

AOM Review Case Studies #1

1. Vivian, age 89, suffers from severe constipation. She has tried everything from laxatives to changes in her diet but nothing seems to help. In addition to this her skin is lusterless and her nails are dull. She suffers from a constant dry mouth and is constantly thirsty. She is always sipping on water to try to quench her unquenchable thirst. She is emaciated. What is the diagnosis for this case?
 - A. Yang Ming Level: General Blood Deficiency leading to Yin Deficiency and Dryness in the Intestines
 - B. Tai Yin Level: General Fluid Deficiency in the body
 - C. Yang Ming Level: Large Intestine Cold Invasion
 - D. Yang Ming Level: Excess Heat in the Yang Ming

2. What would you expect the tongue and pulse to be for this case?
 - A. Dry coat and thready, rapid pulse
 - B. Red tongue no coat and thready, rapid pulse
 - C. Pale tongue, orange sides, dry coat and choppy pulse
 - D. Red tongue, surging pulse

3. Brandon, age 39, suffers from constipation with hard stools that are difficult to pass. His urine is normal and sometimes even frequent which seems odd especially since he has constipation. In addition to this he has a dry cough, hoarse voice and abdominal distention and bloating, dry lips and ulcerations of the mouth. His pulse is submerged and rapid and he has a dry, yellow tongue coat. What is the diagnosis for this case?
 - A. Large Intestine Deficiency with Dryness
 - B. Yang Ming Level Heat and Dryness
 - C. Stomach Heat affecting the SP leading to Dryness in the LU and LI
 - D. ST/SP Yin Deficiency with LI Heat and Dryness

4. Jin Kyoung recently had a hysterectomy with severe complications, which led to unusually high amounts of blood loss. When she comes to your office, she walks in complaining about the parking situation and is very aggressive. She tells you she had a lot more patience before her surgery and has been feeling out of sorts ever since it happened last month. She tells you now she is constantly irritable. You notice her face is really red. When asked about this she tells you she also feels feverish even though her temperature is normal and she often has headaches. Sometimes she says that she feels really hot in just her calves, thighs and upper arms, which does not dissipate with a cold shower. She is constantly thirsty but can't drink cold drinks and only wants warm drinks. Her tongue is pale and her pulse is large, slightly flooding, deficient and forceless. What is the diagnosis for this case?
- A. Liver Yang Rising
 - B. Blood Deficiency with Floating Yang
 - C. Liver and Kidney Yin Deficiency
 - D. Stomach Fire leading to Liver Fire with Blood Deficiency
5. Ali, age 75, was diagnosed with Parkinson's. He has the typical tremors of the hands and legs and Parkinsonian Mask associated with the disease. He is in your office because he suffers from severe dizziness and vertigo making it hard to go about his daily activities. He also complains of tinnitus, headache, and his face is flushed as if he has been drinking. You notice during the treatment that his face is starting to appear asymmetrical. He also seems mentally confused with moments of clarity and suffers from frequent belching. His daughter accompanies him and helps with the intake. His pulse is wiry, long and forceful. What is the diagnosis for this case?
- A. Liver Yang Rising with Liver Wind
 - B. Liver Yang Rising
 - C. Liver Blood Def with Liver Wind with Rebellious Stomach Qi
 - D. Liver Qi Stagnation leading to Liver Fire
6. Alisa, age 47, has gone through a rough year. She had two miscarriages, her father, who she was very close to, died and her mother-in-law is terminally ill. Alisa can't eat or sleep very well. But her main complaints are the night sweats, feverishness at night and palpitations. Her mouth is dry and her lips are parched. She is often irritable. Sometimes she experiences dizziness and tinnitus. Her bowel movements are dry and her urine is dark and scanty. The tongue is red with a scanty coat and the pulse is thready, rapid. What is the diagnosis for this case?
- A. Heart Yin Deficiency with Liver Yang Rising
 - B. Heart and Kidney Yin Deficiency
 - C. Heart Yin and Liver Blood Deficiency
 - D. Heart Yang and Liver Blood Deficiency

7. Angelo suffers from constipation with small bitty stools like goat's stools. In addition to this he has a distending pain in the hypochondriac and costal regions. These symptoms are constant with the occasional flare-up, which happens when he has been working late and eating poorly, generally during the times that he has major deadlines at work. Then, he experiences more burning pain in the costal and hypochondriac regions, dizziness, feelings of heat in his chest, breathlessness, cough with blood-tinged sputum.

