

Tongue and Pulse Case Studies Cumulative Review

1. Julia, age 46, comes in complaining of menopausal symptoms especially night sweats. These all started on her 42nd birthday and have steadily gotten worse. She has been taking hormone therapy which helps, but she wants to try a natural approach. She tells you she has always suffered from migraine headaches but as the hormone symptoms have ramped up her migraines have gotten worse. Julia works out a lot. She's very thin and sinewy for her age. Along with the night sweats and migraines, she often wakes up hot at night. She wakes up from the heat a couple of times at night. She does say it's easy for her to fall asleep but staying asleep is the problem. You ask about her emotions. She says she is very anxious and has this underlying restlessness as if she has forgotten to do something. She says working out makes her feel better especially if she can sweat a lot. She wonders if this is actually hurting her in the long run. Her tongue is red with a geographic coat (peeled in patches). Her pulse is thready and rapid. What is the best diagnosis for this case?
 - a. Heart Blood and Yin Deficiency
 - b. Yin Deficiency with Blood Deficiency
 - c. Yin Deficiency
 - d. General Body Fluid Deficiency

2. Liana, age 36, had abdominal surgery about 6 months ago. Initially she was recovering quite well. However, for the last three months, she feels hungry but she just can't eat. She's eats a few bites and then is really full. She tells you that she often feels like there is a burning pain in her abdomen and she is thirsty but can only manage to sip water. Her mouth and throat are dry especially in the afternoon. Her tongue is normal color without coat and her pulse is floating empty especially in the right middle position. What is the best diagnosis for this case?
 - a. Stomach Yin Deficiency
 - b. Lung Dryness
 - c. Stomach Qi and Yin Deficiency
 - d. Spleen Blood Deficiency

3. Rob has been experiencing the strangest symptoms lately. He has a chronic bitter taste in his mouth. He tries to brush his teeth more and use mouth wash. These have no effect. Rob's been under a lot of stress from work. He has irregular eating and sleeping habits. He says he often isn't hungry and there is a fullness in his abdomen and also lower abdomen below the belly button. He often feels nauseous. His urination is dark and sometimes it burns when he urinates. He's in the clinic today because he woke up this morning to find his genitals red, swollen and painful. His tongue is red with redder

sides with a sticky, yellow coat. The pulse is slippery, wiry and rapid. What is the best diagnosis for this case?

- a. Spleen Damp Heat
 - b. Liver Fire with Damp Heat in the Urinary Bladder
 - c. Liver Damp Heat
 - d. Heart Fire
4. Ben wakes up every morning with a bitter taste in his mouth. He never really sleeps well but it's especially worse if his sleep is bad. He tells you he feels very restless and it's hard for him to concentrate on any one thing. His face looks red and his urine is dark. Sometimes with a little blood in it. His tongue is red with red thorns. The coat is thick and yellow. There is a crack that runs the length of the tongue to its tip. The pulse is full, rapid and hasty. What is the best diagnosis for this case?
- a. Liver Fire
 - b. Stomach Phlegm fire
 - c. Kidney Yin Deficiency Fire Blazing
 - d. Heart Fire Blazing
5. Beth, age 32, has very painful, menses that leave her bedridden. Her menses are also unpredictable. She has been on birth control for the last 6 years but recently stopped as she is trying to get pregnant. She would like help with the dysmenorrhea and also with regulating her cycle. You ask her if she has pain in her hypochondrium and she says it's actually a stabbing pain in her chest. Not often and not in a dangerous way. She tells you she has always been athletic but recently she finds herself short of breath. You notice her hands are cold and her lips are slightly purple. Her tongue is purple but more so on the sides in the chest region. Her pulse is choppy, knotted and slightly wiry. What is the diagnosis for this case?
- a. Liver Blood Stasis
 - b. Pericardium Blood Stasis
 - c. Liver Qi and Blood Stagnation
 - d. Spleen Qi deficiency leading to Liver Blood Stasis
6. Priya often feels dizzy when she stands up. Priya is 15 years old, a vegetarian and plays soccer year-round. You notice that her lips are very pale and her skin and hair are dry. She tells you that she hasn't had a period for the last three months. She does not sleep well. It takes her hours to fall asleep. Her tongue is pale, especially on the sides. Her pulse is choppy and fine. The coat is thin and dry. What is the diagnosis for this case?
- a. Liver Blood Deficiency
 - b. Spleen Qi Deficiency with Liver Blood Deficiency
 - c. Liver Yin Deficiency
 - d. Liver and Heart Blood Deficiency

7. Andreaus is depressed and moody most days. He constantly holds his sides and complains of a distending pain in his flanks. Andreaus is a moody guy. His moods are often unpredictable. He is either sad or irritated. What would you expect the tongue and pulse to be for this case?
 - a. Red with redder sides; wiry, rapid
 - b. Pale with orange sides; choppy, wiry
 - c. Normal color, no coat; floating, empty
 - d. Normal color; wiry, especially on the left side

8. Peter has a chronic cough that occurs every year between October and November. He has coughing spells with expectoration of profuse, white sputum. He tells you he feels like there is a constant sensation of phlegm in his throat. This makes it hard for him to lie down because he can't breathe so easily with his lungs full of sputum. He doesn't have much of an appetite and actually feels nauseous most days. His head feels heavy and he is often dizzy. What would you expect the tongue and pulse to be for this case?
 - a. Swollen with a thick white sticky coat; slippery
 - b. Pale with a thick yellow white coat; slippery slight rapid pulse
 - c. Pale, swollen, dripping fluids; deep, slow and soggy
 - d. Pale, thick white coat; slow and deep

9. Robert has cold sensation on his low back with swelling in his legs and on his stomach. He tells you he often feels cold. He has no sex drive and actually wants to sleep all day. He thinks he is depressed. He wakes up every morning running to the bathroom. He has chronic diarrhea. What would you expect his tongue and pulse to be?
 - a. Swollen, thick, white coat; deep and slow
 - b. Swollen with teeth marks and a wet coat; deep and weak
 - c. Pale, wet coat; soggy, slow and deep
 - d. Thick yellow coat; slippery, rapid

10. Rebecca, age 34, doesn't have much of an appetite after her pregnancy and 1 year of breast feeding. She is often mentally and physically tired. Her complexion is pale. She often has an uncomfortable feeling in her epigastrium and her stomach bloats slightly after she eats. What would you expect the tongue and pulse to be for this case?
 - a. Pale; empty
 - b. Pale, thin white coat; deep and weak
 - c. Pale, dry coat; fine and weak
 - d. Red, no coat; thready rapid

11. Charles has a distended epigastrium and feels like he is going to vomit. His breath is foul and he has sour regurgitation. He hasn't had a bowel movement in a few days. He also hasn't been able to eat in a few days. What would you expect the tongue and pulse to be for this case?
- Thick, yellow coat; full, slippery
 - Thick white coat; slow and deep
 - Pale, thin white coat; weak and empty
 - Purple; wiry and choppy
12. Lillian has a persistent dull abdominal pain. She hears a gurgling in her belly. Her bowel movements are loose and look like duck droppings. She feels cold and her limbs are cold. What would you expect the tongue and pulse to look like for this case?
- Red, peeled in patches; thready, rapid
 - Thick white coat; slow and deep
 - Pale; deep and weak
 - Pale; wiry