



**Pan-Canadian Exam
Case Studies
Week 6**

1. Ben woke up this morning with body aches and a headache. He promptly called in sick to work for the day and then called your clinic. By the time he arrives for his appointment, he is running a fever and has chills. He has a runny nose as well. His pulse is Floating, Tight. You treat him with LI4, LU7, GV16, GB20 and BL12. Also, you add a few ear points: LU, forehead and Inner Nose. What other ear acupuncture point would be effective to treat Ben's Cold?
 - a. Ear Shen Men
 - b. Bronchi
 - c. Asthma Point
 - d. Eye

2. Peter wakes up every night covered in a little sweat. He is always thirsty and keeps a glass of water next to his bed. He often has to refill it through the night. His throat is chronically dry. You think to yourself that this will be an easy case. Peter has Yin Deficiency. Then Peter tells you that he has aversion to Wind and is running a fever. All these symptoms are new. Last week, he had caught the flu and had a high fever which seems to be lingering. His pulse is Thready and Rapid. What is the etiology for this case?
 - a. External Heat Invasion
 - b. Excess Heat invading into the Interior and damaging the Fluids
 - c. Yin Deficiency
 - d. All of the above

3. Larry wakes up with a terrible pain on his neck. You see him in the clinic at 11am. He tells you he slept with the windows open last night. He tends to run hot and needs a little fresh air to sleep comfortably. He has reduced mobility. He says his neck feels very stiff. On palpation you agree that it is quite rigid. You notice that he feels quite warm to the touch. He says he is running a temperature and feels chilled. He also has a terrible headache. His pulse is Floating and Tight. What is the etiology for this case?
 - a. Improper sleep habits
 - b. Sleeping with the window open
 - c. Wind Cold Invasion
 - d. Stiff neck



4. For the case above what is the disease category?
 - a. Strained neck
 - b. Deficient Wei Qi weakens the body's resistance, leading to Pathogenic Invasion of Wind Cold, which obstructs the Qi and Blood flow to the neck and leads to pain and restricted movement
 - c. Cough
 - d. Wind Cold Invading the neck

5. For Larry's neck pain you decide to use ear acupuncture along with body acupuncture. You add the Neck point to your treatment. What other acupuncture point would be useful for this condition?
 - a. Forehead
 - b. Occiput
 - c. Cervical Vertebrae
 - d. Lumbar Vertebrae

6. Rowan has had lower back pain on and off for a few years now. Pain presents bilaterally between L1-L5. It's closer to the spine than on the sides of the body. She says she has always had issues with her lower back and her knees. You notice that her face is pale and also that Rowan is very short. She tells you she was always slow developmentally compared to her peers. She was late to walk as well. She has grey hair even though she is only 24. She also has very dark circle under her eyes. She says she is often irritable. She has a malar flush on her cheeks. Her tongue is pale with a peeling coat and the pulse is Thready and Rapid. What is the etiology for this case?
 - a. Poor lifestyle
 - b. Kidney Yin and Yang Deficiency
 - c. Constitutional weakness
 - d. Qi and Blood Stasis

7. What is the disease category and differential diagnosis for this case?
 - a. Lumbar strain due to Essence Deficiency
 - b. Back Pain due to Cold invasion
 - c. Lumbar strain due to Kidney Yang Deficiency
 - d. Lumbar strain due to Kidney Yin Deficiency



8. You use ear acupuncture for Rowan with Kidney and Ear Shen Men. What other ear acupuncture point could you use for her case?
 - a. Sacrum
 - b. Subcortex
 - c. Eye
 - d. Adrenal

9. A patient reports of aversion to Cold, fever, retention of urine, slight thirst and with vomiting immediately after drinking. The pulse is Superficial and Rapid. What is the diagnosis?
 - a. Taiyang level Wind Disorder
 - b. Taiyang level Cold Disorder
 - c. Yangming Fu (Organ) Disorder
 - d. Taiyang Fu (Organ) Water Accumulation