Diagnosis?

- A. Liver Qi Stagnation + Liver Fire
 - B. Liver Qi Stag + LI Heat + Liver Fire attacking the Lungs
 - C. Liver Qi Stagnation + LU Qi Rebellng and LV Yin Def + LU Heat
 - D. Liver Fire + Yang Ming Heat and Dryness + LV Blood Def + LU Yin Def
8. Taylor presents with Raynaud's Syndrome. She has had it since she started her menses. It is also worse right before her menses start each month. Her fingers and toes are like ice, while her body and head are warm. At its worst she finds that her body is warmer, her eyes burn and she gets angry easily. Her chest feels distended and it's difficult to urinate. Sometimes she will have severe abdominal pain and diarrhea. What would you expect her tongue and pulse to be?
- A. Purple tongue and wiry pulse
 - B. Red tongue, yellow coat and wiry pulse
 - C. Pale tongue, no coat and flooding forceful pulse
 - D. Red tongue, dry yellow coat and submerged and forceful pulse
9. Lawrence, 30, contracted a cold last week that settled in his lungs. You gave him Gui Zhi Tang and needled LU7, LI4, REN17, REN22. He comes back this week with the following symptoms: barking cough with copious sticky yellow sputum, shortness of breath, wheezing, and feeling extremely overheated. He tells you he feels like there is something sitting on his chest which makes breathing more difficult. He is dizzy, extremely thirsty and hasn't slept well in 3 days. What is the best tongue and pulse for the above case? Best acupuncture treatment?
- A. Red tongue and rapid pulse: LU10, LU11, UB13, Ren12, Ding Chuan, UB40, SP6
 - B. Thick yellow coat and slippery pulse: ST40, LU5, SP9, Ren12, ST36, LU11, KD6, LU7, Ding Chuan
 - C. Red, with a greasy yellow coat and slippery, rapid pulse: UB13, Ren 22, Ding Chuan, LU5, ST40, LU7, LU1, LI11
 - D. Thick white coat and deep, slow pulse: ST40, SP9, SP3, ST36, Ren12, ST36, SP4

10. Larry has a dry cough with scanty sticky sputum and weak hoarse voice. His mouth and throat are often dry and he has a tickle in his throat. He is often tired. He tells you that each night he wakes up drenched in sweat. What is the best tongue and pulse for this case? What is the best point prescription?
- A. Normal, dry, without coat and floating empty pulse: LU9, DU12, SP6, KD6, UB13, UB43
 - B. Red, geographic coat and thready, rapid pulse: LU9, LU7, DU12, Ren6, ST36, Ren12
 - C. Red, yellow scanty coat and thready, rapid yet forceful pulse: LI11, LU1, UB13, LU7
 - D. Red, yellow coat and rapid, slippery pulse: ST40, LU5, UB13, LU7, LU1
11. A 25 year old man has IBS, with alternating constipation and diarrhea. He has abdominal distention and pain. Sometimes he belches or feels nauseated. Flare-ups occur during especially stressful times in his life. His tongue has red sides and a sticky coating. Pulse is string-taut and rolling. What is his diagnosis?
- A. Liver Qi Congestion leading to Liver Heat
 - B. Spleen Qi Deficiency and Large Intestine Wind
 - C. Liver attacking Spleen and Stomach
 - D. Liver Qi Congestion with Damp Heat
12. Naoshing, age 47, comes in with complaints of palpitations which have been going on for two years now. The palpitations are worse in the winter for some unexplained reason. In addition to this he also has tinnitus, feels cold, edema in the lower body, and loose stools. He feels like exercise would help but he easily feels physically tired so feels exercise is out of the question. His thinking is unclear and his head feels heavy. He has had a persistent cough with copious white sputum, shortness of breath and wheezing. Looking at him you see his lips are slightly blue. What is the diagnosis for this case?
- A. HT and LU Yang Deficiency
 - B. HT Yang and KD Yang Def with SP Qi Def Damp and LU Qi Def with Damp Phlegm Accumulation
 - C. HT and KD Yang Def with SP Qi Def Damp affecting the LU
 - D. HT and KD Yang Def with SP Yang Def Water Accumulation and LU Qi Def with Damp

