



**TCM Review Seminars:
Clinical Case Studies
Cases 41-60**

CASE #41:

A 50-year-old man has not been able to achieve an erection for 2 years.

Patient Information:

- Low libido and a repeat inability to get or keep an erection
- Lower backache
- Dizziness and tinnitus
- Early morning diarrhea
- Nocturia
- Feeling cold in the lower back and knees
- Currently takes insulin to manage his diabetes mellitus
- **T:** pale
- **P:** Deep and Weak

Q: What is the disease differential for this case?

- A. Male Sterility
- B. Impotence
- C. Prostatic Hyperplasia
- D. Stroke

Q: Select the best syndrome differentiation for this case:

- A. Liver Qi Stagnation
- B. Damp Heat in the Lower Jiao
- C. Damp Heat in the Liver Channel
- D. Mingmen Fire Decline

Q: Select the best formula for this case:

- A. Zuo Gui Wan (*Restoring the Left [Kidney] Pill*)
- B. You Gui Wan (*Restoring the Right [Kidney] Pill*)
- C. Jin Suo Gu Jing Wan (*Metal Lock Consolidating the Essence Pill*)
- D. Xiao Yao San (*Free and Easy Wanderer Powder*)

Q: You want to perform moxa for this patient. Select the best precaution to take specifically for this patient.

- A. Monitor the patient during moxa treatment
- B. Make sure to open a window during treatment
- C. Make sure to an approved air filtration system during treatment
- D. Make sure to monitor the temperature of the skin regularly

Q: Rearrange the following needling depths to match the acupuncture point appropriate to treat this patient:

- | | |
|------------|----------------|
| BL23 _____ | 0.5-2 P |
| SI3 _____ | 0.3-0.5 O |
| GV20 _____ | 1-1.5 O or P-O |
| BL62 _____ | 0.5-1 T |



CASE #42:

A 30-year old man has difficulty maintaining an erection. The issue began after a car accident which killed his 4-year-old daughter. It wasn't his fault but he still feels responsible. He says he feels quite stuck.

Patient Information:

- Impotence occurs 3-4 times a month
- Difficulty maintaining an erection during times of high emotions
- Premature ejaculation
- Irritability
- Depression
- Abdominal distension
- Easily angered
- **T:** slightly red on the sides
- **P:** Wiry

Q: What is the syndrome differentiation for this case?

- A. Damp Heat in the Liver Channel
- B. Damp Heat Pouring Downward
- C. Liver Qi Stagnation
- D. Stasis of Essence and Phlegm

Q: What is the etiology of this disease?

- A. Overindulgence in rich and greasy food and alcohol
- B. Emotions - Grief
- C. Emotions – Guilt
- D. Emotions - Fear

Q: What is the pathogenesis?

- A. Overindulgence in rich food damages the Spleen's ability to transform + transport → Dampness → stagnates Damp Heat → pours downward, damaging the penis
- B. Emotions > obstructs Liver Qi > Liver Qi Stagnation > Liver Blood Stasis > Stagnation of Qi and Blood > impotence
- C. Emotions (fear, anxiety) > weakens Kidneys > Mingmen decline > impotence
- D. Excessive sexual activity > Kidney Essence and Mingmen Fire Deficiency > impotence

Q: What four points would you choose?

- | | | |
|-----|------|-----|
| CV3 | LR5 | CV6 |
| CV7 | PC6 | CV4 |
| SP9 | GV20 | KI3 |

Q: Select the best formula for this case.

- A. Long Dan Xie Gan Tang (*Gentiana Draining the Liver Decoction*)
- B. Xiao Yao San (*Free and Easy Wanderer Powder*)
- C. Qi Fu Yin (*Seven Happiness Decoction*)
- D. Zuo Gui Wan (*Restoring the Left [Kidney] Pill*)



CASE #43:

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
- Pain worse with cold and better with heat
- Exercise helps the pain a bit
- Back feels cold to the touch
- **T:** thick, white greasy coat
- **P:** Tight and Slow, especially in the rear

Q: What is the disease differentiation for this case?

- A. Acute Lumbar Muscle Sprain
- B. Lumbar Muscle Strain
- C. Lumbago
- D. Myofascitis of the Back

Q: What is the pattern differentiation?

- A. Cold Invasion
- B. Damp Invasion
- C. Cold Damp Invasion
- D. Cold Damp Bi Pain

Q: Select two reasons why the pulse is slow.

- A. Cold slows the pulse
- B. Cold Damp slows the pulse
- C. Athletes tend to have a slower pulse
- D. The pulse slows when the patient is sitting down

Q: Select the two etiologies for this case.

- A. External EPI
- B. Trauma
- C. Excessive physical work
- D. Inadequate exercise

Q: What additional therapy would work best for this case?

- A. Estim
- B. Moxa
- C. Cupping
- D. Gua Sha

Q: 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. Wu Ji San (*Five Accumulations Powder*)



CASE #44:

A 62-year-old woman had surgery to help with incontinence and now she is having difficulty urinating.

Patient Information:

- Difficult, hesitant, dribbling urination
- Pain with voiding with no urine output
- Urine is dark
- Pelvic pain that is localized and sharp. More pain with palpation
- Pain in the lower back
- Patient is also constipated
- **T:** slightly red with purple spots
- **P:** Choppy

Q: Order the diseases from most likely (1) to least likely (4):

- _____ Hiccoughing and Belching
- _____ Ischuria
- _____ Lumbago
- _____ Stranguria

Q: Select two possible pattern differentiations for this case.