10. Jeremy, 72, presents with dry, black teeth. His lips are dry and cracked. Jeremy has been suffering from tremors in his hands and legs for the past five years. He says he almost always has a low-grade fever. What is the differential diagnosis for this case?
 - a. Blood level: Empty Wind Agitating in the Interior
 - b. Lower Jiao: Liver Empty Wind
 - c. Lower Jiao: Heat Victoriously Moving Blood
 - d. Jueyin syndrome

11. Lillian experiences numbness and tingling in the thumb, index and middle finger. The pain ebbs and flows depending on how much she is using her arm. She also has pain in her wrist and hand. The pain tends to move from place to place and is quite severe. At its worse, her wrist and hand feel very stiff. Sometimes the area feels heavy. What is the etiology for this case?
 - a. Wind Invasion
 - b. Cold Invasion
 - c. Damp Invasion
 - d. All of the above

Extra Credit: What disease is manifesting in this case? _____



12. A patient presents with palpitations, poor memory, poor vision, scanty periods, dry skin, insomnia and a sallow complexion. She is also manifesting a reduced appetite, exhaustion, irritability, night sweats, dizziness, dry throat and mouth. What is the differential diagnosis for this case?
- Spleen Qi Deficiency with Liver Blood Deficiency leading to Yin-type Heat in the Heart with Blood Deficiency
 - Heart and Liver Blood Deficiency with Spleen Qi Deficiency with Dampness
 - Liver Blood Deficiency leading to Heart Fire and Spleen Qi Deficiency
 - You've got to be kidding. This is really too much... you can't expect me to come up with the answer... Seriously!!!!
13. Minji is a law student in the second year of the program. She tends to sit long hours while studying. She tells you it has been a stressful few years with the amount she has to study. When she wakes up in the morning she is often not hungry. So she tries to eat a big lunch. Sometimes she doesn't have time to eat until later in the day. For years she would go to bed at 10pm and wake up at midnight starving. The hunger would keep her awake. Most nights she would get up, make herself something to eat and then go back to sleep. Lately she is just not hungry. She isn't hungry when she wakes up in the morning. She can barely eat a bit of lunch before she is too full to eat. She also isn't waking up starving at night. She tells you she is constipated but her abdomen is not distended and it's not painful upon palpation. She actually looks quite thin. The urine is dark, she tells you. What is the etiology and differential diagnosis for this case?
- Stress; Liver Qi Stagnation with Yin Deficiency
 - Overwork; Liver Qi Stagnation with Spleen Qi Deficiency
 - Irregular diet; Stomach Yin Deficiency
 - Stress; Stomach Yin Deficiency
14. Sebastian works for a tech startup as a coder. He has long hours at work. He loves his job and feels really passionate about what he does. He is in the clinic today because he steadily has been gaining weight over the last few years. He works out at the gym on a daily basis but he is still gaining weight. He would like some help with weight loss. You ask him about his appetite. He tells you with all the work he often forgets to eat. He really isn't that hungry. When he does eat he has a big meal to make up for what he hasn't eaten throughout the day. He suffers from constipation but then also diarrhea with undigested food. He has sour regurgitation and belch. He also has a stomach pain that is either a dull ache or really painful but is always there. He says the pain is worse after he eats a big meal. What is the etiology and differential diagnosis for this case?
- Irregular eating: Spleen Qi Deficiency
 - Overeating: Food Stagnation with Spleen Qi Deficiency
 - Stress and irregular eating: Food Stagnation with Spleen Qi Deficiency
 - Overwork and overeating: Spleen Qi Deficiency



