

Cork Institute of Technology

Bachelor of Science (Honours) in Herbal Science – Stage 3

(SHERB_8_Y3)

Summer 2008

HPPPD

(Time: 3 Hours)

Answer THREE questions from Section A
Answer ONE Questions from B.
All questions carry equal marks

Examiners: Ms. A.M. Reilly
Mr. P Nolan
Dr. D. Corrigan
Dr. D. Clare

Use separate answer books for each Section.

Section A

- Q1.** a) Give 3 examples of the functions of Qi. *(3 marks)*
- b) Name one type of Qi disharmony *(1 marks)*
- c) In Chinese medicine the Lung is paired with which Yang organ? *(1 mark)*
- d) What type of Yin Organ disharmony results in headaches, insomnia, and irritability? *(2 marks)*
- e) The ears, bones and teeth are the manifestation of which Yin Organ? *(1 mark)*
- f) Which Yin and Yang organs are associated with Metal in TCM? *(2 marks)*
- g) A 25 year old woman is suffering from abdominal bloating and loose bowel movements. She is constantly tired and achy and has chapped lips. Her complexion is sallow and her tongue is swollen with teethmarks and a thick slippery coating. Discuss your diagnosis and recommendations with reference to Zang-fu organ theory and the six pathogenic factors. *(15 marks)*

Q2. a) The ida and pingala nadis relate to which branches of the nervous system?

(2 marks)

b) People of which dosha have small reserves of energy are likely to burn out quickly?

(1 mark)

c) The Pitta dosha is composed of which two elements and what is the purpose of this combination in the body?

(4 marks)

d) People of which dosha are more prone to hypothyroidism?

(1 mark)

e) The frog pulse is felt in which position? Which dosha does it correspond to?

(2 marks)

f) Discuss the Vata dosha in detail; including correspondences, actions in the body, typical appearance, behaviour patterns, examples of common health problems and beneficial foods/herbs.

(15 marks)

Q3. a) What is the basic nature of the melancholic temperament?

(1 mark)

b) Describe the somatotype associated with the sanguine temperament and explain its significance.

(4 marks)

c) Briefly describe one health problem or condition which is common in choleric individuals and explain your choice.

(5 marks)

d) A 60 year old woman is suffering from chronic sinusitis and tinnitus. She also frequently notices a clear or whitish discharge from her ears and experiences muscle pain which makes her feel very lethargic. Her tongue is pale and swollen with a white coating. She has pale skin which feels soft and cool to touch. Discuss your diagnosis and recommendations with reference to the Western humoral tradition.

(15 marks)

Q4. a) Name three of the five substances of the body in Ayurveda.

(3 marks)

b) Briefly describe the function of the fire element in the body in Ayurveda.

(3 marks)

c) People of which dosha are more prone to anxiety and insomnia?

(1 mark)

d) The snake pulse is felt in which position? Which dosha does it correspond to?

(2 marks)

e) Repeated inflammatory patches along the lip margins suggest disharmony in which dosha?

(1 mark)

f) Discuss the Pitta dosha in detail; including correspondences, actions in the body, typical appearance, behaviour patterns, examples of common health problems and beneficial foods/herbs.

(15 marks)

Q5. a) Which element and which humour is associated with the sanguine temperament?

(1 mark)

b) Describe the somatotype associated with the melancholic temperament and explain its significance

(4 marks)

c) Briefly describe one health problem or condition which is common in phlegmatic individuals and explain your choice.

(5 marks)

d) Discuss the choleric temperament in detail; including correspondences; typical appearance; thought and behaviour patterns; examples of common health problems; and beneficial foods/herbs.

(15 marks)

Section B

Please answer **One** of the following questions:

- Q6. Developing the ability to be a self reflective practitioner is central for the herbal practitioner: Discuss.
- Q7. A herbal practitioners need to have an understanding of issues like 'Prejudice' in their work: Discuss.
- Q8. It is important for as herbal practitioner to have an understanding of personality: Discuss