

**CORK INSTITUTE OF TECHNOLOGY
INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ**

Autumn Examinations 2011/12

Module Title: Medicinal Use of Herbs
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Module Code: BIOL7016

School: Science & Informatics

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

Programme Code: SHERB_8_Y2

External Examiner(s): Dr Julia Green

Internal Examiner(s): Ms Anna-Maria Keaveney

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

Duration: 2 hours

Sitting: Autumn 2012

Requirements for this examination:

<p>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.</p>
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1. Outline the pharmacological and clinical evidence on the effectiveness of **two** of the following herbs

(40 marks)

- a. *Zingiber officinale* (Ginger)
- b. *Silybum marianum* (Milk thistle)
- c. *Thymus vulgaris* (Thyme)

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

(30 marks)

- a. The traditional use of multiherb formulations?
- b. The problem of adverse effects?
- c. Discuss the issues in relation to the topical use of herbs

3. Discuss the cautions, adverse effects, contraindications, etc in relation to the following herbs;

- a. *Echinacea spp.* (Echinacea)
- b. *Capsicum spp* (Chilli)

(30 marks)

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

(30marks)

- i. Anxiolytic
- ii. Carminative
- iii. Expectorant
- iv. Laxative
- v. Vasodilator

5. Discuss the actions and indications of **two** of the following herbs in terms of their physiological effects on the body

(30 marks)

- a. *Allium sativum* (Garlic)
- b. *Salix alba* (Willowbark)
- c. *Thymus vulgaris* (Thyme)