



**TCM Review Seminars:
Clinical Case Studies
Cases 21-40**

CASE #21:

A 40-year-old woman feels cold, fatigued and feels under the weather.

Patient Information:

- Feeling feverish
- Aversion to Wind
- Slight cough
- Congested nose
- Sore throat
- Slight thirst
- T: slightly red with a thin, white coat

Q: Pick the two best disease diagnoses for this case:

- A. Common Cold
- B. Shortness of breath
- C. Cough
- D. Palpitations

Q: Pick the best syndrome differentiation for this case.

- A. Dry Coolness
- B. Summer Heat
- C. Wind Heat
- D. Yin Deficiency with Wind Heat Attack

Q: Which two of the following acupuncture stimulation techniques is most appropriate to treat this patient?

- A. Slow insert and fast withdrawal
- B. Gentle thrusting and forceful lifting
- C. Needle against the channel
- D. Stimulate at the superficial level, moving down to the deeper level. Lift and thrust 9 times at each level

Q: Select five points that would be best for this case:

- GV14
- LU7
- LI11
- LI4
- GB20
- GV16
- BL13
- Dingchuan

Q: Select the most likely pulse qualities for this case.

- A. Floating
- B. Rapid
- C. Tense
- D. Moderate



Q: Select the two best formulas for this case.

- A. Sang Ju Yin, (*Mulberry Leaf and Chrysanthemum Decoction*)
- B. Yin Qiao San (*Honeysuckle and Forsythia Powder*)
- C. Cong Chi Jie Geng Tang (*Scallion, Prepared Soybean and Platycodon Decoction*)
- D. Jia Jian Wei Rui Tang (*Modified Solomon's Seal Decoction*)



CASE #22:

A patient, 53 years old, was recently diagnosed with chronic bronchitis. He is a carpenter and long-time smoker.

Patient Information:

- Hacking, rattling cough with profuse white sputum and stuffiness of the chest
- Cough worse in the morning or after eating
- Chest distension
- Low energy
- Low appetite
- Shortness of breath
- Bloating with or right after eating
- Eats fast food for all his meals
- **T:** pale with a thick, white, sticky coat
- **P:** Soggy

Q: What is the best disease differentiation for this case?

- A. Dyspnea (Chuan Zheng)
- B. Cough (Ke Sou)
- C. Wheezing (Chuan Zheng)
- D. Chest Impediment (Xiong Bi)

Q: Select three patterns that diagnose this case?

- A. Lung Qi Deficiency
- B. Phlegm Damp
- C. Phlegm Fluids
- D. Spleen Qi Deficiency

Q: Select the correct 8-Principles of Diagnoses for this case?

- A. Interior
- B. Exterior
- C. Excess
- D. Deficiency

Q: Put a 1 next to the primary organ affected and a 2 next to the secondary organ affected in this case.

- _____ Heart
- _____ Lung
- _____ Spleen
- _____ Kidney

Q: In addition to ST40, which 3 other points would you use for this case?

- | | |
|------|------|
| BL13 | LU5 |
| ST36 | SP9 |
| SP6 | CV14 |

Q: Select 3 additional therapies you could use for this case:

- A. Moxibustion on points to tonify LU + SP
- B. Cupping UB12 + UB13
- C. Dermal Needle Therapy on upper back until skin becomes red or bleeds slightly
- D. Scalp Acupuncture



Q: Pick the two best formulas to use in this case:

- A. Qing Qi Hua Tan Tang (*Clear the Qi and transform Phlegm Pill*)
- B. Shen Ling Bai Zhu San (*Ginseng, Poria and White Atractylodes Powder*)
- C. Dao Tan Tang (*Guide Out Phlegm Decotion*)
- D. Ling Gan Wu Wei Jiang Xin Tang (*Poria, Licorice, Schisandra, Ginger and Asarum Decoction*)



CASE #23:

Matt Shao is 24 years old and is coming to see you for asthma. He's been having attacks for the last three years since he started his job as a delivery person for a food supply company. He walks in and out of a large walk-in cooler, gathering food for his deliveries.

Patient Information:

- Takes Beclomethasone twice a day
- Shortness of breath
- Fullness in the chest
- Cough
- Scanty Phlegm
- Desire to drink warm drinks
- **T:** Swollen with a sticky, white coat
- **P:** Tight, Slippery

You are treating him in a room where you treated the previous patient with moxibustion. You have the window open to air out the room.

Q: Pick the two diseases for this case:

- A. Wheezing
- B. Cough
- C. Dyspnea
- D. Pulmonary Atrophy

Q: Pick the best etiology for this case:

- A. Wei Qi Deficiency
- B. Latent Phlegm
- C. Wind Cold
- D. Wrong diet

Q: What is the pattern differentiation for this case?

- A. Lung Qi Deficiency with Phlegm Accumulation
- B. Cold Phlegm in the Lungs
- C. Lung and Spleen Deficiency with Phlegm Fluids
- D. Kidney not Grasping Qi, Lung Qi Deficiency with Damp Phlegm Accumulation in the Lungs

Q: While Mr. Shao is in your office, he begins to have an asthma attack, with severe wheezing, shallow and difficult breathing and a pale sweaty face. Pick the two best course of action to take.

- A. Needle + moxa ST36 and CV12
- B. Call 911 if he doesn't have his inhaler
- C. Have him go outside and breath in fresh air
- D. Have him take his inhaler

Q: What two actions will you take next time to prevent him from having an attack during the treatment?

