea collections. Classification. Examples. 2. Simple collections. Principles of making simple collections. 3. Stages of making a simple collection. 4. Analysis of simple collections. 5. Complex collections. Nomenclature of complex collections. 6. Making complex collections. 7. Analysis of complex collections.
3.	15.09.25.- 20.09.25.	Extraction dosage forms based on medicinal plant raw materials.	1. Extraction dosage forms from medicinal plant materials. Definition. Examples. 2. Cell. Plant cell. Plant tissues. 3. Theoretical foundations of extraction of medicinal plant materials. 4. Characteristics of the main physicochemical phenomena occurring during the extraction process (diffusion, osmosis, dialysis). 5. Infusions and decoctions. General characteristics. 6. Tinctures. General characteristics and nomenclature of tinctures. 7. Extracts. General characteristics, classification and nomenclature of extracts.
4.	22.09.25.- 27.09.25	Control of knowledge, skills, abilities according to unit 1.	Questions for the final thematic block are on the portal
5.	29.09.25.- 04.10.25.	Medicinal plant raw materials and phytopreparations that improve the secretion of digestive glands.	1. Secretion of digestive glands. The effect of various groups of medicinal plant biologically active substances on the secretion of digestive glands. 2. Groups of medicinal plant biologically active substances that stimulate the secretion of digestive glands. Classification. 3. Features of the preparation and storage of medicinal plant materials containing essential oils. 4. Plant sources of drugs that stimulate the secretion of digestive glands: - <i>Plantaginis majoris folia</i> ,

			<ul style="list-style-type: none"> - <i>Taraxaci officinalis radices</i>, - <i>Foeniculi vulgaris fructus</i>, - <i>Achilliae vulgaris herba</i>, - <i>Acori calami rhizomata</i>.
6.	06.10.25.- 11.10.25.	Choleretic and hepatoprotective medicinal plant raw materials and phytopreparations.	1. Biliary system. Functions of bile in the digestion process. 2. Groups of biologically active substances of medicinal plants that determine the choleretic effect of medicinal plant materials. Their classification and mechanism of action. 3. Plant sources of medicinal products with choleretic action: <ul style="list-style-type: none"> - <i>Menthae piperitae folia</i>, - <i>Chelidonii majoris herba</i>, - <i>Berberis vulgaris radices</i>, - <i>Zea e maydis styli cum stigmati</i>. 4. Hepatoprotectors. Groups of biologically active substances of medicinal plants that determine the hepatoprotective properties of medicinal plant raw materials and phytopreparations based on them. 5. Plant sources of medicinal products with hepatoprotective action: <ul style="list-style-type: none"> - <i>Silybi mariani fructus</i>.
7.	13.10.25.- 18.10.25.	Medicinal plant raw materials and phytopreparations with laxative and astringent effects.	1. Laxative effect of medicinal plant materials. Groups of biologically active substances that determine the laxative effect of medicinal plant materials and herbal preparations. 2. Astringent properties of medicinal plant materials. Groups of biologically active substances that determine the astringent effect of medicinal plant materials and herbal preparations. 3. Plant sources of medicinal products with laxative and astringent effects: <ul style="list-style-type: none"> - <i>Sennae folia</i>, - <i>Laminariae thalli</i>; - <i>Ricinus communis</i>, - <i>Padi avii fructus</i>, - <i>Rumicis confert i radices</i>, - <i>Rhei palmatum radices</i>.
8.	20.10.25.- 25.10.25.	Control of knowledge, skills, abilities according to unit 2.	Questions for the final thematic block are on the portal
9.	27.10.25.- 01.11.25.	Medicinal plant raw materials and phytopreparations with cardiotonic and antiarrhythmic action.	1. Plant sources of cardiotonic drugs. Characteristics of cardiac glycosides and features of procurement of medicinal plant raw materials containing this group of biologically active substances. 2. Antiarrhythmic action of medicinal plant raw materials. Groups of biologically active compounds that determine this action. 3. Plant sources of medicinal products with cardiotonic action: <ul style="list-style-type: none"> - sp. <i>Digitalis</i>, - sp. <i>Convallaria</i>, - sp. <i>Crataegus</i>.

