

CASE STUDY

1. A 30-year-old female patient suffers from massive uterine bleeding, thin and light colored menstrual blood, loss of appetite, shortness of breath, and lack of spirit. Her complexion is pale. Her tongue is pale with thin, white coating. Her pulse is weak. What would be the outcome of your syndrome differentiation in this case?

- A. Irregular menstruation due to Qi Stagnation
- B. Metrorrhagia due to Deficient Spleen and Kidney
- C. Metrorrhagia due to Blood Stasis
- D. Failure of the Spleen to keep Blood flowing within the vessels

2. A 40-year-old male patient suffers from fullness, pain, and burning in the hypochondrium, bitter taste in the mouth, nausea, vomiting, loss of appetite, abdominal distention, and oliguria with reddish-colored urine. His tongue is red with greasy yellow coating. His pulse is string-taut and rapid. What would be the outcome of your syndrome differentiation in this case?

- A. Damp-Heat in the Liver and Gallbladder
- B. Retention of Damp-Heat in the Spleen
- C. Liver invading the Stomach
- D. Incoordination between the Liver and Spleen

3. A 28-year-old female patient has had no menstrual periods for the last 3 months. Before that, she states, her menstruation yielded only a scanty, light-colored flow. She has a dull and sallow complexion, pale lips and nails, and suffers from dizziness, tinnitus, dry eyes, poor vision, numb and trembling hands and feet, tense tendons, insomnia, and excessive dreaming. Her tongue is pale, and her pulse is string-taut and thready. What would be the outcome of your syndrome differentiation in this case?

- A. Deficient Heart Blood
- B. Deficient Liver Blood
- C. Deficient Liver Yin
- D. Deficient Blood and Qi

4. A 48-year-old female patient has been very healthy and free of disease for the past 20 years. This year, however, her menstruation has not occurred monthly, but every 2 or 3 months. In her most recent menstrual period, the menses were scanty. She was easily angered, resulting in frequent quarrels with her husband. After this, she suffered from insomnia all night. For the next 24 hours, she did not return home, instead going up onto a rooftop to sing to herself continuously. She was hospitalized for this neurotic behavior, but received ineffective treatment. Now, the following symptoms persist: palpitations, a poor memory, dizziness, tinnitus, lassitude of the loins and legs, a dry throat, running a fever only during the afternoon, night sweats, deep colored urine, a red and peeled tongue with a reddened tip and yellow, dry tongue coating, and a superficial- thready-rapid pulse. What would be the outcome of your syndrome differentiation in this case?

- A. Kidney and Heart not harmonized
- B. Stagnant Liver Qi
- C. Disturbance of Phlegm due to Stagnation in the Gallbladder
- D. Flaring Heart Fire

♣ Question 5 and 6 both refer to the following case:

A 40-year-old male laborer who is your patient suffered from a pulmonary attack over one year ago. After this, the medicine he was taking proved ineffective, and he became emaciated and suffered from bouts of coughing that produced blood-stained sputum. Three months ago in autumn, he began to suffer from the following clinical manifestations, which have continued up to the present: frequent coughing with a small amount of glutinous sputum that is very difficult to expectorate, a dull pain in the right side of the chest, a dry and painful throat, dry lips and mouth, a feverish feeling every day at about 1:00 p.m. which does not involve aversion to cold, heavy night sweats, no appetite, lassitude in the loins and knees, fatigue, occasional seminal emissions, dry stool, a red tongue with little coating, and a thready-rapid pulse where

the Chi pulse location feels deep and weak.

5. What would be your most effective method of syndrome differentiation in this case?
 - A. Differential diagnosis of cold disease in accordance with the Theory of Six Meridians
 - B. Differential diagnosis according to pathologic changes of the viscera and their interrelations
 - C. Differential diagnosis according to the states of Qi and Blood
 - D. Differential diagnosis in accordance with the Eight Principal Syndromes

6. What would be the outcome of your syndrome differentiation in the above case?
 - A. Deficient Kidney Yin
 - B. Deficient Lung Yin
 - C. Interior Heat syndrome caused by Deficient Yin
 - D. All of the above

7. A 25-year-old female patient has suffered from the following clinical manifestations for the past two years: menstruation begins eight days early, the flow and color are normal accompanied by PMS swelling and pain in the breasts, a quick temper, a distending pain in the lower abdomen, a sensation of oppression in the chest, frequent sighing, thin white tongue coating, and a string-taut pulse. These symptoms go away a few days after menstrual flow begins. What would be the outcome of your syndrome differentiation in this case?
 - A. Blood Heat
 - B. Stagnant Liver Qi
 - C. Deficient Spleen and Stomach
 - D. Imbalance between the Chong and Ren meridians

8. A 20-year-old female patient has had a weak constitution since youth. Her menstruation did not begin until she was 18 years old. The menstrual cycle covered a 36-day period with only 3 days of actual menstrual flow accompanied by cold pain in the lower abdomen prior to and during menstruation. The pain can be relieved by application of warmth and pressure. Her menstrual flow is very scanty and pale colored. She also suffers from lassitude in the loins and legs, excretes copious amounts of clear urine, has white moist tongue coating, and a deep pulse. What would be your syndrome differentiation in this case?
 - A. Deficient Qi and Blood
 - B. Stagnant Damp-Cold
 - C. Deficient Yang leading to endogenous Cold
 - D. Unconsolidation of Kidney Qi

9. A 16-month-old little girl had experienced normal growth and development until about three months ago, when she began suffering from intermittent diarrhea, loose stools, poor appetite, and abdominal distention. The diarrhea follows immediately after meals and contains particles of undigested food. She has a sallow complexion, is fatigued, sleeps with her eyes open, has a pale tongue with white coating, a weak pulse. What would be the outcome of your syndrome differentiation in this case?
 - A. Deficient Spleen Qi
 - B. Deficient Spleen Yang
 - C. Digestive impairment due to overeating
 - D. Lingering diarrhea due to Deficient Large Intestines

10. A 40-year-old male patient caught a common cold three days ago that involved chills, low fever, headache, anhidrosis, nasal obstruction, and clear nasal discharge. He took "Yin Qiao San" tablets during those 3 days to relieve the symptoms. However, yesterday he began coughing up thin sputum, his headache and body aches became more serious than before, his tongue became coated with thin white coating, and his pulse became superficial-tense. What would be the outcome of your syndrome differentiation in this case?
 - A. Exterior Cold

- B. Exterior Heat
- C. Exterior Deficiency
- D. Interior Cold

11. A 35-year-old male patient was diagnosed with "HTLV III" (a T-Cell immune dysfunction) virus 3 years ago. Currently, he suffers from a continuous low fever, night sweats, fatigue, weakness, headaches, nausea, poor appetite, a reddish tongue with little coating, and a thready- rapid pulse. What would be the outcome of your syndrome differentiation in this case?

- A. Deficient Qi and Blood
- B. Deficient Qi and Yin
- C. Deficient Qi
- D. Hyperactivity of Fire due to Deficient Yin

12. For the past three years, a 52-year-old male patient has suffered from dizziness, a distending pain in the head and eyes, insomnia, dreaminess, and occasional tinnitus. A week ago, after returning home from work, he suddenly felt numbness in his limbs and stiffness along their right sides. This was accompanied by inarticulateness, facial hemiparalysis on the left side, a red tongue, and a excess and string-taut pulse. What would be the outcome of your syndrome differentiation in this case?

- A. Hyperactivity of Liver Yang
- B. Deficient Liver Blood
- C. Flaming up of Liver Fire
- D. Deficient Kidney Yin

13. A 60-year-old female patient underwent hospitalization 3 years ago because of headache, feelings of distention of the head, and vertigo. The Western M.D. diagnosed her condition as hypertension. Since then, she has suffered from the following clinical manifestations: fluctuating blood pressure levels, emaciation, tinnitus, a feeling of heaviness in the head, insomnia, lassitude of the loins and legs, vexation, a temperamental disposition, a red tongue with thin, yellow coating, and a string-taut and forceful pulse. What would be the outcome of your syndrome differentiation in this case?

- A. Deficient Liver Yin and Kidney Yin
- B. Hyperactivity of Liver Yang
- C. Deficient Yin and Yang
- D. Deficient Qi and Blood

14. A 32-year-old female patient's history includes primary amenorrhea since she was 18 years old. Her menstrual period usually lasted only 2 days and yielded scanty reddish menstruation. Gradually, her menstrual periods became delayed by 40 to 90 days. Now, her amenorrhea has lasted for 3 entire years, and she suffers from dizziness, tinnitus, lassitude in the loins and legs, fidgetiness, short temper, a sensation of fullness in the chest and hypochondrium, dry mouth and throat, hectic fever, night sweats, red tongue with little saliva, and a string-taut and thready pulse. She has been trying to conceive for three years, but has been unsuccessful. What would be the outcome of your syndrome differentiation in this case?

- A. Stagnant Liver Qi
- B. Deficient Liver and Kidneys
- C. Deficient Qi and Blood
- D. A combination of Stagnant Liver Qi and Deficient Liver and Kidneys

15. Over the past year, a 55-year-old male has suffered from a feeling of oppression across the chest, and by palpitations and shortness of breath that become more aggravated after movement and are relieved by relaxation. He has a pale complexion, is listless, easily fatigued, spontaneously perspires, has a pale tongue coated with white coating, and a knotted-weak pulse. What would be the outcome of your syndrome differentiation in this case?

- A. Deficient Heart Blood
- B. Deficient Heart Qi

- C. Deficient Heart Yin
- D. A combination of Deficient Heart Blood and Deficient Heart Qi

16. Last night, a 59-year-old male patient suddenly developed the following clinical manifestations: five attacks of watery diarrhea, abdominal pain, borborygmus, an aversion to cold, fever, headache, aching pains in the extremities, nausea, vomiting, poor appetite, a sensation of fullness and oppression in the chest and abdomen, listlessness, fatigue, white greasy tongue coating, and a superficial and string-taut pulse. What would be the outcome of your syndrome differentiation in this case?

- A. Damp-Heat in the Large Intestines
- B. Lingered diarrhea due to Deficient Large Intestines
- C. Spleen disorder due to retention of Damp-Cold
- D. Exogenous Damp-Cold

17. A 40-year-old male patient has a 20 year history of bronchial asthma. A week ago he contracted an Exterior Cold syndrome due to exogenous Wind-Cold pathogens. Then he developed a sensation of oppression and fullness in the chest, dyspnea, rumbling of sputum in the throat, a cough with profuse thin white sputum, a pale tongue with white greasy coating, and a rolling pulse. What would be the outcome of your syndrome differentiation in this case?

