

**CORK INSTITUTE OF TECHNOLOGY  
INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ**

**Semester 1 Repeat Examinations 2009/10**

**Module: Medicinal Use of Herbs**

**Module Code: BIOL7016**

**School: Biological Sciences**

**Programme Title: Herbal Science year 2**

**Programme Code: SHERB\_8\_Y2**

**External Examiner(s): Prof. E. Williamson, Dr. D. Clare**

**Internal Examiner(s): Anna-Maria Keaveney**

**Instructions:**

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

**Duration: 2 hour**

**Sitting: Autumn 2010**

**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 two of the following herbs **(20 marks)**
  - a. *Capsicum spp.* (Chilli)
  - b. *Valeriana officinalis* (Valerian)
  - c. *Echinacea spp* (Echinacea)
  - d. *Filipendula ulmaria* (Meadowsweet)
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 two of the following herbs;
  - a. *Allium sativum* (Garlic)
  - b. *Ephedra senica* (Ephedra)
  - c. *Salix alba* (Willowbark)
  - d. *Echinacea spp* (Echinacea) **(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. Antitussive
  - ii. Galactagogue
  - iii. Hypoglycemic
  - iv. Rubefacient
  - v. Vasodilator
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 stagnated tissue states could relate to the physiological imbalances within the body and the actions of the herbs on the body **(10 marks)**
7. List in details the actions and indications of two of the following
  - a. *Silybum marianum* (Milk thistle)
  - b. *Valeriana officinalis* (Valerian)
  - c. *Crataegus spp* (Hawthorn)
  - d. *Zingiber officinale* (Ginger) **(20 marks)**