

# Cork Institute of Technology

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

(SHERB\_8\_Y2)

Summer 2008

### **Materia Medica**

(Time: 3 Hours)

**Instructions**

6 questions to be answered

Question 1 is compulsory and must be answered. The remaining 5 questions can be taken from questions 2 to 9.

**Examiners:**

Ms. Anna-Maria Keaveney

Dr. D. Corrigan

Dr. D. Clare

**Question 1 must be answered**

- Q1. What is the pharmacological and clinical evidence for the actions and indications of 5 (five) of the following herbs (50 Marks)
- a. *Capsicum spp* (Chilli)
  - b. *Hypericum perforatum* (St. John's Wort)
  - c. *Ginkgo biloba* (Ginkgo)
  - d. *Valeriana officinalis* (Valerian)
  - e. *Salvia officinalis* (Sage)
  - f. *Aesculus hippocastanum* (Horse chestnut)
  - g. *Crataegus spp* (Hawthorn)
  - h. *Echinacea spp* (Echinacea)

**Answer 5 questions from Question 2 to 9**

- Q2. (i) Define the following in relation to herbs and give an example.
- (a) Anti-pyretic.
  - (b) Anti-tussive.
  - (c) Diaphoretic.
  - (d) Sialagogue.
  - (e) Vulnerary. (5 Marks)
- (ii) Outline the physiological effects of the following actions (of herbs) on the body and give an example of a herb in each case.
- (a) Emollients.
  - (b) Hepatic. (5 Marks)
- Q3. Choose 2 out of the following 3 options and discuss the main points that have been raised in relation to herbs (give examples).
- (a) Standardisation of herbs in relation to practice and research.
  - (b) The effects of herbs on nutritional status.
  - (c) Reporting of adverse effects. (10 Marks)
- Q4. Describe the physiological effects on the body of (a) *Capsicum spp* (Chilli) and (b) *Urtica dioica* (folia) (nettle leaf) in terms of their qualities, actions and indications. (10 Marks)
- Q5. Describe, under each of the main headings, a full monograph for one of the following herbs
- (a) *Dioscorea villosa* (Wild yam).
  - (b) *Filipendula ulmaria* (Meadow sweet). (10 Marks)

- Q6. (a) Discuss the traditional understanding of the relationship between tissue states and the medicinal actions of herbs within Western Herbal Medicine (5 Marks)
- (b) Describe how constricted tissues states relate to the physiological imbalances within the body and the actions of the herbs on the body (5 Marks)
- Q7. Discuss in detail the actions and indications of the following herbs
- (a) *Humulus lupulus* (hops)
  - (b) *Allium sativum* (Garlic)
  - (c) *Serenoa serrulata* (Saw palmetto)
  - (d) *Vaccinium myrtillus* (Bilberry) (10 Marks)
- Q8. How will the Traditional Herbal Medicinal Products Directive affect the way in which herbal medicinal products are available to the public (10 Marks)
- Q9. What are the cautions, warnings, contraindications, interactions, adverse reactions (as appropriate ) in relation to the following herbs
- (a) *Salix alba* (Willow bark)
  - (b) *Rumex crispus* (Yellow dock)
  - (c) *Glycyrrhiza glabra* (Licorice)
  - (d) *Allium sativum* (Garlic) (10 Marks)