- A. Gua Sha and cup his upper back before treatment
- B. Offer him herbal tea before his appointment
- C. Do not treat him in a room that was recently used for moxa
- D. Do not open the treatment room window if the weather is cold outside



Q: Pick 4 Ear Acupuncture points for this case.

- A. Lung
- B. Occiput Region
- C. Endocrine
- D. Trachea
- E. Vagus nerve
- F. Shenmen
- G. Liver
- H. Heart
- I. San Jiao

Q: Pick the best two formulas for this case:

- A. She Gan Ma Huang Tang (*Belamenda-Ephedra Decoction*)
- B. Ding Chuan Wan (*Arrest Wheezing Decoction*)
- C. Xiao Qing Long Tang (*Small Green Dragon Decoction*)
- D. Yu Ping Feng San (*Jade Windscreen Decoction*)



CASE #24:

A 62-year-old man comes to your clinic with breathing difficulty. He says he caught a cold while at work as a nighttime outdoor security guard. He now finds it difficult to breath. This has been going on for six weeks now.

Patient Information:

- Shortness of breath
- Loud breathing
- Pain in the chest
- Coughing with profuse, yellow-green phlegm sometimes with blood
- Thirst
- **Blood pressure:** 146/90,
- **Heart rate:** 96 BPM
- **Respiration rate:** 28 bpm
- Smokes a pack of cigarettes a day for the last twenty years
- **T:** red + yellow, sticky coat
- **P:** Slippery and Rapid

Q: Pick two disease categories for this case:

- A. Wheezing
- B. Dyspnea
- C. Cough
- D. Lung Distension

Q: Pick 3 of the 6 possible western medicine diseases:

- A. Chronic Bronchitis
- B. COPD
- C. Bronchial carcinoma
- D. Hyperventilation
- E. Dyspnea
- F. Left ventricular failure

Q: What is the syndrome differentiation for this case?

- A. Lung and Kidney Deficiency
- B. Turbid Phlegm
- C. Phlegm Heat in the Lungs
- D. Liver Fire invading the Lungs

Q: Select the correct 8-Principles of Diagnoses for this case:

- A. Interior
- B. Exterior
- C. Heat
- D. Cold
- E. Excess
- F. Deficiency

Q: Select 5 acupuncture points you would use in this case in addition to LI11:

- | | | |
|------|------|-----|
| LU1 | LI4 | SP9 |
| KI6 | GV14 | LU5 |
| GV20 | ST40 | LU7 |



Q: Select the other possible western medicine diseases for this case.

- A. HBP
- B. Tachycardia
- C. Tachypnea
- D. High Cholesterol

Q: Order the diet recommendations from best to worst:

- _____ No coffee, green tea, pears, dairy or spicy food
- _____ Eat a little raw fruit and some vegetables
- _____ Eat asparagus, daikon and millet, drink green tea
- _____ Eat ice cream and warm milk

Q: What is the best formula for this case?

- A. Er Chen Tang (*Two-Aged Herbs Decoction*) + San Zi Yang Qin Tang (*Three-See Decoction to Nourish One's Parents*)
- B. Ding Chuan Wan (*Arrest Wheezing Decoction*)
- C. Wu Mo Yin Zi (*Five Milled Herb Decoction*)
- D. Long Dan Xie Gan Tang (*Gentiana Drain the Liver Decoction*)



CASE #25:

Your patient, a 45-year-old woman complains of chest distension. She has a noticeable shortness of breath. She has smoked two packs of cigarettes a day for the last 30 years.

Patient Information:

- Chronic persistent breathlessness
- Chest seems larger than it should be
- Chest oppression and panting
- Orthopnea (difficulty breathing when lying down)
- Cough with copious white frothy sputum and wheezing
- Abdominal distension and poor appetite
- Sporadic cognitive impairment
- Palpitations
- **T:** pale blue, swollen, scalloped edges with a greasy white coat
- **P:** Slippery, Soggy, Thready

Q: Pick the best disease differentiation for this case:

- A. Cough
- B. Wheezing
- C. Lung Distension
- D. Pulmonary Atrophy

Q: Select the 3 best treatment principles for this case:

- | | | |
|-----------------------------|------------------|--|
| Strengthen Spleen and Lungs | Downbear Qi | Transform Fluids |
| Strengthen Lungs | Transform Damp | Warm Yang and promote Fluid transformation |
| Strengthen Heart and Lungs | Transform Phlegm | |

Q: Which 6 points would you use for this patient?

- | | | |
|------|------|------|
| PC5 | CV17 | BL13 |
| ST40 | ST36 | LU5 |
| SP6 | GV16 | BL12 |
| | | LU8 |

Q: According to Deadman, what needling depth and angle would you use for LU1 (Zhongfu)?

- A. Oblique 0.5-0.8cun laterally along the intercostal space
- B. Transverse Oblique 0.5-1cun medially along the intercostal space
- C. Do not needle LU1 since the Lungs may be enlarged
- D. Transverse Oblique 0.5-1cun laterally along the intercostal space

Q: Which 3 possible western medicine diseases could this patient have?

- | | | |
|-------------------|--------------------|--------------|
| Pulmonary abscess | Bronchial cyst | Pulmonary TB |
| Emphysema | Chronic bronchitis | COPD |

Q: What is the best etiology for this case?

- A. Wind Heat exposure
- B. Smoking
- C. Weak Constitution
- D. Old Age

Q: What is the best formula for this case?