- A. Damp Phlegm blocking the urethra
- B. Damage of the Qi of the Meridian
- C. Liver Qi Stagnation
- D. Blood Stasis

Q: Order the points according to their functions:

- _____ Move Qi in the Lower Jiao
- _____ Move and regulate Fluids in the Lower Jiao
- _____ Pelvic pain

BL32, CV6, SP6

Q: Select the best Front Mu to use for this case.

- A. LR14
- B. LR13
- C. CV3
- D. CV4

Q: What is the best way to needle CV3 for this patient?

- A. Refer patient to the ER
- B. Have the patient void their Bladder before acupuncture to prevent injury to a full Bladder
- C. Have the patient lift their shirt so that the needle does not get caught in the fabric
- D. No precaution is needed

Q: What is the best formula for this patient?

- A. Da Cheng Qi Tang (*Major Order the Qi Combination*)
- B. Shen Tong Zhu Yu Tang (*Ligusticum and Notopterygium Combination*)
- C. Shao Fu Zhu Yu Tang (*Fennel Seed and Corydalis Combination*)
- D. Chai Hu Shu Gan San (*Bupleurum and Cyperus Combination*) + Wu Ling San (*Poria Five Herb Formula*)



CASE #45:

A 23-year-old female student is taking midterms for biology degree this week. She woke up after a restless sleep to find she had to go to the bathroom urgently. She complains of burning pain on urination. She says that this always happens to her during times of high emotions. She is extremely stressed. Her father went into the hospital last week and her boyfriend broke up with her two weeks ago.

Patient Information:

- Burning, scanty, painful urination with increased frequency and urgency
- Difficult to pass urine
- Mouth and tongue ulcers
- Lower back pain and tenderness on palpation
- Sensation of Heat in the chest
- Restlessness and anxiety
- Insomnia
- **T:** red with a redder tip and a dry, yellow coat
- **P:** Rapid and Large, especially in the distal position

Q: What is the disease differentiation for this case?

- A. Ischuria
- B. Stranguria
- C. Lumbago
- D. Edema

Q: What is the pattern differentiation for this case?

- A. Liver Qi Stagnation
- B. Heart Fire
- C. Damp Heat in the UB with Heart Fire
- D. Painful Urination with Blood

Q: Match the different syndromes for Lin with their characteristic symptom:

- _____ Blood in the Urine
- _____ Milky Urine
- _____ Difficult, hesitant urine output
- _____ Chronic, intermittent urinary difficulty
- _____ Unbearable pricking pain with some blood and calculi in the urine

Qi Lin Gao Lin Lao Lin Si Lin Xue Lin

Q: Select the two treatment principles that work best for this case.

- A. Move Qi
- B. Regulate Urination
- C. Clear Heat from the Urinary Bladder
- D. Clear Heat from the Heart

Q: What are two potential biomedical diseases this could be?

- A. Urinary tract infection
- B. Diabetes
- C. Urinary calculi/Urolithiasis
- D. Prostate cancer



Q: Put a "1" next to the primary organ involved and a "2" next to the secondary organ involved.

- Liver
- Heart
- Urinary Bladder
- Kidney

Q: What is the best formula for this case?

- A. Ba Zheng San (*Eight Herb Powder for Rectification*)
- B. Chai Hu Shu Gan San (*Bupleurum and Cyperus Combination*)
- C. Dao Chi San (*Guide Out the Red Powder*)
- D. Long Dan Xie Gan Tang (*Gentian Decoction to Drain the Liver*)



CASE #46:

A 42-year-old woman comes in for edema over her entire body. She is a kayak guide and spends a lot of time working outside. She also likes to eat a lot of salads, desserts, and drinks hot chocolate throughout the day.

Patient Information:

- Edema over the entire body worse on rainy days
- Pitting on pressures
- Sore knees and back
- Fullness in the epigastrium and abdomen
- Tiredness
- Urination that is scanty
- Feels cold, especially on her back and knees
- Palpitations and spontaneous sweat
- **T:** pale, swollen with a wet coat and teeth marks
- **P:** Deep, Weak

Q: What is the disease differentiation?

- A. Yang Edema due to Yang Deficiency
- B. Yin Edema due to Wind Water Invasion
- C. Yang Edema due to Yin Deficiency
- D. Yin Edema due to Yang Deficiency

Q: What is the etiology of this disease?

- A. Overwork + cold diet
- B. Working in a cold and damp climate + wrong diet
- C. EPI Cold Damp + wrong diet
- D. Qi Stagnation + EPI Cold Damp

Q: Why are her limbs cold?

- A. EPI Cold invasion + cold diet
- B. Yang Qi Deficiency doesn't bring warmth to the limbs
- C. Yang Qi Deficiency creates cold in the interior
- D. Qi Stagnation prevents flow of Qi and Blood to the limbs

Q: Place a "1" in front of the primary organs affected and a "2" next to the secondary organs affected.

Lungs Stomach Heart Urinary Bladder Pericardium Liver
 Large Intestine Spleen Small Intestine Kidney Triple Energizer Gallbladder

Q: Put a "T" in front of the points to tonify and a "S" in front of the points to sedate:

CV12 BL22 KI7 ST28 BL15
 CV9 BL23 CV6 ST36 LU9

Q: In addition to acupuncture what other modality would you use for this case?