Tongue and Pulse?

- A. T: Pale tongue with wet coat, slightly bluish purple in the front with white coating on center, P: slow, weak, deep, slippery and knotted
- B. T: Pale tongue with wet coat. P: slow, weak, deep
- C. T: Pale tongue dry white coat. P: slow, weak, deep
- D. T: Pale tongue sticky white coat in the middle and wet in the rear, dry at the tip. P: slow, weak, deep and slippery

13. Dana, age 58, has been suffering from severe migraines for the past 6 years which increase in intensity during ovulation. They manifest with aura and light sensitivity. When they strike she needs to go into a dark room, lie down until they are over. She also suffers from red, burning eyes, dizziness. She says she has always been an easy going person but since the migraines started she is often angry and upset and easily reacts negatively to any situation. When asked about her sleep, Dana says it's fitful and she often has nightmares. Upon examination of her tongue you find that she has a very large tongue sore right at the tip of her tongue. She suffers from chronic constipation and she has a bleeding anal fissure with bright red blood. Her urine is dark yellow and about once a month around her ovulation, she can have burning pain and then her urine has a reddish tint. What is the diagnosis for this case?
- A. Heat in the LV and HT
 - B. Heat in the LV, LI and UB
 - C. Heat in the LV, LI, UB, SI
 - D. Heat in the LV, HT, LI, UB

Tongue and Pulse?

- A. T: red, dry peeled coat in the rear with yellow coat. P: wiry, rapid pulse
 - B. T: reddish, purple with red spots on the side. P: rapid, surging
 - C. T: red, yellow coat. P: wiry, rapid and deep, sl. Def
 - D. T: red with red prickles along the sides and tip. P: wiry, slippery, rapid
14. Jasmine, age 39, has unexplained hair loss primarily along the temple. She has had a scalp tissue sample tested. Her doctor has determined that she is not eligible for hair therapy as most of the follicles are dead. She is diagnosed with pre-mature menopause due to a partial hysterectomy in 2009 and scar revision in 2010. Her hands and feet are ice cold and often feel cold during the day. When asked about her appetite she tells you she is often not hungry and sometimes feels very nauseated. At times the nausea is so intense that she vomits which is generally just clear fluid that can just be stomach acid, which is bitter in taste. The symptoms reverse at night and she gets really hot and wakes up drenched in sweat. She also has to wake up to go to the bathroom. Jasmine is the head of surgery at a busy UCSF clinic. Her pulse is wiry.
- A. Shaoyin Syndrome with KD Yang Deficiency with ST Q Rebellion
 - B. Shaoyang Syndrome with MJ Def, KD Qi Def and Yin Def
 - C. Shaoyin Syndrome with MJ Def, KD Qi Def and Yin Def
 - D. Shaoyang syndrome with KD Yang Deficiency and ST Qi Rebellion

