



Differences Between Essential Oils & Herbal Remedies (2022)

by Darlene Jorgens, HHP, CMH

CLASS: AV10

There are significant differences between essential oils and traditional herbal remedies. Learn how the two modalities differ and understand how and why synthetic substances are different from these natural plant substances. Included: Monographs of the essential oils of Wintergreen, Black Spruce and Niaouli

1. Herbalism is the use of natural, _____ substances for a variety of therapeutic purposes.
 - A. Petroleum
 - B. Herbal
 - C. Plant-Based
 - D. All of the above
2. Aromatherapy is a branch of _____ that therapeutically uses very concentrated volatile aromatic oils called essential oils.
 - A. Science
 - B. Botany
 - C. Homeopathy
 - D. Herbalism
3. (True or False) All plants have aromatic essential oils.
 - A. True
 - B. False
4. (True or False) All plant constituents have been identified by science.
 - A. True
 - B. False
5. (True or False) Without the many less-active constituents, the risk of side-effects and drug-resistance are greatly increased
 - A. True
 - B. False



6. Death is an important side-effect of petroleum-based aspirin. The Lethal Dose or LD50 is the amount of an ingested substance that kills _____ percent of a test sample (usually rats).
- A. 25
 - B. 35
 - C. 50
 - D. 75

7. (True or False) The highest percentages of Methyl salicylate are found in the essential oils of Wintergreen and Birch.
- A. True
 - B. False

8. Which of the following are actions of Wintergreen? (*Select all that apply.*)

- A. Adaptogen
- B. Anti-inflammatory
- C. Analgesic
- D. Antiparasitic
- E. Astringent
- F. Aromatic
- G. Demulcent
- H. Stimulant



9. Which of the following are necessary for an herb to be considered an adaptogen? (*Select all that apply.*)

- A. They must produce a nonspecific defense response to stress
- B. They must have a normalizing influence on the body
- C. They must be stimulating and relaxing
- D. They must be non-toxic
- E. They must help re-regulate endocrine nervous system, immune, digestive, and cardiovascular function.

10. (True or False) Wintergreen essential oil utilizes different pathways than aspirin and inhibits platelet aggregation (is blood-thinning).

- A. True
- B. False

11. (True or False) The key to the action of a genuine adaptogen is that it must support the neuroendocrine system, specifically the hypothalamic-pituitary-adrenal (HPA) axis and in doing so modulate and regulate the use of cortisol, allowing the body to maintain a healthy stress response. They also help regulate and support the interconnected neuroendocrine and immune systems allowing the body to maintain optimal homeostasis.

- A. True
- B. False

12. Which of the following essential oils are considered adaptogens? (*Select all that apply.*)
- A. Black Spruce
 - B. Orange
 - C. Peppermint
 - D. Niaouli
13. (True or False) Children, pregnant and lactating women, the elderly and the debilitated should receive special consideration when deciding whether an essential oil or an herb would be more appropriate.
- A. True
 - B. False
14. (True or False) As a general rule, risk of toxicity usually increases as the amount of plant constituents decrease.
- A. True
 - B. False
15. (True or False) Essential oils are very powerful and for safety, their use should be assumed to be different than other herbal extracts until proven otherwise.
- A. True
 - B. False

~ END OF TEST ~