- A. Su Zi Jiang Qi Tang (*Perilla Fruit Decoction for Directing Qi Downwards*)
- B. Ren Shen Ge Jie San (*Ginko and Gecko Powder*)
- C. Xiao Qing Long Tang (*Minor Bluegreen Dragon Decoction*)
- D. Jin Gui Shen Qi Wan (*Kidney Qi Pill from the Golden Cabinet*)





CASE #26:

Mr. Peters is a 56-year-old man. Recently, he has begun to have chest pain attacks that are longer, and more frequently than before. He says the pain is worse at night. As he was resting in the waiting room, he began to feel tightness and a sharp, stabbing pain in the chest that is radiating down his left arm and to his scapula. He is used to experiencing these attacks and waiting them out, but admits that it seems a little longer than before.

Patient Information:

- Severe cramping and pricking chest pain
- Pain is worse at night and worse with Cold
- Palpitations and breathlessness
- Difficulty lying down
- Cold limbs
- **T:** purple especially in the chest area
- **P:** Deep, Tight, Wiry, Choppy

Q: Select the best disease differentiation for this case:

- A. Chest Impediment
- B. Lung Distension
- C. Consumptive Disease
- D. Painful Obstruction Syndrome

Q: Select the two best pathogeneses for this case:

- A. EPI Cold Invasion > obstructs the Lung Qi > stagnates Qi in the chest > oppression and pain > chest impediment
- B. Wrong diet > injures the Spleen and Stomach > Spleen can't transform and transport Food > Phlegm > obstructs the Blood Vessels in the Chest > Qi and Blood Stagnation > Yang Qi can't circulate > chest impediment
- C. Worry, brooding, pensiveness and shame > injures the Spleen and Lung > Weak Spleen and Lung Qi > Qi Stagnation in the Chest > Qi can't disperse and descend > Fluid Accumulation > transforms Phlegm > chest impediment
- D. EPI Cold Invasion > obstructs the Lung Qi > Qi and Blood Stagnation > Heart Blood Stasis > oppression and pain > chest impediment

Q: Why would you needle RN14?

- A. It will resolve palpitations
- B. It is the Front Mu point of the Heart
- C. It clears Cold from the Heart and Lungs
- D. It clears Blood Stasis from the Heart and Lungs

Q: How would you needle CV14?

- A. Perpendicular 0.3-0.8 cun
- B. Oblique 0.3-0.8
- C. Transverse oblique 0.5-0.8
- D. Do not needle CV14. This patient should be referred to the emergency room

Q: What three western medicine diseases could your patient potentially have?

- A. Myocardial Infarction
- B. Pulmonary Embolism
- C. Panic Attack
- D. Fractured rib
- E. Angina pectoris



Q: Pick the two best formulas for this case:

- A. Xiao Yao San (*Rambling Powder*)
- B. Ling Gui Zhi Gan Tang (*Poria, Cinnamon Twig, Atractylodes and Licorice Decoction*)
- C. Shen Fu Tang (*Panax – Aconitum Decoction*)
- D. Xue Fu Zhu Yu Tang (*Drive Out Stasis from the Mansion of Blood Decoction*)



CASE #27:

A 35-year-old busy lawyer was diagnosed with anemia by her doctor and prescribed iron pills. She says that she feels a fluttering sensation in her chest along with panic and anxiety. Her mother died last year during the first trimester of her pregnancy.

Patient Information:

- Palpitations, especially in social situations and in the evenings
- Tends to be nervous and timid
- Easily startled and waking up and feeling anxious
- Insomnia with dream-disturbed sleep
- Dizziness, difficulty switching off the mind
- Bruises easily
- Loose stools and poor appetite
- Forgetfulness and difficulty concentrating
- **T:** pale with a dry coat
- **P:** Thready, Weak and Choppy

Q: Order the diseases from most likely to least likely for this case:

- _____ Insomnia
- _____ Postpartum Dizziness
- _____ Palpitations
- _____ Dysmenorrhea

Q: Place a 1 in front of the primary pattern, a 2 in front of the secondary pattern for this case, and a 3 in front of the root pattern:

- _____ Spleen Qi Deficiency
- _____ Heart and Gallbladder Qi Deficiency
- _____ Heart Yin Deficiency
- _____ Heart Blood Deficiency

Q: Select the two best etiologies for this case:

- A. Shock or trauma
- B. Chronic illness
- C. Overwork
- D. Wrong diet

Q: Rearrange the following acupuncture points to treat this patient's symptoms:

- | | |
|-----------------------------|------|
| _____ Dizziness | BL52 |
| _____ Forgetfulness | GV20 |
| _____ Dream-disturbed sleep | BL42 |

Q: What is the primary organ (1) affected and what is the secondary organ (2) affected?

- _____ Heart
- _____ Spleen
- _____ Kidney
- _____ Liver

Q: What two formulas would you prescribe for this patient?

- A. Ping Bu Zhen Xin Dan (*Special Pill to Calm, Tonify and Tranquilize the Heart*)
- B. Gui Zhi Gan Cao Long Gu Mu Li Tang (*Cinnamon Twig Licorice, Dragon Bone and Oyster Shell Decoction*) plus Shen Fu Tang (*Ginseng and Aconite Accessory Root Decoction*)
- C. Tian Wang Bu Xin Dan (*Emperor of Heaven's Special Pill to Tonify the Heart*)
- D. Yang Xin Tang (*Astragalus and Zizyphus Combination*)



CASE #28:

A 22-year-old university student has never had acupuncture before. He is coming to you because he has been continually getting hiccups for the last two months.

