
	TANTA UNIVERSITY FACULTY OF PHARMACY DEPARTMENT OF PHARMACOGNOSY				
	FINAL EXAM FOR FOURTH YEAR CLINICAL STUDENTS				
	COURSE TITLE:	Phytotherapy		COURSE CODE: PG 807	
DATE:	13/6/2016	TERM: SECOND	TOTAL ASSESSMENT MARKS: 50	TIME ALLOWED: 2 HOURS	

The exam includes two questions in 8 pages

Question No. (1): 80 MCQs(40 marks, 95 minutes)

Question No. (2):..... (10 marks, 25 minutes)

All questions must be answered in the specified places [page 1 answer sheet for question No. (1) and page 8 for question No. (2)]. Use blue pen only. Answers using pencils will not be accepted.

Answer sheet

	a	b	c	d	e	No.	a	b	c	d	e
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Question No. (1)**(40 marks, 95 minutes)**

You are provided with 80 multiple choice questions, choose only one correct answer and record your choice in the corresponding place in the answer sheet in page 1

1- Responses of infants and small children to herbal remedies are different from those of adults due to:

- a- organ structures b- receptor structures c- pharmacokinetic responses
d- pharmacodynamic responses e- all of them

2-are preferably used with pediatric patients because they contain low doses of the active constituents.

- a- diluted alcoholic tinctures b- flavored liquid glycerites c- both a and b
d- Teas e- all of them

3- Medicinal plants are capable of triggeringallergic reactions.

- a- type I (immediate) b- type IV (delayed) c- both a and b
d- type III e- none of them

4- Herbal medicine is indicated as adjuvant therapy only in case of:

- a- severe diseases b- emergency c- both a and b
d- circulatory problems e- all of them

5- When Yohimbe is taken with tricyclic antidepressants the following effect (s) may be observed:

- a- antagonizing effect b- enhanced effect (of yohimbine)
c- severe MAOI toxicity d- all of them e- none of them

6- Instant tea powders are preferably used in case of Chinese herb because

- a- it contains a mixture of several herbs b- usually contain soluble constituents
c- both a and b d- it contains unstable ingredients e- none of them

7- Diabetic patients should use herbal medicine with:

- a- sugar substitute b- unsweetened c- both a and b
d- honey e- all of them

8- St. John's wort reduces plasma levels of

- a- antirejection drugs b- antiretroviral drugs c- both a and b
d- antibiotics e- anticoagulants

9- When ephedra preparations are taken with phenelzine,..... may occur.

- a- severe (MAOI) toxicity b- decreased bioavailability
c- increased bioavailability d- hypertension e- none of them

10- Herbs with high tannin content can interfere with

- a- neuroleptic drugs b- alkaloid drugs c- metal ions
d- all of them e- none of them

11- Most stimulant laxative herbs

- a- reduce absorption of some drugs b- lead to hyperkalemia c- aquaretic herbs
d- both a and c e- none of them

12- The following herb (s) may interfere with coagulation

- a- garlic b- ginger c- ginkgo d- turmeric e- all of them

13- The following herbs have phytoestrogenic effect except

- a- anise b- soy bean c- flaxseed d- aloe e- Vitex

14-reduce lysosomal enzyme activity, which may reduce capillary protein leakage by inhibiting proteoglycan degradation.

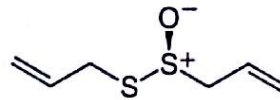
- a- Grape leaf b- Aescin and HCSE c- Chicoric acid and alkylamides
d- Both a and b e- All of them

15- Garlic commercial products are standardized for their...

- a- allicin b- flavonoids c- sulfur compounds d- both a and b e- all of them

16- This compound

- a- is responsible for antilipidemic effect of garlic
b- inhibits arachidonic acid formation
c- stimulates fibrinolysis
d- both b and c e- none of them

**17- The most important groups of active chemicals in *Ginkgo biloba***

- a- flavonoids b- terpene lactones c- terpenoids d- all of them e- both a and b

18-enhance the influx of calcium into cardiac muscle fibers while only moderately increasing the oxygen demand.

