

Foundations Test

1. A 26 year-old patient has dysmenorrhea with hypogastric pain before the period, burning sensations, feeling of heat, red menstrual blood with small clots, scanty-dark urine, and vaginal discharges. What tongue would you expect to see?

- a Red with thick-white coating
- b Red with thin-yellow coating
- c Red with sticky-yellow coating
- d Red without coating

2. A 20 year-old woman has had cystitis for three months. Her urination is frequent and painful with distention in the hypogastrium. There is no burning urination. Urinalysis does not show the presence of an infection. She has PMS with irritability, depression, and breast distention. Other symptoms include low back pain, dizziness, and tinnitus. The tongue is normal except for redness on the sides. The pulse is wiry on the left and weak in the rear positions. What is the diagnosis?

- a Stagnation of Liver Qi, Deficient Kidney Qi
- b Bladder Damp-Heat
- c Stagnant Liver Qi with Damp-Heat in the Bladder
- d Liver Fire transmitted to Bladder

3. A 22 year-old woman has dizziness, poor concentration, feelings of heaviness in the chest and head, and loose stools. The tongue is pale with greasy coating. The pulse is thin and a little slippery. What is the diagnosis?

- a Deficient Spleen Qi with Accumulation of Phlegm
- b Deficient Heart Blood with Deficient Spleen Qi
- c Damp-Heat Invading Spleen
- d Phlegm Misting the Heart

4. A 35 year-old woman has had asthma since her teens. The asthma started after her mother died. She uses Ventolin every day. She has frequent nasal discharges with sticky-yellow mucous. When under stress her muscles become very tight, feels weak and gets cold hands. She has PMS with hypochondrial and breast distention. The tongue is red, especially on the sides. The coating is yellow. The pulse is wiry on the left side. What is the treatment plan?

- a Transform Phlegm, Clear Fire, Restore Descending of Lung Qi, Stop Asthma
- b Release Exterior, Clear Heat, Transform Phlegm, Stop Asthma
- c Tonify Kidney Yang to Receive Qi
- d Move Liver Qi, Clear Liver Fire, Restore Descending of Lung Qi, Calm the Mind

5. Timidity, sighing, lack of courage and initiative is a pattern of

- a Deficient Heart Blood
- b Deficient Gall Bladder
- c Stagnant Liver Qi
- d Deficient Kidney Qi

6. A 47 year-old man has had headaches for twenty years. The headaches are located in the forehead and are dull. Other symptoms include tiredness and low sex drive. When he has a headache he also has dizziness and a heavy and cloudy head. The tongue is pale with swollen sides and the coating is very thick-yellow. The pulse is deep and slippery. What is the diagnosis?

- a Retention of food in the Stomach
- b Deficient Kidney Qi with Accumulation of Phlegm
- c Deficient Spleen and Kidney Yang with Accumulation of Dampness
- d Turbid-Phlegm Obstructing Clear Yang from rising

7. In treating a case of Stomach and Spleen Yin Deficiency it is very important to ask about

- a Relationships
- b Sexual activity
- c Diet and eating habits
- d Damp living conditions

8. A patient has a slow pulse with irregular missing beats. What is the pulse?

- a Slow pulse (chi mai)
- b Intermittent pulse (dai mai)
- c Knotted pulse (jie mai)
- d Scattered pulse (san mai)

9. A man has recurrent vertex headaches only when he is overworked with no other symptoms. What is the most likely diagnosis?

- a Spleen Qi Deficiency
- b Heart Blood Deficiency
- c Liver Blood Deficiency
- d Kidney Qi Deficiency

10. At what pulse position can the prostate gland be assessed?

- a Rolling finger proximally on the left rear position
- b Moving finger distally on the right rear position
- c Monitoring differences by feeling the right and left rear positions simultaneously
- d Front left position

11. Fever, chills, no sweating, stiff neck, irritability, thirst, and agitation indicate

- a True heat and false cold
- b True cold and false heat
- c Cold on the exterior and heat in the interior
- d Heat on the exterior and cold in the interior

12. A patient has bouts of coughing from emotional stress, expectoration of scanty phlegm, bitter taste, and red tongue with dry-yellow moss. What is your diagnosis?

- a Liver Fire insulting Lungs
- b Hyperactive Liver Yang
- c Lung Dryness
- d Phlegm-Heat in Lungs

13. A 33 year-old woman complains of shortness of breath and hay fever. She has difficulty with inhalation. She has low back pain, dry throat, tinnitus and occasional night sweats. The tongue is a little red and dry. The coating is not rooted. The pulse is floating and weak. The right front position is also weak. What is the diagnosis?

- a Deficient Lung Qi
- b Deficient Lung and Kidney Qi
- c Kidneys Not Grasping Qi
- d Lung and Kidney Yin Deficiency

14. You have treated a patient in the Shao Yang stage. Two days later the patient has abdominal fullness, poor appetite, diarrhea, no thirst, pale tongue and deep pulse. What is your diagnosis?

- a Jue yin
- b Shao yin
- c Yang ming
- d Tai yin

15. The most difficult type of cough to treat is due to

- a Deficient Lung Yin
- b Purulent Phlegm-Heat Obstructing Lungs
- c Deficient Lung Qi
- d Phlegm-Fluids

16. A patient has strong left guan and weak right guan pulses. What is the most likely diagnosis?

- a Metal overacting on Wood
- b Fire not generating Earth
- c Water not generating Wood
- d Wood overacting on Earth

17. A patient coughs in short bursts, the cough is dry with no phlegm, the saliva has blood, wants to open the windows in the evening, thin body, night sweats. What tongue and pulse do you expect?

- a Purple tongue with no moss; deep (chen mai) fast (shuo mai) pulse
- b Pale tongue with no coating; thready pulse (xi mai)
- c Red tongue with no coating; empty (xu mai) and floating (fu mai) pulse
- d Red tongue with greasy yellow moss; fast (shuo mai) floating (fu mai) pulse

18. Which organ distributes Yuan Qi throughout the body?

- a Triple Burner
- b Lung
- c Kidney
- d Liver

19. A 65 year-old man has dry cough with just a little sputum, low-grade fever, hot sensations in the evening, night sweats, red cheeks, and dryness, red peeled tongue with cracks, and a floating-empty and fast pulse. What is the treatment principle?

- a Tonify Lung Qi, Warm Yang

- b Moisten the Lungs, Nourish Fluids
- c Descend Lung Qi, Tonify Kidney
- d Tonify Lung Yin, Nourish Body Fluids, Clear Empty-Heat

20. A 47 year-old patient has fresh blood with his bowel movement. Symptoms include abdominal distention and loose stools. He is frustrated that his symptoms are not getting better. The tongue is pale and swollen and the pulse is weak and fast on the right Guan position. What is the diagnosis?

- a Stagnant Liver Qi attacking Spleen
- b Hot Blood
- c Spleen Qi Deficient
- d Damp-Heat in Intestines

21. A patient has painful burning urination, blood in the urine, fullness in the hypogastrium, red tongue, and full fast pulse. What is your treatment principle?

- a Clear Heat, Cool Blood, Stop Bleeding, Open water passages
- b Clear Heat, Drain Dampness, Drain Heart Fire, Open the water passages
- c Clear Heat, Drain Dampness, Open the water passages
- d Clear Heat, Drain Dampness, Soothe the Liver, Drain Fire, Open the water passages

22. Which of the following types of food cause Phlegm?

- a Hot foods
- b Spicy foods
- c Cold foods
- d Greasy foods

23. A man has a history of frequent sexual activity and develops headaches on the temples, dry eyes, and brittle nails. What is the most likely diagnosis?

