

**CORK INSTITUTE OF TECHNOLOGY
INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ**

Semester 1 Examinations 2009/10

Module Title: Medicinal Use of Herbs

Module Code: BIOL7016

School: Science

Programme Title: Bachelor of Science (Honours) in Herbal Science

Programme Code: SHERB_8_Y2

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

Internal Examiner(s): Ms. A. Keaveney

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

Duration: 2 hours

Sitting: Winter 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.

- Q1.** Outline the main pharmaceutical and clinical evidence on the effectiveness of
(20 marks)
- Allium sativum* (Garlic)
 - Filipendula ulmaria* (Meadowsweet)
- Q2.** Discuss the main points in relation to two the following issues surrounding herbs.
(give examples) (20 marks)
- Standardisation
 - Dosage
 - Adverse effects
 - Oral dose form of herb
- Q3.**
- Describe what is meant by the 'energetics' of western herbs and briefly outline the classification of herbs within this system. (10 marks)
 - Describe the physiological effects on the body of cold herbs. (10 marks)
- Q4.** Discuss the cautions, adverse effects, contraindications, etc in relation to the following herbs
- Echinacea spp.* (Echinacea)
 - Ephedra sinica* (Ephedra) (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 (20marks)
- Anticatarrhal
 - Diaphoretic
 - Galactagogue
 - Sialagogue
 - Vulnerary
- Q6.**
- Discuss the traditional understanding of the relationship between tissue states and the medicinal actions of herbs within Western Herbal Medicine. (10 marks)
 - Describe how excited 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 (20 marks)
- Crataegus spp* (Hawthorn)
 - Capsicum spp* (Chilli)
 - Silybum marianum* (Milk thistle)
 - Zingiber off* (Ginger)