

INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO, RAJAGIRIYA

BUMS LEVEL I – FIRST SEMESTER EXAMINATION – AUGUST 2017

ENGLISH -I

COURSE CODE – EN 1000

INDEX NO:

Date: 02.10.2017

Time: 1 ½ hours

9.45 a.m. – 11.15 a.m.

Part I- Structured Questions

Answer all the questions.

01) Read the following passage and answer the questions. Your answers should be in complete sentences. (20 Marks)

Herbal medicine, sometimes referred to as botanical medicine or herbalism, involves the use of plants, or parts of plants, to treat injuries or illnesses. This field also covers the use of herbs or botanicals to improve overall health and wellness. Herbalist, herbal medicine practitioners, traditional medicine practitioners, and Ayurveda, homeopathic, and naturopathic healers all use herbal remedies in their practices.

Seeds, leaves, stems, bark, roots, flowers, and extracts of all of these have been used in herbal medicine over the millennia of their use. These supplemental treatments have been delivered raw, in teas and tinctures, as topical applications, in liquid forms, and in pills and capsules. In the beginning, the plants were consumed raw or combined with hot water as a soup or tea. Later, the plants were dried and crushed for other uses. The plants were found in the wild and uses were often based on superstitious or visual cues. Plants were often used to treat body systems because they were shaped like that body part or because they grew in a particular area. As science began to take a closer look at herbal remedies, their use became more refined. Herbs and other plants are actually the precursors to many of today's medicinal drugs. Some of the pharmaceutical medications on the market are extracts of some of these traditional herbs.

Today, many modern, and Western, medical practitioners are beginning to look at herbal remedies for some common, and not-so common, disorders. In some respects, they have gained a new momentum in the medical field. The lower cost and often safer use have attracted many medical professionals. Pharmaceutical medications, with their potential for harmful side effects and addiction, are becoming less popular. Some physicians use herbs to offset the side effects of pharmaceuticals. Thus, people are seeking

alternatives to the modern medical interventions. Improving, and maintaining, health naturally is a very popular approach to overall wellness. The herbs used today are generally cultivated for those purposes.

Very few herbs are harvested from the wild, with the exception of a few still found in the rainforests and higher elevations. The cultivation of herbs for medicinal uses is a large field and more people are beginning to plant their own herb gardens. Many monasteries continue to grow large herbal gardens within their walls. However, elderly people metabolize medications differently, and generally are on more medications, and therefore must also exercise caution when trying new herbal treatments. Underlying ailments that may affect the body's ability to process or absorb medications are also an issue.

The history of herbal medicine has been both long and colorful. From the early Chinese Empires to modern physicians' offices, herbal medicines have continued to be a part of the medical field. Herbal treatments have matured throughout history, along with the methods of delivering them. In the beginning, the herbs were used in a hit or miss method and required major events to change their use. Research and clinical trials have helped to shape the field of medicine, and the future for herbal medicine looks bright.

1. What is this passage about? (02 Marks)

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2. Write a definition on 'herbalism' considering the details given in the first paragraph of the passage. (03 Marks)

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3. Mention three parties who use herbal remedies in their practices. (02 Marks)

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4. How were the plants used at the beginning? (02 Marks)

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5. State two advantages of herbal remedies. (04 Marks)

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6. Why should the elderly people exercise caution when they are trying new herbal treatments? (04 Marks)

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7. Write a synonym for each word listed below.

(03 Marks)

- (i). Consumed -
- (ii). Remedies -
- (iii). Gained -
- (iv). Ailments -
- (v). Caution -
- (vi). Absorb -

02) Fill in each blank with a suitable word from those given in the list below.

(20 Marks)

sensitive distinct depending on important
varies thickest vessels outer muscles skin

Human skin, the (1) covering of the body, is the largest organ. It also constitutes the first line of defense. (2) contains many specialized cells and structures. It is divided into three main layers; epidermis, dermis and hypodermis. Each layer provides a (3) role in the overall function of the skin. Epidermis, the outer most layer of the skin, (4) in thickness in different regions of the body. It is the thinnest on the eyelids (0.05 mm) and the (5) on the palms and soles (1.5 mm). The dermis also varies in thickness (6) the location of the skin. It is 0.3 mm on the eyelid and 3.0 mm on the back of the body. The dermis is attached to an underlying hypodermis or subcutaneous connective tissue. The subcutaneous tissue is a layer of fat and connective tissue that houses larger blood

(7) and nerves. This layer is (8) in the regulation of temperature of the skin itself and the body. The size of this layer varies throughout the body and from person-to-person. Hair follicles, sweat glands and sebaceous glands are the main skin appendages. The skin guards the underlying (9), bones, ligaments and internal organs. There are two general types of skin, hairy and glabrous skin. However, the skin can be dry, (10), pale, sagging or tired. People deficient in essential nutrients such as beta-carotene, the B complex vitamins and vitamins C and E often suffer from the drying of the skin.

Part II- Essay Questions

01) Write a well-organized paragraph of 60-75 words on one of the given quotes on health. You may take the quotes as your topic sentences or adjust them accordingly. (10 Marks)

1. "Let your food be your medicine and your medicine be your food."
2. "A few die of hunger; of eating, a hundred thousand."
3. "An early-morning walk is a blessing for the whole day."

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