- A. Cupping
- B. Gua Sha
- C. E-Stim
- D. Moxa

Q: What is the best formula for this case?

- A. Ji Sheng Shen Qi (*Kidney-Qi Pill from "Ji Sheng Fang"*) + Zhen Wu Tang (*True Warrior Decoction*)
- B. Gui Pi Tang (*Tonifying the Spleen Decoction*)
- C. Shen Ling Bai Zhu San (*Ginseng Poria Atractylodes Powder*)
- D. Yue Bi Jia Zhu Tang (*Overstepping Maidservant Decoction plus Atractylodes*)





CASE #47:

A 54-year-old woman recently was sick with Streptococcus A infection. She took antibiotics and it has cleared up. Today she comes into your clinic with swelling on the face and eyes.

Patient Information:

- Sudden onset edema with pitting that resolves quickly
- Started on the face and eyes and spread to the limbs
- Fever (38.2 C) and aversion to cold, some body aches and cough with difficulty breathing
- Shiny skin
- Urine that is slightly pink and foamy
- **T:** thin, white coat
- **P:** Superficial and Tight

Q: What is the syndrome differentiation?

- A. Yang Edema – Acute Nephritis with External Wind Water Invasion
- B. Yang Edema – Chronic Nephritis with Spleen and Kidney Yang Deficiency
- C. Yin Edema – Acute Nephritis with Toxic Heat
- D. Yang Edema – Acute Nephritis Damp

Q: What is the pathogenesis?

- A. Lung cannot regulate the Water passageways and descend Water to the UB → Water overflows to the surface of the body → edema
- B. Toxic Heat from carbuncles, furuncles or sores > impedes the clearing and excreting of turbidity from the space between the skin and muscles > Fluids accumulate > edema
- C. Exterior Cold Damp > invades the body > chronic retention impairs the functions of transforming and transporting Fluids > Fluids stagnate under the skin > edema
- D. Overwork and excessive sexual activity > weakens Kidneys > Kidney Yang Deficiency > Yang cannot function > cannot transform and transport Fluids > Fluid metabolism fails > edema

Q: Which of the following modality treatments is most appropriate for this case?

- A. Moxa at ST36
- B. Cups at BL12 and BL13
- C. Gua Sha along the lower face and neck
- D. Scalp Acupuncture

Q: Place a “1” next to the primary TCM organ involved and a “2” next to the primary western medicine organ involved.

Lungs Stomach Heart Urinary Bladder Pericardium Liver
 Large Intestine Spleen Small Intestine Kidney Triple Energizer Gallbladder

Q: What western medicine disease would you want to consider?

- A. Acute renal failure
- B. Nephrotic syndrome
- C. Acute glomerulonephritis
- D. Acute pulmonary edema

Q: Your patient returns the next day. She says her legs are swelling and painful. You notice she is breathing with her mouth open and seems out of breath. She says she feels fatigued. What do you do?

- A. Modify her herbal prescription with herbs that promote urine
- B. Perform a water regulating acupuncture treatment
- C. Refer her to western medicine for a same day referral
- D. Send her home and tell her to rest



Q: What is the best herbal formula for this case?

- A. Wu Pi San (*Five Peels Powder*) + Wu Ling San (Five “Ling” Powder)
- B. Yue Bi Jia Zhu Tang (*Overstepping Maidservant Decoction plus Atractylodes*)
- C. Xiao Ji Yin Zi (*Cirsium Decoction*)
- D. Jin Gui Shen Qi Wan (*Golden Chest Kidney-Qi Pill*)



CASE #48:

A 40-year-old woman complains of extreme feelings of dizziness, where she feels like she is on the ocean or the world is spinning around her. Attacks are worse on hot and humid days. Yesterday's attack started post an afternoon in the sun with her son, eating ice cream.

Patient Information:

- Severe disorientation during attacks
- Woke up last night with dizziness, feeling nauseous and had to stumble to the bathroom to vomit
- Left ear feels full and hearing is muffled as if the ear is blocked by cotton and her head
- Bloats after she eats, stools are often loose, occasionally with mucus
- Foggy head
- Exhaustion with desire to sleep all the time
- **T:** swollen with a thick, greasy, white coat
- **P:** Slippery, Wiry, Soggy

Q: What is the disease differentiation?

- A. Vertigo
- B. Dizziness
- C. Syncope
- D. Headache

Q: Put a "1" next to the pattern that came first and a "2" next to the pattern that came second.

- ___ EPI: Wind Damp
- ___ Phlegm Damp Obstruction
- ___ Qi Deficiency
- ___ EPI: Shaoyang Syndrome

Q: Select the two scalp acupuncture lines you would use for this case.

- A. MS9
- B. MS10
- C. MS11
- D. MS5

Q: Order the points by the symptoms they treat:

- A. Somnolence ___
 - B. Vertigo/Dizziness ___
 - C. Tonify Spleen ___
- ST36, KI6/BL62, ST8

Q: Select the statements that are true about the difference between dizziness, vertigo and fainting.

- A. Fainting has loss of consciousness, vertigo and dizziness do not have loss of consciousness
- B. Dizziness lasts minutes to hours while vertigo lasts seconds to minutes
- C. Dizziness occurs without a sense of motion of the environment while vertigo has a sense that the environment is spinning
- D. Dizziness can wake a person up from sleep, while vertigo is not associated with movement like going from sitting to standing

Q: During the treatment patient complains of neck pain and severe headache. She has trouble speaking. What do you do?

