



# TISHK INTERNATIONAL UNIVERSITY

Faculty of: Pharmacy

Department of: Pharmacy

Course: Aromatherapy Code: PHAR

Semester: Grade 4, 2<sup>nd</sup> Semester

429

## Question Bank

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### QUESTION BANK THEORY PAPER (100 Marks)

**Note: The questions are indicative. Please DO NOT suppose that these questions will be asked in exams**

#### (A) MCQ: CHOOSE THE CORRECT ANSWER

1. What is aromatherapy primarily used for?

- a) Physical therapy
- b) Emotional and psychological well-being
- c) Surgical procedures
- d) Radiation therapy

2. Which of the following is a common method of using essential oils in aromatherapy?

- a) Ingestion
- b) Intravenous injection
- c) Inhalation
- d) Topical steroids

3. Which essential oil is commonly used for its calming and relaxing properties?

- a) Peppermint
- b) Lavender
- c) Eucalyptus
- d) Lemon

4. What is the primary component of essential oils that contribute to their therapeutic properties?

- a) Water
- b) Alcohol
- c) Volatile compounds
- d) Heavy metals

5. Which of the following essential oils is often used to relieve symptoms of colds and congestion?

- a) Rosemary
- b) Tea Tree



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- c) Eucalyptus
- d) Ylang-Ylang

6. What should be done before applying essential oils to the skin?

- a) Mixing with water
- b) Heating
- c) Diluting with a carrier oil
- d) Freezing

7. Which essential oil is commonly used to improve concentration and boost energy?

- a) Lavender
- b) Peppermint
- c) Chamomile
- d) Rose

8. Aromatherapy can be used to help manage stress. Which of the following essential oils is well-known for its stress-relieving properties?

- a) Sandalwood
- b) Orange
- c) Basil
- d) Clove

9. Which essential oil is known for its antibacterial and antiviral properties, making it useful in household cleaning?

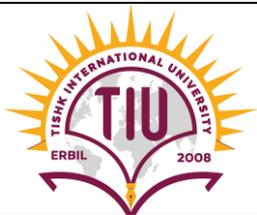
- a) Lemongrass
- b) Tea Tree
- c) Jasmine
- d) Patchouli

10. What is the role of a carrier oil in aromatherapy?

- a) To enhance the fragrance
- b) To dilute essential oils for safe application to the skin
- c) To increase the concentration of essential oils
- d) To neutralize the essential oils

11. How does aromatherapy primarily influence psychological well-being?

- a) By altering brain chemistry
- b) By improving physical health
- c) Through the placebo effect
- d) By stimulating the olfactory system



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12. Which essential oil is commonly used to reduce symptoms of anxiety and promote relaxation?
- Lavender
  - Peppermint
  - Clove
  - Basil
13. What is the role of the limbic system in the context of aromatherapy and psychology?
- It regulates muscle movement
  - It processes sensory information from the skin
  - It is involved in emotion and memory
  - It controls digestive functions
14. Which of the following essential oils is often used to alleviate symptoms of depression?
- Eucalyptus
  - Jasmine
  - Tea Tree
  - Thyme
15. How can essential oils influence mood and behavior according to psychological theories?
- By changing the pH of the brain
  - By altering neurotransmitter activity
  - By increasing heart rate
  - By enhancing cognitive function
16. Which essential oil is commonly associated with improved sleep quality and reduction of insomnia?
- Lemon
  - Lavender
  - Cedarwood
  - Rosemary
17. What psychological benefit is peppermint oil often associated with?
- Calming anxiety
  - Enhancing alertness and concentration
  - Inducing sleep
  - Reducing anger



18. Which essential oil is frequently used to **Group** manage symptoms of stress and is known for its grounding properties?

- a) Frankincense
- b) Grapefruit
- c) Ylang-Ylang
- d) Tea Tree

19. In terms of psychological effects, which essential oil is often used to promote feelings of happiness and uplift mood?

- a) Sandalwood
- b) Bergamot
- c) Patchouli
- d) Clary Sage

20. What is the psychological effect of inhaling rosemary essential oil?

- a) Induces sleep
- b) Improves memory and cognitive performance
- c) Reduces anxiety
- d) Lowers blood pressure

21. Which of the following environmental factors can contribute to dry skin?

- a) High humidity
- b) Low humidity
- c) High temperatures
- d) Rainy weather

22. Which personal habit is most likely to cause dry skin?

- a) Drinking plenty of water
- b) Using a humidifier
- c) Taking hot showers
- d) Applying moisturizer

23. Which skin condition is characterized by inflamed, itchy, and dry patches?

- a) Acne
- b) Eczema
- c) Rosacea
- d) Hyperpigmentation

24. What is a common side effect of certain medications that can affect the skin?

- a) Oily skin



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- b) Dry skin
- c) Acne
- d) Increased sweating

**25.** How does aging naturally affect the skin's moisture levels?

- a) Increases moisture retention
- b) Decreases moisture retention
- c) Has no effect on moisture retention
- d) Makes skin oilier

**26.** What impact does frequent hand washing have on the skin?

- a) Increases moisture levels
- b) Removes natural oils
- c) Makes skin softer
- d) Improves skin elasticity

**27.** Which weather condition is most likely to lead to dry skin?

- a) Warm and humid weather
- b) Cold and windy weather
- c) Sunny and dry weather
- d) Rainy and wet weather

**28.** Why can air conditioning and heating systems contribute to dry skin?

- a) They increase humidity in the air
- b) They reduce humidity in the air
- c) They do not affect humidity
- d) They add moisture to the skin

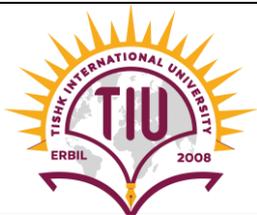
**29.** What is a common recommendation for managing dry skin?

