

TREATMENT PRINCIPLE CASE STUDIES

1. A patient presents with cold feeling in his abdomen and cold limbs. He also experiences complete mental exhaustion. He has no poor appetite and his has chronic watery diarrhea. Which of the following is the most appropriate treatment strategy for this condition?
 - a. Tonify Kidney Yang and stop diarrhea
 - b. Warm Middle Burner and strengthen Spleen Yang
 - c. Tonify Qi and strengthen the Spleen and Stomach
 - d. Transform Dampness and harmonize Middle Burner
2. What is the treatment principle for a patient presenting with alternating chills and fever, bitter taste, irritability, nausea and a wiry pulse?
 - a. Purge Heat from the Yangming (Bright Yang)
 - b. Harmonize Ying (Nutritive) and Wei (Defensive)
 - c. Harmonize Shaoyang (Lesser Yang)
 - d. Warm the Taiyin (Greater Yin) by tonifying Spleen Yang and expelling Cold
3. A patient presents with chronic cough with profuse sticky white sputum that is easy to expectorate, a feeling of oppression in the chest, wheezing, nausea and dizziness. The tongue has a sticky white coating. The pulse is slippery. Which of the following is the most appropriate treatment strategy?
 - a. Clear Heat from the Lung and transform Phlegm
 - b. Nourish Kidney Yang and Yin to enhance its function of grasping Qi
 - c. Dry Damp and Resolve Phlegm
 - d. Tonify Lung qi and stop cough
4. Vernon lives in the desert in Arizona and has been a smoker for the past 35 years. He complains of chronic, dry cough that is not productive, dry throat, hoarse voice and thirst. Which of the following is the most appropriate treatment principle?
 - a. Clear Lung Heat and Resolve Phlegm
 - b. Resolve Phlegm, expel Cold and warm Yang
 - c. Tonify Lung Qi
 - d. Moistens the Lung
5. A 42-year-old female patient presents with insomnia, irritability, rash behavior, insomnia, and red face. The tongue is red with a yellow greasy coating. The pulse is slippery. Which of the following is the most appropriate treatment strategy?
 - a. Drain Heart Fire and Eliminate Phlegm
 - b. Regulate the Liver and dry Damp
 - c. Drain Liver Fire and relieve stagnation

- d. Nourish the Heart Yin and calm spirit
6. A patient presents with dry cough, scanty sputum sometimes tinged with blood, night sweating. Which of the following is the most appropriate treatment strategy?
- a. Tonify Lung Qi and stop cough
 - b. Nourish Lung Yin and stop cough
 - c. Dry dampness and eliminate Phlegm
 - d. Strengthen Spleen and eliminate Phlegm
7. A patient with a history of chronic fatigue has been treated for Spleen Qi Deficiency. Today she presents with a pale complexion, fatigue, poor appetite and loose stools with blood and mucus several times a day. Her tongue is pale with thick yellow coating. Her pulse is slippery and rapid. Which of the following treatment principles is most appropriate?
- a. Nourish Blood and Yin, clear Damp heat in the Large Intestine
 - b. Tonify Qi and clear Damp Heat in the Spleen Stomach
 - c. Nourish Blood and clear Damp Heat in the Spleen Stomach
 - d. Tonify Qi and Blood and clear Damp Heat in the Large Intestine
8. What is the treatment principle for a patient presenting with prolapse of the stomach, poor appetite, fatigue and loose stools?
- a. Tonify Spleen Qi and raise sunken Yang
 - b. Tonify Spleen Yang and dispel Cold
 - c. Tonify Spleen Yang and eliminate Dampness
 - d. Tonify Spleen Qi and nourish Blood
9. What is the treatment principle for a patient presenting with PMS, breast distension, lump in the throat and sighing?
- a. Smooth and move Liver Qi
 - b. Smooth Liver Qi and clear Heat
 - c. Subdue Liver Yang and Tonify Blood
 - d. Smooth Liver Qi and Tonify the Lungs
10. What is the treatment principle for a patient presenting with dizziness, tinnitus, vertigo with night sweats, low backache and premature ejaculation?
- a. Subdue Liver Yang and Tonify Liver and Kidney Yin
 - b. Nourish Kidney Yin
 - c. Resolve Phlegm, Tonify the Middle Jiao and Tonify Heart Blood
 - d. Clear Liver Heat