15. A patient reports of low back pain, which is a dull ache and worse after a long day of work. The patient works at the docks in the early mornings. He starts his day at 3 am and is done by 11 am. He has been doing this for years. The back pain disappears after a good 8 hours of sleep. Sometimes there is a cramping-like sensation in the lower abdomen. His limbs are often cold, especially his lower legs. The tongue is pale and the pulse is Deep and Slow. What is the best acupuncture point for this case?
- Mingmen
 - Mingmen, Yaotongxue
 - Mingmen, Yaoyan
 - Ba Xie
16. A patient shows up with the symptoms of chest pain, numbness of the left arm and shortness of breath. You would:
- Needle PC6 (Neiguan) and CV17 (Tanzhong)
 - Have them sit up, offer them some water and wait 5-10 minutes to reevaluate
 - Recommend they see their family doctor that day
 - Call 911
17. What is the single most effective way to prevent the transmission of disease?
- Frequent hand-washing
 - Stay up-to-date on vaccinations
 - Wear a mask when sick
 - Use anti-microbial soap
18. Cupping is an acceptable form of treatment for which of the following?
- On edema or sores/skin ulcers
 - Over major arteries
 - Over joints
 - Over major nerves
19. For which of the following patients would cupping be an appropriate treatment?
- New patient with Blood Stasis and an open wound on their low back with chief complaint of back pain
 - New patient with Wind Cold and chief complaint of cough
 - New patient with Qi, Blood and Kidney Deficiency with chief complaint of fatigue
 - New patient with Spleen Deficiency and Dampness with chief complaint of edema



20. A patient reports of insomnia with palpitations, poor memory and nocturnal emissions with dreams. There is thirst with desire to drink in small sips and five-center heat. He also tells you he is hard of hearing. What is the diagnosis and best point prescription for this case?
- KD Yin Deficiency: KI3, KI6, KI9, KI10, SP6, CV7, CV4, LU7
 - KD Yin Deficiency with Fire Blazing: KI3, KI6, KI9, KI10, SP6, CV7, CV4, LU7
 - HT and KD not communicating: KI6, CV4, CV6, KI10, GV24, Yin Tang, KI9, HT5, HT6, HT7
 - KD and LR Yin Deficiency: KI6, KI13, BL23, CV4, SP6, LR8, BL10
21. Mike has dream-disturbed sleep with irritability and distending pain in the costal region. He often has a bitter taste in his mouth. What is the pulse for this case and what is the best point prescription?
- P: Slippery; HT7, SP6, Anmian, BL15, BL23, KI3
 - P: Thin, Weak; HT7, SP6, Anmian BL20, BL15, SP1
 - P: Wiry; HT7, SP6, Anmian, BL18, BL19, GB12
 - P: Thin, Rapid; HT7, SP6, Anmian, BL21, ST36
22. A patient presents with insomnia, with scanty menses and low back pain. She tells you that recently, she has also developed trouble hearing and tinnitus. She constantly has a dull occipital headache. What is the diagnosis and best point prescription for this case?
- KD Yin Deficiency: KI3, KI6, KI9, KI10, SP6, CV7, CV4, LU7
 - KD Yin Deficiency with Fire Blazing: KI3, KI6, KI9, KI10, SP6, CV7, CV4, LU7
 - HT and KD not communicating: KI6, KI13, BL23, CV4, SP6, LR8, BL10
 - KD and LR Yin Deficiency: KI6, KI13, BL23, CV4, SP6, LR8, BL10
23. Your patient has a difficult time falling asleep. She also experiences palpitations, poor memory, lassitude and dream-disturbed sleep. What is the tongue for this case and what is the best point prescription?
- T: Red; HT7, SP6, Anmian, BL15, BL23, KI3
 - T: Pale with thin, white coat; HT7, SP6, Anmian BL20, BL15, SP1
 - T: Yellow, slimy coat; HT7, SP6, Anmian, BL18, BL19, GB12
 - T: Slimy coat; HT7, SP6, Anmian, BL21, ST36
24. Which point can treat night sweating and fever with lack of sweating (anhidrosis)?
- LI4 (Hegu)
 - KI7 (Fuliu)
 - HT6 (Yinxi)
 - SI3 (Houxu)



25. A patient presents with insomnia with night sweats and mental restlessness. He also has five-palm heat and scanty dark urine. There is back pain and dry stools. There is excessive sexual desire as well. What is the diagnosis and best point prescription for this case?