- a Earth insulting Wood
- b Metal over-acting on Wood
- c Wood insulting Metal
- d Water not generating Wood

24. Which of the following is only present in Heart Blood Deficiency and not in Heart Yin Deficiency?

- a Poor memory
- b Dream-disturbed sleep
- c Choppy pulse
- d Palpitations

25. A patient who expectorates very profuse phlegm that is thick-white and sticky, and has no appetite, no thirst, and feels oppressed in the chest has

- a Damp-Phlegm
- b Phlegm-Heat
- c Cold-Phlegm
- d Qi-Phlegm

26. A 43 year-old patient has scanty periods, tiredness, dull-pale face and a choppy pulse. What is the Eight Principles pattern?

- a External, Full, Yang
- b Internal, Empty, Yin
- c Internal, Empty, Yang
- d External, Empty, Yin

27. A 42 year-old man has headaches which are worse in the morning. Sometimes the headaches involve the whole head and at other times just the forehead. He also has sinusitis, poor appetite, a feeling of fullness in the chest and epigastrium. The tongue has a thick-greasy coating. The pulse is weak and floating. What is the treatment principle?

- a Transform Phlegm, Descend Stomach Qi, Remove retention of food
- b Resolve Dampness, Stimulate Ascending of Clear Yang, Tonify Stomach and Spleen
- c Resolve Dampness, Transform Phlegm, Descend Stomach Qi
- d Tonify Stomach and Spleen

28. A 34 year-old female patient has a history of dysmenorrhea with dark blood and clots. After not being treated for a year she now says that she has tiredness, abdominal distention, loose stools, cough for the past three months with profuse white sputum which is easy to expectorate, a feeling of oppression in the chest, shortness of breath, and does not like to lie down. The tongue has a thick coating. The pulse is slippery and weak. What is the Five Element assessment?

- a Wood insulting Metal
- b Earth not generating Metal
- c Metal insulting Fire
- d Wood over-controlling Earth

29. A 39 year-old woman has had shortness of breath since three years old. Her problem was with inhalation. She has been diagnosed with allergic rhinitis and she constantly has a runny nose with a clear-white discharge. She is allergic to dust. She gets tired very easily, has day-time sweats and her stools are unformed. She has had a history of myomas in the uterus. The tongue is pale with swollen edges and dirty coating covering the whole tongue. There are transverse cracks in the front part of the tongue. The pulse is weak. What is your diagnosis?

- a Wind-Cold Invades Lungs
- b Deficient Qi and Blood
- c Kidneys Not Grasping Qi
- d Lung, Spleen and Kidney Yang Deficiency

30. A patient has edema, thin and shiny skin, thirst without desire to drink, scanty-dark urine, and slippery pulse. What tongue do you expect to see?

- a Thin-yellow coating
- b Sticky-yellow coating
- c Thick and dry-white coating
- d No coating

31. A child has continuous whooping cough with shortness of breath, tiredness, thick and profuse yellow phlegm, thick tongue coating, and weak-fast-slippery pulse. What is the treatment strategy?

- a Treat the Phlegm-Heat first and the cough later
- b Treat the Phlegm-Heat and cough symptoms together

- c Treat the cough symptoms first and the Phlegm-Heat later
- d Treat the underlying Deficient Qi

32. A 43 year-old patient has thirst, headaches, bitter taste, dark urine, blood shot eyes, and wiry pulse? What is the treatment method?

- a Tonifying method
- b Tonify first and reduce later
- c Reduce and tonify together
- d Reducing method

33. A 37 year-old woman has scanty and dark urination, low-grade fever, nausea, a burning anus, and greasy yellow coating. What is the diagnosis?

- a Deficient Yin with Accumulation of Phlegm
- b Liver and Gall Bladder Damp-Heat
- c Bladder Damp-Heat
- d Damp-Heat Invading Spleen

34. A 45 year-old man has sinusitis with a sticky-yellow nasal discharge. The maxillary sinuses are tender to the touch. He has thirst, flushed face, feelings of heat, and a headache. The tongue is red with sticky-yellow coating. The pulse is slippery and full. What is the diagnosis?

- a Liver and Gall Bladder Damp-Heat Moving Upwards
- b Wind-Heat Invading the Lungs
- c Lung Phlegm-Heat
- d Damp-Heat Invades Spleen

35. A patient who has a deep-full pulse, cold limbs, and a chest that feels hot has

- a Full-Heat
- b True-Heat, False-Cold
- c True-Cold, False-Heat
- d Full-Cold

36. An itchy anus which is worse in the evening can be an indication of what type of worms in the Small Intestine?

- a Pinworms
- b Roundworms
- c Hookworms
- d Tapeworms

37. A 21 year-old man has had dizziness for one year. He has been diagnosed with Meniere's disease. He also has tinnitus and deafness in his left ear. He has very low energy and sometimes has night sweats. He has throbbing headaches with flickery eyes. The tongue is red with very thin coating. The pulse is weak on the deep level and wiry on the rear positions. What is the treatment plan?

- a Nourish Kidney Yin, Clear Empty Fire
- b Nourish Kidney Yin, Subdue Liver Yang
- c Tonify Liver and Kidney Yin
- d Sedate Liver, Clear Fire

38. A patient has dribbling after urination and dreamless nocturnal

emissions. Which is the most accurate diagnosis?

- a Kidney Yin Deficiency
- b Kidney Yang Deficiency
- c Kidney Qi Deficiency
- d Kidney Qi Not Firm

39. According to the Four Stages which of the following symptoms differentiates the Ying stage?

- a Skin rashes, bleeding, or convulsions
- b Deliriums and mental restlessness
- c Fever and aversion to cold
- d Fever, thirst, sweating, fast pulse

40. A 42 year-old man complains of tinnitus for the past 10 years. He has a dry mouth, back pain, dizziness, slight hearing loss, impotence, and slight mucous discharge from the penis. He also complains of diarrhea mixed with mucous. He has poor sleep and wakes up frequently with dry throat. He has soft nodules under the skin and mucous in the lungs. The tongue is a little red and has swollen sides. The coating is without root and some areas are peeled. The pulse is thin (xi mai) on the right, a little slippery (hua mai) and full (shi mai) on the left and weak (xu mai) in the left rear position. What is the diagnosis?

- a Deficient Spleen Qi with Phlegm Accumulating, Deficient Kidney Yin
- b Damp-Phlegm Obstructing Head
- c Phlegm Misting the Mind
- d Deficient Spleen and Kidney Yang with Accumulation of Dampness

41. Burning sensations in the epigastrium, thirst with desire for cold drinks, and red tongue with thick yellow-dry coating, and full-deep-fast pulse are symptoms of

- a Stomach Phlegm-Fire
- b Blood Stasis in the Stomach
- c Stomach Fire
- d Stomach Yin Deficiency

42. A 32 year-old woman has abdominal distention, belching, nausea, rib pain, and constipation. Her periods are painful with the menstrual blood being dark with some clots present. She has pre-menstrual irritability with craving of chocolate. At night she feels anxious and has tightness in her chest. A few years ago she experienced a great sadness over the ending of a long-term relationship. She catches colds easily. Her complexion is pale. The tongue is normal color with teeth marks. The pulse is weak and thin on the right and wiry on the left. What is the diagnosis?

- a Deficient Lung Qi Not Controlling Liver and leading to Stagnant Liver Qi
- b Stagnant Liver Qi and Blood
- c Liver Invading Stomach
- d Wood Insulting Metal

43. A patient has edema more pronounced in the legs and ankles, cold feelings, fullness and distention in abdomen, sore lower back, and scanty and clear urination, palpitations, breathlessness, and cold hands, pale swollen tongue and white coating, and deep, weak and slow

pulse. What is the treatment principle?

- a Tonify and Warm the Kidneys, Transform Water, Warm and Tonify Spleen Yang, Warm and Tonify Heart Yang
- b Tonify and Warm Spleen and Kidney Yang
- c Tonify and Warm the Kidneys, Strengthen Ming Men
- d Tonify and Stabilize Kidney Qi

44. Choose the symptom which is not a Yin symptom

- a No thirst
- b Likes to curl up
- c Coarse breathing
- d Pale tongue

45. After an all-night party a 43 year-old patient has distention in the epigastrium, foul breath, nausea, acid reflux, and insomnia. What tongue is expected?