- A. Accumulation of Phlegm Damp in the Lungs
- B. Wind Cold pathogens tightening up the Lungs
- C. Invasion of the Lungs by Wind Heat
- D. Accumulation of Phlegm Heat in the Lungs

18. For one year, a 55-year-old male patient has suffered from burning pains in the tongue that become more severe when he eats and drinks. This has made him reluctant to eat and as a result he is growing increasingly emaciated. His laboratory tests for heart, liver, and kidney functions came out with normal readings; so he began taking vitamin supplements for Vitamins B₂ and C, as well as herbal medicines (*Dao Chi San* and *Zhi Bai Di Huang Wan*). This course of treatment proved ineffective. His condition has worsened and he now has a floating red color covering his face, a dry mouth and throat, thirst with a preference for hot drinks, no polydipsia, a dull abdominal pain, loose stools, lassitude in the loins and knees, fatigue, cold limbs, dropsy that is more severe in the legs, a red tongue with bleeding fissures, and a deep-slow-thready pulse. What would be the outcome of your syndrome differentiation in this case?

- A. Cold syndrome with pseudo-Heat
- B. Heat syndrome with pseudo-Cold
- C. Flaming up of Heart Fire
- D. Excess Fire due to Yin Deficient Kidneys

19. A 25-year-old female patient suffers from cold pain (cramps) in the lower abdomen during menstruation that is relieved by application of heat, but aggravated when pressure is applied. Her menstrual flow is scanty and dark in color with clots. She has an intolerance for cold, cold limbs, and feels a heavy sensation in her body, especially in the limbs. Her tongue is pale and coated with white greasy fur. She states that last month, at the peak of a summer heat spell, she overate food that was cold in nature. Her pulse is deep-tense. What would be the outcome of your syndrome differentiation in this case?

- A. Cold-Damp Stagnancy
- B. Blood Stasis due to Stagnant Qi
- C. Blood Stasis due to Stagnant Cold
- D. Blood Stasis due to Stagnant Heat

20. A 45-year-old female patient suffering from a prolonged serious illness suddenly developed the following symptoms in the past five days: frequent subcutaneous hemorrhage, weariness, vertigo, blurred vision, poor appetite, loose stools, a pale tongue, and a thready-weak pulse. What would be the outcome of your syndrome differentiation in this case?

- A. Deficient Spleen Qi
- B. Deficient Spleen Qi and Failure of the Spleen to keep Blood flowing within the vessels

- C. Yang Deficiency of the Spleen and Kidneys
- D. Incoordination between the Liver and Spleen

21. Three years ago, a 27-year-old male patient was diagnosed with pulmonary tuberculosis. He has been suffering from a cough that expectorates a small amount of glutinous sputum with very great difficulty, some of this being blood-stained. He has a dry mouth and throat, night sweats, dysphoria, a feverish sensation in the chest, palms, and soles, a reddish tongue with little coating, and a thready-rapid pulse. What would be the outcome of your syndrome differentiation in this case?

- A. Retention of Pathogenic Heat in the Lungs
- B. Deficient Lung Yin
- C. Yin Deficiency of the Lungs and Kidneys
- D. Yin Deficiency of the Lungs and Spleen

22. For three months, a 36-year-old female patient has been suffering from frequent fevers (but only at night), dysphoria, a feverish sensation in the chest/palms/soles, insomnia, flushing of the zygomatic region, dry mouth, a red tongue with little coating, and a thready-rapid pulse. What would be the outcome of your syndrome differentiation in this case?

- A. Fever due to Deficient Yin
- B. Fever due to Damp-Heat
- C. Fever due to Deficient Qi
- D. Fire brought on by upset of the five emotions

23. For three years, a 60-year-old male patient has been suffering from edema throughout his entire body, but most severely below the waist. The sites of this edema sink when pressed with the fingertips. His edema has been accompanied by a full sensation in the epigastrium, anorexia, a poor appetite, sallow complexion, fatigue, intolerance of cold, cold limbs, dysuria, a pale tongue with white greasy coating, and a deep-slow pulse. What would be the outcome of your syndrome differentiation in this case?

- A. Deficient Spleen Yang
- B. Deficient Kidney Yang
- C. Deficient Spleen Qi
- D. Deficient Spleen and Kidney Yang

♣ Questions 24 and 25 both refer to the following case:

Three days ago, a 25-year-old male patient came down with a slight fever, a serious aversion to wind and cold, anhidrosis, a headache, a stuffy running nose, and a cough with thin white sputum. Last night, his fever grew more serious, accompanied by a slight aversion to wind and cold, slight sweating, a sore throat, slight thirst, and a cough with yellow sputum. His tongue was red at the tip and coated with greasy yellow coating. His pulse was superficial-rapid.

24. Choose the best syndrome differentiation based on symptoms three days ago.

- A. Exterior Wind-Cold
- B. Accumulation of Phlegm-Damp in the Lungs
- C. Invasion of the Lungs by Wind-Heat
- D. Retention of Pathogenic Heat in the Lungs

25. Choose the best syndrome differentiation for the symptoms from last night through today.

- A. Exterior Wind-Cold
- B. Accumulation of Phlegm-Damp in the Lungs
- C. Invasion of the Lungs by Wind-Heat
- D. Retention of Pathogenic Heat in the Lungs

26. Three days ago, a 23-year-old male patient came down with a fever, a slight aversion to cold, and a headache. After taking aspirin, the aversion to cold disappeared, but the fever remained. Yesterday, his symptoms included lethargy, severe headache, a dry mouth (but with no desire to drink), nausea and a desire to vomit, a red tongue coated with yellow

coating, and a rapid pulse. What would be the outcome of your syndrome differentiation in this case?

- A. Exterior Wind-Heat
- B. Retention of Interior Damp-Heat
- C. An epidemic febrile disease at the stage of invading the Ying level
- D. Phlegm Retention

27. Three days ago, an 18-year-old female patient began to suffer from photophobia, a subjective itchy sensation in the eyes, stabbing eye pain, a feeling as if she had gotten something caught in her eye, lacrimation, mild congestion of the conjunctiva, slightly swollen eyelids, headache, stuffy running nose, aversion to wind and cold, slight fever, red tongue, rapid pulse. What would be the outcome of your syndrome differentiation in this case?

- A. Invasion of the eyes by a Wind-Heat
- B. Invasion of the eyes by a Heat toxin transmitted from the Spleen and Lungs
- C. Flaming up of Liver Fire
- D. Hyperactivity of Liver Yang

28. For four years, a 43-year-old female patient has been unsuccessfully treated by her doctor. She has been suffering from palpitations, shortness of breath, oppression in the chest which becomes aggravated after movements, listlessness, fatigue, dizziness, insomnia, amnesia, lethargy, and excessive dreaming. Her complexion is pale. Her tongue is light red, coated with white thin greasy tongue fur, and has teeth prints on it. Her pulse is sometimes weak, other times knotted. What would be the outcome of your syndrome differentiation in this case?

- A. Deficient Heart Yang
- B. Deficient Heart Qi
- C. Deficient Heart Qi and Blood
- D. Imbalance between the Heart Yang and Kidney Yin

29. Two years ago, a 35-year-old male patient was diagnosed with Hepatitis Type C - an HTLV III virus - that weakened his immune system. Over the last half year, the following symptoms have developed: oppression and pain in the chest area, palpitations and shortness of breath becoming more severe after movement, listlessness, fatigue, emaciation, a low afternoon fever, night sweats, a cough without phlegm, a red tongue with little coating, and a deep-thready-rapid pulse. What would be the outcome of your syndrome differentiation in this case?

- A. Deficient Qi and Yin
- B. Deficient Qi and Blood
- C. Deficient Yin and Yang
- D. Hyperactivity of Fire due to Yin Deficiency

30. Six months ago, a 50-year-old male patient was hospitalized and diagnosed with carcinoma of the tongue. His tongue is stiff and cannot move freely. He has hard nail-like tongue boils as large and hard as dried soybeans. The tongue boils are dark red and very painful. These symptoms are accompanied by irritability, sleeplessness, a dry mouth and throat, dark urine, dry stool, emaciation, a red tongue with thin yellow dry fur, petechiae on the tip and sides of the tongue, and a string-taut, rolling and rapid pulse. What would be the outcome of your syndrome differentiation in this case?

- A. Obstruction of the Heart vessels
- B. Flaring Heart Fire
- C. Flaming up of Liver Fire
- D. Heart disturbed by Phlegm Fire

ACUPUNCTURE

1. Which of the following prescriptions is the best for treating abdominal pain caused by the retention of food?

- A. RN12(Zhongwan), RN8(Shenque), ST36(Zusanli), SP4(Gongsun)
- B. RN12(Zhongwan), UB20(Pishu), UB21(Weishu), ST36(Zhusanli)
- C. RN12(Zhongwan), RN6(Qihai), LV13(Zhangmen), ST36(Zhusanli)
- D. RN12(Zhongwan), ST25(Tianshu), ST36(Zusanli), Inner-Neiting

☺ **Abdominal Pain : RN12, ST36**

- (1) Cold accumulation : RN8, SP4
- (2) SP Yang deficiency : UB20, UB21, LV13, RN6
- (3) Food retention : ST25, RN6, Inner-Neiting

2. The best prescription for a patient who complains of dizziness, irritability, flushed face, red eyes, tinnitus, bitter taste in the mouth and dream-disturbed sleep would be _____.

- A. ST40(Fenglong), UB20(Pishu), PC6(Neiguan), SP6(Sanyinjiao)
- B. ST8(Touwei), UB20(Pishu), RN12(Zhongwan), PC6(Neiguan)
- C. DU20(Baihui), UB20(Pishu), RN4(Guanyuan), SP6(Sanyinjiao)
- D. GB20(Fengchi), LV2(Xingjian), KD3(Taixi), UB18(Ganshu)

☺ **Dizziness**

- (1) LV Yang rising : GB20, UB18, UB23, KD3, LV2
- (2) Qi and Blood deficiency : DU20, UB20, RN4, ST36, SP6
- (3) Phlegm-damp retention : ST8, UB20, RN12, PC6, ST40

3. Which of the following is the best prescription for treating a patient who complains of chills, fever, headache, soreness and pain in the limbs, nasal obstruction, running nose, cough, no sweating, profuse thin sputum, a thin, white tongue coating, and a superficial and tense pulse?

