HWST 285 Lā‘au Lapa‘au I: Hawaiian Medicinal Herbs
Windward Community College
Fall 2015 Course
Aug. 24 - Dec. 16
4 Credits

INSTRUCTOR: Kumu Leina‘ala Bright
OFFICE: Hale A‘o
COURSE DAYS/TIME: Mon/Wed 2:30pm–5:00pm
OFFICE HOURS: Mon/Wed 1-2:00pm (Windward Community College)
TELEPHONE: (808) 429-9470
EMAIL: sbright@hawaii.edu
EFFECTIVE DATE: Fall 2015

WINDWARD COMMUNITY COLLEGE MISSION STATEMENT

Windward Community College offers innovative programs in the arts and sciences and opportunities to gain knowledge and understanding of Hawai‘i and its unique heritage. With a special commitment to support the access and educational needs of Native Hawaiians, we provide O‘ahu’s Ko‘olau region and beyond with liberal arts, career and lifelong learning in a supportive and challenging environment — inspiring students to excellence.

CATALOG DESCRIPTION

Prerequisite: Credit for HWST 107 or BOT 105 or with Instructor’s approval

In this class students will learn the basic philosophy and traditions surrounding Hawaiian healing herbs. Students will learn how to identify, grow, harvest, prepare, store and use these herbs for various human ailments.

No Activities are required at Scheduled Times Other Than Class Times

STUDENT LEARNING OUTCOMES

The student learning outcomes for the course are:

1. Students will learn Hawaiian and introduced medicinal herbs and be able to identify them by name, color, smell, taste, and sight

2. Students will learn the beliefs and practices of Hawaiian herbal healing
3. Students will learn planting, growing and harvesting techniques used to raise traditional Hawaiian herbal healing plants

4. Students will be able to prepare, use and store Hawaiian herbal remedies.

**COURSE CONTENT** (This schedule is subject to change)

<table>
<thead>
<tr>
<th>Week 1: Course, Expectations, Introduction to Lā‘au Lapa‘au</th>
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<tr>
<td>Review syllabus &amp; final project. Introduction to Kumu Levon Ohai and traditional philosophy. Explanation of the beliefs and practices of 18th century Hawai‘i. Lab: Tea, māla preparations.</td>
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<tr>
<th>Week 2: The Warriors</th>
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<tbody>
<tr>
<td>Display, name, and identify herbs and why they are referred to as warriors. The herbs’ medicinal qualities, symbolic meaning and relationship to Hawaiian people. Lab: Tea, poultice, māla preparations.</td>
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<th>Week 3: The Warriors</th>
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<tr>
<td>Display, name, and identify herbs and why they are referred to as warriors. The herbs’ medicinal qualities, symbolic meaning and relationship to Hawaiian people. Lab: Tea, juicing, māla preparations.</td>
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<th>Week 4: The Warriors</th>
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<td>Display, name, and identify herbs and why they are referred to as warriors. The herbs’ medicinal qualities, symbolic meaning and relationship to Hawaiian people. Lab: Tea, juicing, māla preparations.</td>
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<th>Week 5: Nature of Lā‘au</th>
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<td>Herb spirit, character, honesty, purity, taste, location, strength, power. The art of familiarization in order to know, feel and speak to the herbs will be discussed. Wednesday, September 23 - Huaka‘i.</td>
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<th>Week 6: Gathering Lā‘au</th>
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<td>Discussion about the various areas where herbs abound and the proper times to gather them. Lab: Tea, tincture.</td>
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<th>Week 7: Preparing Lā‘au</th>
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<td>Methods and techniques of extraction in preparing native and introduced herbs for curing diseases: drying, juicing, boiling, steeping, tincturing, poulticing and storing. Lab: Drying.</td>
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<tr>
<th>Week 8: Preparing Lā‘au</th>
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<tr>
<td>Methods and techniques of extraction in preparing native and introduced herbs for curing diseases: drying, juicing, boiling, steeping, tincturing, poulticing, encapsulation and storing. Lab: Optional</td>
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</table>
**Week 9: Planting & Harvesting Lāʻau**
Right time, right prayers, the right months of the year, the right environment or location to be chosen, the right climate and weather conditions to consider and the right moon phase to follow. Lab: Tincture
*Mid-term exam

**Week 10: Planting/Harvesting Lāʻau**
Wednesday, Oct. 28 – Huakaʻi

**Week 11: Planting/Harvesting Lāʻau**
Monday, Oct. 2nd no class, assigned outside project.
Wednesday, Oct. 4th – Lab: Oil infusion

**Week 12: Minerals & Animal Products in Lāʻau Lapaʻau**
Using minerals, as part of the healing therapy is an ancient practice still popular among some families today: clays, muds, salt, and various forms of water. Long histories of Hawaiians using kaunaʻoa, balloon fish, and honu in some of their herbal preparations. Lab: Facials and preparation for Lāʻau Lapaʻau First Aid Kits.