- a Thick white coating
- b Thick coating
- c Thin coating
- d Thick yellow coating

46. A 25 year-old man has insomnia, anxiety, depression, and poor concentration. A few years ago he was shocked to learn that his brother was murdered. At night his hands get numb, he gets a dry mouth, has palpitations, and feelings of heat. The tongue is red with a crack and little coating. The pulse is fast and moving (dong mai). What is the treatment plan?

- a Strengthen the Heart, Tonify Blood
- b Nourish the Heart, Tonify Yin, Open the Orifices, Calm the Mind
- c Clear Heart Fire, Pacify the Mind
- d Clear Heart Fire, Resolve Phlegm, Pacify the Mind

47. What are the common symptoms for the stages of Wei, Qi, Ying and Xue?

- a Aversion to wind
- b Chills and fever
- c Sweating, fever at night, strong pulse
- d Redness in tongue, rapid pulse, fever

48. A 43 year-old woman has left side hypochondriac pain, an immovable lump in the lower left abdomen, scanty-pale menstrual blood with clots, and blurry vision. The tongue is pale on the sides and purplish in the center. The pulse is weak. What is your assessment?

- a Spleen Not Holding Blood with Stagnant Blood
- b Stagnant Liver Qi and Stagnant Liver Blood
- c Deficient Liver Blood with Stagnant Blood
- d Stagnant Liver Qi and Deficient Blood

49. A patient reports having flu-like symptoms for the past week. He has a continuous fever which improves with sweating but shortly returns again. He has a sticky taste in the mouth. The tongue has a sticky-yellow coating. What is your assessment?

- a Wei stage
- b Wind-Heat Invades Lungs
- c Phlegm-Heat Obstructing Lungs
- d Stomach and Spleen Damp-Heat

50. A 27 year-old man's main complaint is fatigue for the past three years. Additional symptoms include whole body tension. He easily catches colds and has a history of mononucleosis and coughing. He says he feels cold and has low sexual energy. He has feelings of frustration and despair. The tongue is normal and swollen on the right side. The pulse is wiry on the left side and weak on the right front side. What is the treatment plan?

- a Disperse Liver, Smooth Qi, Tonify Lung Qi
- b First Smooth Liver Qi and then Tonify Kidney Qi
- c Tonify Heart and Gall Bladder, Calm the Mind
- d Tonify Kidney Qi and Smooth Liver Qi

51. True heart pain is characterized by all of the following except

- a Purplish tongue
- b Belching
- c Cold sweating
- d Knotted pulse

52. A 45 year-old patient is having an acute asthma attack with wheezing, breathlessness, a feeling of tightness in the chest, a little chilliness, sweating, and a pale face. The pulse is slow and tight. What is the treatment plan?

- a Release Exterior, Expel Wind-Cold, Stop Asthma
- b Release Exterior, Expel Wind-Heat, Stop Asthma
- c Release Exterior, Harmonize Nutritive (ying qi) and Defensive Qi (wei qi), Stop Asthma
- d Release Exterior, Stimulate Kidney function to receive Qi, Stimulate Lung descending function

53. Which of the following symptoms differentiate Liver Fire Blazing from Liver Yang Rising?

- a Tinnitus
- b Insomnia
- c Bitter taste
- d Red tongue body with redder sides with no coating

54. A 37 year-old woman has had epigastric pain for several months. The pain is dull and improves with pressure and heat. She has poor appetite and easily feels tired and cold. The tongue is very pale and swollen. The pulse is deep and weak. What is the treatment plan?

- a Tonify Qi and Blood
- b Smooth Qi and Regulate Stomach
- c Strengthen Spleen and Kidney Yang
- d Warm the Center, Strengthen Stomach and Spleen

55. A 45 year-old man has turbid urine like rice soup and difficulty urinating. The tongue has sticky-yellow coating. The pulse is full, slippery and fast. What is the treatment plan?

- a Tonify Spleen, Drain Dampness, Transform Phlegm, Clear Heat
- b Strengthen Bladder Qi, Open the Water Passages

c Tonify Qi, Strengthen the Kidneys, Separate the clear from turbid, Open Water Passages
d Drain Dampness, Clear Heat, Separate the clear from turbid, Open Water Passages

56. A patient has chronic bleeding in the urine with pale blood and sore back. She is depressed and has tinnitus. The tongue is pale and swollen. The pulse is weak. What is the treatment plan?

- a Nourish Kidney Yin, Cool Blood, Stop Bleeding
- b Nourish Liver and Kidney Yin, Stop Bleeding
- c Tonify the Spleen to control Blood, Stop Bleeding
- d Tonify Kidney Yang, Stop Bleeding

57. The joint pain of an elderly patient which worsens in cold-damp weather indicates

- a External, Full, Cold, Yin
- b Internal, Empty, Cold, Yin
- c External, Empty, Cold, Yin
- d External, Full, Cold, Yang

58. The symptom which differentiates Wind-Stroke affecting the internal organs from Wind-Stroke affecting the channels is

- a Numbness
- b Slurred speech
- c Loss of consciousness
- d Hemiplegia

59. A patient with Painful Obstruction Syndrome (bi syndrome) should be advised to do what type of exercise?

- a Weight lifting
- b Jogging
- c Yoga
- d Aerobic

60. The late stage of Multiple Sclerosis is characterized by

- a Liver Wind
- b Dampness
- c Liver Yang Rising
- d Kidney and Liver Yin Deficiency

61. A 32 year-old patient has tiredness, pale complexion, depression, sweating with exertion, pale tongue, and a weak pulse on the left front position. What is the treatment plan?

- a Tonify Qi and Blood
- b Strengthen the Heart, Tonify Qi
- c Strengthen the Lung, Tonify Qi
- d Strengthen the Liver, Tonify Blood

62. A patient has thirst, irritability, sour acid-reflux, and burning pain in the epigastrium. The tongue is dry with a yellow coating. The pulse is slightly fast. What should this patient avoid?

- a Sugar
- b Salads

- c Beef
- d Salt

63. Excess eating of sweet foods and sugar have an effect on the Spleen's function of

- a Controlling the raising of Qi
- b Housing thought
- c Controlling Blood
- d Transformation and transportation

64. Which of the following conditions does not show on the root of the tongue?

- a Retention of food
- b Deficiency of Qi and Yin of the Stomach and Intestines
- c Damp-Heat in Intestines
- d Stagnation of Qi in Intestines

65. A patient prone to abdominal pain should avoid

- a Salty foods
- b Lamb
- c Cold drinks
- d Alcohol

66. An 82 year-old patient has a cough with white, very watery, and frothy sputum, breathlessness and splashing sounds in the chest. The tongue is pale with sticky-white coating. The pulse is thin and slippery. What is your assessment?

- a Phlegm-Fluids Obstructing Lungs
- b Wind-Water Invades Lungs
- c Damp-Phlegm Obstructing Lungs
- d Phlegm-Heat Obstructing Lungs

67. Excessive sexual desire can be balanced by tonifying

- a Kidney Yang
- b Kidney Yin
- c Kidney Qi
- d Ming Men

68. A patient has phlegm in the chest, a productive cough, and tired limbs. What is your assessment?

- a Wood insulting Metal
- b Fire overacting on Metal
- c Earth not generating Metal
- d Metal overacting on Wood

69. Touching a patient's skin and feeling heat and by further maintaining pressure the heat is no longer felt indicates

- a Wind-Heat
- b Full Heat
- c Heat in the Middle Burner
- d Empty Heat

70. A 72 year-old patient has difficulty staying awake, lethargy, tiredness, lack of initiative, and chilliness. He is depressed about his condition. The tongue is pale. The pulse is deep and weak. What is the treatment plan?