- A. DU14(Dazhui), LI11(Quchi), LI4(Hegu), LU11(Shaoshang)
- B. DU14(Dazhui), LI11(Quchi), LI4(Hegu), LU11(Shaoshang), SJ5(Waiguan)
- C. LU7(Lieque), GB20(Fengchi), UB12(Fengmen), LI4(Hegu)
- D. GB20(Fengchi), SJ5(Waiguan), ST40(Fenglong), L120(Yingxiang)

☺ **Common Cold : LI4**

- (1) Wind-Cold : DU16, UB12, GB20, LU7
- (2) Wind-Heat : DU14, LI11, SJ5, LU10, LU11

•Prevalence : moxa at UB12, ST36

D. DU4(Mingmen)

7. The best prescription utilized to stop hiccup is _____.

- A. RN22(Tiantu), RN17(Tanzhong), L14(Hegu), ST36(Zusanli)
- B. RN17(Tanzhong), RN12(Zhongwan), UB21(Weishu), PC6(Neiguan)
- C. UB17(Geshu), RN12(Zhongwan), PC6(Neiguan), ST36(Zusanli)
- D. RN6(Qihai), RN12(Zhongwan), LV3(Taichong), RN17(Tanzhong)

☺ Hiccup : UB17, RN12, PC6, ST36

- (1) Food retention : RN14, Inner-Neiting
- (2) LV Qi stagnation : RN17, LV3
- (3) ST Cold : RN13

•Cupping : UB17, UB46, UB18, RN12, ST18

8. The best prescription for treatment of jaundice of the Yang type is _____.

- A. UB23(Shenshu), UB20(Pishu), RN12(Zhongwan), ST36(Zusanli), DU9(Zhiyang)
- B. UB19(Danshu), GB34(Yanglingquan), SP9(Yinlingquan), ST44(Neiting), LV3(Taichong), UB18(Ganshu)
- C. RN12(Zhongwan), ST36(Zusanli), PC6(Neiguan), ST25(Tianshu), SP6(Sanyinjiao)
- D. DU4(Mingmen), RN6(Qihai), UB23(Shenshu), SP6(Sanyinjiao), ST36(Zusanli)

☺ Jaundice : SP9, ST36, UB18, UB19, DU9

- (1) Yang jaundice (Damp Heat) : LV3, GB34
- (2) Yin jaundice (Cold Damp) : UB20, UB48

9. Which of the following prescriptions is the best choice to treat a patient with the following signs and symptoms infrequent and difficult defecation every three to five days (sometimes longer), fullness and distending pain in the abdomen and hypochondriac regions, frequent belching, loss of appetite, a thin, sticky tongue coating and a string-taut pulse?

- A. UB25(Dachangshu), ST25(Tianshu), KD6(Zhaohai), RN12(Zhongwan), ST36(Zusanli)
- B. UB25(Dachangshu), ST25(Tianshu), SJ6(Zhigou), RN12(Zhongwan), LV3(Taichong)
- C. UB25(Dachangshu), ST25(Tianshu), LI11(Quchi), LI4(Hegu), ST36(Zusanli)
- D. UB25(Dachangshu), ST25(Tianshu), UB20(Pishu), UB21(Weishu), ST36(Zusanli)

☺ Constipation : UB25, ST25, SJ6, KD6

- | | |
|----------------|--|
| (1) Excess | Ⓐ Heat accumulation : LI11, LI4 |
| | Ⓑ Qi stagnation : RN12, LV3 |
| (2) Deficiency | Ⓐ Qi & Blood deficiency : UB20, UB21, ST36 |
| | Ⓑ Cold agglomeration : moxa RN8, RN6 |

A. KD3(Taixi) B. DU4(Mingmen)
C. DU26(Renzhong) D. UB52(Zhishi)

- (1) Cold-damp : UB25, UB26
- (2) KD Yang deficiency : DU4, Yaoyan
- (3) KD Yin deficiency : UB52, KD3
- (3) Traumatic injury : DU26, Yaotongxue, Ashi point

A. LU 7 (Lieque) and KD 6 (Zhaohai)
B. LI 4 (Hegu) and SP 4 (Gongsun)
C. SI 3 (Houxi) and UB 62 (Shenmai)
D. SJ 5 (Waiguan) and GB 41 (Zulinqi)

HAND ↔ FOOT				FOOT ↔ HAND			
REN	YIN QIAO	DU	YANG QIAO	DAI	YANG WEI	CHONG	YIN WEI
LU7	KD6	SI3	UB62	GB41	SJ5	SP4	PC6
HAND -	FOOT -	HAND +	FOOT +	FOOT +	HAND +	FOOT -	HAND -
EARTH → HEAVEN		HEAVEN → HEAVEN		HUMAN → HUMAN		EARTH → HUMAN	

A. SI, SJ, GB
B. HT, LV, SI
C. SJ, GB, UB
D. UB, LV, DU

13. A 5 year-old female patient has fever for 3 months. Fever occurs or is aggravated after activities and low or high grade fever accompanies with headache and fatigue. She has poor appetite, constipation and sometimes profuse sweating during the cold weather. Which of the following group of points should be used?

- A. DU14, LI4, LU7, GB34
- B. DU14, LI4, LI11, GB20
- C. DU20, UB20, ST36, LI4, KD7
- D. None of the above

14. Which of the following points is NOT for external and internal Wind?

- A. LI4
- B. GB20
- C. DU16
- D. UB12

15. A 49 year old male patient has insomnia for 6 months, also he has dizziness and blurring vision, poor memory, tinnitus, palpitation, dry mouth with preferring of cold drinks, sometimes the hot sensation on the chest, constipation, short and yellow urination, red tongue with no coating, thready, and rapid pulse. The best choice of point?

- A. UB15, UB19, RN4
- B. LV3, LI4, PC6, GB34
- C. HT7, KD3, PC6, KD6
- D. ST36, RN4, SP9

16. Which singular vessel is considered the sea of the 12 vessels and the sea of the blood and also the aorta?

- A. Chong Mai
- B. Ren Mai
- C. Du Mai
- D. Yinqiao Mai

17. Indirect moxa with _____ at RN8 is for Yang collapse.

- A. ginger
- B. garlic
- C. salt
- D. aconite

18. Which of the following herbs has the action and indication most closely related to DU9?

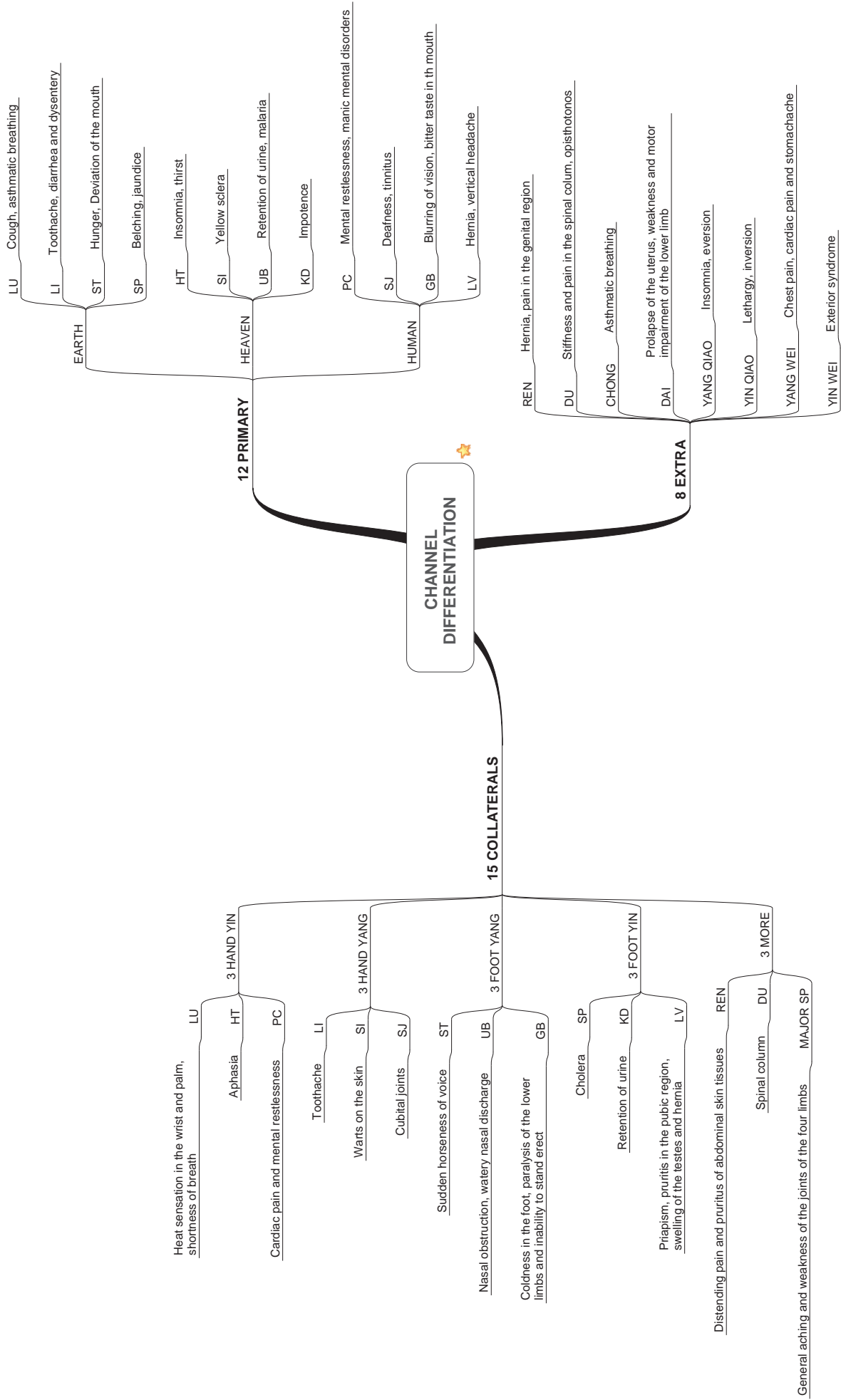
- A. Bai Shao (Radix Paeoniae)
- B. Pu Gong Ying (Herba Taraxaci)
- C. Yin Chen Hao (Herba Artemisiae)
- D. Cao Guo (Fructus Amomi)