Patient Information:

- Loud, resonant intense hiccups
- Patient says he drinks ice water and eats a lot of ice cream
- Epigastric region feels cool to the touch
- Epigastric spasms and pain that is better with warmth
- Poor appetite and desire to drink tea all day
- **T:** thin, white coat
- **P:** Slow, Moderate

Q: What is the disease differential for this case?

- A. Epigastric pain
- B. Poor Appetite
- C. Dysphagia
- D. Hiccough and Belching

Q: What is the syndrome diagnosis for this case?

- A. Liver overacting on Stomach
- B. Stomach Yang Deficiency
- C. Stomach Cold
- D. Stomach Damp Heat

Q: What is the etiology for this case?

- A. Stress
- B. Too much cold food
- C. Antibiotic overuse
- D. Emotions

Q: Select two of the 4 pathogeneses that best fit this case:

- A. Cold food > weakens the Spleen Qi
- B. Cold food > constricts the Stomach
- C. Can't transform and transport Fluids > Damp > obstructs Qi > Qi Reversal > hiccoughs
- D. Qi Stagnation and Qi Rebellion > Hiccoughs and Belching

Q: Because it is your patient's first-time receiving acupuncture, what precautions should you take?

- A. Needle the patient lying down and face up using relatively gentle manipulation
- B. Make sure that the patient understands the treatment, the sensation of the Qi and any potential side effects
- C. Needle the patient while he is sitting up in a chair
- D. Needle the patient with at least 15 needles while he is in prone position

Q: Select the best 5 points to cup for hiccoughs:

- | | | |
|------|------|------|
| CV12 | BL17 | BL46 |
| CV22 | BL52 | BL18 |
| ST18 | BL20 | CV6 |

Q: Your patient tells you that this current episode of hiccoughs has lasted for 4 days continuously. He is not able to eat very much nor does he sleep well. What is the best course of action to take?

- A. Provide an herbal formula for your patient
- B. Moxa CV12, CV17, BL17
- C. Perform Ear Acupuncture
- D. Refer your patient to an MD



Q: Select the correct treatment principle for this case:

- A. Expel excess Cold and warm Stomach Yang
- B. Dispel Cold and warm the Middle Jiao, direct Qi downward, stop hiccup
- C. Regulate Qi, warm the Middle Jiao, stop hiccup
- D. Expel Cold, transform Damp, free Stomach Yang, direct Qi downward

Q: Pick the best formula for this case:

- A. Xiao Jian Zhong Tang (*Minor Construct the Middle Decoction*)
- B. Da Jiao Zhong Tang (*Major Construct the Middle Decoction*)
- C. Wu Zhu Yu Tang (*Evodia Decoction*)
- D. Fu Zi Li Zong Wan (*Aconite Accessory Root Pill to Regulate the Middle*)



CASE #29:

A 30-year-old-man has been going through hard times as he recently lost his job and is unable to find other work. As a result, he and his girlfriend are having quite a lot of arguments and fights. After they fight, he feels nauseous and he vomits.

Patient Information:

- Vomiting and acid regurgitation
- Nausea
- Hiccoughs and belching
- Hypochondrial and epigastrium distension
- Slight constipation
- Weak limbs
- **T:** slightly red on the sides
- **P:** Wiry on the left and Weak on the right

Q: Order the diseases from most likely to least likely:

- _____ Hiccoughs and Belching
- _____ Epigastric Pain
- _____ Dysphagia occlusion syndrome
- _____ Vomiting

Q: Select the best treating principle for this case.

- A. Resolve Phlegm, move Liver Qi, direct Stomach Qi downwards
- B. Release the Exterior, expel Cold, warm the Stomach, direct Rebellious Qi downwards
- C. Soothe the Liver, eliminate Stagnation, subdue Rebellious Stomach Qi
- D. Soothe the Liver, regulate Qi, strengthen Spleen's function of transformation and transportation of Fluids

Q: Which of the following treatments is not correct for this patient?

- A. Moxa box on the epigastrium
- B. Meditation and stress reducing techniques
- C. Needle LV3 and CV12
- D. Ear seed at PC6

Q: Which two points can check persistent vomiting? Tip: They prick and bleed slightly.

- A. LV5, CV12
- B. PC6, CV17
- C. Jinjing, Yuye
- D. CV22, CV17

Q: What, if any, special protocol should you take when needling the above points?

- A. Transverse needling following the course of the channel
- B. Transvers needling against the course of the channel
- C. Wear gloves and protective eye gear
- D. Wear gloves and needle P. 0.2-0.4 cun without retaining the needles

Q: Select two formulas for this case.

- A. Liang Fu Wan (*Galangal and Cyperus Pill*)
- B. Ban Xia Hou Po Tang (*Pinella Magnolia Decoction*)
- C. Yu Nu Jian (*Jade Woman Decoction*)
- D. Xiao Yao San (*Rambling Powder*)



CASE #30:

Mr. Cheng is a 35-year-old man. He has a very high paying job as a banker that he enjoys, but it has a lot of stress. Over the last year, he has had several experiences of difficulty in swallowing.

Patient Information:

- Eats a diet mostly of spicy, fatty and greasy food
- Tends to overeat to manage his stress and because of work tends to eat too quickly
- Retrosternal burning and pain
- Difficult to swallow solid food which may be vomited up
- Gradual weight loss
- No constipation
- Intense thirst
- Low-grade fever at night
- Dryness in the mouth, throat and skin
- Face is flushed
- Night sweats
- **T:** red and dry coat, cracks on its surface with a dry, yellow coat
- **P:** Thready, Rapid, Wiry

Q: What is the disease differentiation?