**Week 13: Lomilomi, Fasting and the Laws of Health**
Taking care of the physical (kino – body) and metaphysical (ʻuhane – spirit) bodies through lomilomi and regular cleansing. Discussion will include several basic cleanses and the importance of prayer and meditation. Lab: Encapsulation and preparation for Lāʻau Lapaʻau First Aid Kits.

**Week 14: Human Products in Lāʻau Lapaʻau**
The importance, sacredness, and healing power of mimi (urine) will be discussed and used in a lab. Lab will include preparation for Lāʻau Lapaʻau First Aid Kits.

**Week 15: Preparation and finalization of labs for Lāʻau Lapaʻau First Aid Kits**
Monday, Nov. 30th no class, work on final projects
Wednesday, Dec. 2nd – Completion of Lāʻau Lapaʻau First Aid Kits.

**Week 16: Final project presentations**

**ASSESSMENT TASKS AND GRADING**

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<th>Grading</th>
<th>Percentage</th>
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<tr>
<td>A</td>
<td>450-500</td>
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<tr>
<td>B</td>
<td>400-449</td>
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<tr>
<td>C</td>
<td>350-399</td>
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<tr>
<td>D</td>
<td>300-349</td>
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<tr>
<td>F</td>
<td>Below 295</td>
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10-Labs (100 points/10 pts each lab with lab report completed)
Labs will include hands on extractions of various native and introduced medicinal herbs. Students are required to taste, smell, and record their experiences.
  • Supplies required: A mortar and pestle (approx. 3-4 for the class), blender (approx. 2-3 for the class), chopping board, knife, cheesecloth or muslin, measuring cups, bowl, 2 dishtowels, coconut oil, organic apple cider vinegar, various sized canning jars, first aid kit, and an un-ruled composition book or journal.
  • Participation in various gardening activities and sampling herbal mixtures.

10-Quizzes (100 points/10 each quiz)
Quizzes will be given to test your accrued knowledge concerning Hawaiian medicinal herbs and their qualities.

Midterm (100 points)
There will be one midterm examination on material covered in class lectures.

Final Project – Lā‘au Lapa‘au First Aid Kit (100 points)
The final project will encompass creating a first aid kit. Lā‘au remedies will be made throughout the semester.
  • Purchasing/creating a toolbox or portable holder to be used as a first aid kit.

Journal (50 points)
Students shall keep a journal, a special place to note their experiences, remedies, plant drawings, pictures and any other information important to their lā‘au lapa‘au practice.

Attendance (50 points)
Ma Ka Hana Ka ‘Ike - “Attendance depends on the use of your agency and the wisdom of your choice.” Concerning unexcused absences, 5 points per missed class will be deducted.

Extra Credit
Opportunities will be offered during the course.

LEARNING RESOURCES

The lecture schedule will include assigned readings from the instructor. These readings will give students insight and a beginner’s understanding of the sacred warriors and the philosophy of practitioners of Lā‘au Lapa‘au.


**ADDITIONAL INFORMATION**

**COURSE EXPECTATIONS:**
Make up tests will only be allowed if the student contacts instructor before the test with a valid reason that can be substantiated by a doctor’s note or some other form of documentation for missing test.

Academic honesty
Students are expected to act with personal integrity, to respect other students’ opinions and property, and to help create an academic environment in which discussion is encouraged. Students are expected not to engage or tolerate acts of plagiarism, cheating, copying, fabrication of citations, or other acts of academic dishonesty. Students charged with academic dishonesty face serious consequences that range from an F grade for the assignment to a Fail grade for the course.

Cell Phones
Kindly do not answer phone calls, text message, or play games on your cell phone during class.

Respect the class as a learning environment by:
- Positive engagement in class activity.
- Use of appropriate language.
- Be attentive to the mode of the class. Sometimes we will be in large group discussion, small group discussion, and individual work. Know the difference between each.
- In large group discussion there should be one person talking at a time.

**DISABILITIES ACCOMMODATION STATEMENT**

If you have a physical, sensory, health, cognitive, or mental health disability that could limit your ability to fully participate in this class, you are encouraged to contact the Disability Specialist Counselor to discuss reasonable accommodations that will help you succeed in this class. Ann Lemke can be reached at 235-7448, lemke@hawaii.edu, or you may stop by Hale ‘Akoakoa 213 for more information.

Revised August 5, 2015