- a Tonify Heart Yang
- b Tonify Heart and Gall Bladder, Calm the Mind
- c Tonify Kidney Yang, Nourish Sea of Marrow, Stimulate the rising of Qi
- d Nourish Kidney Essence

71. Tremors of an eyelid are indicative of

- a Wind
- b Non-substantial Phlegm
- c Alternation between stagnant Qi and free-flow Qi
- d Deficient Blood

72. Slight bleeding from the gums, mental restlessness, loose teeth, red tongue without coating, and a floating-empty pulse indicate

- a Stomach Yin Deficiency with Empty-Heat
- b Kidney Yin Deficiency
- c Kidney and Heart Yin Deficiency
- d Stomach Fire

73. A pulse without a wave in both front positions indicates

- a Lack of will
- b Anger
- c Fear
- d Sadness

74. A 43 year-old man has had epigastric pain for ten years. The pain shoots from the point CV-12 (zhong wan) to the rib area. The pain is worse at night and better after eating. There is frequent belching. He has fatigue. His stools are dry and his throat is dry. He has thirst but just drinks small sips. The tongue is red on the sides, stiff, and has rootless coating. The pulse is thin and weak at the deep level and floating-weak-wiry at the superficial level. What is the diagnosis?

- a Stagnant Liver Qi Invading Spleen
- b Stagnant Liver Qi Invading Stomach and Injuring Stomach Yin
- c Deficient Spleen Qi with Rebellious Stomach Qi
- d Deficient Stomach Yin

75. The face color reflects the state of Qi and Blood and is closely related to the condition of the

- a Heart
- b Lungs
- c Mind
- d Liver

76. A 40 year-old woman has had heavy menstrual bleeding for the past year. The blood is bright-red with small clots. She has a painful period with feelings of cold. Other symptoms include prolapsed uterus, back pain, and frequent urination. The tongue is pale and swollen. The pulse is deep and weak. What is the diagnosis?

- a Deficient Spleen and Kidney Yang with Internal Cold in the Uterus
- b Spleen not Holding Blood, Cold in the Uterus
- c Deficient Kidney Yang, Stagnant Blood
- d Cold Invades Uterus

77. A patient who has a darkish face, is tall and slender, has broad shoulders, has strong bones and sinews, and has a strong and straight back is a

- a Wood type
- b Fire type
- c Metal type
- d Water type

78. Chronic anger very often manifests with what type of tongue?

- a Red tip
- b Cracked tongue
- c Red dots
- d Red sides

79. Slight sweating, slight aches, slight headache, slight aversion to cold and a floating pulse indicate

- a Attack of Wind-Heat
- b Attack of Wind-Dryness
- c Attack of Wind
- d Attack of Wind-Cold

80. A patient has sinusitis with thick-purulent-yellow nasal discharge and bloodshot eyes. The pulse is slippery and fast. What is the treatment plan?

- a Clear Heat, Resolve Dampness, Harmonize Stomach, Tonify Spleen
- b Clear Liver and Gall Bladder Fire, Restore Descending of Lung Qi
- c Release Exterior, Expel Wind-Heat, Transform Phlegm, Restore Dispersing and Descending of Lung Qi
- d Clear Lung Heat, Restore Dispersing and Descending of Lung Qi

81. A 45 year-old man has chronic diarrhea with mucous in the stools. He has a diagnosis of Crohn's disease. There is abdominal pain, flatulence and irritability. The tongue is red with sticky-yellow coating which is thicker at the root. The pulse is wiry, full, and slippery. What is the diagnosis?

- a Liver and Gall Bladder Damp-Heat
- b Damp-Heat in Large Intestine, Liver Fire
- c Damp-Heat Invades Spleen
- d Heat Obstructing Large Intestine

82. A 9 year-old boy has a bed wetting problem. He is a nervous and agitated child with an eye tic. The tongue is red with redder tip and a yellow coating. The pulse is full (shi mai) and wiry (xuan mai). What is the treatment plan?

- a Drain Liver Fire, Absorb leakages, Calm the Mind
- b Tonify Kidney Qi
- c Tonify Liver Blood, Subdue Wind
- d Nourish Kidney and Heart Yin, Clear Heart Empty Fire

83. For prevention an asthma patient should be advised in any of the following ways except

- a Avoid any use of bronchodilators
- b Avoid excess eating of dairy, sweet, and greasy foods
- c Avoid excess sexual activity
- d Protection from exposure to wind and cold

84. A 45 year-old woman has had epigastric pain for twenty five years. She has been diagnosed with a duodenal ulcer. The pain is stabbing and radiates to the right rib area. It is worse at night and after emotional stress. She feels tired often with very little exertion. She has irregular periods which are painful and have dark blood with clots. Her urination is normal and her stools are slightly unformed. The tongue is reddish-purple with swollen sides. The pulse is wiry and full. What is the diagnosis?

- a Stagnant Liver Qi Invading Stomach
- b Stagnant Liver Qi, Deficient Stomach Yin
- c Stagnant Liver Qi and Blood, Spleen Qi Deficiency
- d Stasis of Blood in Stomach

85. Chronic cough, profuse sputum, and thick-greasy white tongue coating are symptoms of

- a Phlegm-Fluids Obstructing Lungs
- b Phlegm-Heat Obstructing Lungs
- c Wind-Damp Invading Lungs
- d Damp-Phlegm Obstructing Lungs

86. A person who always has their mouth slightly open indicates

- a Cold pattern
- b Empty pattern
- c Full pattern
- d Hot pattern

87. When looking at the eyes and assessing spirit the practitioner needs to consider glitter and

- a Color
- b Sparkle
- c Size
- d Control

88. Which of the following types of headaches is the least difficult to treat?

- a Stasis of Blood
- b Phlegm
- c Liver-Fire
- d Wind-Phlegm

89. A 24 year-old woman has a sudden attack of strong and cramping abdominal pain. The stools are loose. The tongue has a thick-white coating. The pulse is deep and tight. What is your assessment?

- a External, Empty, Cold

- b External, Full, Cold
- c Internal, Full, Cold
- d Internal, Empty, Cold

90. Weaning a baby too early can lead to the baby having

- a Excess Cold
- b Retention of food
- c Deficient Qi
- d Stagnant Liver Qi

91. A 55 year-old woman complains of general exhaustion, shortness of breath, cough with blood-tinged sputum, night sweats, dry throat, and hot sensations in the afternoon. She catches colds easily and she expectorates profuse green-yellow mucous. She is overweight. The tongue is a little red, swollen and with rootless coating. The pulse is slippery. What is the treatment plan?

- a Nourish Lung Yin, Clear Empty-Heat, Tonify Spleen Qi, Resolve Phlegm
- b Resolve Phlegm, Tonify Spleen and Stomach Qi
- c Nourish Lung and Kidney Yin
- d Tonify Lung Qi, Nourish Lung Yin

92. A 46 year-old man has palpitations with a dull pain in the chest. The dull chest ache extends to the jaw and down his left arm. Whenever he has the chest pain he feels cold and sweaty. He easily gets tired, has poor appetite, dizziness, blurry vision, and feelings of heaviness. He has a history of expectorating white, thick phlegm. The tongue has a greasy-yellow coating. The pulse is slippery. What is the treatment plan?

- a Transform Phlegm, Tonify Spleen Qi
- b Regulate Blood, Remove Stasis
- c Move Blood, Tonify Heart
- d Restore Yang

93. Which Yang organ is the Uterus most closely associated with?

- a Gall Bladder
- b Large Intestine
- c Small Intestine
- d Stomach

94. A 43 year-old woman has pain in the fingers which are swollen and deformed. Pain is worse with cold. Other symptoms include hair loss, weak knees, scanty menses, and eye floaters. The tongue is pale and is showing signs of being peeled. The pulse is slightly floating (fu mai) and weak (xu mai).

