DISCIPLINE SHEET

PHYTOPREPARATIONS IN COSMETICS

ACADEMIC YEAR

2026–2027

1. STUDY PROGRAM INFORMATION

1.1. Higher education institution	UNIVERSITY OF MEDICINE AND PHARMACY OF CRAIOVA
1.2. Faculty	**PHARMACY**
1.3. Department	PHARMACY II
1.4. Field of study	HEALTH
1.5. Study cycle	LICENSE
1.6. Study program/Qualification	MEDICAL COSMETICS AND COSMETIC PRODUCT TECHNOLOGY/Bachelor of Cosmetology

2. INFORMATION ABOUT THE DISCIPLINE

2.1. Name of the discipline			**PHYTOPREPARATIONS IN COSMETICS**				
2.2. Discipline code			CM2110				
2.3. The holder of course activities			Ludovic Everard BEJENARU				
2.4. Academic degree – course activities			Associate Professor, PhD				
2.5. Employment (base norm/associate)			Base norm				
2.6. The holder of seminar activities			Ludovic Everard BEJENARU				
2.7. Academic degree – seminar activities			Associate Professor, PhD				
2.8. Employment (base norm/associate)			Base norm				
2.9. Year of study	**II**	2.10. Semester	**III**	2.11. Type of discipline (content)	**DS**	2.12. Student attendance policy	**DOP**

3. TOTAL ESTIMATED TIME

3.1. Number of credits						**2**
3.2. Number of hours per week	course	1	seminar/practical work	1	total	**2**
3.3. Total hours in the curriculum	course	14	seminar/practical work	14	total	**28**
3.4. Examinations						**3**
3.5. Total hours of individual study						**29**
3.5.1. Study using textbooks, course materials, bibliographies, and notes						**12**
3.5.2. Additional documentation in the library, on specialized electronic platforms, and in the field						**8**
3.5.3. Preparation of seminars/practical works, assignments, reports, portfolios, and essays						**6**
3.5.4. Tutoring						**–**
3.5.5. Other activities (consultations)						**3**
3.6. Total hours per semester (1 credit = 30 hours)						**60**

4. PREREQUISITES

4.1. *Curriculum*	Students must have knowledge of botany, chemistry, anatomy, and physiology.
4.2. Competences	Students must know medicinal plants from a botanical perspective.

5. CONDITIONS

5.1. For conducting the course	Classroom with audio/video equipment.
5.2. For conducting the seminary/practical work	Practical work room/online environment.

6. SPECIFIC COMPETENCES ACQUIRED

PROFESSIONAL COMPETENCES	**PC1**. Knowledge of the biological effects, methods of obtaining, preserving and administering phytopreparations of dermatocosmetic interest. **PC2**. Consultancy and expertise in the field of dermatocosmetic phytopreparations. **PC3**. Ability to synthesize and apply the knowledge acquired in order to carry out a competent activity in specialized units, including in the field of the cosmetics industry.

TRANSVERSAL COMPETENCES	**TC1**. Autonomy and responsibility: • the acquisition of moral marks, the formation of professional and civic attitudes, allowing students to be correct, honest, non-conflict, cooperative, available to help people, interested in community development; • to know and apply the ethical principles related to specifics of professional qualification; • to recognize a problem when it comes out and to provide solutions responsible for solving it. **TC2**. Social interaction: • to have respect for diversity and multiculturalism; • to develop teamwork skills; • to communicate orally and in writing the requirements, the way of work, the results obtained; • to engage in volunteering, to know the essential issues of the community. **TC3**. Personal and professional development: • to have openness to lifelong learning; • to become aware of the need for individual study as a basis for personal autonomy and professional development; • to capitalize optimally and creatively their own potential in the collective activities; • to use the information and communication technology.

7.1. DISCIPLINE OBJECTIVES

GENERAL OBJECTIVE OF THE DISCIPLINE ▪ Providing knowledge regarding phytopreparations used in dermatocosmetology (obtention, chemical characterization, biological effects, administration, possible adverse effects, contraindications).
SPECIFIC OBJECTIVES ▪ Providing knowledge that allows counseling and educating the client regarding the correct and rational use of phytopreparations in dermatocosmetology; ▪ Providing knowledge that allows an objective assessment of the quality and safety of dermatocosmetic phytopreparations existing on the market.

7.2. LEARNING OUTCOMES

KNOWLEDGE ▪ The student/graduate identifies, describes, explains and understands plant products and phytopreparations used in dermatocosmetology.
SKILLS ▪ The student/graduate describes, defines and discusses aspects regarding phytopreparations used in dermatocosmetology (obtention, chemical characterization, biological effects, administration, possible adverse effects, contraindications).
RESPONSIBILITY AND AUTONOMY ▪ The student/graduate integrates information regarding client counseling and education for the correct use of phytopreparations in dermatocosmetology.