- A. Vomiting
- B. Dysphagia Occlusion Syndrome
- C. Plum Pit Qi
- D. Difficulty swallowing

Q: What is the syndrome differentiation?

- A. Stagnated Qi + Phlegm
- B. Qi and Yang Deficiency
- C. Heat and Yin Deficiency
- D. Blood Stasis

Q: Select two etiologies that fit this case.

- A. Stress
- B. Diet
- C. Constitutional weakness
- D. Emotions

Q: What additional treatment methods could you apply?

- A. Ear Acupuncture
- B. Suggest diet changes
- C. Refer to MD
- D. Intradermal needles

Q: Select 4 possible western medicine diseases for this case.

- | | | |
|-------------------|-------------------|---------------------|
| Esophagitis | Esophageal spasms | Globus hystericus |
| Esophageal cancer | Lung cancer | Hepatitis cirrhosis |
| Acute gastritis | Acid reflux | Pneumonia |

Q: Select the best formula for this case.

- A. Liang Ge San (*Cool the Diaphragm Powder*)
- B. Liang Ge San without Da Huang (*Cool the Diaphragm Powder without Rhubarb Root*)
- C. Zuo Gui Wan (*Restore the Left [Kidney] Pill*)
- D. Liu Wei Di Huang Wan (*Six-Ingredient Pill with Rehmannia*)





CASE #32:

A 19-year-old boy has been diagnosed with ulcerative colitis for the last two years.

Patient Information:

- Chronic, intermittent diarrhea with a variable mixture of mucus, pus and blood
- Worse with stress, cold, fatigue and overexertion
- Diarrhea can be daily sometimes and can wake the patient up from sleep
- Diminished sense of taste
- Abdominal pain better with warmth and pressure
- Loss of appetite
- Mouth ulcers, irritability and dry mouth and throat
- **T:** slightly pale with red edges
- **P:** Fine or Soggy and Weak

Q: Order the diseases from best to worst for this case:

- _____ Diarrhea
- _____ Dysentery
- _____ Abdominal Pain
- _____ Constipation

Q: Select the best syndrome differentiation for this case.

- A. Liver and Spleen Disharmony with Heat
- B. Spleen and Kidney Yang Deficiency with Yin Deficiency
- C. Chronic Relapsing Dysenteric Disorder (Intermittent Dysentery)
- D. Qi and Blood Stasis

Q: Is this a disease of Excess or Deficiency?

- A. This case is Excess only
- B. This case is Deficiency only
- C. This case is both Excess and Deficiency
- D. This case is only Heat and Cold

Q: Select 4 Ear Acupuncture points for this case:

- | | | | |
|-----------------|-------------|-----------------------|-----------|
| Point Zero | Liver | Distal Segment Rectum | Endocrine |
| Large Intestine | Gallbladder | Shenmen | Kidney |

Q: Select the correct formula for this case.

- A. Li Zhong Tang (*Ginseng and Ginger Combination*)
- B. Li Zhong Tang (*Ginseng and Ginger Combination*) + Huang Lian (*Coptidis Rhizoma*)
- C. Fu Zi Li Zhong Wan (*Aconite Accessory Root Pill to Regulate the Middle*)
- D. Jia Wei Xiao Yao San (*Augmented Rambling Powder*)



CASE #33:

A 25-year-old woman gets her bowel movement every 3-5 days. She is a busy executive assistant. She works long hours and often doesn't have time to eat. She tells you that she also forgets to eat often because it's not very important to her. When she gets stressed which is most days, she absolutely can't eat.

Patient Information:

- Stools are dry
- Feels tired all the time
- Drinks a lot of green tea and coffee to help with her energy levels
- Pale face, lips and nails
- Dizziness, blurred vision
- Shortness of breath
- **T:** pale
- **P:** Choppy and Deficient

Q: What is the disease differentiation for this case?

- A. Constipation
- B. Diarrhea
- C. Epigastric Pain
- D. Hiccoughs and Belching

Q: What is the diagnosis for this case according to Differentiation of Qi, Blood and Body Fluids?

- A. Qi Deficiency
- B. Blood Deficiency
- C. Qi and Blood Deficiency
- D. Body Fluids Deficiency

Q: What is the etiology?

- A. Lack of exercise
- B. Overwork
- C. Emotions/Stress
- D. Diet

Q: What is the pathogenesis?

- A. Emotions (excessive mental work, too much thinking, pensiveness, worrying and brooding) > weakens Spleen > slows down transportation of Food in the intestines > constipation without distension and pain
- B. Poor diet and emotions > weakens Spleen > Spleen does not make Blood or post-natal Qi > Blood Deficiency leads to Dryness in the Large Intestine and Spleen Qi does not support Large Intestine Qi. Together, this leads to an inability to transmit stool > constipation
- C. Overwork (long hours without adequate rest) > weakens Kidneys > Kidney Yin Deficiency > constipation with internal Cold
- D. Febrile disease > Wind Heat trapped in the body > Interior Heat affects the Lungs and/or Stomach (Yangming or Qi level) > injures Fluids very quickly > Dryness in the Stomach, Lungs, Large Intestine > constipation (with abdominal pain and pronounced dryness = Fire)

Q: Which quadrant is the Large Intestine in?