- a- Hawthorn b- Procyanidins c- Cardiac glycosides d- Flavonoids
e- All of them

19- The following herbs are used for treatment of heart failure except

- a- hawthorn leaf b- adonis c- rauwolfia d- digitalis e- hawthorn flower

20- Standardized extract of..... inhibits cholesterol biosynthesis and increases the biliary elimination of cholesterol.

- a- artichoke leaf b- garlic c- grape leaf d- both a and c e- none of them

21- Cold receptor stimulators are indicated in case of

- a- chronic sinusitis b- acute rhinitis c- respiratory diseases
d- both a and c e- all of them

22- One or more of the following herbal remedy class (es) are useful in case of acute sinusitis

- a- antiinflammatory b- cold receptor stimulator c- immunistimulant
d- both a and c e- all of them

23- Arabinogalactan:

- a- enhances the body's nonspecific immune defenses b- biopolymer compound in Echinacea
c- both a and b d- responsible for the antiviral effect of purple Echinacea e- none of them

24-has (have) febrifuge and anti-inflammatory effects due to the inhibition of prostaglandins by its (their) flavonoids.

- a- Elder b- Yarrow c- Linden d- All of them e- None of them

25- One or more of the following herbal class (es) is (are) useful in case of colds and flu

- a- immunostimulants b- diaphoretic c- anti-inflammatory
d- vitamin C supplements e- all of them

26- The following herb (s) may act as antibiotics and immunomodulators

- a- thyme b- ivy leaf c- horseradish d- all of them e- none of them

27-.....are the main constituents which responsible for the activity of St. John's wort.

- a- Hyperforin b- Hypericin c- Both a and b d- Apigenin e- None of them

28- Licorice root is contraindicated in case of

- a- hypertension b- patients receiving diuretics c- patients receiving prednisolone
d- both a and c e- all of them

29- One or more of the following herbal remedy (ies) is (are) useful in case of primary headache disorders

- a- guarana seed b- peppermint oil c- both a and b d- valerian root e- all of them

30- Butterbur root is contraindicated in case of

- a- children under 12 years of age b- pregnant and nursing women
c- patients with preexisting liver conditions d- all of them e- both a and c

31- St. John's wort:

- a- mediates induction of the cytochrome P450 b- inhibits P-glycoprotein drug transporter
c- inhibits induction of the cytochrome P450 d- increases the effects of protease inhibitors
e- none of them

32- is considered the main inflammatory constituent of arnica flower.

- a- Sesquiterpene lactone b- Flavonoids c- Capsaicinoid
d- Volatile oils e- None of them

33- Reliable contraception is required for 3 months after discontinuation of ... herbal remedy.

- a- antirheumatic b- dandelion root c- devil's claw root d- all of them e- none of them

34- Various compounds inhave antipyretic, antiphlogistic, and analgesic effects.

- a- willow bark b- aspen leaf and bark c- both a and b
d- goldenrod e- none of them

35- Dandelion root and herb is contraindicated in case of

- a- biliary tract obstruction b- heart failure c- anticoagulant therapy
d- all of them e- both a and b

36- Antidyscratic herbal remedies are useful in case of

- a- patients taking none-steroidal antirheumatic drug b- patients taking cortisone
c- both a and b d- gout e- rheumatic diseases

37- The following herbs are used for treatment of sleep disorders except

- a- valerian root b- arnica flower c- balm leaf
d- lavender flower e- hop cones

38- Rauwolfia alkaloids and garlic, are classified as herbs having..... effect (s)

- a- hypotensive b- hypertensive c- antilipidemic
d- both a and c e- none of them

39- Sympathomimetic herbs can interact with

- a- antihypertensive b- sedative c- anxiolytic drugs.
d- MAO inhibitors e- all of them

40-..... is contraindicated in case of chronic progressive systemic diseases (e. g. tuberculosis).

