

**CORK INSTITUTE OF TECHNOLOGY
INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ**

Semester 1 Examinations 2010/11

Module Title: MEDICINAL USE OF HERBS

Module Code: BIOL7016

School: Biological Sciences

Programme Title: BSc Hons Herbal Science

Programme Code: SHERB_8_Y2

External Examiner(s): Prof. Eliz. Williamson & Dr. J Green

Internal Examiner(s): Anna-Maria Keaveney

Instructions:

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

Duration: 2 hour

Sitting: Winter 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. *Valeriana officinalis* (Valerian)
 - b. ***Echinacea spp*** (Echinacea)
 - c. *Salix alba* (Willowbark)
 - d. *Filipendula ulmaria* (Meadowsweet)

2. Discuss the main points in relation to **two** the following issues (give examples) (20 marks)
 - a. What is an herb?
 - b. What factors influence the dosage of a given herb?
 - c. Advantages and disadvantages of various oral dose forms of an herb

3. Describe, with reference to specific examples, the physiological effects on the body of 'cold' herbs (20 marks)

4. Discuss the cautions, adverse effects, contraindications, etc in relation to **two** of the following herbs; (20 marks)
 - a. *Allium sativum* (Garlic)
 - b. *Ephedra sinica* (Ephedra)
 - c. *Echinacea spp* (Echinacea)
 - d. *Thymus vulgaris* (Thyme)

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. Trophorestorative
 - ii. Oxytocic
 - iii. Hypoglycemic
 - iv. Rubefacient
 - v. Vasodilator

6. Discuss the physiological effects of the actions and indications of **two** of the following (20 marks)
 - a. *Filipendula ulmaria* (Meadowsweet)
 - b. *Valeriana officinalis* (Valerian)
 - c. *Allium sativum* (Garlic)
 - d. *Ephedra sinica* (Ephedra)