- a. KD Yin Deficiency: KI3, KI6, KI9, KI10, SP6, CV7, CV4, LU7
- b. KD Yin Deficiency with Fire Blazing: KI3, KI6, KI9, KI10, SP6, CV4, LU7
- c. HT and KD not communicating: KI6, KI13, BL23, CV4, SP6, LR8, BL10
- d. HT Yin Deficiency: PC6, HT7, CV14, CV15, CV4

26. Which extra point is best for insomnia?

- a. EX-1 Taiyaing
- b. EX-2 Yintang
- c. EX-13 Anmian
- d. Ex-14 Dingchuan

27. A patient presents with insomnia and loss of appetite. He is easily angered and very irritable. These symptoms are accompanied by lots of physical activity and periods of increased energy. What is the point prescription?

- a. GV14, GV16, GV26, PC6, ST40
- b. BL15, BL18, BL20, HT7, ST40
- c. GV26, CV15, PC5, LR3 ST40
- d. BL15, CV15, HT7, PC6

28. A patient presents with insomnia and joint aches. She also has poor appetite and slight abdominal distention after eating. She is often tired. What is the best point prescription for this case?

- a. CV4, BL17, BL20, HT7, PC6, CV14, CV15, CV12, ST36, SP3
- b. CV4, B17, BL20, BL18, BL23, LR8, ST36, SP6, HT7, CV14, CV15, PC6
- c. CV4, BL17, BL20, BL18, LR8, BL23, BL21 CV12, ST36
- d. CV4, BL17, BL20, BL21, ST36, SP6, SP3

29. Insomnia accompanied by dizziness and palpitations usually indicates failure of Blood to nourish the Heart due to which of the following?

- a. Heart and Kidney Yang Deficiency
- b. Derangement of the Stomach Qi not creating Blood
- c. Heart Fire impeding Blood flow to the Heart
- d. Deficiency of both the Heart and Spleen



30. A patient complains of chronic low back pain with insomnia, dry mouth and throat. The back pain feels better with rest and worse with activity. The tongue is reddened with a scanty coat. The pulse is Thready, Rapid. What is the best point prescription for this case?
- CV14, HT7, SP6, LR3
 - B23, GV3, BL40, BL52, KI3
 - LR14, TE6, GB34, BL17
 - BL23, GV3, BL40, BL2, GV4
31. A patient reports of insomnia and dizziness. There is also blurred vision and floaters. She tells you that she also has poor appetite and slight abdominal distension after eating. She is very tired. Her periods are scanty. What is the diagnosis for this case and what is the best point prescription?
- HT and SP Blood Deficiency; CV4, BL17, BL20, HT7, PC6, CV14, CV15, CV12, ST36, SP6
 - HT and LR Blood Deficiency; CV4, BL17, BL20, BL18, B23, LR8, ST36, SP6, HT7, CV14, CV15, PC6
 - SP and LR Blood Deficiency; CV4, BL17, BL20, BL18, LR8, BL23, BL21, CV12, ST36
 - SP Blood Deficiency; CV4, BL17, BL20, BL21, ST36, SP6, SP3
32. Angie wakes up nightly. Her insomnia started two years ago. You notice she is very restless. She tells you her mouth is often dry with very little saliva. There is a burning sensation in her chest, palms and soles. She often has low back pain and insomnia. What is the tongue for this case and what is the best point prescription?
- T: Red; HT7, SP6, Anmian, BL15, BL23, KI3
 - T: Pale and skinny with a thin, white coat; HT7, SP6, Anmian BL20, BL15, SP1
 - T: Yellow, greasy coat; HT7, SP6, Anmian, BL18, BL19, GB12
 - T: Greasy coat; HT7, SP6, Anmian, BL21, ST36
33. A patient presents with insomnia, with poor memory and anxiety. The complexion is dull-pale and her lips are pale as well. The muscles are weak and there are also loose stools, poor appetite and scanty periods. What is the diagnosis for this case and what is the best point prescription for this case?
- HT Blood and SP Qi Deficiency; CV4, BL17, BL20, BL18, BL23, LR8, ST36, SP6, HT7, CV14, CV15, PC6
 - PC Blood and SP Qi Deficiency; CV4, BL17, BL20, BL18, BL23, LR8, ST36, SP6, SP3
 - HT and STP Blood Deficiency; CV4, BL17, BL20, HT7, PC6, CV14, CV15, CV12, ST36, SP6
 - PC Blood Deficiency; PC6, BL14, BL17, BL20, SP4, CV17, HT7



