

WESTERN HERBAL MEDICINE

PRIMARY SCHOOL WORKSHEET

History

1. What is Herbalism?

2. Explain how Europeans expanded their knowledge of herbal medicines in the 16th and 17th Centuries.

Diagnosis

2. When doing a diagnosis, a herbalist will take four processes of the body

into consideration. These are assimilation, _____,

_____ and _____.

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

This means that the herbalist will not just try to treat a patient’s symptoms (the signs of illness, like headaches or fevers). The herbalist will aim to restore the

Treatment

4. What are tinctures?

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

6. Why are so many people interested in natural plant medicines today?

7. Explain how researchers are working to standardise herbal medicines.

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