

Cork Institute of Technology

Bachelor of Science (Honours) in Herbal Science – Stage 2

(NFQ Level 8)

Summer 2007

Materia Medica

(Time: 3 Hours)

Instructions

Answer FIVE questions

Examples should be used to support your answers where possible

All questions have the same total of marks (20 marks)

All parts of questions have equal marks unless specified

Examiners: Dr. A. Keaveney

Dr. D. Corrigan

Mr. E. Walsh

- Q1. Discuss the main points of the following issues that have been raised in relation to herbs (give examples) **(20 marks)**
- (a) Standardisation
 - (b) Dosage
 - (c) Adverse effects
 - (d) Oral dose form of herb
- Q2. (a) Describe what is meant by the energetics of western herbs and briefly outline the classification of herbs within this system. **(6 marks)**
- (b) Describe the physiological effects on the body of hot herbs. **(7 marks)**
- (c) Describe the energetics, actions and indications of *Zingiber officinale* (ginger). **(7 marks)**
- Q3. Summarise the main headings of a full monograph for the following herbs. **(20 marks)**
- (a) *Trigonella foenum-graecum* (Fenugreek)
 - (b) *Eleutherococcus senticosus* (Siberian ginseng)

- Q4. Describe the actions and indications of the following herbs **(20 marks)**
- a. *Gentiana lutea* (Gentian)
 - b. *Trifolium pratense* (Red clover)
 - c. *Astragalus membranaceus* (Astragalus)
 - d. *Dioscorea villosa* (Wild yam)
- Q5. (a) How does the requirements of the Traditional Herbal Medicinal Products Directive (on herbs) differ from the Directive on Human Medicinal Products (on drugs)? **(14 marks)**
- (b) What are the main features of Section 12 of the UK Medicines Act 1968 and how did it enable herbalists to continue to prescribe herbal medicines? **(6 marks)**
- Q6. Outline the main features of the pharmacological research and clinical studies on the following herbs **(20 marks)**
- a. *Valeriana officinalis* (Valerian)
 - b. *Centella asiatica* (Gota kola)
 - c. *Glycyrrhiza glabra* (Licorice)
 - d. *Aesculus hippocastanum* (Horsechestnut)
- Q7. (a) Briefly discuss the relationship between tissue states and the medicinal actions of herbs. **(5 marks)**
- (b) Describe the main features of the following types of tissue state, the associated taste (of the herbs) and action(s) (of the herbs). **(15 marks)**
- i. Excitation
 - ii. Relaxation
 - iii. Depression

Q8. (a) Define the following in relation to herbs and give an example. **(10 marks)**

- i. Astringents
- ii. Anti-inflammatory
- iii. Bitters
- iv. Diuretics
- v. Expectorants

(b) Outline the physiological effect of the following actions (of herbs) on the body and give an example of a herb in each case. **(10marks)**

- i. Emollients
- ii. Hepatic
- iii. Laxative
- iv. Nervine
- v. Vulnerary