- A. Upper-right quadrant
- B. Lower-left and right quadrant
- C. Lower-left quadrant
- D. LI is in all 4 quadrants



Q: Select the two best therapeutic advices you would give your patient.

- A. Moxa is contraindicated for this case
- B. Increase physical exercise
- C. Increase dairy products
- D. Increase fruits and vegetables

Q: Select the best two formulas for this case:

- A. Si Wu Tang (*Four Substances Decoction*)
- B. Si Jun Zi Tang (*Four Gentlemen's Decoction*)
- C. Da Cheng Qi Tang (*Great Conducting Qi Decoction*)
- D. Wen Pi Tang (*Warming the Spleen Decoction*)



CASE #34:

A 24-year-old male has 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 blood when stressed
- Burning and gnawing pain that is worse at night
- Belching, lack of appetite, abdominal distension
- **T:** light red with slightly purple sublingual veins
- **P:** Deep and Wiry

Q: What is the disease differentiation?

- A. Epigastric pain
- B. Abdominal pain
- C. Dysphagia Occlusion Syndrome
- D. Drum Distention

Q: What is the diagnosis according to the Differentiation of Qi, Blood and Body Fluids?

- A. Qi Stagnation + Blood Stasis
- B. Qi Stagnation + Rebellious Qi
- C. Qi Stagnation causing Rebellious Qi and Blood Stasis
- D. Blood Stasis

Q: What is the syndrome differentiation?

- A. Liver Qi attacking Stomach
- B. Liver Qi Stagnation
- C. Liver Blood Stasis
- D. Stomach Qi Rebellious

Q: What are the 3 possible causes of black, tarry stools?

- A. Lower GI bleeding
- B. Upper GI bleeding
- C. Iron supplements
- D. Pepto Bismol

Q: Which quadrant is the Liver in?

- A. RUQ + LUQ
- B. RUQ + RLQ
- C. LUQ + LLQ
- D. RLQ + LLQ

Q: Select the best formula for this case.

- A. Si Jun Zi Tang (*Four Gentlemen's 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. Zhen Wu Tang (*True Warrior Decoction*)



CASE #35:

A 36-year-old woman complains of a feeling of fullness, oppression and distension in the abdomen that is much worse with eating dairy products and deep-fried food.

Patient Information:

- Dull central abdominal pain that comes and goes
- Pain worse with fatigue and pressure
- Loose stools
- Poor appetite
- Feeling of fullness and heaviness in the abdomen
- Irritability
- Nausea
- A bitter taste in the mouth
- **T:** sticky, yellow coat
- **P:** Wiry and Soggy

Q: What is the disease differentiation?

- A. Vomiting
- B. Stress
- C. Abdominal pain
- D. Epigastric pain

Q: Pick 3 correct treatment principles for this case.

- A. Tonify Spleen Qi
- B. Transform Dampness
- C. Regulate Liver Qi
- D. Clear Heat
- E. Tonify Heart Qi

Q: Which two modalities could you use for this case?

- A. Cupping
- B. Moxibustion
- C. Ear Acupuncture
- D. Seven-star needle

Q: What two additional lifestyle advices could you offer your patient?

- A. Eat salads and cold food
- B. Decrease fatty + greasy food + increase food that can decrease Dampness + Phlegm
- C. Include green tea, Yi Yi Ren and lettuce in the diet
- D. Apply a moxa box on the abdomen every morning

Q: What is the best formula for this case?

- A. Bu Zhong Yi Qi Tang (*Tonifying the Centre and Benefiting Qi Decoction*)
- B. Xiao Jian Zhong Tang (*Minor Strengthening the Centre Decoction*)
- C. Xiang Sha Liu Jun Zi Tang (*Aucklandia Amomum Six Gentlemen Decoction*)
- D. Li Zhong Wan (*Regulating the Centre Pill*)



CASE #36:

A 50-year-old woman has a lot of different health concerns. Most concerning is that she has pain in the sides of her body that is worse at the end of the day. She is a recovering sex addict. She runs her own business and works 12-hours a day.

Patient Information:

- Bilateral pain in the sides
- Numbness in the limbs
- Dry mouth and throat
- Dry eyes that occasionally burn
- Insomnia
- Hot flashes and night sweats
- Bowel movements are very few days and the stools tend to be dry
- Scanty yellow urination
- Brittle hair and nails
- **T:** scanty coat and dry tongue body
- **P:** Thready and Wiry

Q: What is the disease differentiation?

- A. Gallbladder pain
- B. Jaundice
- C. Hepatitis
- D. Hypochondriac pain

Q: Select two primary syndrome differentiates for this case.

- A. Liver Qi Stagnation
- B. Liver Blood Deficiency
- C. Liver Qi Stagnation with Blood Stasis
- D. Liver Yin Deficiency

Q: What is the secondary syndrome differentiation for this case?

- A. Liver Qi Stagnation
- B. Liver Blood Deficiency
- C. Liver Qi Stagnation with Blood Stasis
- D. Liver Yin Deficiency

Q: Select the two best etiologies for this case.

- A. Emotions/ Stress
- B. Overwork
- C. Diet
- D. Too much sexual activity

Q: What is the pathogenesis of this disease?

