

**CORK INSTITUTE OF TECHNOLOGY
INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ**

Semester 1 Examinations 2011/12

Module Title: Medicinal Use of Herbs

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: December 2011

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>

1. Outline the pharmacological and clinical evidence on the effectiveness of **two** of the following herbs

(40 marks)

- a. *Silybum marianum* (Milk thistle)
- b. *Filipendula ulmaria* (Meadowsweet)
- c. *Thymus vulgaris* (Thyme)

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

(30 marks)

- a. Why use standardised herbs?
- b. Adverse effects – are herbs a special case?
- c. Discuss, in relation to **two** traditions, their approach to dosage (of an herb or formulation) in herbal medicine

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

- a. *Echinacea spp.* (Echinacea)
- b. *Salix alba* (Willowbark)

(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. Anthelmintic
- ii. Diaphoretic
- iii. Dysmenorrhoea
- iv. Sialagogue
- v. Hypotensive

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

(30 marks)

- a. *Crataegus spp* (Hawthorn)
- b. *Valeriana officinalis* (Valerian)
- c. *Zingiber officinale* (Ginger)