



UNIVERSITI TUN HUSSEIN ONN MALAYSIA

**FINAL EXAMINATION
SEMESTER II
SESSION 2018/2019**

COURSE NAME : AROMATHERAPY
COURSE CODE : DAU 23102
PROGRAMME : DAU
EXAMINATION DATE : JUNE / JULY 2019
DURATION : 2 HOURS 30 MINUTES
INSTRUCTION : ANSWER **FOUR (4)** QUESTIONS
ONLY

THIS QUESTION PAPER CONSISTS OF **FOUR (4)** PAGES

- Q1** (a) (i) Explain the term aromatherapy with suitable examples. (3 marks)
- (ii) List out **five (5)** health benefits of aromatherapy. (5 marks)
- (b) (i) Discuss **five (5)** characteristics of essential oils when they enter the body. (10 marks)
- (ii) Show **three (3)** ways of essential oils enter to the body systems. Explain your answer. (5 marks)
- (c) Describe herbs and spices with suitable example. (2 marks)
- Q2** (a) (i) Discuss **five (5)** methods used in the production of essential oils. (10 marks)
- (ii) Give **one (1)** method used in production of citrus oil. Explain your answer. (5 marks)
- (b) The advantages in using supercritical carbon dioxide are largely of a “health and safety” to increase unease about the presence of organic solvent residues in material for human consumption. Write **five (5)** advantages of supercritical carbon dioxide in extraction of essential oil. (5 marks)
- (c) Describe any **one (1)** of the following:
- (i) Enfleurage. (5 marks)
- (ii) Solvent-Free Microwave Extraction. (5 marks)
- (iii) Phytonic (5 marks)

- Q3** (a) (i) State the meaning of adulteration. (5 marks)
- (ii) Give **five (5)** methods of adulterating essential oils. Explain your answer. (10 marks)
- (b) List **five (5)** factors that affect the quality of essential oils. (5 marks)
- (c) Classify the quantifiable analysis that allow users to determine the quality of essential oils. (5 marks)
- Q4** (a) (i) Anxiety is a tough battle to face day in and day out, which makes having a natural solution, such as an essential oil blend, important. In your own words, suggest remedies and the best essentials oils to treat this problem. (5 marks)
- (ii) Healthy eating is one of the best things to prevent, to control health problems such as high blood pressure, heart disease and some types of cancer. Suggest remedies to promote weight loss and how it help to stimulate the nervous system. (6 marks)
- (iii) Insomnia commonly leads to daytime sleepiness, lethargy and a general feeling of being unwell both mentally and physically. Propose the best essential oils to treat this problem and relate it with limbic system. (6 marks)
- (b) Write the process of olfactory system (5 marks)
- (c) Give **three (3)** function of nervous system. (3 marks)
- Q5** (a) Define thalassotherapy. (5 marks)
- (b) Explain about hydrotherapy in your own words. (5 marks)
- (c) Discuss the advantages and disadvantages of taking a bubble bath. (5 marks)
- (d) In your own words, explain the art of bathing. (10 marks)

- Q6** (a) The majority of essential oils produced are used in food flavouring agents, perfume materials and also in pharmaceutical industry. List **five (5)** ways in which essential oils can be used in daily grooming by adding benefit of the therapeutic properties. (5 marks)
- (b) Choose any **two (2)** of the listed essential oil. In your own words, elaborate the profile of the essential oil with their therapeutic benefits.
- (i) Lemongrass (5 marks)
- (ii) Chamomile (5 marks)
- (iii) Cinnamon (5 marks)
- (iv) Ginger (5 marks)
- (v) Lavender (5 marks)
- (c) *"I have been using oregano essential oil for about a week. Since that, my appetite is off, feeling very tired, sweating and difficulty in sleeping"*. Explain these symptoms in your own words. (10 marks)

~ END OF QUESTIONS ~