- a) Avoid moisturizing
- b) Take frequent hot baths
- c) Use a high-quality moisturizer regularly
- d) Wash hands frequently without using lotion

**30.** Which of the following is a factor in dry skin due to medical treatments?

- a) Use of moisturizers
- b) Exposure to cold weather
- c) Radiation therapy
- d) Drinking excessive water

**31.** What is the primary purpose of using a carrier oil in aromatherapy?



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- a) To enhance the scent of essential oils
  - b) To dilute essential oils for safe application to the skin
  - c) To increase the potency of essential oils
  - d) To change the color of essential oils
- 32.** Which of the following is a common carrier oil used in aromatherapy?
- a) Tea Tree Oil
  - b) Lavender Oil
  - c) Coconut Oil
  - d) Peppermint Oil
- 33.** Which carrier oil is known for its light texture and suitability for all skin types, including sensitive skin?
- a) Olive Oil
  - b) Avocado Oil
  - c) Jojoba Oil
  - d) Castor Oil
- 34.** Which carrier oil is rich in vitamins A, D, and E, and is often used for its moisturizing properties?
- a) Grapeseed Oil
  - b) Sweet Almond Oil
  - c) Rosehip Oil
  - d) Sesame Oil
- 35.** What is a potential downside of using coconut oil as a carrier oil?
- a) It is too light and non-moisturizing
  - b) It can solidify at room temperature
  - c) It has a strong, unpleasant odor
  - d) It is highly allergenic
- 36.** Which carrier oil is derived from the seeds of a desert shrub and is known for its long shelf life and similarity to the skin's natural sebum?
- a) Sunflower Oil
  - b) Jojoba Oil
  - c) Argan Oil
  - d) Hemp Seed Oil
- 37.** Which of the following carrier oils is often recommended for use in massage due to its smooth glide and absorption rate?



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- a) Castor Oil
- b) Sesame Oil
- c) Grapeseed Oil
- d) Wheat Germ Oil

**38.** Why should carrier oils be used when applying essential oils to the skin?

- a) To make essential oils evaporate faster
- b) To prevent skin irritation and sensitization
- c) To enhance the fragrance
- d) To reduce the cost of essential oils

**39.** Which carrier oil is well-known for its anti-inflammatory and healing properties, making it suitable for sensitive and damaged skin?

- a) Sunflower Oil
- b) Olive Oil
- c) Calendula Oil
- d) Avocado Oil

**40.** What should you do before using a new carrier oil on your skin?

- a) Mix it with water
- b) Conduct a patch test
- c) Heat it to a high temperature
- d) Mix it with essential oils directly

**41.** Chamomile MCQs

What are the primary types of chamomile used in aromatherapy?

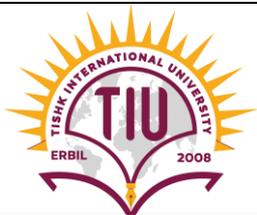
- a) Roman and German Chamomile
- b) Spanish and French Chamomile
- c) American and Indian Chamomile
- d) Chinese and Japanese Chamomile

**42.** Which property is chamomile best known for in aromatherapy?

- a) Energizing
- b) Calming and soothing
- c) Stimulating
- d) Cooling

**43.** What is a common use of chamomile essential oil in skincare?

- a) Acne treatment
- b) Skin hydration



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- c) Anti-aging
- d) Soothing skin irritations

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44. Chamomile tea is often consumed to help with which of the following conditions?

- a) Insomnia
- b) High blood pressure
- c) Diabetes
- d) High cholesterol

45. Which compound in chamomile is responsible for its anti-inflammatory effects?

- a) Limonene
- b) Chamazulene
- c) Cineole
- d) Menthol

46. Chamomile is often used in aromatherapy to help alleviate symptoms of which mental health condition?

- a) Depression
- b) Anxiety
- c) Bipolar disorder
- d) Schizophrenia

47. What is the scientific name for German Chamomile?

- a) Chamaemelum nobile
- b) Matricaria chamomilla
- c) Lavandula angustifolia
- d) Rosmarinus officinalis

48. Which part of the chamomile plant is most commonly used to produce essential oil?

- a) Leaves
- b) Stems
- c) Flowers
- d) Roots

49. What is a potential side effect of using chamomile, particularly in individuals with allergies?



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- a) Hypertension
- b) Allergic reactions
- c) Increased heart rate
- d) Liver damage