- a Expel Cold, Remove Obstruction in Channels, Tonify Kidney, Nourish Essence
- b Expel Cold, Remove Obstruction in Channels, Tonify Qi and Blood
- c Expel Cold, Resolve Dampness, Remove Obstruction in Channels, Nourish Liver Blood, Tonify Kidney Yin
- d Expel Cold, Remove Obstruction in Channels, Tonify Yang, Nourish Yin

95. Which of the following is an objective sign along a channel used for Channel Diagnosis?

- a Numbness

- b Pain
- c Rash
- d Soreness

96. If during a severe illness there is a collapse of Yang you will see a

- a Sweat on arms and legs
- b Sweat only on palms, soles and chest (5-palm sweat)
- c Sweat only on head
- d Profuse cold sweat

97. Which of the following is not a main pathological factor for Wind-Stroke?

- a Phlegm
- b Cold
- c Stasis of Blood
- d Wind

98. A 24 year-old woman has had epilepsy since the age twelve. The epileptic attacks consist of convulsions and unconsciousness with foaming at the mouth. She also has tinnitus, headaches, loose stools, poor appetite, blurry vision, irritability, and eye floaters. The tongue is red with the sides being redder. The tongue has a quality of stiffness. The coating is thick-greasy-yellow. The pulse is thin, fast, and wiry. What is your assessment?

- a Liver Wind-Phlegm Misting Brain, Deficiency of Spleen Qi and Liver Blood
- b Liver Yang Rising with Deficient Qi and Blood
- c Phlegm-Fire Harassing the Heart
- d Liver and Heart Fire with Wind-Phlegm

99. A patient has dry stools which are difficult to pass, dry mouth and throat, and a thin body, dry tongue without coating, and a thin pulse. What is the treatment principle?

- a Promote Fluids in Large Intestine
- b Clear Heat in the Large Intestine and Stomach, Promote Body Fluids
- c Clear Heat
- d Clear Heat in Stomach and Large Intestine, Promote Bowel Movement

100. A 45 year-old man has a dark complexion, stabbing epigastric pain which is worse at night. The tongue is normal except for a purplish tinge in the center. What is the treatment plan?

- a Move Blood, Eliminate Stasis, Harmonize Stomach, Stop pain
- b Clear Heat, Move Blood, Harmonize Stomach, Stop pain
- c Regulate Stomach, Tonify Spleen, Move Blood, Stop pain
- d Soothe the Liver, Move Blood, Harmonize Stomach, Stop pain

101. A 24 year-old man has recently had an appendectomy. After the operation there is abdominal distention with no gas being passed. The complexion is dark. He is restless. The mouth is dry but has no desire to drink. He has a bitter taste in the mouth. The urine is scanty and yellow. He is nauseous and occasionally vomits. The tongue is dark red with greasy and yellow coating. The pulse is deep and forceful (shi mai). What is the diagnosis?

- a Damp-Heat Obstructing Intestine Qi leading to Rebellious Stomach Qi

- b Liver Yang Rising
- c Liver Fire
- d Stagnant Liver Qi Invading Stomach

102. Chronic loose stools, chilliness, cold back sensations, and deep-weak-slow pulse are symptoms of

- a Kidney Yang Deficiency
- b Kidney and Spleen Yang Deficiency
- c Kidney Qi Not Firm
- d Kidney Yang Deficiency with Water Overflowing

103. In manic-depression due to Phlegm-Fire which factor is responsible for the depressive stage?

- a Fire
- b Phlegm alternating with Fire
- c Phlegm and Fire
- d Phlegm

104. A soggy pulse (ru mai) is a combination of

- a Thin, empty, and floating pulses
- b Deep, tight, and weak pulses
- c Hidden, scattered, and hollow pulses
- d Slow, slippery, and flooding pulses

105. A 49 year-old woman is going through menopause. Her symptoms include night sweats, hot flashes, dry mouth at night, back pain, insomnia, and a restless agitation. The tongue is red with a redder tip and without coating. The pulse is deep and weak. What is the diagnosis?

- a Deficiency of Heart Yin with Empty Heat, Deficient Kidney Yin
- b Deficient Kidney Yin
- c Liver Yang Rising
- d Deficient Liver and Kidney Yin

106. A 34 year-old woman has PMS. Symptoms include slight abdominal and breast distention, tiredness, frequent urination, unformed stools, depression, back pain, and low sex-drive. The tongue is pale. The pulse is weak. What is the diagnosis?

- a Spleen Qi and Liver Blood Deficiency
- b Liver and Kidney Yin Deficiency
- c Spleen and Kidney Yang Deficiency
- d Stagnant Liver Qi

107. A 37 year-old professional ice skater has been depressed ever since he fell and broke his leg. He has been worried about being unable to continue his career. He has insomnia, poor memory, and inappropriate laughter and crying, irritable, and mentally confused. He looks gloomy and has a pale complexion. Other symptoms include a heavy feeling in the head and a rattling sound in the throat. He has poor appetite. There is a sense of distention in the chest and in the hypogastrium. He has palpitations. When he is able to sleep he has nightmares. The tongue is pale with greasy-white coating. The pulse is wiry and thin. What is the diagnosis?

- a Heart Fire
- b Phlegm-Fire Stagnating Liver Qi
- c Liver Fire
- d Liver Stagnant Qi, Phlegm disturbing the Heart

108. A young married couple are unable to conceive. The 27 year-old husband has frequent desire for sex. He has no difficulty with maintaining an erection. He can have sex for up to one hour but is not able to ejaculate. He usually has a spontaneous emission a few hours after the sexual act. His other symptoms include restlessness, dark yellow urine, and dry mouth. He has a red face and blood tinged eyes. The tongue is red. The pulse is fast and wiry. What is the diagnosis?

- a Liver Yang Rising
- b Damp-Heat Obstructing
- c Liver Fire Blazing
- d Heart Fire

109. Which of the following manifests as depression alternating with manic behavior such as shouting, scolding or hitting people?

- a Liver Qi Stagnation
- b Phlegm-Fire Affecting the Heart
- c Internal Wind
- d Heart Fire

110. A patient has alternating chills and fever, lack of appetite, dry throat, nausea and white-greasy tongue coating. What pulse do you expect?

- a Floating and tight pulse
- b Wiry pulse
- c Slippery pulse
- d Deep pulse

111. What does a pale tongue with black moss signify?

- a Excess Cold
- b Cold transforming into Heat
- c Excess Heat
- d Deficient Cold

113. A patient has dull epigastric pain, feels oppressed in the chest, dry mouth, no desire to drink, sticky taste in the mouth, nausea, occasional vomiting, red tongue with greasy yellow coating and slippery fast pulse. What is your diagnosis?

- a Liver invading the Stomach
- b Damp heat in the Stomach
- c Stomach and Liver Heat
- d Stagnant Blood in the Stomach

114. A 9 month old baby had high fever for a few days. This was followed by having sporadic tremors with strong convulsions. Meningitis was ruled out. What is the treatment principle?

- a Clear Heat, Disperse Liver, Subdue Wind
- b Tonify Liver Blood, Subdue Wind
- c Clear Heat, Cool Blood Nourish Liver Yin,

d Subdue Liver Yang, Subdue Wind

115. Cyanosis of lips, cold limbs and hidden-minute pulse are symptoms of

- a Heart Blood Deficiency
- b Heart Yang Collapse
- c Heart Qi Deficiency
- d Heart Yang Deficiency

116. A 33 year-old woman was diagnosed with rheumatoid arthritis. She has painful and swollen wrists and ankles. The joint pain is worse with cold, worse with damp and improves with heat. She also has low back aches, frequent urination, and exhaustion. The tongue is pale. The pulse is deep (chen mai) and weak (xu mai). What is the diagnosis?