10.	03.11.25.- 08.11.25.	Medicinal plant raw materials and phytopreparations with anticholesterolemic action.	<p>1. Hypotensive action of medicinal plant raw materials. Characteristics of groups of biologically active compounds that determine this action of medicinal plant raw materials and phytopreparations.</p> <p>2. Plant sources of medicinal products with hypotensive action:</p> <ul style="list-style-type: none"> - <i>Astragali dasyanthi herba</i>, - <i>Anethi graveolentis fructus</i> ; - <i>Gnaphalii uliginosi herba</i>. <p>3. Hypocholesterolemic action of medicinal plant raw materials. Groups of biologically active compounds that determine this action.</p> <p>4. Plant sources of medicinal products with hypocholesterolemic action:</p> <ul style="list-style-type: none"> - <i>Lini usitatissimi semina</i> , - <i>Tribuli terrestris herba</i>, - <i>Dioscoreae rhizomata cum radicibus</i>, - <i>Allii sativa bulbi recentes</i>.
11.	10.11.25.- 15.11.25.	Medicinal plant raw materials and phytopreparations with hemostatic, anticoagulant, and angioprotective effects.	<p>1. Plant hemostatics. Groups of biologically active compounds that cause the hemostatic effect of medicinal plant raw materials. Mechanism of action.</p> <p>2. Plant sources of medicinal products with hemostatic action:- крапивы двудомной листья;</p> <ul style="list-style-type: none"> - <i>Capsella bursae pastoris herba</i>, - <i>Polygoni hydropiperis herba</i>, - <i>Bergeniae crassifoliae rhizomata</i>. <p>3. Plant hemostatics. Groups of biologically active compounds that cause the hemostatic effect of medicinal plant raw materials. Mechanism of action.</p> <p>2. Plant sources of medicinal products with hemostatic action:</p> <ul style="list-style-type: none"> - <i>Aesculi hippocastani semina</i>; - <i>Citrus fruit peel</i>.
12.	17.11.25.- 22.11.25.	Control of knowledge, skills, abilities according to unit 3.	Questions for the final thematic block are on the portal
13.	24.11.25.- 29.11.25.	Medicinal plant raw materials and herbal preparations with anti-cold and diaphoretic action.	<p>1. General characteristics of medicinal plant materials with anti-cold and diaphoretic action (groups of biologically active compounds and mechanism of action).</p> <p>2. Features of medical use of medicinal plant materials with diaphoretic (anti-cold) action and medicinal products based on them.</p> <p>3. Plant sources of medicinal products with anti-cold and diaphoretic action:</p> <ul style="list-style-type: none"> - <i>Sambuci nigrae flores</i>; - <i>Tiliae flores</i>, - <i>Rubi idaei fructus</i>, - <i>Bidenti stripartitae herba</i>.
14.	01.12.25.- 06.12.25.	Medicinal plant raw materials and phytopreparations with expectorant	<p>1. Expectorant properties of medicinal plant materials and herbal preparations based on them (groups of biologically active compounds, mechanism of action).</p> <p>2. Antitussive properties of medicinal plant materials and</p>

		antitussive action.	herbal preparations based on them (groups of biologically active compounds, mechanism of action). 3. Features of medical use of medicinal plant materials that have an expectorant or antitussive effect, and drugs based on them. 4. Plant sources of drugs with expectorant or antitussive action: - <i>Althaeae radices</i> , - <i>Tussilaginis farfarae folia</i> , - <i>Inulae helenii rhizomata et radices</i> , - <i>Origanum vulgare herba</i> , - <i>Ledum palustre cormus</i> , - <i>Glycyrrhizae radices</i> , - <i>Glaucium flavum herba</i> .
15.	08.12.25.- 13.12.25.	Medicinal plant materials and phytopreparations with antimicrobial and anti-inflammatory action.	1. General characteristics of medicinal plants and medicinal plant materials that have antimicrobial action (groups of biologically active compounds, mechanism of action). 2. Features of procurement and storage of medicinal plant materials that have antimicrobial action, depending on their chemical composition and morphological group. 3. Plant sources of medicinal products with antimicrobial action: - <i>Salviae officinalis folia</i> , - <i>Eucalypti viminalis folia</i> , - <i>Chamomillae recutita flores</i> .
16.	15.12.25.- 20.12.25.	Control of knowledge, skills, abilities according to unit 4.	Questions for the final thematic block are on the portal
17.	22.12.25.- 27.12.25.	Final lesson.	