

# WESTERN HERBAL MEDICINE

## HIGH SCHOOL WORKSHEET

### History

1 Explain how Europeans expanded their knowledge of herbal medicines in the 16<sup>th</sup> and 17<sup>th</sup> centuries.

### Diagnosis

2 Which four processes are considered by a herbalist in a diagnosis?

3 *“The presenting symptoms will not be the main target for treatment.”* Explain this statement.

### Treatment

4 What are tinctures?

5 List four forms of treatment and explain how they work.

6 Why is there a renewed interest in natural plant medicines today?

7 How are herbal products being ‘standardised’?

8 Herbal medicines should be taken with caution and under medical supervision. Explain why this is so important.