34. A patient presents with insomnia, a suffocating feeling and distending pain in the epigastric region with belching and difficult defecation. What is the tongue for this case and what is the best point prescription?
- T: Red; HT7, SP6, Anmian, BL15, BL23, KI3
 - T: Pale with a thin, white coat; HT7, SP6, Anmian BL20, BL15, SP1
 - T: Yellow, greasy coat; HT7, SP6, Anmian, BL18, BL19, GB12
 - T: Greasy coat; HT7, SP6, Anmian, BL21, ST36
35. A patient presents with insomnia with dream-disturbed sleep. She also suffers from headaches and dizziness. Her vision is blurry. What would you expect the pulse to be and what is the best pulse for this case?
- Thready, Rapid
 - Wiry, Rapid
 - Slippery, Rapid
 - Hesitant
36. A patient presents with insomnia, palpitations with dizziness and tinnitus. There is also irritability. What is the best point prescription for this case?
- HT7, SP6, Anmian
 - BL15, CV14, HT7, PC6, BL14 BL23, KI3
 - BL15, CV14, HT7, PC6, PC5, GB40
 - HT7, SP6, Anmian, BL20, BL15, SP1
37. A patient reports of insomnia with palpitations, dizziness and poor memory. He is often anxious. He also has numbness in his limbs, blurred vision and floaters in his eyes. He tells you he often has a feeling of aimlessness. What would you expect the best point prescription to be for this case?
- CV4, BL17, BL20, BL18, BL23, LR8, ST36, SP6, HT7, CV14, CV15, PC6
 - CV4, BL17, BL20, HT7, SP6, PC6, CV14, CV15, CV12, ST36, SP6
 - CV4, BL17, BL20, BL18, BL23, LR8, ST36, SP6, SP3
 - CV4, BL17, BL20, BL21, ST36, SP6, SP3
38. A patient presents with insomnia and palpitations with anxiety. There is irritability and a sensation of Heat in the chest. What would you expect the tongue and pulse to be for this case?
- T: Red with a yellow, dry coat; P: Thin, Deficient
 - T: Red with a yellow, dry coat; P: Thin, Rapid
 - T: Red with a dry, peeled coat; P: Thin, Weak
 - T: Red with a greasy, yellow coat; P: Thin



39. A patient presents with insomnia, palpitations and pale lips and nails. There is also dizziness and tingling of the limbs. She also has scanty periods. The tongue is pale and thin and the pulse is Thready. What is the best point prescription for this case?
- HT7, PC6, CV14, CV15, BL17, BL20, LR8, SP6, ST36, BL18, BL23
 - SP3, SP6, BL20, BL21, ST36, CV12, LR8, BL17, BL18, BL23, CV4
 - LR8, ST36, SP6, CV4, BL18, BL20, BL23, Yuyao
 - LR8, SP6, ST36, KI3, CV4, KI6, LR2
40. A patient complains of insomnia and blurred vision with floaters and dry eyes. There is dizziness and numbness in the limbs. She also has muscular weakness and cramps. The nails are brittle. What would you expect the tongue to be for this case and the best point prescription?
- T: Normal; LR8, ST36, SP6, CV4, KI3, KI6, LR2
 - T: Pale, especially in the center; LR8, ST36, SP6, CV4, BL20, BL21
 - T: Pale, especially on the sides; LR8, ST36, SP6, CV4, BL20, BL23, Yuyao
 - T: Peeling coat; LR8, ST36, SP6, CV4, BL22, KI2
41. A patient presents with insomnia, palpitations and grief without reason. There is capricious joy and anger, feelings of suspicion and the patient is easily frightened. The pulse is Thready, String-taut. What is the best point prescription for this case?
- BL18, BL17, CV17, CV12, ST36, SP4, LR3
 - CV13, TE6, GB34, LR2, GB43
 - CV22, CV17, PC6, ST40, LR3
 - CV14, HT7, SP6, LR3
42. Raynaud's Disease is an autoimmune disorder that primarily effects the?
- Lungs
 - Blood Vessels
 - Liver
 - Capillaries
43. A patient presents with late periods and insomnia. Her menses are scanty, light red and there is an empty, painful feeling in the lower abdomen. She also experiences palpitations and has lusterless skin. The pulse is Weak and Thready. What is the best point prescription for this case?
- CV4, CV6, SP6, HT7
 - CV4, CV6, SP6
 - CV6, SP6, ST36, CV12
 - CV4, CV6, SP6, GV20