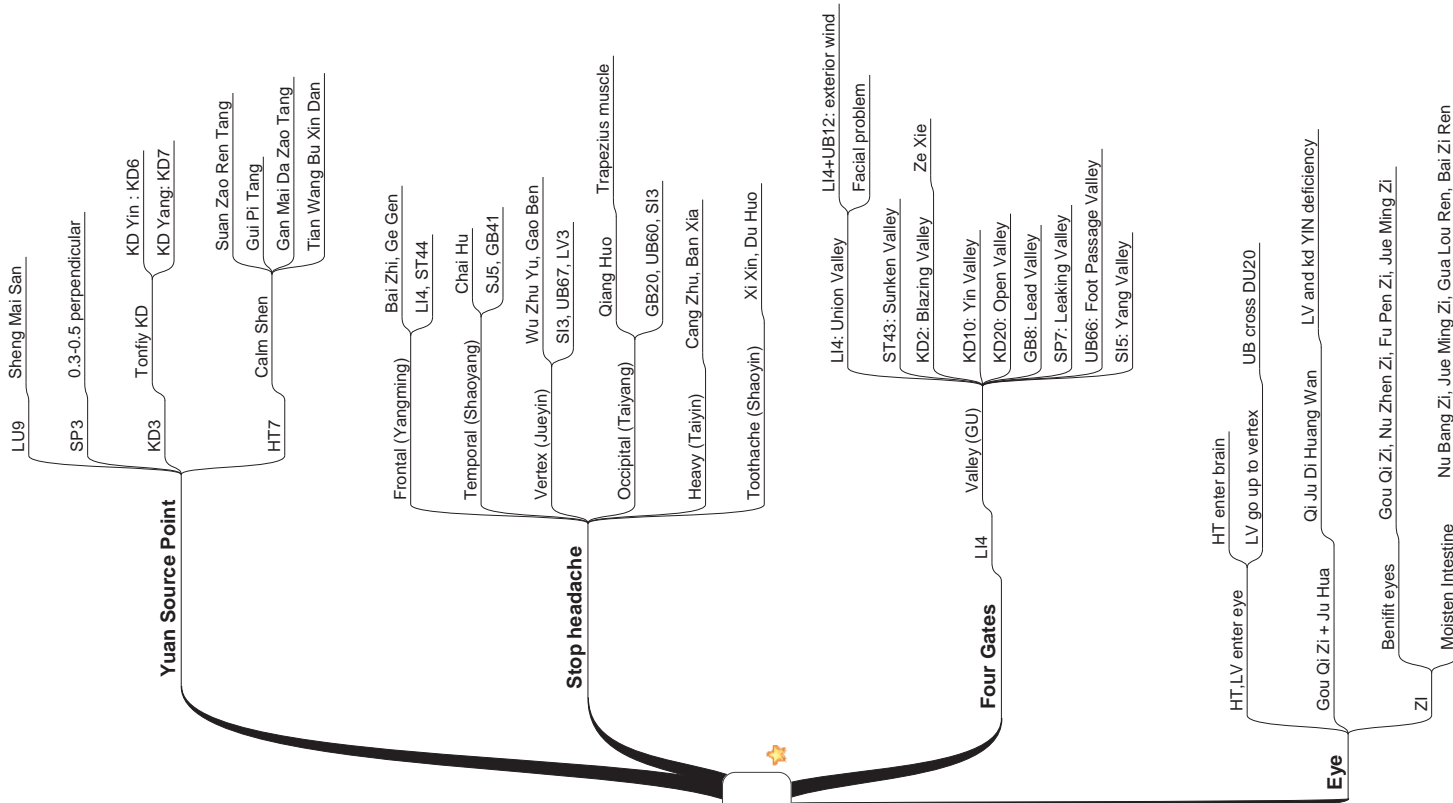
19. Which of the following is the pathological manifestations of the yang heel vessel?

- A. Epilepsy, insomnia, redness and pain in the inner canthus, pain in the back and lumbar region, eversion of the foot and spasm of the lower limbs.
- B. Stiffness and pain in the spinal column, opisthotonos, headache and epilepsy
- C. Epilepsy, lethargy, pain in the lower abdomen; pain in the lumbar and hip regions referring to the pubic region; spasm of the lower limbs and inversion of the foot
- D. Interior syndromes such as chest pain, cardiac pain and stomach.

20. A patient visits your clinic with the symptoms of small red vesicles like beads forming a girdle around the waist and mainly in the lumbar and hypochondriac regions. The patient's MD diagnosed him as Herpes Zoster. What acupuncture treatment would you prescribe for the patient?

- A. SP6, SP9, UB40, GB34, LV3
- B. LI11, SP10, UB40, GB34, LV3
- C. LI11, SP10, LV3, UB13
- D. LI11, GB34, UB23, UB18, UB13





ACUPUNCTURE CASES

Questions 1-3 refer to the following case : A patient in his fifties goes to see a Chinese doctor and complains that he had been soaked in the heavy rain the day before. It caused him to feel sore and cold in his four extremities and to sneeze, and when he got home he drank some ginger tea and ate some baked cakes and cooked pork. In the middle of the night he woke up with sudden pain in his abdomen and passed diarrhea twice that contained undigested food. This morning he passed diarrhea an additional three times. He also has the following symptoms: feels cold and likes warmth, headache, no thirst, a pale tongue with greasy white fur, and a floating, even, and soft pulse.

1. What is your diagnosis of the patient's condition?
 - a. Common cold
 - b. Acute diarrhea
 - c. Cold-Damp dysentery
 - d. Damp-Heat dysentery
2. What would your treatment aim to accomplish in this case?
 - a. Clear away Heat, eliminate Damp, and stop the diarrhea
 - b. Regulate Qi of the Intestines and Stomach, eliminate Damp and stop diarrhea,
 - c. Supplement Qi, eliminate Damp, and stop the diarrhea
 - d. Expel Wind-Cold Evil, promote sweating to expel the exogenous evils from the body surface, and open the inhibited Lung Qi
3. Which combination of points would you select to treat this patient's condition?
 - a. Lieque (LU7), Yingxiang (LI20), Hegu (LI4), Fengchi (GB20)
 - b. Zhongwan (CV12), Zusanli (ST36), Gongsun (SP4), Hegu (LI4)
 - c. Zhongwan (CV12), Tianshu (ST25), Shangjuxu (ST37), Yinlingquan (SP9)
 - d. Hegu (LI4), Tianshu (ST25), Yinlingquan (SP9), Qihai (CV6)

Questions 4-7 refer to the following case : A fifteen-year-old female patient complains of repeated attacks of dyspnea for the past seven to eight years. The last two years the outbreaks have been heavier and have come almost every month. The week before the weather suddenly changed colder and she began to develop the following symptoms: aversion to cold, fever, headache and pain in the body, frequent cough with abundant expectoration, bubbles that form on her nostrils, dyspnea, inability to lay down because of the feeling of oppression it causes in her chest, redness of the lips, no thirst, thin white fur on the tongue, and a floating tense pulse.

4. What is your diagnosis of this patient's condition?
 - a. The Excess variety of asthma
 - b. Wind-Cold cough
 - c. Cough due to Damp-Phlegm attacking the Lungs
 - d. The Deficiency variety of asthma
5. What would your treatment aim to accomplish in this patient's case?
 - a. Expel the Cold Evil, open the inhibited Lung passages, eliminate sputum, and relieve wheezing
 - b. Expel the Wind-Cold Evil, eliminate sputum, and stop the cough
 - c. Support the Qi and strengthen the body's resistance, eliminate sputum, and relieve wheezing
 - d. Invigorate the Spleen, eliminate Damp Evil, and nourish the Lung Qi
6. Which combination of points would you select to treat this patient's condition?
 - a. Feishu (BL 13), Pishu (BL 20), Taiyuan (LU 9), Taibai (SP 3), Fenglong (ST 40), Hegu (LI 4)
 - b. Lieque (LU 7), Hegu (LI 4), Feishu (BL 13), Waiguan (TE 5), Chize (LU 5), Taiyuan (LU 9)
 - c. Fengmen (BL 12), Feishu (BL 13), Lieque (LU 7), Danzhong (CV 17), Chize (LU 5), Dingchuan (EX-B 1)
 - d. Pishu (BL 20), Zusanli (ST 36), Feishu (BL 13), Taiyuan (LU 9), Gaohuang (BL 43), Dingchuan (EX-B 1)

7. What type of acupuncture would you apply to the selected points?
 - a. Inserting reducing methods, avoiding moxibustion
 - b. Inserting reinforcing methods, perhaps with moxibustion
 - c. Inserting reducing methods, perhaps with moxibustion
 - d. Mild reinforcing and attenuating methods

Questions 8-12 refer to the following case : A patient in his forties complains of chronic pain in the lumbar region that comes on slowly and subtly. The pain is aggravated by fatigue and alleviated by bed rest. His other symptoms are coldness in the limbs, frequent urination at night, lassitude and weakness of the loins and knees, occasional nocturnal emissions, and a pale tongue.

8. What sort of pulse would you expect to find in this patient?
 - a. Deep wiry or slippery
 - b. Deep thready or slow
 - c. Floating slow
 - d. Thready and rapid
9. How would you characterize this patient's condition?
 - a. Lower back pain due to Cold-Damp Evil
 - b. Lower back pain due to Deficient Kidney Yang
 - c. Lower back pain due to Deficient Kidney Yin
 - d. Lower back pain due to Stagnant Blood
10. What would your treatment aim to accomplish in this case?
 - a. Warm and recuperate Kidney Yang
 - b. Nourish and invigorate Kidney Yin
 - c. Expel Cold by warming the meridians and expelling the Damp Evil
 - d. Promote Blood circulation to remove Stagnant Blood and stop the pain
11. Which combination of points would you select to treat this patient's condition?
 - a. Shenshu (BL 23), Weizhong (BL 40), Fengfu (GV 16), Yaoyangguan (GV 3), and Ashi points
 - b. Shenshu (BL 23), Weizhong (BL 40), Mingmen (GV 4), Zhishi (BL 52), Taixi (KI 3), and Ashi points
 - c. Shenshu (BL 23), Weizhong (BL 40), liaji (EX-B 2), Ciliao (BL 32), Geshu (BL 17), and Ashi points
 - d. Shenshu (BL 23), Weizhong (BL 40), Xuehai (SP 10), Sanyinjiao (SP 6), and Ashi points
12. If you wished to treat this patient's condition using the four needle technique of the Theory of Five Elements, which of the following treatment combinations would you select?
 - a. Supplement Fuli (KI 7) and Jingqu (LU 8), reduce Taixi (KI 3) and Taiyuan (LU 9)
 - b. Reduce Fuli (KI 7) and Taibai (SP 3), supplement Taixi (KI 3) and lingqu (LU 8)
 - c. Supplement Fuli (KI 7) and lingqu (LU 8), reduce Taixi (KI 3) and Taibai (SP 3)
 - d. Reduce Yongquan (KI 1) and Taibai (SP 3), supplement Fuli (KI 7) and Taiyuan (LU 9)

Questions 13-14 refer to the following case : A patient in his sixties complains that this week he began to suffer from dizziness and numbness in his extremities. This morning he suddenly fainted and then awoke screaming with his hands tightly clenched. He also has the following symptoms: flushed face, shortness of breath, obstruction of the throat by sputum, wheezing, difficulty in passing urine and stool, and a wiry rapid pulse.

