Weekly plan

Department	Pharmacognosy	Semester	Fall 2026
Course	PHG112	Course coordinator	Assoc. Prof. Dr. Soumya Saad Zaghloul

Lectures

Week	Topic
One	Introduction to Nutraceuticals and Cosmeceuticals Introduction to seeds
Two	Examples of seeds used as nutraceuticals & cosmeceuticals (Linseed, Foenugreek, Strophanthus, Psyllium)
Three	Examples of seeds used as nutraceuticals & cosmeceuticals (Quinoa, Chia seeds, Nigella, Pumpkin, Jojoba, Colchicum, Castor seeds, Calabar, Evening primrose)
Four	Introduction to fruits Umbelliferous Fruits (Ammi visnaga, Ammi majus)
Five	Examples of fruits used as nutraceuticals & cosmeceuticals (Anise, star anise, Hemlock, Fennel, Coriander)
Six	Examples of fruits used as nutraceuticals & cosmeceuticals (Capsicum, Wheat, Papaya, Avocado, Lychee, Lemon)
Midterm exam	
Seven	Midterm/ Introduction to herbs
Eight	Midterm/Examples of herbs (Ergot, Lobelia, Cannabis)
Nine	Examples of herbs used as nutraceuticals & cosmeceuticals and herbs containing volatile oils (Mentha, thyme, basil, rosemary and artemisia)
Ten	Introduction to subterranean organs, Examples of roots and rhizomes used as nutraceuticals & cosmeceuticals (Liquorice, Ginger, Rauwolfia and Curcuma)
Eleven	Examples of roots and rhizomes used as nutraceuticals & cosmeceuticals (Rhubarb, Ashawagandha, Potato, Onion, Chinese knotweed)
Twelve	Introduction to unorganized drugs (classification & some examples) Quiz 2
Thirteen	Drugs of animal origin (some important examples)
Fourteen	Revision
Final Exam (27/12)	