



NCCAOM Herbology Case Studies Set 4

1. Which of the following Extinguish Wind and Stop Tremors herbs can treat bleeding due to trauma?
 - a. Shi Jue Ming (*Haliotidis Concha*)
 - b. Di Long (*Pheretima*)
 - c. Ye Jiao Teng (*Polygoni multiflori Caulis*)
 - d. Gou Teng (*Uncariae Ramulus cum Uncis*)
2. Sally had surgery to repair her left Achille's tendon yesterday. She was kept overnight in the hospital before being sent home today. She is currently in extreme pain. She comes to your clinic for acupuncture and falls down outside and reinjures her left ankle. She is bleeding from the site of the wound. Which two herbs could you use topically to stop the bleeding?
 - a. Chun Pi (*Ailanthi Cortex*) and Lian Zi (*Nelumbinis Semen*)
 - b. Fu Pen Zi (*Rubi Fructus*) and Jin Ying Zi (*Rosae laevigatae Fructus*)
 - c. Chi Shi Zhi (*Halloysitum rubrum*) and Hai Piao Xiao (*Sepiae Endoconcha*)
 - d. Hai Piao Xiao (*Sepiae Endoconcha*) and Sang Piao Xiao (*Mantidis Oötheca*)
3. Fabio hurt his lower back while working on his car. The left lower side between L2-L4 is swollen and extremely painful. He can't stand up straight and walks into your clinic bent forward. Which of the following herbs can be used topically for pain and swelling in the lower back and limbs from trauma?
 - a. Bai Hua She She Cao (*Hedyotis diffusae Herba*)
 - b. Yi Mu Cao (*Leonuri Herba*)
 - c. MU Dan Pi (*Moutan Cortex*)
 - d. Xu Duan (*Dipsaci Radix*)
4. Tim went on a camping trip to Colorado with his buddies. While out hiking, he stepped on a snake and was bitten. Which of the following herbs is best to use topically on snakebites? This herb can also be used for a variety of cancer sores.
 - a. Bai Hua She She Cao (*Hedyotis diffusae Herba*)
 - b. Pu gong Ying (*Taraxaci Herba*)
 - c. Bai Ji (*Bletillae Rhizoma*)
 - d. Shi Gao (*Gypsum fibrosum*)
5. Which of the following herbs is not used topically for intestinal abscesses?
 - a. Mu Dan Pi (*Moutan Cortex*)
 - b. Bai Jiang Cao (*Patriniae Herba*)
 - c. Bai Hua She She Cao (*Hedyotis diffusae Herba*)
 - d. Pu gong Ying (*Taraxaci Herba*)



- e. Tian Hua Fen (*Trichosanthis Radix*) – hot toxic carbuncles and sores, breast abscess (topical, internal)
6. Which of the following herbs is not used topically for breast abscesses?
- Yuan Zhi (*Polygalae Radix*)
 - Ce Bai Ye (*Platycladi Cacumen*)
 - Tian Hua Fen (*Trichosanthis Radix*)
 - Pu Gong Ying (*Taraxaci Herba*)
 - Ye Jiao Teng (*Polygoni multiflori Caulis*)
7. Which of following herbs is not used topically to treat eczema?
- Shi Gao (*Gypsum fibrosum*)
 - Hua Shi (*Talcum*)
 - Bai Bu (*Stemonae Radix*)
 - Di Fu Zi (*Kochiae Fructus*)
8. Which of the following herbs is best to treat scalp dermatosis?
- Chuan Lian Zi (*Toosendan Fructus*)
 - Bu Gu Zhi (*Psoraleae Fructus*)
 - Gu Sui Bu (*Drynariae Rhizoma*)
 - Ce Bai Ye (*Platycladi Cacumen*)
9. Which herb do you combine with Bi Ba (*Piperis longi Fructus*) and apply topically to treat a toothache?
- Wu Mei (*Mume Fructus*)
 - Hu Jiao (*Piperis Fructus*)
 - Bai Wei (*Cynanchi atrati Radix*)
 - Chi Shi Zhi (*Halloysitum rubrum*)
10. Which herb used as a nightly retained enema for pinworms?
- Ku Shen (*Sophorae flavescentis Radix*)
 - She Chuang Zi (*Cnidii Fructus*)
 - Chun Pi (*Ailanthi Cortex*)
 - Bai Bu (*Stemonae Radix*)
11. Which of the following herbs is used topically to treat bleeding gums from frostbite?
- Zhen Zhu (*Margarita*)
 - Ma Bo (*Lasiosphaera/Calvatia*)
 - Hou Ma Ren (*Cannabis Semen*)
 - Di Fu Zi (*Kochiae Fructus*)