44. A patient presents with insomnia, with palpitations, dizziness, poor memory, dull complexion and pale lips. She has not had a period in 6 months. What is the diagnosis for this case and what is the best point prescription?
- Heart Yin Deficiency; PC6, BL14, BL17, BL20, SP4, CV17
 - Heart Blood Deficiency; PC6, HT7, CV14, CV15, CV4, BL17, BL20
 - PC Blood Deficiency; PC6, BL14, BL17, BL20, SP4, CV17, HT7
 - PC Yin Deficiency; PC6, HT7, CV14, CV15, CV4, SP6, HT6, KI7
45. A patient presents with insomnia with palpitations, dizziness, poor memory, dull complexion and pale lips. What is the best point prescription for this case?
- PC6, HT7, CV14, CV15, CV4, SP6, HT6, KI7
 - PC6, HT7, CV14, CV15, CV4
 - PC6, HT7, CV14, CV15, CV4, BL17, BL20
 - PC6, BL20, BL21, ST36, BL14, BL13
46. A patient presents with insomnia with palpitations, poor memory, mental restlessness, night sweats, uneasiness and fidgetiness. What is the best point prescription for this case?
- PC6, HT7, CV14, CV15, CV4, SP6, HT6, KI7
 - PC6, HT7, CV14, CV15, CV4
 - PC6, HT7, CV14, CV15, CV4, BL17, BL20
 - PC6, BL20, BL21, ST36, BL14, BL14
47. Gail, a 43-year-old woman, comes to you seeking help for her pre-menstrual tension. Her symptoms include depression and irritability. Gail tells you that her period is irregular. She has pain before and during her period. Most of the time it is cramping before her period. General symptoms include palpitations, insomnia, anxiety, forgetfulness, breast tenderness and moodiness. The tongue is a pale with a dry coat. The pulse is Wiry (Xian Mai). What is the diagnosis for this case?
- Stagnant Liver Qi, Deficient Liver and Kidney Yin
 - Deficient Kidney Essence
 - Stagnant Liver Qi, Deficient Heart Blood
 - Deficient Kidney Yin, Empty Fire
48. A numb tongue is always attributable to which of the following?
- Failure of Nutritive Qi and Blood in nourishing the tongue
 - Deficient Original Qi
 - Clear Yang not Rising
 - Internal Wind
49. Which tongue has a red body and a thick, yellow coat?



