



Herbal ABC's: The Foundation of Herbal Medicine (2018) by Dr. Sharol Marie Tilgner

CLASS: G350 Test Questions Rvs'd 03/27/20

Digestive System Herbs

1. _____ Which organ is not part of the ancillary digestive system?
 - a. Liver
 - b. Gallbladder
 - c. Stomach
 - d. Pancreas
2. _____ True or False: Alcohol can be absorbed directly from the stomach.
3. _____ What type of herbs contain fiber and nutrients that nourish our good gut bacteria?
 - a. Alterative
 - b. Mucilaginous
 - c. Bitter
 - d. Vulnerary
4. _____ True or False: Bitter receptors exist only on the tongue.
5. _____ When working with an individual who has a severely irritated digestive system, it's important to consider how to supply the necessary herbs without contributing to further gastrointestinal irritation. For an individual whose gut is acutely inflamed, which of the following herbs might be a good, healing choice:
 - a. Parsley
 - b. Licorice
 - c. Cranesbill
 - d. Poke Root
6. _____ True or False: In order to be fully active, bitter herbs must be tasted.
7. _____ Due to its expectorating effect, what herb makes a nice addition to an herbal formula when an individual with a respiratory infection needs both an expectorant and a bitter – a combination of symptoms often seen in the elderly?
 - a. Chamomile
 - b. Caraway
 - c. Sage
 - d. Horehound
8. _____ True or False: When employing carminative herbs, it's important to use a preparation that retains the volatile oil content.
9. _____ When dealing with stimulant laxatives, which one of the following herbal preparations is not as effective as the other three?
 - a. Tincture
 - b. Tablets
 - c. Teas
 - d. Capsules

10. _____ Which herb contains berberine and promotes elimination of metabolic waste?
- a. Alfalfa
 - b. Oregon Grape
 - c. Ginger
 - d. Milk Thistle
11. _____ What herbal constituent has been shown to triple bile secretion for up to 90 minutes?
- a. Camphor
 - b. Glycyrrhizin
 - c. Limonene
 - d. Berberine
12. _____ True or False: Anthraquinone glycosides are activated by intestinal flora.
13. _____ True or False: When using a vermifuge herb to address intestinal parasites, a laxative herb must also be employed.
14. _____ Which of the following is an antiparasitic herb that works on parasites both directly in the intestinal tract and also outside the intestinal tract?
- a. Marshmallow
 - b. Artemisia
 - c. Cascara Sagrada
 - d. Plantain
15. _____ True or False: Astringent herbs are most effective when used long-term.
16. _____ True or False: All vulnerary herbs are also demulcent herbs.
17. _____ True or False: Currently there are no chemical properties in mucilaginous herbs known to act in a medicinal way.

Liver Herbs

18. _____ The hepatic portal system carries blood to the liver from which system?
- a. Respiratory System
 - b. Digestive System
 - c. Endocrine System
 - d. Urinary System
19. _____ When working properly, the liver is capable of clearing what percentage of toxins from the blood?
- a. 99%
 - b. 75%
 - c. 50%
 - d. 29%
20. _____ True or False: When the flow of bile is increased, toxins stay in the liver longer.
21. _____ The most common cause of impaired liver function is:
- a. Gallstones
 - b. High Blood Pressure
 - c. Parasites
 - d. Alcohol ingestion
22. _____ The main mechanism for moving conjugated toxins out of the liver is through:
- a. The Hepatic Portal Vein
 - b. The Bile
 - c. The Lungs
 - d. The Skin

23. _____ The most common phase I enzymes, known as the cytochrome P450 enzymes, are essential for biotransformation of chemical toxins and the production of:
- Hydrochloric Acid
 - Cholesterol
 - Steroids
 - Both B & C
24. _____ A significant side effect of phase I detoxification is the production of:
- Free Radicals
 - Glutathione
 - Fat-Soluble Toxins
 - Enzymes
25. _____ True or False: Stimulation of phase I detoxification is contraindicated if an individual's phase II system is underactive.
26. _____ What compound has been shown to inhibit phase I detoxification while also stimulating phase II detoxification, making it very useful in preventing certain types of cancer?
- Quercetin
 - Naringenin
 - Capsaicin
 - Curcumin
27. _____ True or False: The best way to elevate an individual's glutathione level is to identify their specific needs for co-factor and amino acids.
28. _____ True or False: In healthy individuals, a daily dose of 500mg of vitamin C can be sufficient to elevate and maintain glutathione levels.
29. _____ True or False: Raw fresh fruits and vegetables are better at raising glutathione levels than cooked foods.
30. _____ Individuals with low bile (hypochlorhydria) who do not respond to cholagogue/choleretic herbs are often in need of what two amino acids?
- Glycine & Taurine
 - Glycine & Arginine
 - Taurine & Glutamine
 - Glutamine & Cysteine
31. _____ Which specific Phase II conjugation pathway is significantly burdened by the ingestion of large amounts of acetaminophen?
- Methylation
 - Sulfation
 - Acetylation
 - Glucuronidation
32. _____ Individuals who struggle with poor acetylation pathways may have problems with:
- Digesting protein
 - Sleep
 - Hair loss
 - Headaches
33. _____ Silymarin, the most well-studied, active ingredient in Milk Thistle, has been shown to increase levels of the master antioxidant, glutathione, by up to:
- 45%
 - 75%
 - 25%
 - 35%
34. _____ True or False: Liver dysfunction is associated with metabolic syndrome.