12. Which of the following herbs is not used topically to generate flesh?
- Da Ji (*Cirsii japonici Herba sive Radix*)
 - Di Yu (*Sanguisorbae Radix*)
 - Dang Gui (*Angelicae sinensis Radix*)
 - Yi Mu Cao (*Leonuri Herba*)
13. Which of the following herbs is used topically to reduce swelling? The herb is powdered and then mixed with egg white or vinegar.
- Ze Lan (*Lycopi Herba*)
 - Ru Xiang (*Olibanum*)
 - Zhi Zi (*Gardeniae Fructus*)
 - Yu Jin (*Curcumae Radix*)
14. Which herb is best for topical use on Upper Jiao hot sores and swellings? It is best for toxic sores.
- Bai Jiang Cao (*Patriniae Herba*)
 - Yu Xing Cao (*Houttuyniae Herba*)
 - Huang Qin (*Scutellariae Radix*)
 - Bai Wei (*Cynanchi atrati Radix*)
15. Which herb is best for topical application for traumatic injury and joint pain secondary to Phlegm? It is used in its unprepared form.
- Zhi Tian Nan Xing (*Arisaematis Rhizoma preparatum*)
 - Yu Jin (*Curcumae Radix*)
 - Zhi Cao Wu (*Aconiti kusnezoffii Radix preparata*)
 - Dang Gui (*Angelicae sinensis Radix*)
16. Which herb do you use topically for traumatic injury?
- San Qi (Notoginseng Radix)
 - Bai Hua She She Cao (*Hedyotis diffusae Herba*)
 - Xiao Ji (*Cirsii Herba*)
 - Hai Piao Xiao (*Sepiae Endoconcha*)
17. How many grams of Ku Shen is needed to treat parasites on the skin?
- 20g
 - 30g
 - 40g
 - 50g



18. Which of the following herbs is not used to topically to treat burns?
- Ce Bai Ye (*Platycladi Cacumen*)
 - Di Fu Zi (*Kochiae Fructus*)
 - Di Yu (*Sanguisorbae Radix*)
 - Da Huang (*Rhei Radix et Rhizoma*)
19. Which of the following herbs is not used topically to treat itching?
- Ku Shen (*Sophorae flavescens Radix*)
 - She Chuang Zi (*Cnidii Fructus*)
 - Bai Bu (*Stemona Radix*)
 - Ye Jiao Teng (*Polygoni multiflori Caulis*)
20. Which of the following is not a topical use for Da Huang (*Rhei Radix et Rhizoma*)?
- Bruising
 - Constipation
 - Swelling
 - Burns
21. Which of the following herbs is not used for topically for sore throats?
- Ma Bo (*Lasiosphaera/Calvatia*)
 - Gu Ya (*Setariae [Oryzae] Fructus germinatus*)
 - Xuan Shen (*Scrophulariae Radix*)
 - Mang Xiao (*Natrii Sulfas*)
22. Which two herbs in Xiao Huo Luo Dan (*Minor Invigorate the Collaterals Special Pill*) should be cooked first for 30-45 minutes to reduce their toxic effects?
- Chuan Wu (*Aconiti Radix*), Cao Wu (*Aconiti kusnezoffii Radix*)
 - Chuan Wu (*Aconiti Radix*), Fu Zi (*Aconiti Radix lateralis*)
 - Cao Wu (*Aconiti kusnezoffii Radix*), Fu Zi (*Aconiti Radix lateralis*)
 - Tian Nan Xing (*Arisaematis Rhizoma*), Fu Zi (*Aconiti Radix lateralis*)
23. What is the correct cooking instructions for Shen Fu Tang (*Ginseng and Aconite Accessory Root Decoction*)?
- Cook Fu Zi (*Aconiti Radix lateralis*) separately for 30-40 minutes.
 - Simmer Ren Shen (*Ginseng Radix*) separately and cook Fu Zi (*Aconiti Radix lateralis*) first for 30-40 minutes to reduce its toxic effects.
 - Simmer Ren Shen (*Ginseng Radix*) separately
 - Add Bo He near the end and cook Ren Shen (*Ginseng Radix*) separately.
24. What is the correct cooking instruction for Shi Pi Yin (*Bolster the Spleen Drink*)?



- a. Cook Fu Zi (*Aconiti Radix lateralis*) first
- b. Crush Mu Xiang (*Aucklandiae Radix*) before decocting
- c. Cook Fu Zi (*Aconiti Radix lateralis*) first and cook Mu Xiang (*Aucklandiae Radix*) in the last 5 minutes.
- d. Decoct Mu Xiang (*Aucklandiae Radix*) in gauze

25. What is the correct cooking instructions for Tian Ma Gou Teng Yin?

- a. Cook Gou Teng First, add the other herbs and then add Shi Jue Ming at the end.
- b. Cook both Shi Jue Ming and Gou Teng first
- c. Cook Both Shi Jue Ming and Gou Teng at the end of the cooking time.
- d. Cook Shi Jue Ming first add the other herbs and then add Gou Teng at the end.