13. What is your diagnosis of this patient's syndrome?
 - a. Heat prostration
 - b. Apoplexy involving the meridians and their collaterals
 - c. Apoplexy involving the viscera and hollow organs; Excess coma syndrome
 - d. Apoplexy involving the viscera and hollow organs; collapse syndrome

14. Which combination of points would you select to treat this patient's condition?
- Guanyuan (CV 4), Shenque (CV 8), Mingmen (GV 4), and Yongquan (KI 1)
 - Shuigou (GV 26), the 12 well points, Taichong (LR 3), Fenglong (ST 40), Laogong (PC 8), and Jiache (ST 6)
 - Quchi (LI 11), Waiguan (TE 5), Zusanli (ST 36), Hegu (LI 4), and Yanglingquan (GB 34)
 - Baihui (GV 20), Shuigou (GV 26), Shixuan (EX-UE 11), Quze (PC 3), Weizhong (BL 40), and Quchi (LI 11)
15. A 25-year-old female patient complains of constipation where she feels the need to pass stool but cannot and what little that she does pass feels hot. Her other symptoms include: a feeling of fullness in the abdomen that sometimes is painful, lost appetite, thin tongue fur, and a wiry pulse. What points would you select to treat her condition?
- Zhigou (TE 6), Tianshu (ST 25), Taichong (LR 3)
 - Zhigou (TE 6), Qihai (CV 6), Shangjuxu (ST 37)
 - Zhigou (TE 6), Daheng (SP 15), Shangjuxu (ST 37)
 - Zhigou (TE 6), Qimen (LR 14), Taichong (LR 3)

Questions 16-18 refer to the following case : A 27-year-old male patient complains about nocturnal emissions that have occurred for the past month. He has the following additional symptoms: dizziness, palpitations, upset temperament, insomnia, disturbing dreams, dryness in the mouth and throat, lassitude and debility of the loins, red tongue and fur, a thin pulse.

16. What would your diagnosis be of this patient's syndrome?
- Kidney Qi failing to hold firm
 - Imbalance between Heart Yang and Kidney Yin
 - Deficient Yang of the Heart and Kidneys
 - Deficient Yin of the Liver and Kidneys
17. What would your treatment aim to accomplish in this patient's case?
- Warm and recuperate the Heart and Kidneys
 - Nourish and invigorate the Kidneys and Liver
 - Nourish the Yin to lower the Fire Evil, keep the Heart Fire and Kidney water in balance
 - Reinforce the Kidney Qi
18. What combination of points would you select in order to treat this patient's condition?
- Xinshu (BL 15), Guanyuan (CV 4), Shenmen (HT 7), Dahe (KI 12), Zhishi (BL 52), Neiguan (PC 6)
 - Shenshu (BL 23), Taixi (KI 3), Zusanli (ST 36), Qihai (CV 6), Sanyinjiao (SP 6)
 - Shenshu (BL 23), Zhishi (BL 52), Dahe (KI 12), Zhongfeng (LR 4), Taichong (LR 3)
 - Daling (PC 7), Laogong (PC 8), Taixi (KI 3), Zhishi (BL 52), Zusanli (ST 36)

Questions 19-20 refer to the following case : A patient in her forties complains that five years ago she had an abortion where she lost a lot of blood, and that ever since then she has often suffered from dizziness, palpitations, insomnia, disturbing dreams. For a long time she has tried taking tranquilizers to help her sleep, but they have not had very much effect, instead causing more dizziness and making her frightened at night. She has headaches and dizziness during the day, suffers occasional swoons, feels dispirited and debilitated, has short Qi, has lost her appetite, and for more than a year has not menstruated. Her complexion is pale, her tongue is pale and moist, and her pulse is weak.

19. What would your diagnosis be of this patient's syndrome?
- Deficient Liver Blood
 - Deficient Heart Blood
 - Deficient Spleen Qi
 - Deficient Qi and Blood
20. What would your treatment of this patient aim to accomplish?
- Invigorate the Qi, nourish the Blood, and tranquilize

- b. Enrich Liver Blood
- c. Enrich Heart Blood
- d. Supplement the Qi and invigorate the Spleen

Questions 21-23 refer to the following case : A 16-year-old female patient complains of a fever that she has had for the last two days. Her symptoms at first were slight fever, an aversion to cold and wind, headache, anhidrosis, coughing that produces thin white phlegm, and a stuffy nose. Yesterday, the fever became much worse. She now has a slight aversion to wind and cold, slight hidrosis, pain in the throat, a slightly dry mouth, coughing that produces yellow phlegm, a red tongue with yellow fur, and a floating rapid pulse.

21. What is your diagnosis of this patient's syndrome?
 - a. Wind-Cold Evil tightening the Lungs
 - b. Wind-Heat Evil attacking the Lungs
 - c. Stagnant Heat-Evil in the Lungs
 - d. Stagnant Phlegm-Heat in the Lungs
22. What would your treatment of this patient aim to accomplish?
 - a. Open the inhibited Lung Qi and expel Cold Evil
 - b. Expel Wind Evil, clear away Heat, and open the inhibited Lung Qi
 - c. Clear away Heat and disperse Phlegm
 - d. Clear away Heat and moisturize Dry
23. What combination of points would you select in order to treat this patient's condition?
 - a. Dazhui (GV 14), Quchi (LI 11), Hegu (LI 4), Waiguan (TE 5), Yuji (LU 10)
 - b. Lieque (LU 7), Fengmen (BL 12), Fengchi (GB 20), Hegu (LI 4), Yingxiang M 20)
 - c. Feishu (BL 13), Lieque (LU 7), Chize (LU 5), Fenglong (ST 40), Hegu (LI 4)
 - d. Feishu (BL 13), Taiyuan (LU 9), Fenglong (ST 40), Chize (LU 5), Hegu (LI 4)

Questions 24-26 refer to the following case : A 19-year-old female patient says that she began menstruating at the age of fourteen, and it has come regularly every month since then. But two to three days before her menstrual period she gets a swollen feeling in her chest, hypochondrium and breasts, and a bearing-down sensation and swelling in her lower abdomen. She suffers dysmenorrhea and her menstrual flow is dark red and clotted. Her tongue appears normal with thin fur, and her pulse is wiry.

24. What is your diagnosis of this patient's syndrome?
 - a. Stagnant Cold-Damp Evil
 - b. Depression of Liver Qi
 - c. Damp-Heat of the Liver and Gallbladder
 - d. Deficient Liver and Kidney
25. What would your treatment of this patient aim to accomplish?
 - a. Invigorate the Kidney and Liver
 - b. Expel Cold and Damp Evils, increase flow through the meridians, stop pain
 - c. Disperse the Depressed Liver Qi and rectify it
 - d. Clear away Liver and Gallbladder Heat
26. Which group of points would you select to treat this patient's condition?
 - a. Qihai (CV 6), Taichong (LR 3), Sanyinjiao (SP 6), Diji (SP 8), Ciliao (BL 32), Yanglingquan (GB 34)
 - b. Ganshu (BL 18), Shenshu (BL 23), Guanyuan (CV 4), Zusanli (ST 36), Zhaohai (KI 6)
 - c. Zhongji (CV 3), Shuidao (ST 28), Diji (SP 8), Shenshu (BL 23), Yinlingquan (SP 9)
 - d. Taichong (LR 3), Ququan (LR 8), Qimen (LR 14), Qiuxu (GB 40), Yanglingquan (GB 34)

Questions 27-28 refer to the following case : A six-year-old female patient has had a weakened body all of her life. For the last three days she has had no appetite, has suffered from eructation and vomiting of acid, and has passed

a large quantity of foul-smelling feces. Her abdomen is swollen, her tongue is reddish with white greasy fur, and her pulse slippery.

27. What is your diagnosis of this patient's syndrome?

- a. Diseases caused by an exogenous pathogen
- b. Blended Evils of Damp and Heat that have stagnated within the body
- c. Stagnation caused by diet
- d. Yang Deficiency of the organs

28. What would your treatment of this patient aim to accomplish?

- a. Promote sweating to expel the exogenous evils from the body surface and regulate the Middle Jiao
- b. Promote digestion and relieve dyspepsia
- c. Expel the Heat and Damp Evils
- d. Warm the Yang of the organs

Questions 29-30 refer to the following case : A 26-year-old male patient has had pain in both knees for about three years which is worse during the winter. This week the weather was Yin-cold and the pain was extremely bad, making it difficult to climb stairs. The patient does not appear to suffer from anasarca of the knee joint caused by Stagnant Blood. His tongue has greasy white fur, and his pulse is wiry tense.

29. What is your diagnosis of this patient's syndrome?

- a. Heat arthralgia
- b. Migratory arthralgia
- c. Arthralgia caused primarily by Damp Evil
- d. Cold arthralgia

30. What would your treatment of this patient aim to accomplish?

- a. Expel Wind Evil and increase the flow through the meridians
- b. Expel Cold Evil and increase the flow through the meridians
- c. Expel Damp Evil and increase the flow through the meridians
- d. Clear Heat Evil and increase the flow through the meridians

8 EXTRA VESSEL TREATMENT

31. A man suffered from chronic back ache on the midline in the lumbar area.

- a. LU7 (Lieque) and KD6 (Zaohai)
- b. SI3 (Houxi) and UB62 (Shenmai)
- c. SP4 (Gongsun) and PC6 (Neiguan)
- d. GB41(Zulinqi) and SJ5 (Weiguan)

32. A man of 37 suffered from chronic asthma characterized by difficulty in inhalation. There was no sputum and he felt very tired generally. His voice was low and his complexion Pale. He also had a lower back ache and felt cold. His pulse was Deep and Weak and his tongue was Pale.

- a. LU7 (Lieque) and KD6 (Zaohai)
- b. SI3 (Houxi) and UB62 (Shenmai)
- c. SP4 (Gongsun) and PC6 (Neiguan)
- d. GB41(Zulinqi) and SJ5 (Weiguan)

33. A 26-year-old athlete comes for treatment complaining of a stiff neck and shoulder pain. The patient reports that he was weight-lifting a few days ago when he felt a sharp pain in his lower neck around the trapezius muscle. The pain does not radiate down to the arms, and he does not have headaches. He does experience slight discomfort in

his low back when he stands from a seated position. Which of the following points should be used to treat this patient?

- A. L 7 (Lieque) and K 6 (Zhaohai)
- B. LI 4 (Hegu) and Sp 4 (Gongsun)
- C. SI 3 (Houxi) and B 62 (Shenmai)
- D. SJ 5 (Waiguan) and G 41 (Zulinqi)

34. A man of 45 suffered from chronic indigestion with a sensation of fullness of the epigastrium, belching and nausea. His pulse was Full and Tight especially in the Middle position, and his tongue had a thick white coating.

- a. LU7 (Lieque) and KD6 (Zaohai)
- b. SI3 (Houxi) and UB62 (Shenmai)
- c. SP4 (Gongsun) and PC6 (Neiguan)
- d. GB41(Zulinqi) and SJ5 (Weiguan)

35. A woman of 45 suffered from chronic migraine headaches characterized by a severe throbbing ache on the temple. Her pulse was Wiry and Full and her tongue was Red with a yellow coating.