- a Excess Cold Lodged in Meridians
- b Cold and Damp Bi syndrome, Kidney Yang Deficiency
- c Deficient Kidney Yang
- d Spleen Yang Deficiency

117. Fever, irritability, insomnia, dry mouth and throat, scanty dark urine, red tongue without coating, and thin-fast pulse are symptoms of

- a Shao Yin
- b Tai Yang
- c Yang Ming
- d Shao Yang

118. Which of the following pulses is slow?

- a Knotted pulse (jie mai)
- b Tight pulse (jin mai)
- c Short pulse (duan mai)
- d Moving pulse (dong mai)

119. A young baby is sick. You used the index finger diagnostic method to determine the severity of the disease. After rubbing the index finger you notice discoloration and small veins in the middle joint area. What does this indicate?

- a Qi Gate: serious disease
- b Life Gate: critical condition
- c Blood Gate: vacillating disease
- d Wind Gate: superficial disease

120. A patient coughs in short bursts and the cough is dry with no phlegm. The saliva has blood. Other symptoms include wanting to open the windows in the evening, and night sweats. The body is thin. What is your diagnosis?

- a Kidney and Lung Yin Deficient
- b Lung Heat
- c Lung Yin Deficient
- d Liver Fire insulting the Lungs

121. A patient has constant tiredness with throbbing headaches, dizziness, tinnitus, dry mouth, dry throat, insomnia, irritability, and a long pulse (chang mai). What type of tongue would you expect to see?

- a Red at the middle
- b Red at the tip
- c Red on the sides
- d Red at the back

123. A patient has fever and chills, a runny nose, body aches, a tongue with thin-white coating, and a floating pulse. What dietary advice would you give?

- a Chicken with ginger
- b Vegetables and rice
- c Pork and vegetables
- d Salads and fruits

124. In Qi Gong, the Small Heavenly Circuit refers to which meridians?

- a Ren Mai and Du Mai
- b Yang Qiao Mai and Yin Qiao Mai
- c Yin Wei Mai and Yang Wei Mai
- d Chong Mai and Ren Mai

125. The mental-spiritual aspect associated with the Lungs is

- a Po (Corporeal Soul)
- b Hun (Ethereal Soul)
- c Yi (Intellect)
- d Shen (Mind)

126. A 40 year-old man has a history of alcohol and amphetamine abuse for over twelve years. He has dull eyes, poor memory, poor concentration and is absent minded. When speaking he has difficulty finding words. The tongue is swollen with a crack in the center. The coating is thick-sticky-yellow. The pulse is slippery. What is the diagnosis?

- a Phlegm Obstructing the Mind
- b Heart Fire Blazing
- c Liver Phlegm-Fire
- d Spleen Yang Deficiency with Accumulation of Phlegm

127. A 42 year-old patient who you have not seen for one year has returned for a consultation. Her complaint at that time was dysmenorrhea with irritability with dark blood with clots. Currently, she has severe anxiety, insomnia, palpitations, and agitation. She is going through a divorce. Other symptoms include severe throbbing headaches over the right eye, bitter taste, and flushed face. She has resentment and hatred toward her husband. The tongue is red with red dots on the sides. The tip of the tongue is a little redder and swollen. The tongue coating is thick and yellow. The pulse is wiry and thin. What is the diagnosis?

- a Liver Stagnant Qi and Blood
- b Liver and Heart Fire Blazing
- c Liver Yang Rising
- d Phlegm-Fire Harassing the Heart

128. A 37 year-old woman has had migraines for seven years. The migraines are over the right eye. The pain is throbbing and worse when she lies down. When she has the headaches she also has thirst, a bitter taste, and feelings of hot sensations in her body. The migraines got better when

she was pregnant but then got worse after childbirth. The tongue is a little red, dry, and without coating in the center. The pulse is wiry. What is the diagnosis?

- a Liver Yang Rising with Deficient Yin
- b Liver Fire Rising with Stomach Yin Injured
- c Liver Stagnant Qi
- d Deficient Liver, Kidney and Stomach Yin

129. A 27 year-old woman has large fibroid tumors in her uterus. She has pain before and sometimes during her period. The blood flow is sometimes heavy. The tongue is a little red with a purple tinge and stiff. The pulse is deep and wiry. What is the treatment plan?

- a Disperse Liver, Clear Heat
- b Disperse Liver, Regulate Qi
- c Disperse Liver, Regulate Blood
- d Disperse Liver, Cool Blood

130. A 47 year-old patient has fresh blood in the stools, loose and frequent stools with mucus, and abdominal pain. The tongue is red with yellow greasy coating. The pulse is slippery and fast. What is the treatment principle?

- a Smooth Liver Qi, Tonify Spleen, Stop bleeding
- b Tonify Spleen to Control Blood, Stop bleeding
- c Clear Stomach Heat, Stop bleeding
- d Clear Heat, Transform Dampness, Stop bleeding

131. A constitutional weakness of the Lungs often shows as

- a Frequently catching colds
- b Spontaneous day sweats that do not respond to treatment
- c Chronic cough
- d Cracks in the front part of the tongue

132. The inner and outer canthus are associated with the

- a Heart
- b Lung
- c Spleen
- d Liver

133. A 57 year-old patient has intermittent tinnitus with a low sound, insomnia, poor memory, palpitations, dull colored face, and a slight cough with little sputum. What is the diagnosis?

- a Liver and Gall Bladder Fire Rising
- b Deficient Kidney Qi
- c Upper Burner Qi Weak
- d Heart Blood Deficient

134. Which of the following Six Stage pattern and Four Stages of disease share the same symptoms?

- a Jue Yin and Wei Level
- b Tai Yang and Blood Level
- c Shao Yang and Ying Level

d Yang Ming and Qi Level

135. Which of the following differentiates exterior deficiency from exterior excess?

- a Sweating
- b Cold sensations
- c Hot sensations
- d No sweating

136. A 36 year-old woman has menorrhagia as a main complaint for the past year. She is a busy executive and has been overworking. Her thyroid function test is normal and she is not on HRT. She has no abnormal growths in her uterus or ovaries. Menstrual bleeding is sometimes scanty and other times abundant. The blood is sticky with no clots. There is a yellowish discharge before bleeding starts. She has burning pain in the lower abdomen, joint pain, and a stifling sensation in the chest. The urine is dark with hot sensations during urination. She is irritable and has dull rib pain. Lately she has been having fatigue, palpitations, insomnia, and poor memory. The tongue has a sticky yellow coating. The pulse is slippery overall with the left cun position weak. What is the diagnosis for the menorrhagia?

- a Damp-Heat in uterus
- b Liver Fire
- c Heart Fire
- d Hot Blood

137. A 23 year-old woman has had rheumatoid arthritis for one year. When it started she had a fever and the joints in her hands became painful, hot and swollen. Currently her joints are swollen, heavy, painful and worse in humid weather. Other symptoms include regular periods with scanty blood flow, tingling in the legs, eye floaters. Her complexion is pale. The tongue is pale. The pulse is weak (xu mai). What is the diagnosis?

- a Deficient Liver Yin with Empty Fire
- b Deficient Spleen Qi with Accumulation of Dampness
- c Damp Bi, Deficient Qi and Blood
- d Deficient Qi and Blood

138. After an unsuccessful 2 week course of amoxicillin for a sinus infection, a new patient has been referred to you for acupuncture treatment. Her sinusitis reoccurs every Spring with the change of weather. She is angry that the antibiotics did not work this time and she has been working long hours. The nasal discharge is sticky-yellow. She has reddish cheeks, thirst, dry lips, impaired sense of smell, frontal headache, a heavy head, and feeling of heaviness in chest. You note that the pulse is slippery. What is the tongue?