- A. Refer to MD
- B. Same day referral to MD
- C. Refer to ED
- D. Call an ambulance for the patient



Q: Which formula is best for this patient?

- A. Zhen Gan Xi Feng Tang (*Sedate the Liver and Extinguish Wind decoction*),
- B. Qiang Huo Sheng Shi Tang (*Notopterygium Decoction to Overcome Dampness*)
- C. Ban Xia Bai Zhu Tian Ma Tang (*Pinellia and Gastrodia Combination*)
- D. Xiao Chai Hu Tang (*Minor Bupleurum Decoction*)



CASE #49:

A 35-year-old woman has three children, one of whom is three-months-old. She hemorrhaged at her last birth and received a blood transfusion but has had difficulty recovering. Her main complaint is dizziness.

Patient Information:

- Vertigo that came on suddenly
- Palpitations with cold limbs
- Sweating, weak breathing and shortness of breath
- Extremely pale complexion
- Once a day the patient will faint
- Insomnia
- **T:** short, pale in color
- **P:** Thready, Scattered that is almost imperceptible

Q: Order the disease differentiations from most likely “1” to least likely “4”:

- _____ Vertigo/dizziness
- _____ Fainting
- _____ Postpartum convulsions
- _____ Postpartum dizziness

Q: What is the syndrome differentiation according to the principles of Qi, Blood and Body Fluids?

- A. Qi and Blood Deficiency
- B. Qi and Blood Collapse
- C. Qi and Blood Stagnation
- D. Qi Stagnation with Blood Deficiency

Q: What is the pathogenesis?

- A. Blood loss during labor leads to Deficiency of Qi + Blood leads to SP Qi Deficiency, can't produce Qi and Blood leading to further Deficiency > cannot nourish the brain, leading to dizziness
- B. Severe blood loss during childbirth > Blood is exhausted > Qi collapses > Mind is deprived of Blood > dizziness and fainting
- C. EPI (External Cold) > invades the body after delivery > Blood Stagnation with exhausted Qi > Blood Stagnation rises and harasses the Mind > sudden dizziness with a feeling of tightness in the chest
- D. Overwork, excessive worry or mental activity > weakens Spleen > weak Spleen and Lungs, the source of the body's post-natal Qi > reduction in Blood production > dizziness and vertigo

Q: What other considerations should you have?

- A. Refer to ED
- B. Refer to MD
- C. Same day referral to MD
- D. Apply moxa at CV4, CV6, CV8, ST36

Q: Select the best treatment principle for this case.

- A. Invigorate Blood, rescue Qi
- B. Rescue Qi, nourish Blood
- C. Tonify Qi and Blood
- D. Tonify Qi and Blood, strengthen Spleen and Stomach

Q: Order the formulas from most helpful “1” to least helpful “4”:

- _____ Gui Pi Tang (*Ginseng and Longan Combination*)
- _____ Qi Ju Di Huang Wan (*Lycium, Chrysanthemum and Rehmannia Formula*)
- _____ Shen Fu Tang (*Ginseng Aconitum Decoction*)
- _____ Shi Quan Da Bu Tang (*Complete Great Tonification Decoction*)



CASE #50:

A 35-year-old-woman, a university professor with diabetes mellitus, takes insulin to control the diabetes. She has been having fainting spells recently.

Patient Information:

- Sudden lightheadedness that comes on suddenly if the patient has gone on too long without food
- Palpitations and breaking out in a cold sweat prior to fainting
- Fainting mostly after exercise and feeling foggy in the head after recovering. Worse in the last afternoon and evenings
- Easily exhausted and feeling of muscular fatigue and weakness after even minimal exercise
- In recent months, she has developed strong social anxiety and feels unexplainably afraid
- **T:** pale, swollen and scalloped with a thin, white coat
- **P:** Weak, Thready

Q: Select the correct 8-Principles of Diagnoses that describe this case.

- | | |
|------------|----------|
| Interior | Exterior |
| Cold | Heat |
| Deficiency | Excess |

Q: What is the pathogenesis?

- Weak Spleen > Spleen can't transform and transport Fluids > Fluids accumulate > Damp and Phlegm form > transforms Heat > Phlegm Heat rise to the head > fainting/syncope
- Diet (raw and sweet food) > weakens Spleen > Spleen can't transform and transport Fluids > Fluids accumulate > Damp and Phlegm form > rises to the head > fainting/syncope
- Exhaustion (chronic illness, extended periods of overwork, lack of sleep and excessive demand on Qi, Blood, Yin, Yang) > depletes Kidney, Heart, Spleen > fainting/syncope
- Weak Spleen > weakens Post Heaven Qi > Spleen Qi can't rise to the head leading to faint and weak Spleen > can't transform and transport Fluids > Damp and Phlegm accumulates > rises to the head > fainting/syncope

Q: Order the points according to the symptoms they treat:

- Anxiety ___
- Fear ___
- Palpitations ___

KI4 PC6 BL42

Q: During the treatment, the patient faints. Order the following items from the first to the last to do:

- ___ Inject insulin
- ___ Remove the needles
- ___ Call 911
- ___ Elevate the feet

Q: Which Ear Acupuncture points are most appropriate for this case? Select 3.

Lung	Heart	Spleen	Point Zero	Pancreas	Adrenal
Liver	Subcortex				

Q: What formula would you add to Xiang Shu Liu Jun Zi Tang (*Vladmiria and Amomum Combination*) if there was also Yin Deficiency in this case?