- a- Caffeic acid derivatives b- Licorice c- Elder flower
d- Echinacea e- None of them

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56- Artichoke leaves

- a- have a hepatoprotective effect.
- b- are contra-indicated in patients with cholelithiasis.
- c- have cholagogue activity due to sesquiterpene lactones.
- d- both a and b
- e- both b and c

57- The constituent of boldo leaves which is responsible for the chloretic activity is

- a- monoterpene volatile oil
- b- flavonoids
- c- boldine
- d- boldin (boldoglucin)
- e- both c and d

58- Taraxacin as the main active constituents of dandelion root and leaves is

- a- triterpenoids
- b- sesquiterpenoids
- c- phytosterols
- d- caffeic acids derivatives
- e- flavonoid glycosides

59- Herbal treatment(s) for gastritis include(s)

- a- marshmallow
- b- chamomile
- c- liquorice
- d- both b and c
- e- all of them

60- Laxative herb(s) which can be used for treatment of chronic constipation

- a- bran
- b- senna
- c- psyllium
- d- both a and c
- e- all of them

61- Tamarind pulp has a mild laxative action due to

- a- anthraquinone glycosides
- b- organic acid
- c- sugar
- d- both b and c
- e- all of them

62- The chronic intake of tannins is dangerous as

- a- They inhibit digestive enzymes which bind to mucosa of small intestine.
- b- They complex metal ions thus inhibiting their absorption.
- c- They react with thiamin and protein, decreasing their absorption.
- d- both a and b
- e- all of the above

63- Example of herb(s) that has/have tannins as active constituents

- a- tea leaves and oak bark
- b- black berry fruit
- c- hamamelis
- d- both a and c
- e- all of them

64- is a synthetic alkaloid that was found to be less toxic for treatment of both hepatic and intestinal amoebiasis

- a- Plumbagin
- b- Emetine
- c- Dehydroemetine
- d- Naphthyl isoquinoline alkaloids
- e- none of them

65- The herbal drug(s) of choice for treatment of irritable bowel syndrome is/are

- a- peppermint leaves
- b- peppermint oil
- c- ginger
- d- turmeric
- e- all of them

66- Treatment of hemorrhoids is achieved by

- a- increase dietary fiber
- b- mucilage-containing herbs
- c- herbs that improve venous and connective tissue tone
- d- healing and astringent herbs as hamamelis and calendula
- e- all of the above

67-enemas are used to treat oxyuriasis.

- a- Quassia
- b- Santonica
- c- Garlic
- d- Pomegranate
- e- None of them

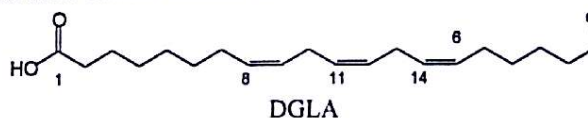
68- Quassia extracts have been used to expelworms.

- a- round
- b- hook
- c- thread
- d- pin
- e- both a and c

69- Recommended herbal remedy(ies) for psoriasis is/are

- a- aloe vera gel
- b- oregon grape root bark
- c- chamomile
- d- both a and b
- e- all of them

