

# Medicinal Herbs

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## Assignment 6

This is just a cover sheet, turn to the next page to continue.

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### Question 1

Explain various factors that can influence the effectiveness of active constituents of an herb, including:

- Plant variety
- Growth rates
- Soil nutrition
- Part of the herb used
- Harvest time

(Write 1-2 paragraphs each).

### Question 2

List forty different commonly grown herbs and name one herbal remedy for each.

### Question 3

Identify the morphological parts (e.g. seed, leaf, and root) of fifteen different herbs which are used medicinally (submit about 1 page).

### Question 4

Select six different appropriate herbs and explain (in a few sentences) how to prepare one of each of the following:

- A poultice
- An infusion
- A decoction
- A tincture
- An ointment
- An aromatherapy massage oil,

### Question 5

Develop a list of safety procedures to follow when extracting lavender oil by steam distillation.

### Question 6

List six different herbal medicines which are safe to use at home without consulting the expertise of a naturopath; and explain (in a few sentences) appropriate methods and conditions for the administering of each of these medicines by an unskilled person (i.e. these should be medicines which do not have any dangerous risks if prepared or administered incorrectly).

### Question 7

Don't forget to submit your plant review sheets for this lesson.