50. How is chamomile essential oil typically used in aromatherapy?

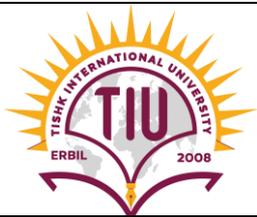
- a) Ingestion
- b) Topical application and inhalation
- c) Intravenous injection
- d) Subcutaneous injection

### (B) TRUE AND FALSE

1. Aromatherapy uses essential oils for therapeutic purposes.
2. Essential oils can be safely ingested without any dilution.
3. Lavender essential oil is commonly used to promote relaxation and reduce anxiety.
4. Aromatherapy has no scientific basis and is purely based on placebo effects.
5. Essential oils should be stored in clear plastic bottles to maintain their potency.
6. Inhalation is one of the primary methods of administering essential oils in aromatherapy.
7. Essential oils can be applied directly to the skin without any carrier oil.
8. Peppermint essential oil is often used to improve concentration and alertness.
9. Bergamot essential oil is known for its uplifting and mood-enhancing properties.
10. Aromatherapy cannot be used to help with sleep disorders.
11. The limbic system of the brain is involved in processing emotions and memories, and is influenced by aromatherapy.
12. Aromatherapy has been proven to cure mental health disorders.
13. Certain scents, such as lavender, can reduce symptoms of anxiety.
14. Inhaling essential oils has no impact on psychological well-being.
15. Chamomile is used in aromatherapy to help alleviate symptoms of depression.
16. Rosemary essential oil is often used to improve cognitive performance and memory.
17. Aromatherapy can be an effective complementary therapy for managing stress.

Instructor's Name: Dr. Kamran Javed Naquvi

Signature :



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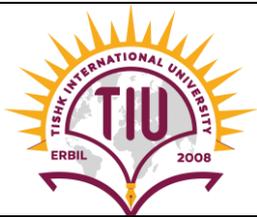
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18. Essential oils can replace prescribed medications for psychological conditions.
  19. The olfactory system is directly connected to the brain's emotional center.
  20. Using essential oils for psychological benefits requires no knowledge or training.
  21. Chamomile is commonly used in teas for its calming effects.
  22. Roman and German chamomile are the two primary types used in aromatherapy.
  23. Chamomile essential oil is known for its anti-inflammatory properties.
  24. Chamomile can cause allergic reactions in some individuals.
  25. Chamomile is ineffective in treating skin irritations.
  26. Chamomile tea is often used to help with insomnia.
  27. The main component of chamomile responsible for its soothing effects is menthol.
  28. Chamomile is often used in aromatherapy to promote relaxation and reduce stress.
  29. Chamomile essential oil is typically extracted from the roots of the plant.
  30. Chamomile has been traditionally used to aid digestion.
  31. Low humidity can contribute to dry skin.
  32. Air conditioning and heating systems can reduce humidity and dry out the skin.
  33. Essential oils should be diluted before topical application to avoid skin irritation.
  34. Chamomile is often used in cosmetic products for its soothing properties.
  35. Chamomile is safe for everyone to use, with no risk of allergic reactions.
  36. Peppermint oil can be used to relieve headaches when applied to the temples.
  37. Essential oils can be used in diffusers to create a pleasant atmosphere.
  38. Skin hydration is unaffected by diet and water intake.

### (C) ASSAY-TYPE QUESTIONS

1. Discuss the historical origins of aromatherapy and its evolution into modern practice. Include key figures and developments in your answer.
2. Evaluate the scientific evidence supporting the efficacy of aromatherapy in treating psychological conditions such as anxiety and depression.



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3. Explain the physiological mechanisms by which essential oils influence the human body, particularly focusing on the olfactory system and its connection to the brain.
4. Analyze the role of essential oils in skincare, including their benefits, potential risks, and the importance of proper dilution. Provide examples of commonly used essential oils and their specific effects on the skin.
5. Compare and contrast the uses and benefits of two essential oils of your choice. Discuss their chemical compositions, therapeutic properties, and common applications.
6. Describe the process of essential oil extraction, including the different methods used (e.g., steam distillation, cold pressing, solvent extraction) and how these methods impact the quality and properties of the oils.
7. Assess the ethical and environmental considerations involved in the production and consumption of essential oils. Consider sustainability, fair trade practices, and potential ecological impacts.
8. Discuss the integration of aromatherapy into complementary and alternative medicine. How is it used in conjunction with other therapies, and what are the benefits and challenges of such integrative approaches?
9. Explore the safety considerations and potential side effects of aromatherapy. What guidelines should practitioners follow to ensure safe and effective use of essential oils?
10. Investigate the cultural significance and traditional uses of aromatherapy in different parts of the world. How do practices and beliefs about aromatherapy vary across cultures?



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11. Describe how aromatherapy can be personalized to meet individual needs. Discuss the process of selecting and blending essential oils based on specific health concerns and preferences.
  
12. Critically evaluate the marketing and commercial aspects of the aromatherapy industry. How do marketing practices impact consumer perceptions and usage of essential oils?
  
13. Explain the role of carrier oils in aromatherapy. How do they enhance the application and effectiveness of essential oils? Provide examples of commonly used carrier oils and their properties.