EO C424.04 – PREPARE REMEDIES FOR COMMON AILMENTS USING MEDICINAL PLANTS

1. **Performance**:Prepare Remedies for Common Ailments Using Medicinal Plants
2. **Conditions**:
   a. Given:
      (1) Survival knife,
      (2) Supervision, and
      (3) Assistance as required.
   b. Denied: Nil.
   c. Environmental: Field setting.
3. **Standard**:The cadet, as a member of a pair, shall:
   a. identify the remedy(s) for the following ailments:
      (1) fever,
      (2) headache,
      (3) aches and pains,
      (4) colds and sore throats,
      (5) bleeding,
      (6) sores and wounds,
      (7) itching and stings,
      (8) constipation,
      (9) diarrhea, and
      (10) gas and cramps;
   b. locate the medicinal plant(s); and
   c. prepare the remedy.
4. **Teaching Points**:
   a. The cadet is to be briefed prior to the start of the activity, to include:
      (1) describing medicinal plants; and
      (2) describing how to treat common ailments using medicinal plants, to include:
         (a) cold and flu, to include:
            i. fever,
            ii. headache,
            iii. aches and pains, and
            iv. colds and sore throats;

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(b) skin ailments, to include:

i. bleeding,

ii. sores and wounds, and

iii. itching and stings; and

(c) digestive ailments, to include:

i. constipation,

ii. diarrhea, and

iii. gas and cramps; and

(3) the safety guidelines that must be followed while performing the activity.

b. The cadet, as a member of a pair, are to prepare a remedy by:

(1) locating the medicinal plant; and

(2) processing the medicinal plant by:

(a) making an infusion;

(b) making a decoction;

(c) making a poultice; or

(d) expressing juice.

5. **Time**:

a. Introduction / Conclusion:	10 min
b. Practical Activity:	50 min
c. Total:	60 min

6. **Substantiation**:A practical activity was chosen for this lesson as it is an interactive way to allow the cadets to prepare a remedy using medicinal plants in a safe and controlled environment. This activity contributes to the development of survival skills and knowledge in a fun and challenging setting.

7. **References**:

a. C2-008 ISBN 0-00-653140-7 Wiseman, J. (1999). *The SAS survival handbook*. Hammersmith, London: HarperCollins Publishers.

b. C2-226 ISBN 0-425-10063-4 Brown, T., Jr., & Morgan, B. (1985). *Tom Brown's field guide: Wild edible and medicinal plants*. New York, NY: The Berkley Publishing Group.

8. **Training Aids**:

a. Survival knife,

b. Pots,

c. Bowls,

d. Stone mortar and pestle, and

e. Fire safety equipment.

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9. **Learning Aids**:

    a. Survival knife,

    b. Pots,

    c. Bowls,

    d. Stone mortar and pestle, and

    e. Fire safety equipment.

10. **Test Details**:Nil.

11. **Remarks**:

    a. This lesson shall be instructed by a guest speaker with specialist knowledge in preparing remedies using medicinal plants.

    b. Select an area where the natural resources required are easily accessible.

    c. When locating and processing medicinal plants, a reference book specific to the area shall be used. This book shall be approved by the Regional Cadet Support Unit.

    d. Fire safety equipment to prepare, light, maintain and extinguish a fire includes the following:

        (1) 4-lb axe (36-inch handle),

        (2) 24-inch bow saw,

        (3) shovel,

        (4) pail filled with sand or water,

        (5) tinder, and

        (6) kindling.

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