35. _____ True or False: Herbs that stimulate the production of bile are called cholagogues in Western herbal medicine.

Immune System Herbs

36. _____ True or False: The primary role of Immunoglobulin A is to protect against invading pathogens by attaching to them and penetrating their defenses.

37. _____ What two types of immune cells are known for attacking foreign invaders using a process called “phagocytosis”?

- a. Macrophages & neutrophils
- b. Eosinophils & basophils
- c. Mast cells & epithelial cells
- d. Neutrophils & basophils

38. _____ The adaptive immune system consists of two branches, both mediated by cells that are initially manufactured in the:

- a. Thymus
- b. Bone marrow
- c. Spleen
- d. Liver

39. _____ Nearly 80% of the immune system resides in the:

- a. Bone marrow
- b. Spleen
- c. Intestines
- d. Respiratory tract

40. _____ What herb could be indicated for an individual with a weakened immune response, along with lymphatic congestion and exhaustion?

- a. Echinacea
- b. Astragalus
- c. Poke root
- d. Indigo

41. _____ True or False: Garlic exerts strong antimicrobial and antiparasitic effects when used in its dried form.

42. _____ If an individual presents with metabolic syndrome and is prone to fungal infections, which herb might be a good choice to use?

- a. Pau d’Arco
- b. Licorice
- c. Cinnamon
- d. Yarrow

43. _____ True or False: Antiviral herbs act directly on a virus only if in direct contact with the virus.

44. _____ It has been found that stimulating the _____ cools down inflammatory cytokines, decreasing inflammation in the body.

- a. Brain
- b. Vagus Nerve
- c. Immune System
- d. Heart

Respiratory System Herbs

45. _____ Deficiency in which fat-soluble vitamin is associated with an accelerated decline in lung function?
- a. Vitamin A
 - b. Vitamin D
 - c. Vitamin C
 - d. Vitamin E
46. _____ Diaphoretic herbs are often most helpful when administered as a:
- a. Tincture
 - b. Capsule
 - c. Poultice
 - d. Hot tea
47. _____ True or False: Because mucus is a necessary body defense, mucus secretion should not be stopped unless it is chronically in excess or the cause cannot be addressed.
48. _____ True or False: Adequate hydration is key when using astringent and/or antitarrhal herbs.
49. _____ True or False: Antispasmodic herbs that support the respiratory system will often decrease spasms in the gut as well.

Cardiovascular System Herbs

50. _____ Cardiovascular dysfunction often begins in the...
- a. Heart
 - b. Lungs
 - c. Endothelium
 - d. Arteries
51. _____ Most cardiovascular disease risk factors increase oxidative stress. Production of what important protective factor is imperative for cardiovascular health?
- a. Nitric oxide
 - b. Cortisol
 - c. Superoxide
 - d. Glutathione
52. _____ Current research suggests endothelial cells renew themselves at approximately what rate each year?
- a. 25%
 - b. 15%
 - c. 10%
 - d. 5%

“This means you can’t expect to see sudden changes in the endothelial layer from changes in lifestyle and use of herbs and nutrients. However, you can stop the damage and begin the repair. Over time the changes will become evident.”

53. _____ The use of statin drugs can cause a host of unpleasant and serious side effects, as they block not only the synthesis of cholesterol but also what key nutrient needed for mitochondrial energy production?
- a. Glutathione
 - b. CoQ10
 - c. Vitamin C
 - d. Vitamin D

54. _____ Herbs used externally to cause vasodilation are called...
- a. Rubefacients
 - b. Hypotensives
 - c. Vascular tonics
 - d. Anti-inflammatories

Musculoskeletal System Herbs

55. _____ True or False: Bones contain more dense, compact tissue if they are under frequent stress, such as from weight and resistance type exercise.
56. _____ One of the things that cushions joints and reduces friction where the bones come together is:
- a. Water
 - b. Adipose tissue
 - c. Cartilage
 - d. Muscle
57. _____ True or False: Cartilage is quick to heal following injury due to the abundance of nourishing capillaries.
58. _____ Skeletal muscles are attached to the bone by:
- a. Ligaments
 - b. Cartilage
 - c. Joints
 - d. Tendons
59. _____ Which of the following might be sign(s) of a muscle disorder?
- a. Weakness
 - b. Twitching
 - c. Cramps
 - d. All of the above
60. _____ What cooling, antispasmodic herb contains trace amounts of two neurohormones (melatonin & serotonin) in its leaves and stem?
- a. Chamomile
 - b. Skullcap
 - c. Lobelia
 - d. Cramp Bark

Nervous System Herbs

61. _____ Of the four main types of glial cells found in the nervous system, which one is found in the peripheral nervous system?
- a. Astrocytes
 - b. Schwann cells
 - c. Microglia
 - d. Oligodendrocytes
62. _____ Chemicals used for communication between nerve cells (neurons) are called:
- a. Hormones
 - b. Neurotransmitters
 - c. Myelin
 - d. Dendrites
63. _____ True or False: Most nerves of the peripheral nervous system contain both sensory neurons and motor neurons.

