

# RH Practice Test Questions and Answers

## 1. What is inflammation a sign of?

- A) Dehydration
- B) Infection or tissue damage
- C) Excess water retention
- D) Vitamin deficiency

## 2. What defines a 'simples' formulation?

- A) A mixture of five or more herbs
- B) Only using kitchen spices
- C) A formulation using one herb
- D) A fermented herbal tea

## 3. What is 'materia medica' in herbalism?

- A) A book of folk tales
- B) A spiritual practice
- C) A catalog of herbal properties and uses
- D) A cooking guide

## 4. Why is dosage critical in herbal therapy?

- A) It enhances taste
- B) To ensure proper therapeutic effect
- C) To reduce cost
- D) To preserve aroma

**Answers: 1-B 2-C 3-C 4-B**

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