

LESSON 5 - ASSIGNMENT

1. Explain (in sentence or two for each) the characteristics of different types of chemicals found in medicinal herbs, including:

- aromatic compounds
- tannins
- terpenoids
- steroids

2. Write brief definitions to explain the mode of action of different herbal medicines including:

- astringents
- dietetics
- calmatives
- cathartics
- demulcents
- diaphoretics
- emollients
- relaxants

3. Describe (in a paragraph or two for each) the chemical actions which two different herbs have upon the human body (choose any herbs which you wish).

4. The Australian Medical Association (AMA) (and other similar organisations in other countries) are very reluctant about herbal remedies. Some herbs are even banned from internal use.

Write a discussion paper on this topic - up to 3 pages.

Try not to be pro-herb and anti-medical establishment, or the reverse. Be neutral as though you were presenting facts without a personal bias.

It is best to discuss both sides, by doing this you will gain a better understanding of both sides of the argument.