



NCCAOM Case Studies Set 12

1. Anna, age 25, has had gradually reducing menses over the last year. Her menses ceased completely four months ago. She also has noticed that her hair and skin have become drier than before. Her vision is blurry, and she spots before her eyes when she stands up too quickly. Her memory is not as good as it should be for a 25-year-old, and she suffers from anxiety and insomnia. She has slightly less appetite than normal, but her bowel movements and urination are normal. She is in her second year of a rigorous graduate program that has her working 12-hours a day. When asked, she said that she hasn't changed anything about her life in the last year, except that she is exercising daily to help cope with stress. Her exercise routine includes hot yoga three times a week. She has been a vegetarian for 10 years. Her tongue is purple at the root with distended veins. Her pulse is Wiry and Excess.

What is the best treatment principle for Anna?

- A. Move Qi and Blood, resolve Phlegm
- B. Tonify Liver and Heart Blood and Spleen Qi
- C. Tonify Liver Blood
- D. Move Qi and Blood, eliminate Stasis, tonify Spleen Qi and Heart Blood

What is the diagnosis for this case?

- A. Liver Blood Deficiency
 - B. Liver and Heart Blood Deficiency with Spleen Qi Deficiency
 - C. Liver Blood Stasis with Qi Stagnation
 - D. Blood Stasis with Heart Blood and Spleen Qi Deficiency
2. For the last 7 months, a 28-year-old patient has been having distending pain before and at the beginning of her menstruation. Other symptoms include:
 - Breast distension one week prior to her menses starting
 - Dark reddish-purple clots
 - Severe hypogastrium distension and pain
 - Frustration
 - Irritability
 - **T:** pale with a thick, sticky white coat
 - **P:** Slippery, Deep and Thready

What is the best point prescription for this patient?

- A. SP8, LR8, Ren4, KI7, ST40, Ren3, BL22, ST25
- B. LI4, LR3, LR8, Ren12, BL20, ST36, ST40, KI7
- C. LR2, GB34, BL20, BL21, ST36, ST40, KI7
- D. SP8, SP10, Ren17, Ren6, UB32, LR3, SP6



3. Sandra is 32-years-old, with twins who are one and a half years old. She says she is exhausted from caring for two babies. She breastfed both babies until they were one-year-olds. After their birth, her period began coming earlier and earlier. At first, it was only a few days early but for the last three cycles it has been up to even two weeks early. Her menstrual blood is thin, pale and of copious amount. Sometimes she bleeds between her periods as well. She says her appetite and thirst are normal and she has no preference for cold or warm drinks. She has loose stools but her urination is normal, and she feels an empty and heavy sensation in her lower belly. She is red with a thick, sticky yellow coat and the pulse is Deficient, Thready and Rapid.

What is the best formula for Sandra?

- A. Bu Zhong Yi Qi Tang (*Tonify the Middle to Augment the Qi Decoction*)
 - B. Ba Zheng San (*Eight-Herb Powder for Rectification*)
 - C. Gui Pi Tang (*Restore the Spleen Decoction*)
 - D. Gui Pi Tang (*Restore the Spleen Decoction*) + Liu Wei Di Huang Wan (*Six-Ingredient Pill with Rehmannia*) + Mang Xiao (*Natrii Sulfas*)
4. Mary, is a 29-years-old woman. She has had excessive vaginal discharge since last year. There is a large amount of whitish-yellow discharge. She often feels tired and has difficulty concentrating, especially after eating. She says she finds it difficult to exercise and even walking up the stairs leaves her limbs feeling heavy. She also has edema in her lower limbs. Because she doesn't like to cook, she has only been eating boxed cereal for most meals for some time. Her tongue is pale with a red tip. Her pulse is Abrupt.

What is the diagnosis for this case?

- A. Spleen Qi Deficiency with Damp Accumulation
 - B. Heart Fire with Damp Accumulation and Blood Stasis
 - C. Damp Accumulation with Spleen Qi Deficiency and Heart Qi and Blood Deficiency
 - D. Blood Stasis with Heart Blood and Spleen Qi Deficiency
5. Mr. Thomas is 21 years old. He is complaining of a recent constant and loud ringing in his ears that can't be helped with applying pressure to his ears. He is a welder who works in the construction industry and has to work long hours every day. The job is difficult, and they are behind schedule. The other day at work there was a serious explosion that further delayed the project. He says that his co-workers are very annoying. He has a red face, a bitter taste in the mouth and a strong desire to drink cold water. Mr. Thomas is feeling very overwhelmed and annoyed with the whole situation. He has a Deficient, Overflowing pulse and a tongue that is red with no coat and deviated.

What is the best treatment principle for this case?

- A. Move Qi, move Fluids, Clear Fire
- B. Clear Liver Heat + purge Fire, restore hearing
- C. Tonify Kidney Yin and anchor Liver Yang, move Fluids, nourish the Heart
- D. Tonify Yin, clear Deficiency Heat



6. A 24-year-old male has sharp and distending pain in the upper abdominal area that also radiates to the hypochondrium region.

Patient Information:

- Pain is worse with stress and about half an hour after eating
- Sleep, body temperature and urination are normal
- Bowel movements are dark and tarry
- Vomits very dark blood when stressed
- Burning and stabbing pain that is worse at night
- Belching, lack of appetite, abdominal distension
- **T:** pale with orange sides
- **P:** Choppy

What is the best formula for this case?

- A. Si Wu Tang (*Four-Substance Decoction*)
 - B. Jiao Wei Xiao Yao San (*Augmented Rambling Powder*)
 - C. Jiao Wei Xiao Yao San (*Augmented Rambling Powder*) + Tao Hong Si Wu Tang (*Four Substances Decoction with Safflower and Peach Pit*)
 - D. Si Wu Tang (*Four-Substance Decoction*) + Jiao Wei Xiao Yao San (*Augmented Rambling Powder*)
7. A 32-year-old man complains of lower back pain that began two weeks ago. He is very active, exercises a lot and often. Even though it is a colder time of the year and raining, he has been running outside every day, wearing only shorts and a t-shirt.

Patient Information:

- Pain from around BL21 – BL28, mostly on the right side
- Reduce range of motion with flexion and extension
- Pain worse with cold and better with heat
- Patient wakes with pain and heaviness in the back which improves throughout the morning
- Back feels cold to the touch
- **T:** pale, swollen with a wet coat that drips fluids
- **P:** Deep, Thready, Deficient

What is the best formula for this case?

- A. Huo Luo Xiao Ling Dan (*Miraculously Effective Invigorating the Connecting Channels Pill*)
- B. You Gui Wan (*Restoring the Right [Kidney] Pill*)
- C. Shen Tong Zhu Yu Tang (*Body Pain Eliminating Stasis Decoction*)
- D. Shi Pi Yin (*Bolster the Spleen Drink*)

