



The Institute of Traditional Herbal Medicine and Aromatherapy

WRITTEN EXAM IN AROMATHERAPY & ORIENTAL MEDICINE

The exam paper is composed of two sections: Section A and B.

Time allowed: 3 hours

SECTION A: MULTIPLE CHOICE QUESTIONS

Answer all 40 questions (*max. 40 percentage points*)

1. Sesquiterpenes consist of:
 - a. fifteen isoprene units
 - b. ten isoprene units
 - c. three isoprene units
 - d. two isoprene units

2. Examples of phenols include ALL EXCEPT ONE of the following:
 - a. thymol
 - b. carvacrol
 - c. linalool
 - d. chavicol

3. Essential oils with a strong analgesic activity include ALL EXCEPT ONE of the following:
 - a. clove bud
 - b. wintergreen
 - c. true lavender
 - d. orange peel

4. The following compound is believed to have oestrogen-like properties:
 - a. anethole
 - b. cineole
 - c. linalool
 - d. thymol

5. Essential oil compounds that have a mucolytic activity include ALL EXCEPT ONE of the following:
 - a. carvone
 - b. geraniol
 - c. thujone
 - d. pinocamphone

6. The skin absorption of essential oil is influenced by ALL EXCEPT ONE of the following:
 - a. size and weight of subject
 - b. thickness and permeability of the epidermis
 - c. gland openings and follicles
 - d. rate of circulation

7. When aromas are used therapeutically in clinical contexts they may be working in different ways at the same time. For example, true lavender oil may exert all ALL EXCEPT ONE of the following influences:
- act pharmacologically as a light sedative
 - be alerting, because of the effect of its main components
 - be alerting, simply by being there as a stimulus
 - create positive feelings because it is pleasant
8. Useful essential oils in wound healing include ALL EXCEPT ONE of the following:
- Melaleuca alternifolia* (tea tree)
 - Matricaria recutita* (German chamomile)
 - Lavandula angustifolia* (true lavender)
 - Chrysopogon zizanoides* (vetiver)
9. Essential oils indicated for constipation during pregnancy include ALL EXCEPT ONE of the following:
- Citrus reticulata* (mandarin)
 - Piper nigrum* (black pepper)
 - Cananga odorata* (ylang ylang)
 - Zingiber officinale* (ginger)
10. Parkinson's disease is:
- a progressive disorder of the peripheral nervous system
 - a progressive disorder of the central nervous system
 - an acute disorder of the peripheral nervous system
 - an acute disorder of the central nervous system
11. Circulation-stimulating essential oils include ALL EXCEPT ONE of the following:
- Cedrus atlantica* (Atlas cedar)
 - Citrus limon* (lemon)
 - Cupressus sempervirens* [cypress]
 - Rosmarinus officinalis* (rosemary)
12. Essential oils indicated for bone/ joint pain or discomfort include ALL EXCEPT ONE of the following:
- Commiphora myrrha* (myrrh)
 - Boswellia carteri* (frankincense)
 - Melaleuca viridiflora* (niaouli)
 - Cymbopogon martinii var. motia* (palmarosa)

SECTION B: CASE STUDY QUESTIONS

Answer 3 out of 4 case questions (*max. 20 percentage points per question*)

For each of the following case study examples:

- (a) provide a basic assessment according to the diagnostic principles of Oriental medicine;
 - (b) indicate 4 relevant essential oils, and your reasons for selecting each;
 - (c) give the percentage dilution and the quantity of base medium, including the number of drops of each essential oil employed, for either a full body massage or another application.
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1. A male client comes with muscular aching in the lower back as well as chronic sinus congestion involving sticky, white mucus. He also mentions the fact that he suffers with fatigue, cold hands and feet, and a lack of motivation.
 2. A woman in her fifties arrives for treatment with rheumatic joint pain that is worse in hot weather. She describes the pain as accompanied by a mild burning sensation in the joints, along with stiffness and swelling. The affected joints - the elbows, wrists and finger joints - appear slightly reddish.
 3. A man in his thirties comes complaining of irritable bowel. He suffers with abdominal distention and pain, constipation, flatulence, and occasional bouts of diarrhoea. The condition is made worse when he is under emotional pressure. He remarks that when he is not feeling tense, he often feels tired.
 4. A female client indicates that she regularly suffers with heavy, painful periods. The menstrual blood is dark and clotted. She also complains that she gets very irritable before her periods, and sometimes depressed.