8. CONTENTS

8.1. Course (content units)	No. of hours
1. Vegetal products and phytopreparations used in dermatocosmetology – types, production, quality conditions, standardization, legislative regulations.	1
2. Vegetal products and phytopreparations for healthy skin care (normal, oily, combination, dry).	1.5
3. Vegetal products and phytopreparations for the care of sensitive, atopic, rosacea skin.	1.5
4. Vegetal products and phytopreparations for acne skin care.	1
5. Vegetal products and phytopreparations with anti-aging action.	1
6. Vegetal products and phytopreparations with skin lightening-type action.	0.5
7. Vegetal products and phytopreparations with photoprotective action.	1
8. Vegetal products and phytopreparations with healing action.	0.5
9. Vegetal products and phytopreparations with anti-cellulite action.	1
10. Vegetal products and phytopreparations with antiperspirant action.	0.5
11. Vegetal products and herbal preparations for hair care (maintenance, alopecia, dandruff).	1.5
12. Vegetal products and herbal preparations for hand and nail care.	1
13. Vegetal products and phytopreparations with drainage action (lymphatic, venous).	0.5
14. Vegetal products and phytopreparations dermatocosmetics during pregnancy and breastfeeding.	0.5
15. Vegetal products and phytopreparations for skin care in pediatrics.	0.5
16. Vegetal products and phytopreparations in dental cosmetics.	0.5
Total	**14**

REFERENCES

1. Bejenaru L.E., Mogoşanu G.D., Biţă A., Bejenaru Cornelia, Popescu H. (2026) *Farmacognozie generală. Farmacognozie specială: Materii prime naturale cu glucide, lipide, compuşi azotaţi, heterozide, compuşi aromatici*. Ed. Medicală Universitară, Craiova.

2. Bojor O., Popescu O. (2009) *Fitoterapie tradiţională şi modernă*, ediţia a V-a revizuită şi adăugită. Ed. Fiat Lux, Bucureşti.
3. Bruneton J. (2016) *Pharmacognosie. Phytochimie. Plantes médicinales*, 5e édition, revue et augmentée. Lavoisier TEC & DOC, Paris.
4. Duke J.A. (2009) *Farmacia verde*. Ed. ALL, Bucureşti.
5. Locatelli M., Tomczyk M., Dugo Laura, Russo Marina. (2025) *Phytochemicals for health*. 1st edition, Elsevier, London, UK.
6. Miron Anca, Aprotosoaie Ana Clara, Cioancă Oana, Trifan Adriana, Hăncianu Monica. (2020) *Fitopreparate în dermato-cosmetologie*. Ed. „Grigore T. Popa", Iaşi.
7. Mencinicopschi Gh., Bojor O., Ionescu-Călineşti Larisa. (2009) *Compendiu de terapie naturală. Nutriţie, Fitoterapie, Cosmetică*. Ed. Medicală, Bucureşti.
8. Mogoşanu G.D., Bejenaru L.E., Biţă A., Bejenaru Cornelia, Popescu H. (2026) *Farmacognozie specială: Materii prime naturale cu compuşi aromatici, izoprenoide, răşini, balsamuri, gudroane, varia*. Ed. Medicală Universitară, Craiova.
9. Stănescu Ursula Helena (ed), Hăncianu Monica, Gîrd Cerasela Elena. (2020) *Farmacognozie: produse vegetale cu substanţe bioactive*. Ed. Polirom, Iaşi.
10. Stănescu Ursula (ed), Hăncianu Monica, Cioancă Oana, Aprotosoaie Ana Clara, Miron Anca. (2021) *Plante medicinale de la A la Z*, ediţia a IV-a, revăzută şi adăugită. Ed. Polirom, Iaşi.

8.2. Practical works (topics/themes)	**No. of hours**
1. Plant extracts: methods of production.	1
2. Essential oils used in dermatocosmetology: quantitative determination and qualitative chemical analysis by thin-layer chromatography. Example of phytopreparations used in dermatocosmetology.	2
3. Fatty oils and waxes used in dermatocosmetology: macroscopic, organoleptic and physical and chemical. Example of phytopreparations used in dermatocosmetology.	2
4. Flavonoids/flavonoid extracts used in dermatocosmetology: extraction, identification, qualitative chemical analysis by thin-layer chromatography, quantitative determination. Example of phytopreparations used in dermatocosmetology.	2
5. Tannins/extracts with tannins used in dermatocosmetology: extraction, identification, qualitative chemical analysis by thin-layer chromatography, quantitative determination. Example of phytopreparations used in dermatocosmetology.	2
6. Coumarins/coumarin extracts used in dermatocosmetology: extraction, identification, qualitative chemical analysis by thin-layer chromatography. Example of phytopreparations used in dermatocosmetology.	1
7. Alkaloids/alkaloid extracts used in dermatocosmetology: extraction, identification, qualitative chemical analysis by thin-layer chromatography, quantitative determination. Example of phytopreparations used in dermatocosmetology.	1
8. Saponosides/extracts with saponosides used in dermatocosmetology: extraction, identification, qualitative chemical analysis by thin-layer chromatography, quantitative determination. Example of phytopreparations used in dermatocosmetology.	2
9. Carotenoids/extracts with carotenoids used in dermatocosmetology: extraction, identification, qualitative chemical analysis by thin-layer chromatography. Example of phytopreparations used in dermatocosmetology.	1
Total	**14**