- A. The above etiologies > Lack of Yin, Blood, Essence —> cannot nourish Liver —> pain
- B. The above etiologies > weakens Liver and Kidney Yin > long-term Yin Deficiency leads to Liver Qi Stagnation > hypochondriac pain
- C. The above etiologies > invades the Liver Channel > hypochondriac pain
- D. The above etiologies > weakens the Spleen > can't transform and transport Fluids > Damp formation > obstructs Liver Qi > Qi Stagnation transforms Heat > Damp and Heat combine in the Liver Channel > hypochondriac pain



Q: Select three of the following scenarios that would merit a referral to an MD:

- A. General feeling of being unwell
- B. Vomiting fresh blood with or without shock
- C. Chronic hypochondriac pain with a general feeling of being unwell
- D. Bruising, edema and confusion
- E. Intense pain that comes in waves with fever, vomiting and jaundice

Q: What is the best treatment principle for this case?

- A. Soothe Liver and move Qi
- B. Nourish Liver Blood and Yin
- C. Nourish Liver Blood and Yin, move Liver Qi
- D. Clear Heat, drain Fire, nourish Blood



CASE #37:

A 27-year-old woman recently went on a self-directed culinary tour of Mexico. She ate a lot of amazing street food and drank a lot of tequila. While there, she began to feel unwell. Her doctor diagnosed her with _____.

Patient Information:

- Nausea and vomiting
- High fever
- Hypochondriac Pain
- Bright yellow-to-orange skin and sclera
- Constipation with stools that are a lighter color than normal
- A bitter taste in the mouth
- Dark scanty urine
- **T:** red with a greasy yellow or rough yellow coat
- **P:** Wiry, Slippery, Rapid

Q: What is the syndrome differentiation for this case?

- A. Liver and Gallbladder Damp Heat
- B. Spleen and Stomach Damp heat
- C. Gallbladder Heat with Blood Stasis
- D. Toxic Heat

Q: This type of Jaundice is best diagnosed as:

- A. Yin type Damp Heat Jaundice with Damp Predominance
- B. Yang type Damp Heat Jaundice with Damp Predominance
- C. Yang type Damp Heat Jaundice with Heat Predominance
- D. Yin type Damp Heat Jaundice with Heat Predominance

Q: What is the etiology for this case?

- A. Diet
- B. Seasonal pathogenic factors
- C. Emotions
- D. Stress and Worry

Q: What is the western medicine diagnosis for this case?

- A. Hepatitis A
- B. Hepatitis B
- C. Alcoholic Liver Disease
- D. Drug toxicity

Q: Order the points below based on the symptoms they treat. Also, include the correct needle technique for each point such as reduce, tonify or even technique:

- A. Constipation _____
- B. Fever _____
- C. Nausea _____
- D. Hypochondrial pain _____

TE6, GV14, PC6, Ashi points between ST36-39

Q: Which extra point would help with this case?

- A. Lanweixue
- B. Dannangxue
- C. Dingchuan
- D. Anmian



Q: During the intake you learn that as of today the patient started to experience drowsiness and a red purple rash along with tarry stools. What additional treatment or points would you provide?

- A. Tell the patient to decrease oily, fat, rich, sweet or spicy food and alcohol. Increase easy-to-digest, fresh, light, natural food
- B. Ear Acupuncture: point zero, Liver, Gallbladder, sympathetic, shenmen
- C. Refer the patient to the ER
- D. Moxa on the lower leg

Q: Which of the following formulas would you add to Long Dan Xie Gan Tang (*Gentian Decoction to Drain the Liver*)?

- A. Da Chai Hu Tang (*Major Bupleurum Decoction, Modified*)
- B. Wu Wei Xiao Du Yin (*Five-Ingredient Drink to Eliminate Toxin, Modified*)
- C. Yin Chen Hao Tang (*Virgate Wormwood Decoction*)
- D. Huang Lian Jie Du Tang (*Coptis and Scute Combination*)



CASE #38:

A 45-year-old woman has sudden onset of yellowing of the eyes and skin. She is overweight. Her diet is mostly fast food meals and she eats irregular meals. She drinks a bottle of red wine every night. She is scheduled for Gallbladder stone removal surgery next week.

Patient Information:

- Rapid onset with eyes and skin that have an orangey, gold hue
- Hypochondriac pain worse with pressure that radiates to the upper back
- Severe abdominal distension and pain
- Skin rash
- High fever
- Alternating chills and fever
- Frequent vomiting of bile and bad breath
- Nausea
- **T:** Red, rough with a brown, greasy coat
- **P:** Wiry, Rapid, Slippery

Q: Select the two best disease differentiations for this case.

- A. Gallbladder Heat with Blood Stasis
- B. Liver and Gallbladder Damp Heat
- C. Toxicity Heat
- D. Heat Stagnation with Damp Blockage

Q: Select the best etiology for this case:

- A. Diet
- B. EPI Damp Heat
- C. Toxic Heat
- D. Emotions

Q: Select the pathogenesis for this case:

- A. Diet (or spicy diet or cold, raw diet or irregular dietary habits) > weakens Spleen > Spleen can't transform and transport Fluids > accumulation of Damp > obstructs Qi movement > transforms Heat > Damp Heat invades the Liver and Gallbladder > jaundice with possible gall stones
- B. Emotions (chronic stress, emotional tension) > obstructs Liver Qi > stagnates flow of bile > congeals into stones > stones create obstructions > transforms Heat > jaundice with gall stones
- C. Diet (overconsumption of alcohol, overeating and/or a rich, greasy food > weakens Spleen > Spleen can't transform and transport Fluids > accumulation of Damp > obstructs Qi movement > transforms Heat > Damp Heat invades the Liver and Gallbladder > jaundice with possible gall stones
- D. Overeating sweet, raw, cold food OR overeating hot, spicy, greasy food

Q: Select 4 Ear Acupuncture points that you would use for this case:

- | | | |
|------------|-------------|---------|
| Point Zero | Gallbladder | Shenmen |
| Spleen | Liver | Kidney |

Q: Which area of the body would be best to apply electro acupuncture?

