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
4. Which of the following points is the best selection for treating diarrhea caused by the deficiency of Kidney Yang?

A. ST25(Tianshu)  
B. ST36(Zusanli)  
C. SP9(Yinlingquan)  
D. DU4(Mingmen)

- Diarrhoea : ST36
  - Acute diarrhoea : ST25
    - Cold-Damp : RN12, RN6  
    - Damp-Heat : ST44, SP9  
    - Food retention : Inner-Neiting
  - Chronic diarrhoea : UB20
    - SP deficiency : LV13, SP3, RN12  
    - KD deficiency : UB23, DU4, RN4, KD3

5. In treating a cough caused by the Lung being attacked by Liver fire, which of the following prescriptions is the best selection?

A. UB18(Ganshu), LU10(Yuji), LV2(Xingjian), GB20(Fengchi)  
B. UB13(Feishu), LU5(Chize), LV3(Taichong), LV2(Xingjian)  
C. LU1(Zhongfu), UB13(Feishu), LU9(Taiyuan), KD6(Zhaohai)  
D. LU7(Lieque), L14(Hegu), LV14(Qimen), UB18(Ganshu)

- Cough : UB13
  - Exogenous pathogens invasion : LU7, LI4
    - Pain and swelling of throat: LI11  
    - Fever and aversion to cold: DU14, SI5
  - Internal injury
    - Phlegm in the LU : RN12, LU5, ST36, ST40  
    - LU dryness due to Yin deficiency : LU1, LI7, KD6
      - Coughing blood : LU6, UB17
  - Cupping at UB12 & UB13, Cutaneous needle on Du & UB meridian

6. The prescription composed of RN12(Zhongwan), ST36(Zusanli), PC6(Neiguan), SP4(Gongsun) and LV3(Taichong) is commonly used to treat vomiting caused by ________________.

A. pathogenic heat in the Stomach  
B. obstruction of food  
C. deficiency of the Spleen and Stomach  
D. the Stomach being attacked by Liver Qi

- Vomiting : RN12, ST36, PC6, SP4
  - Food retention : RN10  
  - LV overact ST : LV3  
  - SP/ST deficiency : UB20
  - Persistent vomiting : bleeding Jinjin, Yuye
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(Zigou), 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
       (1) Heat accumulation : LI11, LI4
       (2) Qi stagnation : RN12, LV3
     (2) Deficiency
       (1) Qi & Blood deficiency : UB20, UB21, ST36
       (2) Cold agglomeration : moxa RN8, RN6
10. In addition to the main points such as UB23(Shenshu), DU3(Yaoyangguan) and UB40(Weizhong), which of the following points would you use to treat lower back pain due to traumatic injury?

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

- Low Back Pain: UB23, DU3, UB40
  1. Cold-damp: UB25, UB26
  2. KD Yang deficiency: DU4, Yaoyan
  3. KD Yin deficiency: UB52, KD3
  4. Traumatic injury: DU26, Yaotongxue, Ashi point

11. A 26-year-old athlete comes in 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. 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)

12. Which of the following channels enter the Ear and crosses SI19?

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
CHANNEL DIFFERENTIATION

12 PRIMARY

- EARTH
  - LU: Cough, asthmatic breathing
  - LI: Toothache, diarrhea and dysentery
  - ST: Hunger, Deviation of the mouth
  - SP: Belching, jaundice

- HEAVEN
  - HT: Insomnia, thirst
  - SI: Yellow sclera
  - UB: Retention of urine, malaria
  - KD: Impotence

- HUMAN
  - PC: Mental restlessness, manic mental disorders
  - SJ: Deafness, tinnitus
  - GB: Blurring of vision, bitter taste in the mouth
  - LV: Hernia, vertical headache