REFERENCES

1. Biţă A., Mogoşanu G.D., Bejenaru L.E., Bejenaru Cornelia. (2020) *Analiza fizico-chimică a produselor naturale medicinale*. Ed. Medicală Universitară, Craiova.
2. Gîrd Cerasela Elena, Duţu Ligia Elena, Popescu Maria Lidia, Pavel Mariana, Iordache Alina Titina, Tudor Ioana. (2008) *Bazele teoretice şi practice ale analizei farmacognostice*. Vol. I, Ed. „Curtea Veche", Bucureşti.
3. Gîrd Cerasela Elena, Duţu Ligia Elena, Popescu Maria Lidia, Pavel Mariana, Iordache Alina Titina, Tudor Ioana. (2009) *Bazele teoretice şi practice ale analizei farmacognostice*. Vol. II, Ed. „Curtea Veche", Bucureşti.
4. Istudor Viorica. (1998) *Farmacognozie, Fitochimie, Fitoterapie*. Vol. I, Ed. Medicală, Bucureşti.
5. Istudor Viorica. (2001) *Farmacognozie, Fitochimie, Fitoterapie*. Vol. II, Ed. Medicală, Bucureşti.
6. Istudor Viorica. (2005) *Farmacognozie, Fitochimie, Fitoterapie*. Vol. III, Ed. Medicală, Bucureşti.
7. Locatelli M., Tomczyk M., Dugo Laura, Russo Marina. (2025) *Phytochemicals for health*. 1st edition, Elsevier, London, UK.
8. Oniga Ilioara, Benedec Daniela, Hanganu Daniela. (2003) *Analiza produselor naturale medicinale*. Ed. Medicală Universitară „Iuliu Haţieganu", Cluj-Napoca.
9. Stănescu Ursula Helena (ed), Hăncianu Monica, Gîrd Cerasela Elena. (2020) *Farmacognozie: produse vegetale cu substanţe bioactive*. Ed. Polirom, Iaşi.
10. Wagner H., Bladt Sabine. (1996) *Plant drug analyis. A thin layer chromatography atlas*. Springer Verlag, Berlin–Heidelberg.

9. CORROBORATING THE DISCIPLINE CONTENT WITH THE EXPECTATIONS OF EPISTEMIC COMMUNITY REPRESENTATIVES, PROFESSIONAL ASSOCIATIONS AND EMPLOYEE REPRESENTATIVES RELATING TO THIS PROGRAM

The content of the course syllabus is the result of an evaluation process based on information from graduates and employers. The theoretical and practical notions regarding the production, chemical analysis, biological effects and administration of phytopreparations in dermatocosmetology, acquired through participation in classes and practical work, will allow the graduate to carry out his professional activity in dermatocosmetic units and in the cosmetic industry.

10. METHODOLOGICAL GUIDELINES

Types of activity	Teaching/learning techniques, materials, resources: lectures, interactive courses, group work, problem-based/project-based learning, etc. Learning, teaching, research, and practical application activities within the discipline are conducted in a blended format.
Course	The following methods are used in combination: lectures, debates, problem-solving.
Practical works	The following methods are used in combination: practical applications, case studies, projects.
Individual study	Before each course and each practical assignment.

11. EVALUATION

Type of activity	Evaluation forms	Evaluation methods	Weight of final grade
Lecture	Formative assessment through tests during the semester Summative assessment during the exam	Oral exam. Grades are given on a scale of 1–10. The minimum passing grade is 5.	60%
Practical work	Formative assessment through tests during the semester Summative assessment in the last week of the semester	Oral exam. Grades are given on a scale of 1–10. The minimum passing grade is 5.	20%
Assessment of stage knowledge	Tests during the semester	Test (written). Grades are given on a scale of 1–10. The minimum passing grade is 5.	10%
Individual performance evaluation	Formative assessment through essays, projects, worksheets, applied discussion	Applied discussion	10%
Minimum performance standard	Identification of the main plant products and phytopreparations associated with dermatocosmetology.		
Appeals	According to the Student Examination Methodology.		

12. RECOVERY PROGRAM AND CONSULTATIONS

Absence recovery	**No. absences that can recover**	**Place of deployment**	**Period**	**In charge**	**Scheduling of topics**
	3	Official Discipline location	Weekly	All teaching staff	According to the course schedule
Consultation schedule	**No. of hours**	**Place of deployment**	**Period**	**In charge**	**Scheduling of topics**
	2 hours/week	Headquarters of the Discipline	Weekly	Course instructor	Theme of the week

Date of approval: 18th September 2026

Dean,	**Department Director,**	**Discipline Holder,**
Prof. univ. dr. Octavian Croitoru	Prof. univ. dr. Cătălina Gabriela Pisoschi	Conf. univ. dr. Ludovic Everard Bejenaru