

**CORK INSTITUTE OF TECHNOLOGY
INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ**

Semester 1 Examinations 2008/09

Module Title: Medicinal use of Herbs

Module Code: BIOL 7016

School: Science

Programme Title: Bachelor of Science (Honours) in Herbal Science – Stage 2

Programme Code: SHERB_8_Y2

External Examiner(s): Dr. Dilis Clare, Prof Elizabeth Williamson

Internal Examiner(s): Ms. AM Keaveney

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

Duration: 2 Hours

Sitting: Winter 2008

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.

- Q1. Outline the main pharmaceutical and clinical evidence on the effectiveness of
- (a) Echinacea spp
 - (b) Valeriana off. (20 Marks)
- Q2. Discuss the main points in relation to **two** the following issues (give examples)
- (a) Standardisation
 - (b) Dosage
 - (c) Adverse effects
 - (d) Oral dose form of herb (20 Marks)
- Q3. (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 hot herbs. (10 Marks)
- Q4. Discuss the cautions, adverse effects, contraindications, etc in relation to the following herbs;
- (a) Salix purpurea
 - (b) Zinziber off. (20 Marks)
- Q5. Outline the physiological effect of the following actions (of herbs) on the body and give an example of a herb in each case
- (i) Anti-tussive
 - (ii) Hepatic
 - (iii) Galactagogue
 - (iv) Nervine
 - (v) Styptic (20 Marks)

Q6. (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 stagnated tissues states relate to the physiological imbalances within the body and the actions of the herbs on the body. (10 Marks)

Q7. List the actions and indications of:

(a) *Filipendula ulmaria* (10 Marks)

(b) *Crataegus* spp (10 Marks)