- 70- All of the following are correct regarding to oak bark except
 a- It can be used for treatment of eczema.
 b- It should not be used if there is extensive skin damage.
 c- Treatment should be limited to a total of 2 to 3 weeks.
 d- It can be stored and used for several days.
 e- It can be used as cold wet compresses.
- 71-..... is applied topically to increase the local blood flow for treatment of hair loss.
 a- Spiritus rosmarini (rosemary spirit)
 b- Stinging nettle (*Urtica*) herb tincture
 c- Sage leaves
 d- Both a and b
 e- All of them
- 72-inhibits cell division in cell cultures and inhibit protein biosynthesis. It has anti-inflammatory effect.
 a- Witch hazel
 b- Oak bark
 c- chamomile
 d- Oregon grape root bark
 e- Aloe vera gel
- 73- *Momordica (Momordica charantia)*, all of the following are correct except
 a- The plant contains triterpene (cucurbitane-type) glycoside.
 b- The fruit is eaten as a vegetable and leaves are used as tea.
 c- Cooking could not destroy many of the toxins present.
 d- The herb may have teratogenic effects in pregnant woman.
 e- It inhibits glucose absorption from the gut.
- 74- Polysaccharides of guar gum composed of straight and branchedpolymers
 a- D-Glucose
 b- D-mannose
 c- D-Fructose
 d- D-Galactose
 e- both a and b
- 75- Natural form(s) of hormone replacement therapy(ies) is/are
 a- isoflavonoids e.g. genistein
 b- flavonoids e.g. luteolin
 c- coumestans e.g. coumestrol
 d- both b and c
 e- both a and c
- 76- Saw palmetto
 a- Its liposterolic and ethanolic extracts inhibit 5 α -reductase enzyme *in vitro*.
 b- is used to treat benign prostate hyperplasia (BPH).
 c- has been used traditionally for cystitis.
 d- both a and b
 e- all of the above
- 77- Arbutin-containing products
 a- are suitable for treatment of acute and chronic urinary tract infections (UTI).
 b- should be taken 3 to 5 times/day for maximum 1 week in acute lower UTI.
 c- should not be used for more than 1 week at a time or more than 5 times/year.
 d- all of the above
 e- both b and c
- 78- Bearberry leaf (*Uvae ursi folium*) should be taken with
 a- tomatoes and potatoes
 b- vitamin C
 c- sodium bicarbonate
 d- both a and c
 e- both a and b
- 79- Herb(s) is/are rich source(s) of gamma-linolenic acid (GLA).
 a- borage oil
 b- black current oil
 c- evening primrose oil
 d- both a and c
 e- all of them
- 80- Dihomo-gammalinolenic acid (DGLA) is further metabolized to
 a- 1-series prostaglandins
 b- 3-series leukotrienes
 c- both a and b
 d- arachidonic acid in limited amounts
 e- all of them



Question No. (2)(10 marks, 25 minutes)
 You are provided with 20 sentences, use only one or two words instead of each sentence.

Sentences	Word
- Tea mixtures containing certain constituents that should preferably be extracted with cold water and others that are best extracted with boiling water.	
- A herb increases drug bioavailability and enhances absorption of many drugs.	
- Herbs enhance water elimination without depleting electrolytes.	
- A plant extract which extensively researched and used for cognitive defects and peripheral vascular disorders.	
- A herb decreases symptoms of varicose veins, superficial thrombophlebitis and lymphatic edema.	
- An essential oil which stimulates the blood flow and has central analeptic (awakening) effects.	
- A herb which increases the stores of vitamin C, yielding non-specific enhancement of the immune system.	
- A plant extract contains anxiolytic substances which have glutamatergic and serotonergic effects.	
- A herb which has been used to boost energy, improve concentration and adaptogenic.	
- A herb useful in rheumatic conditions and acts by combination of thermal and nociceptive properties, and depletion of substance P.	
- A herb inhibits 15-hydroxy prostaglandin dehydrogenase enzyme. It may cause aldosterone-like side effects.	
- An oil rich in omega 6 fatty acid and used for menopausal hot flushes.	
- Prolonged use of pure oil/ alcoholic extract of this herb → epileptic convulsions.	
- A herb contains flavonoids with antioxidant and anti-inflammatory effects used for treatment of acne and seborrhea.	
- A herb is recommended for treatment of heavy menstrual bleeding. Its active constituents are flavonoids, saponins and minerals.	
- β -asarone free varieties of this herb are preferred and prepared by maceration in 60% alcohol to avoid side effects.	
- A name of herbal formula consists of peppermint, caraway, chamomile, liquorice and lemon balm.	
- A herb contains lignans present in the root including pinorensinol that relief symptoms in benign prostate hyperplasia (BPH) as adjuvant treatment.	
- A herb used orally and topically in gel formulations for treatment of hemorrhoids, but it should not be applied topically if the piles are bleeding.	
- It is a steroidal alkaloid derived from the bark of plant species (F. Apocynaceae) and used for treatment of amoebic-dysentery.	

Good Luck