64. _____ True or False: The autonomic nervous system is divided into two parts: the sympathetic nervous system and the parasympathetic nervous system.
65. _____ True or False: Nerve cells (neurons) release only one type of neurotransmitter (chemical messenger).
66. _____ Plant substances that act on the receptors of nerve cells in a way that mirrors that of a neurotransmitter are known as _____ molecules.
- Agonist
 - Antagonist
 - Cholinergic
 - Adrenergic
67. _____ Which chemical messenger is the most common excitatory neurotransmitter in the nervous system?
- Dopamine
 - Epinephrine
 - Glutamate
 - Acetylcholine
68. _____ Which chemical messenger is the most common inhibitory neurotransmitter in the brain?
- GABA
 - Glycine
 - Serotonin
 - Dopamine
69. _____ Which of the following is not a nerve-stimulating methylxanthine?
- Caffeine
 - Theophylline
 - Harmine
 - Theobromine
70. _____ Research has shown that cannabidiol (CBD), a cannabinoid found in *Cannabis*, increases which neurotransmitter(s)?
- Norepinephrine
 - Epinephrine
 - Serotonin
 - All of the above
71. _____ What herb has been shown to play an important role in the modulation of the hypothalamic-pituitary-adrenal (HPA) axis function (a common biological alteration in people with major depression)?
- Rosemary
 - St. John's Wort
 - Cannabis
 - Lavender

Endocrine System Herbs

72. _____ True or False: Humans require help from healthy gut flora (probiotics) in order to make use of the phytoestrogens found in plants.
73. _____ What flavone phytoestrogen has been shown to enhance the formation of bone due to its impact on estrogen receptors?
- Apigenin
 - Chrysin
 - Luteolin
 - Anthocyanin

74. _____ What phytoestrogen constituent is often the most prolific in our Western diet?
- Flavonoids
 - Coumestans
 - Isoflavonoids
 - Lignans
75. _____ There are multiple reasons to avoid eating unfermented soy and soy products. One reason is that unfermented soy contains an enzyme inhibitor of trypsin. The enzyme Trypsin is necessary for the digestion of...
- Protein
 - Carbohydrates
 - Fats
 - All of the above
76. _____ True or False: Research reveals females who consume high amounts of phytoestrogens have a decreased incidence of breast cancer.
77. _____ Fat-soluble phytosterols are very beneficial and can be used for:
- Binding cholesterol
 - Lowering blood sugar
 - Modulating the immune system
 - All of the above
78. _____ True or False: Wild Yam (*Dioscorea spp.*) contains the steroidal saponin, dioscin, which is metabolized into progesterone by the body.
79. _____ True or False: Phytoestrogens can be beneficial in female conditions stemming from estrogen excess as well as condition of estrogen deficiency.
80. _____ An amphoteric herb:
- Stimulates neurological function and can be useful in reducing brain fog
 - Has the ability to upregulate and downregulate body function
 - Is utilized across all herbal schools (TCM, Western, Ayurveda, etc.)
 - Has both fat-soluble and water-soluble properties
81. _____ For women looking to decrease the production of breast milk, which one of the following herbs would be the best choice?
- Sage
 - Fennel
 - Fenugreek
 - Milk Thistle
82. _____ The Islets of Langerhans are groups of endocrine cells found in the pancreas that work to control blood sugar. Within these groups the *alpha* cells produce which hormone?
- Insulin
 - Epinephrine
 - Glucagon
 - Pregnanolone
83. _____ True or False: Herbal adaptogens are valuable for stabilizing blood sugar.
84. _____ True or False: Utilizing hypoglycemic herbs and other supportive protocols for Type I diabetes does not mean you can safely (or legally!) recommend a Type I diabetic cease using insulin.

85. _____ The primary job of the thyroid gland is to:
- Govern the secretion of gastric juices
 - Keep the neck warm
 - Regulate calcium blood levels
 - Regulate the body's metabolism
86. _____ Research has revealed certain nutrients necessary for proper thyroid conversion. Which of the following are particularly noteworthy?
- Iodine, Magnesium, Manganese
 - Selenium, Iron, Zinc, Copper
 - Vitamin A, Vitamin D, Vitamin C
 - Both A & B
87. _____ Two antithyroid herbs –Bugleweed & Lemon Balm– are most effective when used as a:
- Fresh liquid extract
 - Dried herbal tincture
 - Poultice placed directly over the thyroid
 - Both B & C
88. _____ True or False: The predominate physiological manifestation of chronic stress is mitochondrial disfunction.

Nervous System Herbs

89. _____ True or False: Hibiscus makes a refreshing tea that is very beneficial for individuals battling adrenal fatigue (hypo-adrenal states).
90. _____ True or False: Diuretic herbs should be used to mobilize a kidney stone stuck in the ureter.

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