- a. LU7 (Lieque) and KD6 (Zaohai)
- b. SI3 (Houxi) and UB62 (Shenmai)
- c. SP4 (Gongsun) and PC6 (Neiguan)
- d. GB41(Zulinqi) and SJ5 (Weiguan)

36. A woman of 72 suffered from chronic cystitis characterized by severe burning on urination and dark-scanty urine. She also experienced a severe distending sensation in the hypogastrium. Her pulse was Full, Rapid and very Wiry particularly in the Middle position. Her tongue was Deep-Red and had a yellow coating which was thicker on the root. The root of the tongue also had red spots.

- a. LU7 (Lieque) and KD6 (Zaohai)
- b. SI3 (Houxi) and UB62 (Shenmai)
- c. SP4 (Gongsun) and PC6 (Neiguan)
- d. GB41(Zulinqi) and SJ5 (Weiguan)

37. A man of 28 suffered from continuous somnolence. This followed a car accident during which he suffered a fracture of the skull. He came for treatment as he was studying hard for an exam and could not keep awake.

- a. Reinforce KD6 (Zaohai), Reduce UB62 (Shenmai), and UB1 (Jingming)
- b. Reinforce UB62 (Shenmai), Reduce KD6 (Zaohai), and UB1 (Jingming)
- c. Reinforce SP4 (Gongsun), Reduce PC6 (Neiguan), and UB1 (Jingming)
- d. Reinforce GB41(Zulinqi), Reduce SJ5 (Weiguan), and UB1 (Jingming)

38. A man of 43 suffered from giddiness and an ache on the lateral side of the legs. His blood pressure was high. His face was red and the muscles on the lateral side of the legs were very tight. He appeared very tense. His pulse was Full, Rapid and Wiry and his tongue was Red.

- a. KD6 (Zaohai) and LU7 (Lieque)
- b. UB62 (Shenmai) and SI3 (Houxi)
- c. SP4 (Gongsun) and PC6 (Neiguan)
- d. GB41(Zulinqi) and SJ5 (Weiguan)

39. A woman of 54 suffered from severe anxiety and claustrophobia. She was afraid to go to the theatre, church or in the underground. She was anxious when alone at home and felt a tight, gripping sensation in the chest. Her pulse was Choppy and her tongue Pale, but with a red tip.

- a. LU7 (Lieque) and KD6 (Zaohai)
- b. SI3 (Houxi) and UB62 (Shenmai)
- c. PC6 (Neiguan) and SP4 (Gongsun)

d. GB41(Zulinqi) and SJ5 (Weiguan)

40. A boy of 12 had a middle-ear infection.

- LU7 (Lieque) and KD6 (Zaohai)
- SI3 (Houxi) and UB62 (Shenmai)
- SP4 (Gongsun) and PC6 (Neiguan)
- SJ5 (Weiguan) and GB41 (Zulinqi)

4 NEEDLE TECHNIQUE

♣ 5 element points

Yin		wood	fire	earth	metal	water	Yang		metal	water	wood	fire	earth
Tai yin	LU	11	10	9		5	Yang ming	LI	1	2	3		11
	SP	1	2	3		9		ST	45	44	43		36
Shao yin	HT	9	8	7		3	Tai yang	SI	1	2	3		8
	KD	1	2	3		10		UB	67	66	65		40
Jue yin	PC	9	8	7		3	Shao yang	SJ	1	2	3		10
	LV	1	2	3		8		GB	44	43			34

♣ 4 needle technique theory

Deficiency		Excess	
Affected channel	①	Affected channel	①
	②		②
Related channel	③	Related channel	③
	④		④

♣ Practice chart

Tonification

Element	+	—
Affected channel	+	—
Related channel	+	—

Sedation

Element	—	+
Affected channel	—	+
Related channel	—	+

41. Steven has persistent fatigue, weakness of legs & lower back. He is depressed a lot of the time and complains of a dull pain beneath the rib cage. He was diagnosed with chronic hepatitis. Other complaints are dry & blurry eyes, tendinitis (tennis elbow), and very pale finger nails.

- a. Tonify LV4 and LU8, Sedate LV8 and KD10
- b. Tonify HT9 and LV1, Sedate HT3 and KD10
- c. Tonify SP2 and HT8, Sedate SP1 and LV1
- d. Tonify LV8 and KD10, Sedate LV4 and LU8

42. Gloria is 42 years old. She is anemic for 10 years. She complains of always forgetting things and appears mentally dull. Other complaints are of insomnia, palpitations, and excessive perspiration with the slightest exertion. She also has scanty menstruation. and a very pale face. She hates the Summer heat.

- a. Tonify HT7 and SP3, Sedate HT3 and KD10
- b. Tonify HT3 and KD10, Sedate HT7 and SP3
- c. Tonify HT9 and LV1, Sedate HT3 and KD10
- d. Tonify HT3 and KD10, Sedate HT9 and LV1

43. Patient has poor muscle tone, poor appetite (except she craves sweets), has progressive loss of energy. She is slow thinking and has chronic stomachs. Her complexion is yellow. She gets cramps in her legs and has a history of menstrual cramping each month. She has been diagnosed with hemorrhoids, and now has chronic diarrhea (loose stools 6-8 times a day), she bruises easily (noticing black & blue marks without knowing when she might have hurt herself).

- a. Tonify SP1 and LV1, Sedate SP2 and HT8
- b. Tonify SP2 and HT8, Sedate SP1 and LV1
- c. Tonify SP1 and LV1, Sedate SP5 and LU8
- d. Tonify SP5 and LU8, Sedate SP1 and LV1

44. Tammy is 13 and suffers from shortness of breath, poor appetite, low energy. She is sad often and cries a lot. She has frequent colds & flu and has been diagnosed with chronic bronchitis. Her skin is dry her nose & cough is dry with deep seated sputum. She is underweight and frail.

- a. Tonify LU9 and SP3, Sedate LU10 and HT8
- b. Tonify LU10 and HT8, Sedate LU9 and SP3
- c. Tonify LU10 and HT8, Sedate LU5 and KD10
- d. Tonify LU5 and KD10, Sedate LU10 and HT8

45. Jannie, a 51 year old, is fearful and quiet. She has weakened legs & lower back, diagnosed with lumbago. Her hearing is poor and she has a constant dull ringing in her ears all the time. Her hair is thinning out and has been greying since her late 20s.

- a. Tonify KD1 and LV1, Sedate KD3 and SP3
- b. Tonify KD3 and SP3, Sedate KD1 and LV1
- c. Tonify KD3 and SP3, Sedate KD7 and LU8
- d. Tonify KD7 and LU8, Sedate KD3 and SP3

46. Sherry, 40 year old female, feels nervous & tense. She gets easily frustrated and it turns to anger. Her PMS is getting worse with breast distension and irritability. She gets migraine headaches and is prone to eye infections, especially when the East winds prevail. Last year she was diagnosed with a case of gall stones, which seems to be under control right now.

- a. Sedate LV8 and KD10, Tonify LV4 and LU8
- b. Sedate LV4 and LU8, Tonify LV8 and KD10
- c. Sedate LV2 and HT8, Tonify LV4 and LU8
- d. Sedate LV4 and LU8, Tonify LV2 and HT8

47. Scott complains of angina pectoris. He is very restless, fidgeting a lot has a very red, ruddy complexion. He

speaks very quickly. He has very vivid dreams disturbing his sleep. His insomnia appears 2-3 times a week. Sometimes he laughs inappropriately (especially when he is nervous) He is very excitable and is your perverbial absent-minded professor.

- a. Sedate HT3 and KD10, Tonify HT7 and SP3
- b. Sedate HT7 and SP3, Tonify HT3 and KD10
- c. Sedate HT3 and KD10, Tonify HT9 and LV1
- d. Sedate HT9 and LV1, Tonify HT3 and KD10

48. Marina, 38 years old, suffering from heavy feeling, sluggish (especially in the morning). She has bouts of nausea & vomiting, and complains of a weight problem. She gets a lot of phlegm congestion whenever she catches cold, and has headaches which feels like a tourniquet on her head. She was told to exercise more, but she hates it.

- a. Sedate SP5 and LU8, Tonify SP1 and LV1
- b. Sedate SP1 and LV1, Tonify SP5 and LU8
- c. Sedate SP1 and LV1, Tonify SP2 and HT8
- d. Sedate SP2 and HT8, Tonify SP1 and LV1

HERBAL FORMULAS

1. Julie, 34 year old female : Her chief complain is infertility for about eight years. Julie has been married for about twelve years and has had three miscarriages during the last eight years. She also reports that ever since her first miscarriage, she has had irregular cycles and lower abdominal pain during menstruation. The pain is worse with pressure and improved with warmth. Her tongue is pale purple with a dry thin coating, and her pulse is thready, deep and weak.

- A. Xue Fu Zhu Yu Tang (Drive out Blood stasis in the Mansion of Blood Decoction)
- B. Wen Jing Tang (Warm the Menses Decoction)
- C. Gu Jing Wan (Stabilize the Menses Pill)
- D. Gui Zhi Fu Ling Wan (Cinnamon Twig & Poria Pill)

2. Maria, 28 year old female : Maria is three months pregnant. She began having uterine bleeding yesterday, with dark red blood. She also complains of lower abdominal pain that is worse from pressure. Maria reports a history of uterine fibromyomas. Her tongue is dark red with purplish spots on the border, and her pulse is string-taut and rolling.

- A. Xue Fu Zhu Yu Tang (Drive out Blood stasis in the Mansion of Blood Decoction)
- B. Gui Zhi Fu Ling Wan (Cinnamon Twig & Poria Pill)
- C. Tao He Cheng Qi Tang (Peach Pit Decoction to Order the Qi)
- D. Wen Jing Tang (Warm the Menses Decoction)

3. Susie, 44 year old female : Susie complains of hiccup and nausea that have been going on for over a month. Her symptoms began soon after she had a hysterectomy six weeks ago. Her symptoms are worse after eating spicy food and improve when she drinks water. Her tongue is red with scanty coating, and her pulse is rapid and weak.

- A. Yue Ju Wan (Escape Restraint Pill)
- B. Xiao Yao San (Rambling Powder)
- C. Xue Fu Zhu Yu Tang (Drive out Blood stasis in the Mansion of Blood Decoction)
- D. Ju Pi Zhu Ru Tang (Tangerine Peel & Bamboo Shavings Decoction)

4. David, 36 year old male : David has had chronic cholecystitis for over three years. His signs and symptoms include pain in the right hypochondrium, sour belching and eructations, nausea, distension and an oppressive feeling in the chest and abdomen. David's symptoms are worse when he eats oily foods. His tongue is red with a greasy yellow coating, and his pulse is string-taut and rolling.