- A. Over the hypochondrium and upper limbs
- B. On the abdomen and hypochondrium only
- C. Between selected leg points and abdominal Ashi points
- D. Front Mu and Back Shu points that correspond to the Spleen, Liver and Gallbladder



Q: Select two best formulas for this case:

- A. Da Chai Hu Tang (*Major Bupleurum Decoction, Modified*)
- B. Qing Wen Bai Du Yin (*Clear Epidemics and Overcome Toxicity Decoction*) + Yin Chen Hao Tang (*Virgate Wormwood Decoction*)
- C. Long Dan Xie Gan Tang (*Gentian Decoction to Drain the Liver*) + Wu Wei Xiao Du Yin (*Five-Ingredient Drink to Eliminate Toxin, Modified*)
- D. Ge Xia Zhu Yu Tang (*Drive Out Stasis Below the Diaphragm Decoction, Modified*)



CASE #39:

A 65-year-old woman had a Liver transplant in the early 1980's which left her infected with chronic Hepatitis C and ascites. Her doctor has diagnosed her as having cirrhosis.

Patient Information:

- Sallow, smoky matte darkish, yellow skin most noticeable in her palms and palmar creases
- Dark and dusky complexion
- Lethargy and malaise
- Nausea, low appetite and chronic loose stools
- Abdominal distension
- Ankle edema
- Hypochondriac acne and itching
- **T:** pale with a greasy, slimy, white coat
- **P:** Soggy, Thready

Q: What is the syndrome differentiation for this case?

- A. Spleen Damp Heat
- B. Spleen Damp
- C. Spleen Damp Cold
- D. Toxic Heat

Q: Select two points to use for hypochondriac acne and two points for pruritus.

- | | | |
|------|------|------|
| GV9 | LI11 | TE6 |
| GB34 | ST25 | GB31 |
| SP9 | BL17 | KI1 |

Q: According to the 8-Principles of Diagnoses, this case is:

- A. Excess only
- B. Excess and Deficiency with Heat
- C. Excess and Deficiency
- D. Excess and Deficiency with Cold

Q: What steps would you take to prevent the transmission of Hepatitis C?

- A. Wash hands regularly
- B. Follow clean needle technique
- C. Make the patient fill out a consent form
- D. Refer the patient to another practitioner

Q: Which three points would you moxa for this condition?

- | | | |
|------|------|------|
| GV9 | SP6 | BL20 |
| GB34 | ST25 | LR3 |
| SP9 | ST36 | KI1 |

Q: Select the best formula for this case:

- A. Ge Xia Zhu Yu Tang (*Drive Out Stasis Below the Diaphragm Decoction, Modified*)
- B. Yin Chen Zhu Fu Tang (*Virgate Wormwood, Atractylodes and Aconite Accessory Root Decoction*)
- C. Qing Wen Bai Du Yin (*Clear Epidemics and Overcome Toxicity Decoction*) + Yin Chen Hao Tang (*Virgate Wormwood Decoction*)
- D. Gan Lu Xiao Du Dan (*Sweet Dew Special Pill to Eliminate Toxin, Modified*)



CASE #40:

A 65-year-old man is having seminal emissions, originally at night but now also during the day.

Patient Information:

- Nocturnal and seminal emissions, especially when he thinks of having sex
- Fatigue, low appetite and loose stools
- Low back pain
- Slight dribbling of urination with some Lower Jiao edema
- Palpitations, insomnia and forgetfulness
- Occasional difficulty in urination
- **T:** pale with a thin, white coat
- **P:** Weak

Q: Order the diseases from most likely to least likely for this case:

- _____ Lumbago
- _____ Ischuria
- _____ Seminal emissions
- _____ Stranguria

Q: What is the syndrome differentiation?

- A. Kidney Qi and Seminal Gate Instability
- B. Qi Deficiency failing to bind Essence
- C. Damp Heat infusing Downward
- D. Heart and Kidney not Communicating

Q: What is the etiology of this disease?

- A. Diet
- B. Overwork
- C. Aging
- D. Mental Exhaustion

Q: Select 4 Ear Acupuncture points that would treat the chief complaint.

- | | | |
|-----------|----------|---------|
| Endocrine | Spleen | Kidney |
| Subcortex | Jinggong | Shenmen |

Q: Select two lifestyle advices you would offer this patient:

- A. Eat rich and fatty food and lots of protein
- B. Abstain from alcohol
- C. Practice physical exercises like Qi Gong
- D. Perform cupping on the lower abdomen and back

Q: Select the two best treatment principles for the primary pattern in this case:

- A. Tonify the Kidneys
- B. Harmonize Heart and Spleen
- C. Tonify Qi and Bind Essence
- D. Clear Heat and nourish Yin

Q: Select the best formula for this case:

- A. Tian Wang Bu Xin Dan (*Emperor of Heaven's Special Pill to Tonify the Heart*)
- B. Mai Wei Di Huang Wan (*Ophipogon, Tuber, Chinese Magnoliavine and Rehmannia Pill*)
- C. Jin Suo Gu Jing Wan (*Metal Lock Pill to Stabilize the Essence*)
- D. Zuo Gui Wan (*Restoring the Left [Kidney] Pill*)