- Ba Wei Di Huang Wan (*Eight Gentlemen's Decoction*)
- Sheng Mai San (*Ginseng and Ophiopogon Formula*)
- Tian Ma Gou Teng Yin (*Gastodia and Gambir Combination*)
- Zhi Bai Di Huang Wan (*Anemarrhena, Phellodendron and Rehmannia Formula*)



CASE #51:

A 39-year-old man has fainted several times recently. Once when his wife told him that she wanted a divorce, second time when his father died two weeks ago and another when he received news that he has a hernia that will need a small surgery to repair. He reports that, otherwise, he feels very healthy.

Patient Information:

- Sleep, urination and body temperature are normal
- No headaches
- Occasional cold hands and feet
- Blood pressure: 129/85
- Muscular stiffness
- **T:** light pink with a thin, white coat
- **P:** Wiry, Thready

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

- | | |
|------------|----------|
| Interior | Exterior |
| Cold | Heat |
| Deficiency | Excess |

Q: What is the etiology for this case?

- A. Emotions
- B. Diet
- C. Exhaustion
- D. Trauma

Q: What is the pathophysiology for this case?

- A. Shock > scatters Qi > Qi and Blood Deficiency > sudden reduction of Qi and Blood in the head and brain > fainting/syncope
- B. Strong emotions > Liver Qi Stagnation > rebellious qi > disturbing the mind > fainting/syncope
- C. Trauma > Blood Stasis > blocks the circulation of Qi and Blood in the head > disrupts the Heart-Kidney axis > fainting/syncope
- D. EPI (Summer Heat) > sudden fainting or collapse

Q: What is the pattern differentiation for this case?

- A. Liver Qi Stagnation
- B. Liver Blood Stagnation with Liver Blood Deficiency
- C. Liver Qi Stagnation with Liver Blood Deficiency
- D. Liver and Kidney Yin Deficiency with Liver Qi Stagnation causing Liver Yang Rising

Q: What does the blood pressure tell you about this patient?

- A. Normal
- B. Pre-hypertension
- C. Stage 1 hypertension
- D. Stage 2 hypertension

Q: Order the points according to the symptom it treats:

- A. Blurry Vision___
- B. Tight neck and shoulders___
- C. Dizziness___

GB43

GB21

GB37



Q: Order the formulas from most effective to least effective (1-4):

- _____ Si Ni San (*Frigid Extremities Decoction*)
- _____ Xiao Yao San (*Bupleurum and Tangkuei formula*)
- _____ Tian Ma Gou Teng Yin (*Gastodia and Gambir Combination*)
- _____ Long Dan Xie Gan Tang (*Gentiana Combination*)



CASE #52:

A 32-year-old woman has two children, age 6 and 4, but she recently had a miscarriage. She feels very upset and that it is hard to cope with her life.

Patient Information:

- Something stuck in her throat and she cannot swallow or spit out
- Cries a lot and breaks down crying during the intake
- Sighing and tightness in the chest
- Frustration
- Moodiness
- Hypochondrial pain
- **T:** swollen with a sticky coat
- **P:** Wiry, Slippery

Q: What is the disease differentiation?

- A. Depressive disorders
- B. Mania-Depression
- C. Insomnia
- D. Anxiety

Q: What is the syndrome differentiation?

- A. Qi and Phlegm Stagnation
- B. Plum Pit Qi
- C. Liver Qi Stagnation harassing the Lungs and Heart
- D. Heart Blood Stagnation with Lung Phlegm

Q: Select 1 point to move Qi and 2 points to clear Phlegm.

- | | |
|------|------|
| CV22 | ST40 |
| PC6 | CV12 |
| LR3 | LU5 |

Q: Which of the following is not okay to do when your patient cries during the intake?

- A. Be empathetic
- B. Offer her a tissue
- C. Give her a hug
- D. Assure her it is okay for her to cry in the clinic room

Q: What is the best formula for this patient?

- A. Wen Dan Tang (*Warming the Gallbladder Decoction*)
- B. Ban Xia Hou Po Tang (*Pinellia Magnolia Decoction*)
- C. Si Ni San (*Frigid Extremities Decoction*)
- D. Xiao Yao San (*Bupleurum and Tangkuei formula*)



CASE #53:

A 23-year-old male is coming in for treatment with you, but it's unclear what his problem is, as he is unable to make coherent statements. Sometimes he even trails off into silence and staring into the corner of the room. When you explain the acupuncture treatment to him, he sometimes nods, and other times does not respond. In addition, he refused to fill out the intake and consent forms. While you consider what to do, the patient starts muttering to himself. His tongue has a sticky white coat. He has a Wiry, Slippery pulse.

Q: What is the disease differentiation?

- A. Depressive disorders
- B. Mania-Depression
- C. Insomnia
- D. Anxiety

Q: What is the syndrome differentiation?

- A. Qi and Phlegm Stagnation
- B. Qi Deficiency with Phlegm
- C. Phlegm Fire
- D. Heart Blood Stagnation with Lung Phlegm

Q: What dietary recommendations would you make for this patient?

- A. Eat spicy food and drink barley water
- B. Avoid spicy food and focus on eating raw fruit and vegetables
- C. Avoid spicy, fatty, sugary food or processed food
- D. Eat soups and stews and always eat dessert

Q: Which of the following lifestyle advice is appropriate for this person?

