

**CORK INSTITUTE OF TECHNOLOGY
INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ**

Semester 2 Examinations 2008/09

Module Title:

Module Code: BIOL7016 Medicinal use of herbs

School: Biological Sciences

Programme Title: Herbal Science year 2

Programme Code: CRO 330

External Examiner(s): Dr Dilis Clare
Prof. Eliz. Williamson
Internal Examiner(s): Anna-Maria Keaveney

Instructions:

Answer **Question 1** and any **four** other questions (five questions in total)

Duration: 1 hour

Sitting: Autumn 2009
Requirements for this examination:

Note to Candidates: Please check the Programme Title and the Module Title to ensure that you have received the correct examination paper.
If in doubt please contact an Invigilator.

1. Outline the main pharmaceutical and clinical evidence on the effectiveness of
(20 marks)
 - a. *Crataegus monogyna*
 - b. *Thymus vulgaris*
2. Discuss the main points in relation to **two** the following issues (give examples)
(20 marks)
 - a. Standardisation
 - b. Dosage
 - c. Adverse effects
 - d. Oral dose form of herb
3.
 - a. Describe what is meant by the ‘energetics’ of western herbs and briefly outline the classification of herbs within this system (10 marks)
 - b. Describe the physiological effects on the body of cold herbs (10 marks)
4. Discuss the cautions, adverse effects, contraindications, etc in relation to the following herbs;
 - a. *Capsicum* spp.
 - b. *Echinacea* spp. (20 marks)
5. Outline the physiological effect of the following actions (of herbs) on the body and give an example of a herb in each case (20marks)
 - i. Expectorant
 - ii. Diaphoretic
 - iii. Diuretic
 - iv. Sialogogue
 - v. Vulnerary
6.
 - a. Discuss the traditional understanding of the relationship between tissue states and the medicinal actions of herbs within Western Herbal Medicine (10 marks)
 - b. Describe how atrophied tissues states relate to the physiological imbalances within the body and the actions of the herbs on the body (10 marks)
7. List the actions and indications of
 - a. *Silybum marianum* (10 marks)
 - b. *Valeriana officinalis* (10 marks)