

**CORK INSTITUTE OF TECHNOLOGY
INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ**

Autumn Examinations 2010/11

Module Title: Medicinal use of herbs

Module Code: BIOL7016

School: Biological Sciences

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

Programme Code: SHERB_8_Y2

External Examiner(s): Dr Julia Green, Prof Elizabeth Williamson

Internal Examiner(s): Ms Anna-Maria Keaveney

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

Duration: 2 Hours

Sitting: Autumn 2011

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 **two** of the following herbs

- (a) *Crataegus spp* (Hawthorn)
- (b) *Zingiber officinale* (Ginger)
- (c) *Valeriana officinalis* (Valerian)
- (d) *Filipendula ulmaria* (Meadowsweet)

(20 Marks)

Q2. Discuss the main points in relation to **two** the following issues (give examples)

- (a) Discuss the issues that are specific to adverse effects and herbal medicine
- (b) How is the dosage of a given herb determined?
- (c) Discuss the various oral dose forms of an herb

(20 Marks)

Q3. Discuss the cautions, adverse effects, contraindications, etc in relation to **two** of the following herbs;

- (a) *Silybum marianum* (Milk thistle)
- (b) *Salix alba* (Willow)
- (c) *Ephedra sinica* (Ephedra)
- (d) *Echinacea spp* (Echinacea)

(20 Marks)

Q4. Outline the physiological effect of the following actions (of herbs) on the body and give an example of a herb in each case.

- (a) Carminative
- (b) Styptic
- (c) Bitter
- (d) Rubefacient
- (e) Antiallergic

(20 Marks)

Q5. Discuss the physiological effects of the actions and indications of **two** of the following:

- (a) *Capsicum spp* (Chilli).
- (b) *Valeriana officinalis* (Valerian)
- (c) *Allium sativum* (Garlic)
- (d) *Thymus vulgaris* (Thyme)

(20 Marks)