- a. Wei level
 - b. Ying level
 - c. Qi level
 - d. Xue level
50. Richie comes to you for diarrhea. He has foul-smelling and burning diarrhea. He also says he has abdominal distention, nausea and a sticky taste in the mouth. Your treatment principle is which of the following?
- a. Resolve Retention of Food and stimulate descending of Stomach Qi
 - b. Resolve Dampness and clear Heat of the Large Intestine
 - c. Resolve Dampness and clear Heat of the Spleen
 - d. Clear Heat and disinhibit Dampness of the Gall Bladder
51. Karen was diagnosed with Fibromyalgia syndrome 15 years ago. She also has insomnia. Her tongue is pale and deviated and her pulse is Hesitant. What is the diagnosis for her case?
- a. Liver Wind due to Blood Deficiency
 - b. Spleen Qi Deficiency
 - c. Bi Syndrome
 - d. Liver Blood Deficiency
52. A young mother brings her infant son, Sam, into your office for help. The mother expresses concern over Sam as he's always been healthy up until this point. After rubbing the index finger of Sam, you notice that venules appear just beyond the Second Gate. This indicates that his condition is:
- a. Healthy
 - b. Life-threatening
 - c. Sam has an Interior disorder
 - d. Sam has an Exterior disorder
53. A 43-year-old woman has pre-menstrual tension. Her symptoms include depression, irritability and vertex headache. The period is irregular, scanty and not painful. She is also experiencing back pain, constipation, dry mouth in the evening, dry hair, sore eyes and blurry vision. The tongue is a little red and without coat. The pulse is Weak (Xu Mai), especially in the left rear position. What is the diagnosis for this case?
- a. Stagnant Liver Qi, Deficient Heart Blood
 - b. Stagnant Liver Qi, Deficient Liver and Kidney Yin
 - c. Deficient Kidney Essence
 - d. Deficient Kidney Yin, Empty Fire



54. Aversion to food, vomiting of sour matter that relieves fullness and pain of the epigastrium and abdomen, diarrhea with undigested food, tongue coat that is thick and sticky and a pulse that is Rolling are signs and symptoms of which diagnosis?
- Stomach Cold Qi Stagnation
 - Food Stagnation
 - Stomach Yin Deficiency
 - Spleen and Stomach Qi Deficiency
55. Sara has severe PMS after the birth of her first child. Her children are ages 4 and 8. She says she has always had some irritability during her period ever since she started menstruating but after her children, she not only gets irritable but also irrational and cries for days. She says she also gets palpitations and her breasts become very tender. Her pulse is Thin and slightly String-taut in the left middle position and weak in the left front position. Her tongue is pale and slightly red on the sides.
- Liver Yin Deficiency and Heart Yin Deficiency
 - Heart Blood Deficiency and Kidney Yin Deficiency
 - Liver Blood Deficiency, Heart Blood Deficiency, Liver Qi Stagnation
 - Liver Qi Stagnation
56. Itchy skin is a sign of which of the following?
- Heat in the Blood
 - Liver Blood Deficiency
 - Wind
 - Dampness
57. A 35-year-old man has hand tremors. He was diagnosed with Parkinson's disease. The tremors are worse with reaching for things and disappear while sleeping. He has a sallow complexion. Other symptoms include a weak voice and dry skin. He catches colds easily. The tongue is pale. The pulse is Weak. What is the diagnosis for this case?
- Deficiency of Liver Blood causing Wind
 - Liver Yang Rising causing Wind
 - External Wind affecting the Interior
 - Dryness stirring Wind
58. A patient has abdominal pain, diarrhea with mucus and blood, foul-smelling stools, burning anus, fever, sweating that does not abate the fever and thirst without desire to drink. What pulse would you expect to find?
- Slippery, Fast pulse
 - Deep, Full, Big pulse
 - Thin, Fast pulse
 - Full, Fast pulse