- A. Start running and swimming regularly
- B. Take long walks and practice Qi Gong and meditation
- C. Vacation in the tropics
- D. Drink wine every evening

Q: What acupuncture points is best for this patient?

- A. Even: GV26, reduce: PC5 and ST40, tonify: HT7
- B. Even: BL15, reduce: HT7, tonify: PC5 and ST40
- C. Since the patient is unresponsive you cannot explain the treatment to him, you can't treat him and he is refusing to fill in the paperwork
- D. All of the above

Q: What is the best formula for this patient?

- A. Long Dan Xie Gan Tang (*Gentian Decoction to Drain the Liver*) + Zhen Gan Xi Feng Tang (*Sedate the Liver and Extinguish Wind Decoction*)
- B. Xiao Yao San (*Rambling Powder*) + Wen Dan Tang (*Warm Gall Bladder Decoction*)
- C. Ding Xian Wan (*Arrest Seizures Pill*) + Si Jun Zi Tang (*Four Major Herb Combination*)
- D. Tong Qiao Huo Xue Tang (*Persica and Ligusticum Combination*)



CASE #54:

A 49-year-old man has difficulty sleeping at night. He expresses that he feels some stress as he recently lost his job. He tries to eat healthily throughout the day but he tends to eat a lot at night - ice cream, cake and sometimes a whole box of cookies. He thinks that he has a gluten intolerance.

Patient Information:

- Difficulty falling asleep
- Waking up around 2:30-3am every night
- Pain and discomfort in his abdomen and epigastric region
- Constipation
- **T:** thick, greasy coat
- **P:** Full, Slippery

Q: What is the disease differentiation?

- A. Abdominal Distension
- B. Epigastric Distension
- C. Insomnia
- D. Hypochondrial Pain

Q: What is the syndrome differentiation?

- A. Residual Heat in the Diaphragm
- B. Phlegm Heat harassing the Heart
- C. Food Stagnation
- D. Liver Qi Stagnation

Q: What is the etiology for this case?

- A. Emotions: worry and stress
- B. Overeating, especially late at night
- C. Residual Heat
- D. Excessive sexual activity

Q: During the treatment he asks you on a date. What is the best course of action?

- A. Give him your address and ask him to pick you up on Friday night at 8pm
- B. You are interested in dating him, you give him several referrals for other practitioners and ask him to pick you up on Friday at 8pm
- C. You are interested in dating him, you give him several referrals for other practitioners, discharge him as your patient and let him know you must wait 4-6 months before going on a date with him
- D. You agree to have dinner with him that night and then book him in for his next appointment

Q: Select two lifestyle advice you would give to the patient.

- A. Try eating lighter food at night
- B. Do not eat 2-3 hours before bed
- C. Have a glass of wine before bed rather than eating
- D. Refer to MD for a possible food allergy

Q: Which quadrant is the stomach in?

- A. RUQ (Right Upper Quadrant)
- B. LUQ (Left Upper Quadrant)
- C. LLQ (Left Lower Quadrant)
- D. RLQ (Right Lower Quadrant)

Q: Which four Ear Acupuncture points could you use?

- A. Heart
- B. Stomach
- C. Liver
- D. Sympathetic
- E. Endocrine
- F. Shen Men
- G. Kidney

Q: Order the formulas from most effective to least effective for this patient (1= most, 4 = least):

_____ Zhi Shi Dao Zhi Wan (*Unripe Bitter Orange Pill to Guide Out Stagnation*)

_____ Yue Ju Wan (*Escape Restraint Pill*)

_____ Gui Pi Tang (*Restore the Spleen Decoction*)

_____ Bao He Wan (*Preserve Harmony Pill*)

CASE #55:

A 45-year-old woman comes in for help with trouble sleeping. Her sleep has not been good for about three years now and has gotten worse recently. She is happy with her life, which she says is very good. She has a good job that she loves, her relationship with her husband is very good and her children are doing very well.

Patient Information:

- Wakes up around 3am every morning
- Difficulty falling asleep at night even when she wakes at 3am. She is a light sleeper and wakes easily if disturbed
- Sleep is worse if she drinks wine in the evenings which she does 4-5 nights per week
- Irritability and easy-to-anger
- Hypochondrial pain almost daily
- Migraines two times per month on her right temporal region
- **T:** pale with a thin, white coat
- **P:** Wiry, Thready

Q: What is the order the diseases have from most likely to least likely for this case?

- _____ Insomnia
- _____ Headache
- _____ Hypochondrial pain
- _____ Depressive Disorder

Q: Select two syndrome differentiations for this case.

- A. GB Qi Deficiency
- B. Liver Qi Stagnation
- C. Liver Blood Deficiency
- D. Heart Qi Stagnation

Q: Select two extra points to help with insomnia.

- A. Taiyang
- B. Anmian
- C. Yintang
- D. Dingchuan

Q: Aside from the Liver, what three Ear Acupuncture points could you use?

- | | |
|-------------|-----------|
| Kidney | Endocrine |
| Sympathetic | Inner Ear |
| Spleen | Shenmen |
| Heart | |

Q: Order the formulas according to their indication:

- _____ Calms Spirit
 - _____ Strongly moves Qi
 - _____ Better for Qi Stagnation with Blood Deficiency
1. Chai Hu Shu Gan San (*Bupleurum and Cyperus Combination*)
 2. Suan Zao Ren Tang (*Zizyphus Combination*)
 3. Xiao Yao San (*Bupleurum and Tangkuei Formula*)

CASE #56:

A 70-year-old woman has a difficult time staying asleep, waking every hour or so and finding it not easy to fall back to sleep. Due to spondylolisthesis, she had a back surgery and has residual pain in her lower back.