- a Red tongue with redder sides
- b Sticky yellow coating in the center
- c Sticky white coating
- d Red tongue with purplish spots

139. A 43 year-old woman's main complaint is shortness of breath which worsens with emotional stress. She has had this problem with exhalation for three years. Other symptoms include thirst, bitter taste, headaches in the temple area, and palpitations and insomnia. The tongue is red

with the sides and tip being redder still. The tongue has a shallow crack in the center. The pulse is wiry. What is the diagnosis?

- a Liver Fire insulting the Lungs, Heart Fire
- b Fire overacting on Metal
- c Deficient Lung Qi, Stagnant Liver Qi
- d Stagnant Liver Qi

140. A patient comes to you with severe headache on top of head. Symptoms include head pain which is worse in the afternoon, poor memory, insomnia, poor concentration. The pulse is thin and the tongue is pale. What is your diagnosis?

- a Yang Deficiency
- b Yin Deficiency
- c Qi Deficiency
- d Blood Deficiency

141. A 69 year-old patient with back pain and frequent urination has an acute asthma attack triggered by cold weather. Symptoms include wheezing, shortness of breath, tight chest, no sweating, pale face, feels cold, sneezing, cough, stiff shoulders and neck, and tight pulse. What is the current acute diagnosis?

- a Phlegm-Cold obstructs Lungs
- b Kidney Yang Deficient
- c Wind-Cold invades Lungs
- d Kidney and Lung Qi Deficient

142. Which of the following does the Yin Wei Mai treat?

- a Somnolence and retention of urine
- b Chilliness, fever and lumbar pain
- c Heart pain and depression
- d Abdominal fullness and cold sensation as if soaked in cold water

143. Which of the following is NOT associated with Heart Fire transmitting to Small Intestine?

- a Burning urination
- b Diarrhea
- c Tongue ulcers
- d Bitter taste

144. Which of the following western diseases is not related to wei syndrome?

- a Poliomyelitis
- b Secondary trigeminal neuralgia
- c Multiple sclerosis
- d Myasthenia gravis

145. A 45 year-old man has had diarrhea for the past five years. The stools are always loose and watery, mixed with mucous and blood. He had a strong urge for a BM in the morning. He says that his body temperature is normal. He has had an operation for bleeding hemorrhoids. The tongue is slightly red with thin-yellow coating. The pulse is slightly slippery. What is the diagnosis?

- a Deficient Spleen Qi, Spleen Not Holding Blood
- b Liver Invading Spleen
- c Damp-Heat in the Intestines
- d Spleen and Kidney Yang Deficiency

146. A patient has lots of sweating, hot skin, dry mouth with thirst, retention of urine, restlessness, red-peeled tongue and fast pulse. What is your diagnosis?

- a Yang collapse
- b Exhaustion of Qi
- c Yin deficiency
- d Yin collapse

147. A patient has abdominal distention, loose stools, lethargy, sallow complexion, pale tongue and thin and weak pulse. What dietary advice would you give?

- a Salads and fruits
- b Yogurt
- c Deep fried foods
- d Lamb with ginger

148. A 37 year-old woman has had diarrhea for the past three years. Stools are loose and watery. She often feels tired and lethargic with a heavy feeling in her body and head. The tongue is pale and swollen. The pulse is weak on the right side. What is the treatment plan?

- a. Warm and Astringe the Intestines
- b Tonify Spleen Yang, Warm the Center
- c Tonify Spleen Qi, Resolve Dampness
- d Tonify Kidney Yang

149. A 70 year-old man has been suffering from insomnia ever since his wife died six years ago. It is difficult for him to fall asleep and once asleep he wakes up frequently. He has blurry vision, poor memory and dry throat. The tongue is red and dry with very little coating. The pulse is floating and weak and a little wiry on the left. What is the diagnosis?

- a Deficient Heart and Kidney Yin
- b Liver Blood Deficiency not nourishing the Heart
- c Liver Yin Deficiency with the Ethereal Soul (hun) unrooted
- d Deficient Heart Blood

150. A 28 year-old man complains of fatigue. He has a low sexual drive and wet dreams. He feels tired after sex. He has a pronounced feeling of hypochondrial distention. His hands and feet easily get cold. He has a tall and thin body frame. His personality has an edge to it with a demanding quality. The tongue is very red with the sides being slightly redder. The tongue coating is thin and yellow. The pulse is full and wiry. What is the diagnosis?

- a Stagnant Liver Qi Transforming to Fire
- b Kidney Yang Deficiency
- c Liver Fire Blazing
- d Kidney and Heart Not Harmonized

151. A patient has chronic asthma made worse with movement and cold,

difficult inhalation, frothy sputum, edema of the legs and ankles, sore low back, scanty-clear urination, sweating, cold limbs, pale swollen tongue and weak pulse. What is the diagnosis?

- a Deficient Kidney Yang
- b Deficient Kidney Yang with Water Overflowing to Lungs
- c Kidney Not Receiving Qi
- d Lung Qi Deficient with External Wind-Cold

152. A patient comes to see you with atrophy of the lower limbs. He has fever, weak and flaccid limbs which occur after the fever subsides, dry skin, thirst, restlessness, cough, dry throat, dry stools, red tongue with no coating, and thin fast pulse. What is your diagnosis?

- a Heat in Lungs injuring Yin Fluids
- b Spleen and Stomach Deficiency
- c Kidney and Liver Deficiency
- d Spleen and Heart Collapse

153. A 25 year-old man has come to your clinic because of sweating easily, shortness of breath when climbing stairs, fatigue, pale tongue and face and weak pulses. Three months after treatment he returns and his previous symptoms are better but now he has sweating at night, insomnia, feels increased body temperature at night, dry eyes, has reddish tongue and has a pulse which is thin, weak and slightly fast. What is your diagnosis?

- a Deficient Yin
- b Deficient Yang
- c Deficient Blood
- d Deficient Qi

154. What is the most likely cause of thirst without desire to drink or only wants to rinse mouth and not swallow?

- a Deficient Blood
- b Empty Fire
- c Deficient Yin
- d Damp-Heat

156. Which of the following is not a Yin/Yang pair?

- a Chronic/Acute
- b Contractive/Expansive
- c Structure/Function
- d Solid/Interior

157. A patient has headache, red face, thirst, bitter taste in mouth, irritability, and constipation. Which of the following pulses best fits the patient?

- a Wiry pulse (xuan mai) and fast pulse (shuo mai)
- b Slippery pulse (hua mai)
- c Wiry pulse (xuan mai)
- d Fast pulse (su mai)

158. A patient has dull epigastric pain, feels oppressed in the chest, dry mouth, no desire to drink, sticky taste in the mouth, nausea, occasional

vomiting, red tongue with greasy yellow coating and slippery fast pulse.
What is the treatment principle?

- a Soothe the Liver, Regulate Qi
- b Harmonize the Stomach, Move Blood, Eliminate stasis
- c Harmonize the Stomach, Clear Heat, Resolve Dampness
- d Harmonize the Stomach, Soothe the Liver, Clear Heat

159. A 24 year-old woman has had allergic rhinitis since she was ten years old. She is allergic to dust, cats and dogs. She sneezes a lot and her nose has a white-watery discharge. She has a frequent and urgent need to urinate but there is no burning. She also has back pain. The tongue is pale with teeth marks and yellow coating at the root. The pulse is deep and weak. What is the diagnosis?

- a Wind-Cold Invading Lungs
- b Wood insulting Metal
- c Spleen and Kidney Yang
- d Deficiency with Accumulation of Dampness
- e Deficiency of Defensive Lung Qi and Kidney Yang Deficiency

160. Which of the following symptoms differentiate the yang ming organ pattern from the yang ming channel pattern?

- a Red tongue with yellow coating
- b High fever
- c Thirst with desire to drink cold water
- d Constipation

161. A 4 year-old child has dry mouth without a desire to drink, feels feverish at night, and has agitation. The tongue is deep-red. The pulse is thin and fast. What is the diagnosis?