59. Epistaxis is a symptom of which two channel's pathology?
- Large Intestine and Lungs
 - Lung and Stomach
 - Large Intestine and Stomach
 - Liver and Spleen
60. Sara is 55 years old. She comes to your clinic with epigastric pain. She's had this pain for many years. She says the pain is like a knife and sometimes she feels it radiating to her right upper hypochondriac area. She tells you she is very upset and is scared to go to the doctor for fear that she has cancer. She says her life is very chaotic at the moment. She is recently divorced. The stress from her life has made the pain much more worse especially at night. Sometimes she feels like she wants to vomit but doesn't. She says all the stress has made her exhausted. Her pulse is Wiry and her tongue is reddish purple with scallops and a yellow coat. What is the differential diagnosis for this case?
- Stasis of Qi affecting the Liver and the Stomach
 - Stasis of Blood affecting the Liver and the Stomach
 - Stasis of Blood affecting the Kidney and the Stomach
 - Stasis of Qi affecting the Spleen and the Stomach
61. A patient comes to you with hypogastric distention, fullness and urgency of urination with blood in the urine. He also suffers from mental restlessness. His tongue is reddish purple without coat and the pulse is Deep and Choppy. At what stage of the Shang Han Lun is this pathogen in?
- Taiyang stage
 - Taiyin stage
 - Shaoyin stage
 - Jueyin stage
62. A patient has sudden epigastric pain, vomiting, cold feelings and a Deep, Tight pulse. What is the best differential diagnosis for this case?
- Stomach Qi Vacuity
 - Stomach Vacuity Cold
 - Cold invading the Stomach
 - Retention of Food
63. According to the Su Wen, the tip of the nose represents which organ?
- Liver
 - Spleen
 - Kidney
 - Heart



64. A 75-year-old, frail patient who you have been treating for fatigue has chills, fever, an aversion to Heat, sore and swollen throat and a Floating, Fast pulse. What is the best treatment method to use for this case?

- a. Reducing
- b. Tonifying
- c. Reducing and tonifying together
- d. Tonify first and reduce later

65. Diarrhea with no odor would be related to which of the following?

- a. Cold
- b. Heat
- c. Damp Heat
- d. Toxic Evils

66. Paula comes in saying she has trouble falling asleep and wakes numerous times at night. She tells you she has a lot of digestive issues. She feels nauseated, bloated and belches a lot. She has heartburn every day. She complains of coughing up a lot of yellow mucus almost daily. She says, since she hasn't been sleeping, she feels irritable. Her tongue is red with a yellow, slimy coat and her pulse is Rapid and Slippery. What is the differential diagnosis for this case?

- a. Phlegm Fire harassing the Interior
- b. Yin Vacuity with effulgent Fire
- c. Spleen Qi Deficiency with Dampness
- d. Heart and Spleen Deficiency

67. Bluish ears indicate which of the following?

- a. Kidney Qi Exhaustion
- b. Excess Cold
- c. Poor constitution
- d. Pain

68. Jason comes to you because he has insomnia. He says he never did sleep well but that for the last two years he can't sleep at all. He says he's been feeling manic lately, too. During your intake you find out that because of his job he eats late every night. He feels thirsty but doesn't want to drink and he has a feeling of discomfort in his stomach. His pulse is Excess, Rapid and Slippery. His tongue has a thick, yellow coat. What is the differential diagnosis for this case?

- a. Stomach Phlegm Fire (Phlegm Fire harassing the Interior)
- b. Spleen Qi Deficiency with Dampness
- c. Food Stagnation
- d. Heart and Spleen Deficiency



69. Yesterday, a patient had tidal fever, dry stools, abdominal pain worse with pressure, a yellow, dry tongue coat and a Strong pulse. Today, the symptoms include confusion, irritability, insomnia and mental agitation. What is your assessment?
- Ying stage progressing to Xue stage
 - Yin stage
 - Qi stage
 - Qi stage progressing to Ying stage
70. A 34-year-old female patient comes into your office with a chief complaint of infertility. She has been trying to conceive with her husband for over two years and is becoming frustrated. She has a prolonged menstrual cycle that has a small volume of pale menstrual discharge. Her complexion is dull and she experiences lassitude. She complains of feeling cold and has a constant low back ache and weak legs. Although she knows that she and her husband should be having sex, she tells you she just doesn't have a libido anymore. Her tongue is pale with a white coat and her pulse is Deep and Thready. What is the treatment principle for this case?
- Moisten the Kidney Yin, nourish Blood, regulate and rectify Chong and Ren
 - Soothe the Liver, move Qi, nourish Blood, regulate menstruation
 - Warm the Kidneys, invigorate Yang, nourish Blood, regulate and rectify Chong and Ren
 - Dry Dampness, dissolve Phlegm, move Qi, regulate the menses