Patient Information:

- Wakes up 2-4 times per night
- Wakes up hot at night and sweating
- Palpitations throughout the day
- Poor memory and lower back pain
- High blood pressure and diabetes type II
- Takes hydrochlorothiazide and metformin
- **T:** red with many horizontal cracks and no coat
- **P:** Thready, Rapid and Deep at the chi position

Q: What is the syndrome differentiation?

- A. Heart and Liver Yin Deficiency
- B. Kidney Yin Deficiency
- C. Heart + Kidney not Harmonized
- D. Liver Blood Deficiency

Q: What is the etiology of this disease?

- A. Trauma
- B. Aging
- C. Emotions
- D. Diet

Q: Put a "1" next to the primary organ affected and a "2" next to the secondary organ affected.

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

Q: Order the points according to the symptom they treat:

- A. Palpitations ____
- B. Tinnitus ____
- C. Dizziness ____
- D. Excess Heat ____

GV20 HT5 PC8 TE3

Q: What is the main difference between using Tian Wang Bu Xin Dan (*Emperor of Heaven's Special Pill to Tonify the Heart*) and Er Xian Tang (*Curculigo and Epimedium Combination*)?

- A. Tian Wang Bu Xin Dan (*Emperor of Heaven's Special Pill to Tonify the Heart*) treats Yin Deficiency only, while Er Xian Tang (*Curculigo and Epimedium Combination*) treats both Yin and Yang Deficiency
- B. Tian Wang Bu Xin Dan (*Emperor of Heaven's Special Pill to Tonify the Heart*) treats Yin Deficiency only, while Er Xian Tang (*Curculigo and Epimedium Combination*) treats Yang Deficiency only
- C. Both are true
- D. Neither are true

CASE #57:

A 60-year-old woman comes with rheumatoid arthritis. Her husband died last year, and she is very upset and stressed about his death, especially because she has to sort through all of his belongings at the house. Using her hands a lot makes them hurt more, and it seems to be worse in general now that it is summer. She takes methotrexate and prednisone to manage the condition.

Patient Information:

- Excruciating pain in her joints
- Difficulty using her hands
- Knuckles are red and swollen and feel hot to the touch
- She often feels thirsty and says she has a dry and sore throat
- She feels hot at night and says her palms and feet and chest feel hot

Q: What is the disease differentiation?

- A. Bone fracture
- B. Calcaneodynia
- C. Goiter
- D. Impediment Syndrome

Q: What is the syndrome differentiation?

- A. Heat Bi
- B. Heat Bi with underlying Yin Deficiency
- C. Qi and Blood Stagnation transforms Heat
- D. Wind Cold Damp invasion that has transformed Heat

Q: In which layer does this disease occur?

- A. Skin
- B. Muscle
- C. Tendon
- D. Vessel
- E. Bone

Q: Which of the following is an example of palpation?

- A. Feeling the pulse and feeling the warmth of her joints
- B. Inspecting her tongue
- C. Obtaining the health history
- D. Reviewing her medications

Q: Which 4 local points could you needle for this patient?

TE3	LU7	LI11
LI3	Ba Xie	SI3
GV14	ST43	GB39

Q: What are three cautions you would consider with this patient?

- A. Because she is on prednisone, she may have an increased risk of bruising
- B. Because she is on methotrexate, she has an increased risk of infections
- C. Because the joints are red, swollen and hot to the touch, she should be referred to her MD
- D. Because her husband died last year, she should be referred to psychiatric care

Q: What two additional lifestyle advice would you offer?

- A. Avoid overwork with the hands, when possible
- B. Avoid hot and spicy food and increase food with a cooling nature
- C. Practice Qi Gong or Tai Qi to help with her stress
- D. Wash her hands in ice water every night

CASE #58:

A 28-year-old man complains of fullness and distension in the abdomen. He swims daily all year round in the cold Pacific Ocean. He has done this for years.

Patient Information:

- Abdominal pain that comes and goes and is worse after big meals
- Chronic constipation worse with abdominal pain
- Oliguria with dark, yellow urine
- Pain worse with pressure
- Abdomen feels hard and distended
- Nausea, belching and sour regurgitation
- He says that when massaging his abdomen yesterday, it caused him to projectile vomit
- **T:** thick, white coat
- **P:** Slippery, Wiry

Q: Order the diseases from most likely "1" to least likely "2":

- _____ Constipation
- _____ Vomiting
- _____ Abdominal Pain
- _____ Drum Distension

Q: Select the correct 8 Principles of Diagnoses terms that fit this case.

- | | | | |
|------------|------|----------|------|
| Excess | Heat | Interior | Yin |
| Deficiency | Cold | Exterior | Yang |

Q: Order the diagnoses from most likely "1" to least likely "4":

- _____ Qi Stagnation
- _____ Food Stagnation
- _____ Stomach Qi Reversal
- _____ Spleen Qi Deficiency

Q: Select the two etiologies for this case.

- A. Exposure to Cold
- B. Diet
- C. EPI- Wind Cold
- D. Emotions

Q: Select the quadrant(s) where the Liver is in.

