

## **HWST 285 La`au Lapa`au I: Hawaiian Medicinal Herbs**

4 Credits, CRN 61074

**INSTRUCTOR:** Emmalani Makepa-Foley

**OFFICE:** A`o 105

**OFFICE HOURS:** By Appointment

**TELEPHONE:** (808)652-3308 (cell)

**EFFECTIVE DATE:** Fall 2017

**LECTURE:** W 2:30 - 5:00 p.m.; A`o 107

**LAB:** M 2:30 - 5:00; A`o 111

### **WINDWARD COMMUNITY COLLEGE MISSION STATEMENT**

*Windward Community College is committed to excellence in the liberal arts and career development; we support and challenge individuals to develop skills, fulfill their potential, enrich their lives, and become contributing, culturally aware members of our community.*

### **CATALOG DESCRIPTION**

**Prerequisite:** Credit for HWST 107 or BOT 105

In this class students will learn the basic philosophy and traditions surrounding Hawaiian and hānai 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

<p>Week 1: Traditional Philosophy Statement and explanation of the beliefs and practices of 18<sup>th</sup> century Hawai'i and reasons for their strict adherence to codes of secrecy and protocol.</p>
<p>Week 2: The Warriors Display, name, and identify herbs and why they are referred to as warriors; their symbolic meaning and relationship to Hawaiian people.</p>
<p>Week 3: The Warriors Display, name, and identify herbs and why they are referred to as warriors; their symbolic meaning and relationship to Hawaiian people.</p>
<p>Week 4: The Warriors Display, name, and identify herbs and why they are referred to as warriors; their symbolic meaning and relationship to Hawaiian people.</p>
<p>Week 5: Nature of Lā'au Herb spirit, character, honesty, purity, taste, location, strength, power. The art of familiarization in order to know and feel and speak to the herbs will be discussed. * First mid-term exam</p>
<p>Week 6: Gathering Lā'au Discussion about the various areas where herbs abound and the proper times to gather them.</p>
<p>Week 7: Preparing Lā'au Methods and techniques of extraction in preparing native and introduced herbs for curing diseases: drying, juicing, boiling, steeping, tincturing, poulticing and storing.</p>
<p>Week 8: Preparing Lā'au Field trip or Guest Presentation by a Lā'au Lapa'au practitioner</p>
<p>Week 9: Planting Lā'au 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, the right soil for fertility, the right moon phase to follow, and the right volume and time of irrigation.</p>
<p>Week 10: Minerals in Lā'au Lapa'au 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</p>

<p><b>Week 11: Animal Products in Lā‘au Lapa‘au</b>  Long histories of Hawaiians using kauna‘oa, balloon fish, and honu in some of their herbal preparations.</p>
<p><b>Week 12: Human Products in Lā‘au Lapa‘au</b>  The importance, sacredness, and healing power of mimi (urine) will be discussed and used in a laboratory setting.  *Second mid-term exam.</p>
<p><b>Week 13: Phases of the Moon in Planting and Conception</b>  Hawaiians utilize phases of the moon in planting and preparing herbs for medicinal purposes and to engender offspring of immense size and strength. An explanation of this technique which has been handed down through the generations.</p>
<p><b>Week 14: Fasting and the Laws of Health</b>  Utilizing the fast to cleanse, purify, strengthen and receive instructions through revelation. Abstaining from food for several days to strengthen the mind, spirit, and body of practitioners, giving them knowledge through dreams, visions, and insight – and thus, power. Discussion of the Natural and Spiritual Laws of Health.</p>
<p><b>Week 15: Cleansing</b>  Taking care of the physical (kino – body) and metaphysical (‘uhane – spirit) bodies through regular cleansing. Discussion will include several basic cleanses and the importance of prayer and meditation.</p>
<p><b>Week 16: Incurables</b>  Some people with illnesses will never be cured. Their nature, character, and beliefs will be discussed. The main three incurables include: 1) the one who always complains about being sick but never does anything about it; 2) the one whose time has come, who accepts and waits for death; 3) the one who never follows instructions.</p>

## ASSESSMENT TASKS AND GRADING

### Grading

Quizzes	20%
Lab Reports	40%
Midterms	20%
Final	20%

### Quizzes

Quizzes will occur periodically to test your accrued knowledge concerning Hawaiian medicinal herbs.

### Lab Reports

Labs will include hands on extractions of various native and introduced medicinal herbs. Students are required to taste, smell, and record their experiences. A blender, chopping board, knife, cheesecloth, and containers are required materials. Students are encouraged to have their own equipment, but sharing is acceptable.

### Attendance

Attendance depends on the use of your agency and the wisdom of your choice. If you come to class with open minds and hearts, this class will be a joy in all of our lives.

### Midterms

There will be two midterm examinations on material covered in class lectures.

### Final

There will be one final examination based on material covered through the entire semester.

## **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.

1. Krauss, Beatrice. Plants in Hawaiian Medicine. The Bess Press (Honolulu: 2001).
2. Gutmanis, June. Kahuna Lā'au Lapa'au. Island Heritage Books. (Honolulu: 1979).
3. Kamakau, Samuel Manaiakalani. Ka Po'e Kahiko/The People of Old. Bishop Museum Press (Honolulu: 1964).
4. Harden, MJ. Voices of Wisdom: Hawaiian Elders Speak. Aka Press (Kula:1999).
5. Spencer, Thomas P. (Kamaki), ed. Buke 'Oihana Lapa'au me nā 'Apu lā'au Hawai'i/Book of Medical Practices and Hawaiian Prescriptions. Bishop Museum Press (Honolulu: 2003).
6. Abbot, Isabella A. Lā'au Hawai'i: Traditional Hawaiian Uses of Plants. Bishop Museum Press (Honolulu: 1992).

\*\* Students are required to purchase a blender, chopping board, knife, cheesecloth, and several designated containers.

## **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 student's 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. The instructor urges you to turn off your cell phone during class. The consequences for cell phone use is

(students will vote on a policy during the first week of classes)

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](mailto:lemke@hawaii.edu), or you may stop by Hale 'Akoakoa 213 for more information.*