15. David developed severe acid regurgitation 1 year previous, to the point that he can't eat. He has a prescription for Prilosec but aside from making it possible for him to eat, it doesn't control the acid regurgitation. He comes to you for treatment. During the examination you learn that he suffers from extreme burning pain in his esophagus and mild burning in his abdomen. Sometimes he feels the burning extend out into the sides of his ribs. He is often irritable, he says because of the pain. He also has the occasional nose bleed. When asked if he has any other digestive issues, he tells you he is often bloated and gassy. When asked about his bowel movements he says that most of the time he is constipated but every once in a while his stools are very soft and they fall apart. What is the diagnosis for this case?
- A. Liver and Stomach Fire with Spleen Qi Deficiency
 - B. Liver Fire with Stomach Yin Deficiency, Spleen Qi Deficiency and Liver o/a Spleen
 - C. Stomach Fire with Spleen Qi Deficiency
 - D. Liver Fire with Stomach Yin Deficiency and Liver o/a Spleen
16. Natalia has been suffering from uterine fibroids for the past 6 years. She is going in for an operation to have them removed but wants to try an alternative therapy first. In addition to this her menstrual cycle is 35-38 days. A week before her menstruation starts she starts to have PMS, symptoms of breast tenderness, irritability, sadness and anger. Two days before it starts she starts having cramps, which last up through the first day of her period. Her periods are heavy on the first three days with heavy clotting and then taper off and last another 5 days of light bleeding. Her tongue is purple and her pulse is wiry. What is the diagnosis for this case?
- A. Uterine Fibroids due to Qi and Blood Stagnation
 - B. Uterine Fibroids due to Liver Fire and Blood Stagnation
 - C. Uterine Fibroids due to Liver Stagnation with Heart Blood Stasis
 - D. Uterine Fibroids due to Lower Jiao Blood Stagnation
17. Marcia is a 28 year-old-woman with heavy menstrual bleeding that has sticky blood and a yellow-brown discharge before the bleeding starts. No clots are present. She has difficult urination, burning pain when she urinates, blood in the urine and fullness and pain in the hypogastrium. She has abdominal pain, which worsens with pressure and after eating, with fullness in the abdomen. She has a bitter taste in the throat with acid regurgitation and diarrhea which relieves the abdominal pain. The tongue is red with sticky yellow coating. The pulse is slippery, full and fast. What is the pattern?
- A. Blood Heat, Damp Heat in the Uterus, Retention of Food
 - B. Hot Blood, Spleen not Holding Blood, Hot Phlegm
 - C. Bladder Damp Heat, Spleen Damp Heat, Smach Heat
 - D. Spleen not Holding Blood, Bladder Damp Heat, Rebellious Stomach Qi

18. Heather is 37-years-old and has insomnia. She has a hard time falling asleep at night and has many dreams. Her body aches and her muscles are weak. Sometimes she has palpitations. Occasionally, she gets up to urinate during the night. She has poor memory, a low appetite and a pale tongue with a thin coating. Her pulse is thready and weak. What is the diagnosis for this case?
- A. Heart and Spleen Deficiency
 - B. Heart and Kidney Deficiency
 - C. Spleen and Stomach Dysfunction
 - D. Stagnation of Liver, affecting the Heart
19. A 32-year-old woman has had epilepsy since the age of 15. She has severe convulsions with loss of consciousness and foaming at the mouth. She has a history of migraines, tinnitus and irritability. The pulse is slippery, rapid and string-taut. The tongue is red with redder sides, stiff and with a thick, sticky, yellow coating. What is the diagnosis?
- A. Liver Wind, Phlegm, Spleen Qi Xu, Liver Blood Deficiency
 - B. Liver Fire Blazing, Phlegm Wind
 - C. Liver Yang Rising, Phlegm Misting the Mind
 - D. Deficient Liver Blood and Yin, Excess Internal Phlegm-Wind
20. A 47-year-old woman complains of fibroids, lymph node swelling and swelling of the nerve ganglia. She has lumps under her skin in many places, red skin eruptions, dry mouth, mental depression, a bearing down sensation in her lower abdomen, a prolapsed uterus. The tongue is red. The pulse is empty and rapid. What is the diagnosis?
- A. Sinking Qi, Blood Heat, Non-substantial Phlegm
 - B. Blood Heat Congealed Phlegm, Deficient Qi
 - C. Congealed Phlegm, Qi Stagnation, Deficient Qi
 - D. Qi Stagnation, Sinking Qi, Excess Internal Heat