- A. Wen Dan Tang (Warm the Gallbladder Decoction)
- B. Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain the Liver)
- C. Yue Ju Wan (Escape Restraint Pill)
- D. Ju Pi Zhu Ru Tang (Tangerine Peel & Bamboo Shavings Decoction)

5. Janie, 68 year old female : Janie was diagnosed with emphysema five years ago. She complains of shortness of breath, wheezing, coughing with much watery sputum and a heavy, tight feeling in the chest. Janie also reports that her legs feel weak. Her ankles are slightly swollen. Her tongue is greasy white coating, and her pulse is rolling and weak.

- A. Ju Pi Zhu Ru Tang (Tangerine Peel & Bamboo Shavings Decoction)
- B. Ma Xing Shi Gan Tang (Ephedra, Apricot Kernel, Gypsum & Licorice Decoction)
- C. Su Zi Jiang Qi Tang (Perilla Fruit Decoction for Directing Qi Downward)
- D. Ding Chuan Tang (Arrest Wheezing Decoction)

6. Hugh, 60 year old male : One year ago, Hugh was diagnosed with chronic congestive heart failure. The clinical signs and symptoms include chest pain, shortness of breath especially after exertion, cough with scanty sputum that is difficult to cough up, spontaneous and night sweating, a dry mouth. His tongue is pale purple with a thin dry coating, and his pulse is feeble and thready.

- A. Liu Wei Di Huang Wan (Six Ingredient Pill with Rehmannia)
- B. Si Jun Zi Tang (Four Gentleman Decoction)
- C. Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)
- D. Sheng Mai San (Generate the Pulse Powder)

7. Rosie, 45 year old female : Her chief complaint is headache. Rosie reports that this headache began three months ago and has gradually become and worse. The pain is usually at the very top of the head and is worse from cold. Meanwhile, she also has nausea and dry heaves. She has found that after vomiting clear fluids or mucus she will experience some temporary relief from the headache. Other clinical signs include cold limbs, dislike of cold and a loose stool. Her tongue is pale with moist white coating, and her pulse is deep and string-taut.

- A. Ge Gen Tang (Kudzu Decoction)
- B. Wu Zhu Yu Tang (Evodia Decoction)
- C. Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)
- D. Bu Zhong Yi Qi Tang (Tonify the Middle & Augment the Qi Decoction)

8. Marsha, 30 year old female : Marsha feels disoriented. She suffers from depression, periods of despondent moodiness, and finds herself weeping easily. Her sleep is restless, and you notice during the intake that she frequently yawns. Her tongue is pale and coated white, and her pulse is thready and string-taut.

- A. Xiao Yao San (Rambling Powder)
- B. Wen Dan Tang (Warm the Gallbladder Decoction)
- C. Gan Mai Da Zao Tang (Licorice, Wheat & Jujube Decoction)
- D. Yue Ju Wan (Escape Restraint Pill)

9. Ray, 49 year old male : Ray complains that his left shoulder has been hurting since last month after returning from a skiing weekend in Big Bear. The pain comes and goes, and is worse on cold, cloudy or rainy days. His left shoulder is stiff with reduced range of motion. His tongue is coated white, and his pulse is string-taut and rolling.

- A. Du Huo Ji Sheng Tang (Angelica Pubescens & Sangjisheng Decoction)
- B. Xiao Huo Luo Dan (Minor Invigorate the Collaterals Special Pill)
- C. Xiao Feng San (Eliminate Wind Powder)
- D. Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)

10. Jun, 14 year old male : Jun's mother brings him in to your clinic. Jun complains that since yesterday he had felt stiffness in the neck and upper back, body aches and chills. Yesterday his temperature was 100.4°F, so his mother gave him some Contract. This morning his symptoms are still there, but now he also has diarrhea, a frontal and orbital headache, and feels irritable. During the physical exam you find that Jun's temperature is 100.6°F, and his face is red and his is not sweating, His pulse is superficial and tight.

- A. Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)
- B. Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
- C. Li Zhong Wan (Regulate the Middle Pill)
- D. Ge Gen Tang (Kudzu Decoction)

11. Dossy, 38 year old female : Dossy was diagnosed with chronic hepatitis-B last year. She visits complaining of distention, fullness and tightness in the epigastric region, though she reports no actual pain. Dossy also suffers from nausea, retching, borborygmus, loose stools and reduced appetite. She has a thin greasy yellow coating, and her pulse is string-taut and rapid.

- A. Li Zhong Wan (Regulate the Middle Pill)
- B. Ban Xia Xie Xin Tang (Pinellia Decoction to Drain the Epigastrium)
- C. Bao He Wan (Preserve Harmony Pill)
- D. Xiao Cheng Qi Tang (Minor Order the Qi Decoction)

12. Mayumi, 26 year old female : Her chief complaint is incessant hiccups for the past year. Mayumi reports having been involved in a major car accident about a year ago. After recovering from that injury she gradually developed the hiccups. The hiccups are constant and loud. They are worse at night and sometimes make her choke when she's drinking. Mayumi's tongue is dark red with dark spots on the sides and thin yellow coating. She also has purplish lips, and a hesitant, string-taut pulse.

- A. Li Zhong Wan (Regulate the Middle Pill)
- B. Ju Pi Zhu Ru Tang (Tangerine Peel & Bamboo Shavings Decoction)
- C. Ban Xia Hou Po Tang (Pinellia & Magnolia Bark Decoction)
- D. Xue Fu Zhu Yu Tang (Drive out Blood stasis in the Mansion of Blood Decoction)

13. Kali, 36 year old female : Two days ago Kali began experiencing painful and burning sensations while urinating. She has difficulty urinating with some dribbling. The urine is scanty, dark and yellow. Kali complains that this happens about twenty times a day. She is thirsty and wants to drink cold water.

- A. Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)
- B. Zhu Ling Tang (Polyporus Decoction)
- C. Ba Zheng San (Eight Herb Powder for Rectification)
- D. Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain Liver)

14. Kirk, 37 year old male : Kirk has been suffering from Meniere's disease for three years. He experiences paroxysmal dizziness, rotary vertigo and heavy-feeling headaches. All of these symptoms are worsened by motion. When Kirk has an attack of vertigo he also feels nausea and an oppressive feeling in the chest. He has a greasy tongue coating and a string-taut, rolling pulse.

- A. Er Chen Tang (Two Cured Decoction)
- B. Ban Xia Bai Zhu Tian Ma Tang (Pinellia, Atractylodes Macrocephala & Gastrodia Decoction)
- C. Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)
- D. Si Wu Tang (Four Substance Decoction)

15. Dana, 49 year old female : Dana has been suffering from insomnia for the past six months. She has difficulty falling asleep and once she does, has many dreams. Dana also reveals that she suffers from irritability, palpitations with anxiety, memory loss, difficulty concentrating, fatigue, night sweats, hot flashes, irregular menses and constipation. Her tongue has little coating and the tip is red, and her pulse is thready and rapid.

- A. Suan Zao Ren Tang (Sour Jujube Decoction)
- B. Wen Dan Tang (Warm the Gallbladder Decoction)
- C. Gui Pi Tang (Restore the Spleen Decoction)
- D. Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)

16. Windy, 30 year old female : Windy complains insomnia for two years which has worsened in the last week. Windy is a part time student. She began having difficulties after starting school two years ago. It gets worse during midterm and final exams. She reports heavy dreams and yet very shallow sleep. Her other symptoms include anxiety, fatigue, loss of appetite, forgetfulness and occasional palpitations. Her tongue is pale with a thin white coating, and her pulse is thready and weak.

- A. Suan Zao Ren Tang (Sour Jujube Decoction)
- B. Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
- C. Wen Dan Tang (Warm the Gallbladder Decoction)
- D. Gui Pi Tang (Restore the Spleen Decoction)

17. Kathryn, 40 year old female : Her chief complaint is fever for about three days. Kathryn states that three days ago she began getting headaches, some chills, a slight fever, body aches, a runny nose and coughing with whitish phlegm. She took some Tylenol, which didn't do anything. Now she complains that her temperature is higher, she still has some dislike of cold, body aches, headaches and pain around her eye. Additionally, Kathryn complains of thirst.

- A. Yin Qiao San (Honeysuckle & Forsythia Powder)
- B. Sang Ju Yin (Mulberry leaf & Chrysanthemum Decoction)
- C. Xiao Chai Hu Tang (Minor Bupleurum Decoction)
- D. Chai Ge Jie Ji Tang (Bupleurum & Kudzu Decoction to Release the Muscle Layer)

18. Victor, 64 year old male : His chief complaint is a cough for the past week. This was accompanied by severe chills and a slight fever, headache, stiffness of the neck, heaviness and aching in the limbs, a stuffy nose but no sweating. Victor's tongue has a normal color, scalloped edges and a greasy white coating, and his pulse is superficial and feeble.

- A. Ren Shen Bai Du San (Ginseng Powder to Overcome Pathogenic Influences)
- B. Ge Gen Tang (Kudzu Decoction)
- C. Chai Ge Jie Ji Tang (Bupleurum & Kudzu Decoction to Release the Muscle Layer)
- D. Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)

19. Sherry, 30 year old female : Sherry complains of difficult urination since she gave birth to her baby two months ago. The color of the urine is yellow, sometimes with bloody spots. She also feels a low-grade fever in the afternoon, thirst, restlessness, insomnia and general low energy. Sherry's tongue is red with a peeled coating, and her pulse is thready and rapid.

- A. Ba Zheng San (Eight Herb Powder for Rectification)
- B. Zhu Ling Tang (Polyporus Decoction)
- C. Wu Pi San (Five Peel Decoction)
- D. Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain Liver)

20. Rose, 39 year old female : Her chief complaint is menorrhagia. Rose reports that her menses have never been the same ever since she had a miscarriage three years ago. Since then, she has always had abdominal pain and nausea during her periods though the pain is better with warmth or pressure. Rose's menstrual flow is heavy, has a light red color and contains no clots. It lasts for over ten days. She also presents abdominal bloating, reduced appetite and loose stool.

- A. Si Jun Zi Tang (Four Gentleman Decoction)
- B. Li Zhong Wan (Regulate the Middle Pill)
- C. Si Ni Tang (Frigid Extremities Decoction)
- D. Da Jian Zhong Tang (Major Construct the Middle Decoction)

21. Bill, 40 year old male : Two days ago Bill gradually developed pain and extreme tenderness in the groin and scrotum. He also feels swelling and heat in the same location. Other clinical signs and symptoms include high fever, malaise and scanty dark urine. Bill's tongue is red with a yellowish coating, and his pulse is rolling, string-taut and rapid.

