Foundations in Herbal Medicine: Cardiovascular Homework

Name: ____________________________________________

Make sure to read questions carefully. Make note of the plant part!

1. Herbalists sometimes use the stem and flower of this plant for the treatment of congestive heart failure characterized by shortness of breath, irritability and weak pulse.
   a. Convallaria majalis
   b. Crataegus monogyna
   c. Selenicereus grandiflorus
   d. Astragalus membranaceus

2. The root of this plant has been shown to have a modest hypotensive effect in clinical studies.
   a. Fennel
   b. Hibiscus
   c. Beets
   d. Dandelion

3. This bark extract has been shown to have a beneficial effect on chronic venous insufficiency.
   a. Pycnogenol
   b. Horse chestnut
   c. Ginkgo
   d. Amla

4. The flowers from this plant are very popular as a nervine for those with stress induced hypertension. Delightful taste.
   a. Leonurus cardiaca
   b. Tilia europa
   c. Scutellaria lateriflora
   d. Valeriana officinalis

5. This fruit has been shown to lower both blood glucose and lipids.
   a. Vaccinium myrtillus
   b. Hibiscus sabdariffa
   c. Emblica officinalis
   d. Vitis vinifera

6. These anthocyanin rich calyces act as a reliable diuretic and ACE-inhibitor, showing a reduction in blood pressure in numerous clinical trials.
   a. Olea europa
   b. Foeniculum vulgare
   c. Emblica officinalis
   d. Hibiscus sabdariffa

7. Which of the following has the strongest evidence for lipid reduction?
   a. Monascus purpureus
   b. Commiphora mukul
c. *Cynara scolymus*
d. *Emblica officinalis*

8. This yellow colored alkaloid was shown in a meta-analysis of 11 studies to reduce total cholesterol, triglycerides and raise HDL.
   a. *Pycnogenine*
b. *Berberine*
c. *Cactine*
d. *Sanguinarine*

9. A review of clinical trials found significant benefit in symptom control and physiologic outcomes from the leaves/flowers/berries from this plant as an adjunctive treatment for chronic heart failure.
   a. *Convallaria majalis*
b. *Terminalia arjuna*
c. *Crataegus species*
d. *Corydalis ambigua*

10. The leaf from this tree possesses calcium channel blocking and ACE inhibiting properties. Reduces blood pressure in clinical trials and may also improve insulin sensitivity.
    a. *Ginkgo biloba*
b. *Leonurus cardiaca*
c. *Chrysanthemum morifolium*
d. *Olea europaea*

11. This mineral acts as a natural calcium channel blocker and increases the effectiveness of all hypotensive drug classes.
    a. Magnesium
    b. Calcium
    c. Zinc
    d. Chromium

12. This seed extract has been shown in numerous clinical trials to be effective for chronic venous insufficiency. Standardized extracts are recommended.
    a. *Vitis vinifera*
b. *Aesculus hippocastanum*
c. *Emblica officinalis*
d. *Crataegus oxyacantha*

13. Name one example of each of the following with cardiovascular effects:
    a. Cardioactive
       ________________________________
    b. Diuretic
       ________________________________
    c. Peripheral vasodilator
       ________________________________
    d. Hypotensive
       ________________________________
    e. Nervine
       ________________________________
    f. Hypolipidemic
       ________________________________
    g. Adaptogen
       ________________________________
    h. Vascular tonic
       ________________________________
14. Compare and contrast the use of olive leaf, grape seed extract and hibiscus for high blood pressure. Include doses.

15. Describe a patient in whom you might suggest the use of hawthorn.

16. Describe the use of magnesium, L-carnitine and D-ribose in heart disease.

17. Discuss the use of coleus and arjuna in heart disease. Indications/doses.

18. What one herb/supplement most intrigued you in this module? Why?