15 COLATERALS

- 3 HAND YIN
  - LU: Heat sensation in the wrist and palm, shortness of breath
  - HT: Aphasia
  - LI: Toothache
  - SI: Warts on the skin, cubital joints
  - ST: Sudden hoarseness of voice, nasal obstruction, watery nasal discharge
  - UB: Coldness in the foot, paralysis of the lower limbs and inability to stand erect
  - GB: Coldness in the foot, paralysis of the lower limbs and inability to stand erect
  - SP: Cholera
  - KD: Retention of urine
  - LV: Priapism, pruritus in the pubic region, swelling of the testes and hernia
  - REN: Hernia, pain in the genital region

- 3 HAND YANG
  - LI: Toothache
  - SI: Warts on the skin, cubital joints
  - ST: Sudden hoarseness of voice

- 3 FOOT YANG
  - LU: Heat sensation in the wrist and palm, shortness of breath
  - HT: Aphasia
  - LI: Toothache
  - SI: Warts on the skin, cubital joints
  - ST: Sudden hoarseness of voice
  - UB: Coldness in the foot, paralysis of the lower limbs and inability to stand erect
  - GB: Coldness in the foot, paralysis of the lower limbs and inability to stand erect
  - SP: Cholera
  - KD: Retention of urine
  - LV: Priapism, pruritus in the pubic region, swelling of the testes and hernia
  - REN: Hernia, pain in the genital region

- 3 FOOT YIN
  - LU: Heat sensation in the wrist and palm, shortness of breath
  - HT: Aphasia
  - LI: Toothache
  - SI: Warts on the skin, cubital joints
  - ST: Sudden hoarseness of voice
  - UB: Coldness in the foot, paralysis of the lower limbs and inability to stand erect
  - GB: Coldness in the foot, paralysis of the lower limbs and inability to stand erect
  - SP: Cholera
  - KD: Retention of urine
  - LV: Priapism, pruritus in the pubic region, swelling of the testes and hernia
  - REN: Hernia, pain in the genital region

- 3 MORE
  - DU: Stiffness and pain in the spinal column, opisthotonos
  - CHONG: Asthmatic breathing
  - DAI: Prolapse of the uterus, weakness and motor impairment of the lower limb
  - YANG QIAO: Insomnia, eversion
  - YIN QIAO: Lethargy, inversion
  - YANG WEI: Chest pain, cardiac pain and stomachache
  - YIN WEI: Exterior syndrome

- MAJOR SP
  - General aching and weakness of the joints of the four limbs
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), Dazhong (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 Fuliu (KI 7) and Jingqu (LU 8), reduce Taixi (KI 3) and Taiyuan (LU 9)
    b. Reduce Fuliu (KI 7) and Taibai (SP 3), supplement Taixi (KI 3) and lingqu (LU 8)
    c. Supplement Fuliu (KI 7) and lingqu (LU 8), reduce Taixi (KI 3) and Taibai (SP 3)
    d. Reduce Yongquan (KI 1) and Taibai (SP 3), supplement Fuliu (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?
   a. Guanyuan (CV 4), Shenque (CV 8), Mingmen (GV 4), and Yongquan (KI 1)
   b. Shuigou (GV 26), the 12 well points, Taichong (LR 3), Fenglong (ST 40), Laogong (PC 8), and Jiache (ST 6)
   c. Quchi (LI 11), Waiguan (TE 5), Zusani (ST 36), Hegu (LI 4), and Yanglingquan (GB 34)
   d. 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?
   a. Zhigou (TE 6), Tianshu (ST 25), Taichong (LR 3)
   b. Zhigou (TE 6), Qihai (CV 6), Shangjuxu (ST 37)
   c. Zhigou (TE 6), Daheng (SP 15), Shangjuxu (ST 37)
   d. 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?
   a. Kidney Qi failing to hold firm
   b. Imbalance between Heart Yang and Kidney Yin
   c. Deficient Yang of the Heart and Kidneys
   d. Deficient Yin of the Heart and Kidneys

17. What would your treatment aim to accomplish in this patient's case?
   a. Warm and recuperate the Heart and Kidneys
   b. Nourish and invigorate the Kidneys and Liver
   c. Nourish the Yin to lower the Fire Evil, keep the Heart Fire and Kidney water in balance
   d. Reinforce the Kidney Qi