- A. Xiao Chai Hu Tang (Minor Bupleurum Decoction)
- B. Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain Liver)
- C. Si Ni San (Frigid Extremities Powder)
- D. Xiao Yao San (Rambling Powder)

22. Grace, 32 year old female : Grace states that three weeks ago she had a surgical abortion to stop a three-month pregnancy. The next day, she suffered from a high fever(102.7°F), lower abdominal pain and malaise. Her white blood-cell count was very high. The high fever and abdominal pain were reduced after taking some oral antibiotics. However, Grace still gets a low-grade fever at night that is gone by morning. She has a slight thirst with a desire for water.

- A. Bai Hu Tang (White Tiger Decoction)
- B. Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)
- C. Xiao Chai Hu Tang (Minor Bupleurum Decoction)
- D. Qing Hao Bie Jia Tang (Artemisia Annua & Soft-shelled Turtle Shell Decoction)

23. A 22 year old female student has for two years been studying so hard that she is often unable to sleep, only falling asleep by 1:00 a.m., and then often awaking after one to two hours. Upon waking, she suffers from anxiety and palpitations and cannot fall asleep again. She also suffers from dizziness, amnesia, soreness at the waist, tinnitus, a feverish sensation in the palms and soles, and a dry mouth with little saliva. Her tongue is red with yellowish fur, and her pulse is thready, rapid.

- A. Liu Wei Di Huang Wan (Six Ingredient Pill with Rehmannia) + Zhi Mu, Huang Bai
- B. Liu Wei Di Huang Wan (Six Ingredient Pill with Rehmannia) + Mai Men Dong, Wu Wei Zi
- C. Liu Wei Di Huang Wan (Six Ingredient Pill with Rehmannia) + Gou Qi Zi, Ju Hua
- D. Liu Wei Di Huang Wan (Six Ingredient Pill with Rehmannia) + Fu Zi, Gui Zhi

24. A 37 year old female patient reports having suffered from allergic rhinitis for over ten years. The rhinitis is worse from cold, and worse during the winter and spring. She requests a prescription to help her prevent her recurrent colds. Her complexion is pale. Her tongue is slightly pale and toothmarked, with a thin white coating. Her pulse is weak.

- A. Yu Ping Feng San (Jade Windscreen Powder) + Cang Er Zi, Xin Yi Hua
- B. Gui Zhi Tang (Cinnamon Twig Decoction) + Ma Huang, Ge Gen
- C. Sheng Mai San (Generate the Pulse Powder) + Sha Shen, Bai He
- D. Si Jun Zi Tang (Four Gentleman Decoction) + Hou Po, Xiang Fu

25. A 43 year old man complained of hay fever and breathlessness for the past 18 years. He found it difficult to breathe in and often sweated at night. His lower back was sore and he suffered from slight tinnitus in one ear. His throat was dry. His pulse was slightly floating-empty in general and weak in the right front position. His tongue was slightly red, with rootless coating and dry.

- A. Liu Wei Di Huang Wan (Six Ingredient Pill with Rehmannia) + Mai Men Dong Wu Wei Zi
- B. Liu Wei Di Huang Wan (Six Ingredient Pill with Rehmannia) + Dang Gui, Bai Shao
- C. Liu Wei Di Huang Wan (Six Ingredient Pill with Rehmannia) + Gou Qi Zi, Ju Hua
- D. Liu Wei Di Huang Wan (Six Ingredient Pill with Rehmannia) + Zhi Mu, Huang Bai

26. John, 42 year old male : His chief complaint is discomfort and pain in the upper right abdominal quadrant for about one week. He also complains of fatigue, malaise, nausea, anorexia and flatulence, intermittent fever with chills, dark urine and slightly loose stool. John's tongue has a thin white coating, and his pulse is string-taut.

- A. Si Ni San (Frigid Extremities Powder)
- B. Xiao Yao San (Rambling Powder)
- C. Wu Zhu Yu Tang (Evodia Decoction)
- D. Xiao Chai Hu Tang (Minor Bupleurum Decoction)

27. Mark, 6 year old boy : His chief complaint is severe intermittent epigastric and abdominal pain for four to five hours. Mark's mother reports that he has often had mild abdominal pain for about two to three months now, and seems to be losing weight. This morning, an hour after breakfast, Mark began complaining of pain in his tummy again. The pain is so strong that he can't tolerate being touched. Now he feels nauseous, vomits occasionally and is generally unable to eat. The boy's face looks pale and his hands are cold. His tongue is coated white, and his pulse is string-taut and somewhat slow.

- A. Li Zhong Wan (Regulate the Middle Pill)
- B. Da Cheng Qi Tang (Major Order the Qi Decoction)
- C. Bao He Wan (Preserve Harmony Pill)
- D. Da Jian Zhong Tang (Major Construct the Middle Decoction)

28. A 31 year old male patient comes to your clinic because his nose is congested with a clear discharge: he also presents a headache, sneezing, sweating, fever and dislike of wind. His tongue shows thin, moist white fur; his pulse is superficial and moderate.

- A. Gui Zhi 9g, Bai Shao 9g, Sheng Jiang 9g, Da Zao 12 pieces, Zhi Gan Cao 6g
- B. Gui Zhi 15g, Bai Shao 9g, Sheng Jiang 9g, Da Zao 12 pieces, Zhi Gan Cao 6g
- C. Gui Zhi 9g, Bai Shao 15g, Sheng Jiang 9g, Da Zao 12 pieces
- D. Ma Huang 9g, Shi Gao 15g, Gui Zhi 6g, Xing Ren 9g, Zhi Gan Cao 6g

29. Lisa, 46 year old female : Lisa came to see you because of whole body edema and difficult breathing. Although she has had these symptoms for the past five years, in the last month they have become worse because of the recent cold weather. Lisa was diagnosed with congestive heart failure four years ago. She also complains of palpitations, heaviness and aching in her legs, a heavy feeling in the chest, a cough with some thin white sputum, scanty clear urine, loose stools and a poor appetite. Other clinical signs include cold limbs, a pale tongue with smooth white moss, and a deep, weak, thready pulse.

- A. Wu Pi San (Five Peel Powder)
- B. Zhu Ling Tang (Polyporus Decoction)
- C. Wu Ling San (Five Ingredient Powder with Poria)
- D. Zhen Wu Tang (True Warrior Decoction)

30. Norma, 32 year old female : Norma has suffered from epilepsy for the past five years. She has a seizure two to three times a week and she is taking an anticonvulsant (Carbamazepine) for her epilepsy. She finds getting off to sleep difficult, feels irritable and has palpitations and occasional spells of dizziness. Norma's tongue is red and dry with a thick yellow coating, and her pulse is rapid and rolling.

- A. Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
- B. Gan Mai Da Zao Tang (Licorice, Wheat & Jujube Decoction)
- C. Wen Dan Tang (Warm the Gallbladder Decoction)
- D. Gui Pi Tang (Restore the Spleen Decoction)

31. Mercy, 40 year old female : Mercy has been suffering from a low-grade fever (99.5°F) for about three months. It occurs mostly in the morning and is brought on by exertion. Her other clinical signs and symptoms include spontaneous sweating, shortness of breath and loose stool. She feels thirsty and prefers warm drinks. Her tongue is somewhat pale, and her pulse is weak.

- A. Tao He Cheng Qi Tang (Peach Pit Decoction to Order the Qi)
- B. Qing Hao Bie Jia Tang (Artemisia Annua & Soft-shelled Turtle Shell Decoction)
- C. Liu Wei Di Huang Wan (Six Ingredient Pill with Rehmannia)
- D. Bu Zhong Yi Qi Tang (Tonify the Middle & Augment the Qi Decoction)

32. Tony, 28 year old male : Tony complains of having lower abdominal pain for two days. He hasn't had a bowel movement for about four days, but this morning he began to have green watery diarrhea that smelled foul. The abdominal rigidity that feels like a solid mass when palpated. Tony's body temperature is 98.9°F. He has a dry red tongue with yellow coating, and a rapid, forceful pulse.

- A. Da Cheng Qi Tang (Major Order the Qi Decoction)
- B. Xiao Cheng Qi Tang (Minor Order the Qi Decoction)
- C. Tiao Wei Cheng Qi Tang (Regulate the Stomach and order the Qi Decoction)
- D. Li Zhong Wan (Regulate the Middle Pill)

33. Tammy, 20 year old female : Tammy is a college student who comes in because of her dysmenorrhea. She has had this problem for five years but it has become worse since she began college. The abdominal cramps usually start two days before her flow and are accompanied by headache, tender swollen breasts and low energy. These symptoms go away after her period. Tammy's menstrual cycle is irregular. She has a pale red tongue with thin yellow coating, and her pulse is string-taut and weak.

- A. Wen Jing Tang (Warm the Menses Decoction)
- B. Gui Pi Tang (Restore the Spleen Decoction)
- C. Gu Jing Wan (Stabilize the Menses Pill)
- D. Xiao Yao San (Rambling Powder)

34. Marina, 39 year old female : Marina comes to you because she has had diarrhea and vomiting for the past two days. She also reports epigastric and abdominal pain and bloating. Other symptoms include nausea, flatulence, appetite loss, headache, fever and dislike of cold. Marina has a white greasy tongue coating, and he pulse is rolling and slightly superficial.

- A. Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
- B. Si Shen Wan (Four Miracle Pill)
- C. Ge Gen Tang (Kudzu Decoction)
- D. Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)

35. Fred, 10 year old boy : Fred complaint is that an hour after eating dinner last night he began feeling discomfort and pain in the epigastrium, along with fetid belching, acid regurgitation and abdominal fullness and bloating. After having diarrhea this morning, Fred's symptoms were reduced. Examination reveals his tongue to be red with a greasy, yellow coating, and his pulse to be rapid and rolling.

- A. Li Zhong Wan (Regulate the Middle Pill)
- B. Ping Wei San (Calm the Stomach Powder)
- C. Bao He Wan (Preserve Harmony Pill)
- D. Ban Xia Xie Xin Tang (Pinellia Decoction to Drain the Epigastrium)

PAGE 1. CASE STUDY

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B	A	B	D	B	D	A	A	A	B
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B	A	A	A	C	B	A	C	A	B

PAGE 7. ACUPUNCTURE

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D	D	C	D	B	D	C	B	B	C
11	12	13	14	15	16	17	18	19	20
C	A	C	D	C	A	C	C	A	B

PAGE 15. ACUPUNCTURE CASES

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B	C	C	B	A	B	C	A	D	A
21	22	23	24	25	26	27	28	29	30
B	B	A	B	C	A	C	B	D	B
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D	C	B	A	D	C	B	A		

PAGE 24. HERBAL FORMULA

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B	D	C	B	D	D	D	A	B	B
21	22	23	24	25	26	27	28	29	30
B	D	A	A	A	D	D	A	D	C
31	32	33	34	35					
D	A	D	A	C					