



**PROGRAMME** : NATIONAL DIPLOMA  
SOMATOLOGY

**MODULE** : AROMATHERAPY

**CODE** : STE 311A

**DATE** : DECEMBER 2016  
SUPPLEMENTARY EXAMINATION

**DURATION** : SESSION 1  
08:30 – 11:30

**WEIGHT** : 50:50

**TOTAL MARKS** : 150

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**EXAMINER** : MS. S. SEYAMA

**MODERATOR** : MS. S. NANA 4139A

**NUMBER OF PAGES** : 4

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**INSTRUCTIONS** : ANSWER ALL QUESTIONS

**REQUIREMENTS** : NONE

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**QUESTION 1**

- 1.1 Identify (4) key tasks to a consultation. (4)
- 1.2 During the diagnostic phase the symptoms are reviewed as per system. Identify three systems and give example of each. (6)
- 1.3 Identify aspects that are presented when writing a case history. (4)
- 1.4 In your opinion why is the management phase an imperative in the process of client consultation? (2)

**[16]**

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**QUESTION 2**

- 2.1 Clarify the notion that disease is an imbalance of the whole organism and provide an example. (4)
- 2.2 Explain the concept of "Healing Crisis". (2)
- 2.3 Describe the basic approach to the "Triad of Healing". (3)
- 2.4 Discuss the chronic -acute stage of disease. (5)
- 2.5 Describe the alarm stage response of the stress response sequence and include three of its symptoms. (6)

**[20]**

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**QUESTION 3**

- 3.1 Identify four of the blending principles. (4)
- 3.2 Why is it important that therapists should take into consideration the clients' fragrance preference? (2)
- 3.3 Distinguish between top and base notes and provide two examples of each. (6)
- 3.4 Provide properties of the following chemical constituents: (4)

**[16]**

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**QUESTION 4**

- 4.1 Explain the purpose of essential oils in plants. (4)
- 4.2 Use Linnaean method of classification to demonstrate the classification of lavender. (1/2 x 8 = 4)

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- 4.3 Identify alcohol containing chemotypes of thyme. (4)
- 4.4 Differentiate between the two species of lavender - *Lavandula angustifolia* and *Lavandula latifolia*. (6)
- 4.5 Identify two properties for each of the following plant families: (4)
- 4.5.1 Apiaceae (Umbelliferae)
- 4.5.2 Asteraceae (or Compositae)
- 4.6 Describe the isoprene unit. (1)
- 4.7 Describe the intrinsic and extrinsic factors that determine the chemistry of essential oils. (4)
- 4.8 Explain the factors that must be considered when packaging and labeling essential oils. (3)
- 4.9 Provide reasons why it is important to take precautions when working on clients suffering with kidney or liver diseases. (2)

**[28]**

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#### **QUESTION 5**

John is a 35 year old man, working in advertising as a creative director. He tested positive to HIV 5 years ago. He realises that he has not been taking care of himself and how detrimental his lifestyle is to his condition. He would like to try aromatherapy as a complementary therapy with the aim of ensuring a better quality of life.

- 5.1 Clarify the objectives (4) of treatment for John. (4)
- 5.2 Explain the naturopathic theory. (5)
- 5.3 Provide aromatherapy treatment utilizing a 6% blend of 3 essential oils addressing all relevant aspect of HIV infection. (10)
- 5.4 John's skin is looking quite inflamed as is he has eczema. If you specifically treat for this presentation as if its eczema, which oils (3) would you use and for what purpose. (6)
- 5.5 Define the condition of chronic fatigue syndrome and provide three essential oils and their properties that are relevant for its treatment. (8)

**[33]**

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#### **QUESTION 6**

- 6.1 Mrs. Dhlamini struggled to conceive due to endometriosis. Discuss endometriosis and provide aromatherapy treatment for it (3 essential oils). (15)

**[15]**

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**QUESTION 7**

- 7.1 Evaluate the need for research in Aromatherapy. (4)
- 7.2 Identify and explain four (4) questions that you believe need to be researched in Aromatherapy. (4)
- 7.3 Provide an overview of the research process. (14)

**[22]**

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