

A 36-year-old male has had chronic cholecystitis for over three years. His signs and symptoms include pain in the right hypochondrium, sour belching, hiccup, nausea, distension and an oppressive feeling in the chest and abdomen. His symptoms are worse when he eats greasy and oily foods. His tongue is red with a greasy yellow coating, and his pulse is wiry and slippery.

Which of the following herbal formulas is the most appropriate?

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

Which herbs can be added to the above formula if Stagnant Qi predominates?

- A. Add Yu Jin, Mu Xiang, Wu Yao
- B. Omit Cang Zhu, Add Bai Shao, Mu Dan Pi
- C. Add Tao Ren, Hong Hua
- D. Add Hou Po, Fu Ling

Which of the following herbal formula does NOT indicate Liver Qi stagnation?

- A. Xiao Yao San
- B. Si Ni San
- C. Yue Ju Wan
- D. Suan Zao Ren Tang

Which of the following herb addresses “Heat” in the Yue Ju Wan (Escape Restraint Pill)?

- A. Cang Zhu
- B. Xiang Fu
- C. Zhi Zi
- D. Shen Qu

Cang Zhu	Chuan Xiong	Xiang Fu	Zhi Zi	Shen Qu

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

Which of the following herbal formulas is the most appropriate?

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

Which herbs can be added for “Qi deficiency” to the above formula?

- A. Replace Zi Su Ye with Bo He
- B. Add Dang Shen, Chen Pi
- C. Add Dang Shen, Wu Wei Zi
- D. Add Dang Shen, Che Qian Zi

Which of the following herbal formula does not indicate Rebellious Qi?

- A. Xuan Fu Dai Zhe Tang
- B. Ding Xiang Shi Di Tang
- C. Ju Pi Zhu Ru Tang
- D. Jin Ling Zi San

Regulate Qi	
Qi stagnation	Rebellious Qi

Which of the following is NOT a characteristic of Su Zi Jiang Qi Tang (Perilla Fruit Decoction for Directing Qi Downward)?

- A. Yellow coating, Rapid pulse
- B. Abundant watery clear sputum
- C. Indicates chronic bronchitis, emphysema, bronchial asthma
- D. Excess above + Deficiency below

Ellen is a 45-year-old female. Her chief complaint is headache. Ellen reports that this headache began three months ago and has gradually become worse. The pain is usually at the very top of the head and is worse with 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 loose stools. Her tongue is pale with moist white coating, and her pulse is thin, slow and wiry.

Which of the following herbal formulas is the most appropriate?

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

Which herbs can be added for “acid reflux” to the above formula?

- A. Wa Leng Zi, Hai Piao Xiao
- B. Mu Li, Huang Qi
- C. Hua Jiao, Gan Jiang
- D. Ban Xia, Sha Ren

Which of the following herb is the deputy of Wu Zhu Yu Tang (Evodia decoction)?

- A. Wu Zhu Yu
- B. Ren Shen
- C. Da Zao
- D. Sheng Jiang

“Vomiting immediately after eating” is the characteristic of which of the following?

- A. Zhu Pi Zhu Ru Tang
- B. Wu Zhu Yu Tang
- C. Wu Ling San
- D. Er Chen Tang

Which of the following herbs are best for Jue Yin headache?

- A. Qiang Huo, Wu Zhu Yu
- B. Gao Ben, Wu Zhu Yu
- C. Bai Zhi, Wu Zhu Yu
- D. Xi Xin, Wu Zhu Yu

A 22-year-old female student has for two years been studying so hard that she is often unable to sleep, only failing asleep by 1 am, 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 coating, and her pulse is fine and rapid.

Which of the following herbal formulas is the most appropriate?

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

What is the proper modification of Liu Wei Di Huang Wan (Six ingredient pill with Rehmannia) for wasting and thirsting disorder?

- A. Omit Ze Xie, Add Tian Hua Fen
- B. Replace Shu Di Huang with Sheng Di Huang
- C. Add Bai Zhu, Sha Ren, Chen Pi
- D. Add Ai Ye, Xiang Fu

Which of the following herb balances “Shan Zhu Yu (Fructus Corni)” in Liu Wei Di Huang Wan (Six ingredient pill with Rehmannia)?

- A. Shan Yao
- B. Ze Xie
- C. Mu Dan Pi
- D. Fu Ling

	Kidney	Liver	Spleen
Tonification			
Sedation			

Which of the following is NOT a caution or contraindication of Liu Wei Di Huang Wan (Six ingredient pill with Rehmannia)?

- A. Indigestion and diarrhea due to Spleen Qi deficiency
- B. White and greasy tongue coating
- C. Humid areas where diseases are predominantly caused by dampness
- D. Chronic dry and sore throat or toothache

Mr. Smith is a 41-year-old male. Two days ago, he 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, headache, short temper, malaise, and scanty dark urine. His tongue is red with a yellowish coating, and his pulse is wiry slippery, and rapid.

Which of the following herbal formulas is the most appropriate?

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

Which herbs can be added to the above formula if the patient presents with coughing up blood due to Liver Fire injuring Lung?

- A. Mu Dan Pi, Ce Bai Ye
- B. Ju Hua, Sang Ye
- C. Chi Shao, Lian Xu
- D. Lian Qiao, Huang Lian, Da Huang

What is the hierarchy of “Chai Hu (Radix Bupleuri)” in Long Dan Xie Gan Tang (Gentiana decoction to Drain the Liver)?

- A. King or Deputy
- B. Deputy or Assistant
- C. Deputy or Envoy
- D. Assistant or Envoy

Which of the following indication belongs to Long Dan Xie Gan Tang (Gentiana decoction to Drain the Liver) versus Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)?

- A. Headache, Dizziness, Vertigo, Tinnitus
- B. Painful eyes, Bleeding
- C. Irritability, outbursts of anger
- D. Red tongue, Wiry and Rapid pulse

Which of the following acupuncture points represents the two indications of Long Dan Xie Gan Tang (Gentiana decoction to Drain the Liver)?

- A. LV2, GB34
- B. LI4, LV3
- C. UB17, SP10
- D. SJ5, GB41