18. What combination of points would you select in order to treat this patient's condition?
   a. Xinshu (BL 15), Guanyuan (CV 4), Shenmen (HT 7), Dahe (KI 12), Zhishi (BL 52), Neiguan (PC 6)
   b. Shenshu (BL 23), Taixi (KI 3), Zusani (ST 36), Qihai (CV 6), Sanyinjiao (SP 6)
   c. Shenshu (BL 23), Zhishi (BL 52), Dahe (KI 12), Zhongfeng (LR 4), Taichong (LR 3)
   d. Daling (PC 7), Laogong (PC 8), Taixi (KI 3), Zhishi (BL 52), Zusani (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?
   a. Deficient Liver Blood
   b. Deficient Heart Blood
   c. Deficient Spleen Qi
   d. Deficient Qi and Blood

20. What would your treatment of this patient aim to accomplish?
   a. Invigorate the Qi, nourish the Blood, and tranquilize
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 tighten 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), Qixu (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

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 (Neiguqn) and SP4 (Gongsun)
d. GB41 (Zulinqi) and SJ5 (Weiguan)

40. A boy of 12 had a middle-ear infection.
   a. LU7 (Lieque) and KD6 (Zaohai)
   b. SI3 (Houxi) and UB62 (Shenmai)
   c. SP4 (Gongsun) and PC6 (Neiguan)
   d. SJ5 (Weiguan) and GB41 (Zulinqi)

4 NEEDLE TECHNIQUE

◆ 5 element points

<table>
<thead>
<tr>
<th></th>
<th>Yin</th>
<th>wood</th>
<th>fire</th>
<th>earth</th>
<th>metal</th>
<th>water</th>
<th>Yang</th>
<th>metal</th>
<th>water</th>
<th>wood</th>
<th>fire</th>
<th>earth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tai yin</td>
<td>LU</td>
<td>11</td>
<td>10</td>
<td>9</td>
<td>5</td>
<td></td>
<td>Yang</td>
<td>Li</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>SP</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>9</td>
<td></td>
<td></td>
<td>ST</td>
<td>45</td>
<td>44</td>
<td>43</td>
<td>36</td>
</tr>
<tr>
<td>Shao yin</td>
<td>HT</td>
<td>9</td>
<td>8</td>
<td>7</td>
<td>3</td>
<td></td>
<td>Tai</td>
<td>SI</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>KD</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>10</td>
<td></td>
<td>yang</td>
<td>UB</td>
<td>67</td>
<td>66</td>
<td>65</td>
<td>40</td>
</tr>
<tr>
<td>Jue yin</td>
<td>PC</td>
<td>9</td>
<td>8</td>
<td>7</td>
<td>3</td>
<td></td>
<td>Shao</td>
<td>SJ</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>LV</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>8</td>
<td></td>
<td>yang</td>
<td>GB</td>
<td>44</td>
<td>43</td>
<td></td>
<td>34</td>
</tr>
</tbody>
</table>

◆ 4 needle technique theory

<table>
<thead>
<tr>
<th>Deficiency</th>
<th>Excess</th>
</tr>
</thead>
<tbody>
<tr>
<td>Affected channel</td>
<td>Affected channel</td>
</tr>
<tr>
<td>Related channel</td>
<td>Related channel</td>
</tr>
</tbody>
</table>

◆ Practice chart

<table>
<thead>
<tr>
<th>Tonification</th>
<th>Sedation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Element</td>
<td>+</td>
</tr>
<tr>
<td>Affected channel</td>
<td>+</td>
</tr>
<tr>
<td>Related channel</td>
<td>+</td>
</tr>
<tr>
<td>Element</td>
<td>−</td>
</tr>
<tr>
<td>Affected channel</td>
<td>−</td>
</tr>
<tr>
<td>Related channel</td>
<td>−</td>
</tr>
</tbody>
</table>
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