- A. URQ
- B. LLQ
- C. ULQ
- D. LRQ

Q: Order the points according to their function:

- A. Drain out Food Stagnation from the Stomach ____
- B. Descend Stomach Qi ____
- C. Regulate Qi and stop Stomach Qi Reversal ____
- D. Move Food Stagnation out of the Stomach and down to the Small Intestine ____

ST21 CV10 ST44 PC6

Q: What other modality is recommended for this case?

- A. Cup the lower back
- B. Moxa over the abdomen with a moxa box
- C. Dermal needle over the abdomen
- D. Three-edged needle on ST36

Q: Order the formulas from most effective to least effective:

_____ Da Jian Zhong Tang (*Major Construct the Middle Decoction*)

_____ Liu Mo Tang (*Six Milled-Herb Decoction*)

_____ Zhi Shi Dao Zhi Wan (*Unripe Bitter Orange Pill to Guide Out Stagnation*)

_____ Bao He Wan (*Preserve Harmony Pill*)

CASE #59:

A 64-year-old patient of yours has been waiting for you in your second treatment room. When you enter the room, you notice that his mouth is in a strange position - with one corner pointed up and the other corner pointed down. You say that you notice that he wrote on his intake form he is coming for stress, but when you ask him about it, he cannot easily answer. His speech is slurred, and you cannot understand what he is saying. His tongue has a thin, white coat and is pointing towards the right. His pulse is Wiry, Thready.

Q: What is the disease differentiation?

- A. Atrophy- Flaccidity
- B. Facial Paralysis
- C. Wind Stroke
- D. Convulsive Syndrome

Q: What is the syndrome differentiation for this case?

- A. Liver and Kidney Yin Deficiency with Liver Yang Rising and Wind
- B. Empty Channels > Wind Invasion
- C. Wind Phlegm and Blood Stasis
- D. Attack on the Meridians and Collaterals

Q: Select two examples of diagnosis based on observation.

- A. Noticing the change in facial muscles
- B. Speaking with the patient
- C. Reviewing the chart notes
- D. Noticing tongue color

Q: Which scalp line is best to use for this patient?

- A. Motor line, upper 1/5
- B. Motor line, lower 2/5
- C. Motor line, middle 2/5
- D. Sensory line, lower 2/5

Q: Select the best reason to needle the HT5.

- A. It is the Luo point for the Heart
- B. The Luo channel travels to the root of the tongue
- C. It will drain Damp and Phlegm from the face and head
- D. It will activate Qi and Blood

Q: How would you needle ST6, and why?

- A. Even; it can increase local Qi and Blood circulation and help with deviation of the mouth
- B. Reducing; it can increase local Qi and Blood circulation and help with deviation of the mouth
- C. Even; it activates the GV and ST channels
- D. Reducing; it activates the GV and ST channels

Q: Order the formula from most effective "1" to least effective "4":

- _____ Bu Yang Huan Wu Tang (*Tonify the Yang to Restore Five [-Tenths] Decoction*)
- _____ Xiao Huo Luo Dan (*Minor Invigorate the Collaterals Special Pill*)
- _____ Qian Zheng San (*Lead to Symmetry Powder*)
- _____ Da Qin Jiu Tang (*Major Large Gentian Decoction*)

CASE # 60:

A 35-year-old woman woke up this morning and realized that she had drooping on the left side of her mouth, and her left eye was also unable to close. In fact, the left side of her face looked almost like a mask.

Patient Information:

- Unilateral hemiplegia with facial paralysis
- Slurred speech, drooling, dizziness and also visual floaters
- Numbness of the extremities with slight edema and muscle spasms
- Loose stools and diarrhea
- Palpitations and breathlessness
- Blood pressure is 110/70
- **T:** mauve, swollen with teeth marks and thin, white coat
- **P:** Thready, Choppy and Weak

What is the disease differentiation?

- A. Wind Stroke
- B. Facial Deviation
- C. Bell's Palsy
- D. Epilepsy

What is the syndrome differentiation?

- A. Wind Cold Invading the Channels
- B. Attack on the Meridians and Collaterals
- C. Qi Deficiency with Blood Stasis
- D. Wind Phlegm with Blood Stasis

Order the points according to their function in this case:

- A. Spots before the eyes ____
- B. Muscle spasms ____
- C. Tonify Qi ____
- D. Move Blood ____

BL17 GB37 BL20 GB34

Which point would you moxa to help with dizziness?

- A. KD1
- B. ST36
- C. CV6
- D. GV20

Select the best electroacupuncture point prescription for this case:

- A. LI10, LI3 + GB40, GB34 – dense sparse, low frequency for 20 minutes every other day
- B. LI10, LI4 + GB30, GB34 – dense sparse, low frequency for 20 minutes every other day
- C. LI10, LI4 + GB30, GB34 – discontinuous waves, high frequency for 20 minutes every day
- D. LI11, LI4 + ST36, ST42 – alternative waves with alternating low and high frequency for 30 minutes every day

What is the best formula for this case?

- A. Bu Yang Huan Wu Tang (*Tonify the Yang to Restore Five [-Tenths] Decoction*)
- B. Ban Xia Bai Zhu Tian Ma Tang (*Pinellia, White Atractylodes, and Gastrodia Decoction*)
- C. Zhen Gan Xi Feng Tang (*Sedate the Liver and Extinguish Wind Decoction*)
- D. Da Qin Jiao (Jiu) Tang (*Major Large Gentian Decoction*)