- a Qi stage
- b Xue stage
- c Ying stage
- d Wei stage

162. Which Yang organ is the Uterus most closely associated with?

- a Stomach
- b Gall Bladder
- c Small Intestine
- d Bladder

163. Which of the following statements is false about the relationship between the Spleen and Kidneys?

- a The Spleen is the root of post-heaven Qi
- b The Kidneys are the root of pre-heaven Qi
- c Kidney Yang warms the Spleen
- d Post-heaven Qi is the basis for pre-heaven Qi

164. A 54 year-old patient has had a stroke. Symptoms include deviation of the eyes and mouth, difficult speech, and dizziness. The tongue is red, peeled and deviated. The pulse is wiry, thin and fast. What is the treatment plan?

- a Tonify Liver Blood, Subdue Wind
- b Nourish Liver Yin, Subdue Liver Yang, Subdue Wind
- c Nourish Liver and Kidney Yin
- d Disperse Liver, Clear Heat, Subdue Wind

165. A 44 year-old woman has dizziness, easily startles, dream-disturbed sleep, poor memory, and scanty menses. What tongue do you expect to see?

- a Pale tongue with thin-yellow coating
- b Light Red tongue with thin-white coating
- c Red tipped tongue
- d Pale, thin, and dry tongue

166. A miscarriage before three months can indicate

- a Kidney Deficiency
- b Liver Stagnant
- c BloodSinking Spleen Qi
- d Non-substantial Phlegm

167. A 54 year-old patient has chronic dry skin, thirst, dry mouth, hoarse voice, and a dry cough. The tongue is dry. The pulse is empty. What is the treatment plan?

- a Tonify Qi, Tonify Blood, Nourish Fluids
- b Tonify Lung Yin, Nourish Fluids,
- c Clear Empty Heat
- d Release Exterior, Nourish Fluids, Stimulate the Lung Descending and Dispersing functions
- e Moisten Lungs, Nourish Fluids

168. A 21 year-old woman has poor appetite, loose stools, a feeling of heaviness in her body and a sensation of fullness in her epigastrium area, thirst but just drinks a little, and sallow complexion. She likes to eat greasy foods a lot. The tongue has a thick-greasy coating. The pulse is slippery. After a couple of treatments she reports the same symptoms but now says that she has hypochondriac pain and a bitter taste in her mouth and a yellowish tinge in her eyes. The tongue is a little redder with still thick-greasy yellow coating. The pulse is now slippery, wiry and a little fast. What is your assessment?

- a Dampness Obstructing Spleen with Liver-Gall Bladder Damp-Heat
- b Stagnant Liver Qi Invading Spleen
- c Yin jaundice
- d Deficient Spleen Qi

169. A 27 year-old man has insomnia, anxiety, palpitations, tiredness, timidity, lack of initiative and assertiveness, dizziness, and a pale face. The tongue is pale. The pulse is empty (xu mai). What is the treatment plan?

- a Nourish Heart Yin, Calm the Mind
- b Tonify Spleen, Nourish Blood, Tonify Heart, Calm the Mind
- c Tonify Heart and Gall-Bladder, Calm the Mind
- d Tonify Qi and Blood

170. A patient has thirst, loose stools, irritability, borborygmus, mouth ulcers, and copious clear urine. What is your assessment?

- a True Cold, False Heat
- b Heat Above, Cold Below
- c Exterior Heat, Interior cold
- d True Heat, False Cold

171. A constant low-grade fever indicates

- a Full Heat
- b Wind-Heat
- c Damp-Heat
- d Empty Fire

172. To help prevent the pattern of Painful-Urination Syndrome a patient should be advised to

- a Eat regular meals
- b Have regularity in sleep
- c Avoid cold and raw foods
- d Avoid spicy foods and alcohol

173. A 25 year-old patient has sudden lower abdominal pain which is cramping in nature. He says it started after he ate too much ice cream. What type of pulse do you expect to feel?

- a Slippery pulse (hua mai)
- b Deep (chen) and tight (jin mai)
- c Leather pulse (ge mai)
- d Scattered pulse (san mai)

174. Which of the following is an example of Substantial Phlegm?

- a Phlegm in the Lungs
- b Swelling of the lymph nodes
- c Bone deformities in rheumatoid arthritis
- d Kidney stones

175. A 34 year-old woman has irritability, shortness of breath, distention in the hypogastrium, nausea, weak voice, painful menstruation which improves with blood flow, and fatigue with sweating after exertion. The tongue is pale. The pulse is wiry. What is the diagnosis?

- a Metal not controlling Wood
- b Fire overcontrolling Metal
- c Water not nourishing Wood
- d Wood overacting Earth

176. In facial diagnosis a red nose can denote

- a Heart Heat
- b Spleen Heat
- c Liver Heat
- d Kidney Heat

177. The clinical significance of the middle pulse position is associated with

- a Qi
- b Blood
- c Yin

d Yang

178. What differentiates the pattern of Small Intestine Qi Tied from the pattern of Small Intestine Qi Pain?

- a Small Intestine Qi Tied has abdominal distention
- b Small Intestine Qi Tied has flatulence
- c Small Intestine Qi Tied is always an acute condition
- d Small Intestine Qi Tied has pain which dislikes pressure

179. A 27 year-old man has been diagnosed with manic-depression. His medication is Lithobid. When he is manic his symptoms include over-excitement, insomnia, incessant fast talking and inappropriate laughter. When he is depressed his symptoms include secluding himself and avoiding people, inability to work, tiredness, and fear of failure. The tongue is red with thick-greasy yellow coating. The pulse is forceful and full. What is the diagnosis?

- a Phlegm Misting the Mind
- b Liver Fire Blazing Upwards
- c Liver Wind Agitating Within
- d Phlegm-Fire Harassing the Heart

180. Thirst with a desire to sip liquids slowly can indicate

- a Deficient Yin
- b Excess Heat
- c Damp-Heat
- d Excess Cold

181. A 42 year-old man has chronic asthma with difficult inhalation. He has a weak voice, sweats easily, and has profuse urination. What is your assessment?

- a Yang Heel vessel disorder (yang qiao mai)
- b Governing vessel disorder (du mai)
- c Girdle vessel disorder (dai mai)
- d Directing vessel disorder (ren mai)

182. A 43 year-old woman has headaches on the lateral side of the head, irritability, dizziness, scanty menses, feelings of tiredness, and blurred vision. The tongue is pale with red spots on the sides. What pulse do you expect to feel?

- a Wiry (xuan mai) and full (shi mai) pulse
- b Floating (fu mai) and empty (xu mai) pulse
- c Wiry (xuan mai) and choppy (se mai) pulse
- d Thin pulse (xi mai)

183. A patient has abdominal pain, fever with sweating which does not decrease the fever, diarrhea, stools with mucous and blood. What is your assessment?

- a Heat Obstructing the Large Intestine
- b Collapse of Large Intestine
- c Heat in the Large Intestine
- d Damp-Heat in the Large Intestine

184. Gathering Qi (zong qi) is transformed into True Qi (zhen qi) by the action of

- a Essence (jing qi)

- b Nutritive Qi (ying qi)
- c Original Qi (yuan qi)
- d Food Qi (gu qi)

Answers:

1. c
2. a
3. a
4. d
5. b
6. d
7. c
8. c
9. c
10. a
11. c
12. a
13. d
14. d
15. a
16. d
17. c
18. a
19. d
20. c
21. a
22. d
23. d
24. c
25. a
26. b
27. b
28. b
29. d
30. b
31. b
32. d
33. d
34. c
35. b
36. a
37. b
38. d
39. b
40. a
41. c
42. a
43. a
44. c
45. b
46. b
47. d
48. c
49. d
50. a
51. b

52. c
53. c
54. d
55. d
56. d
57. a
58. c
59. c
60. a
61. b
62. c
63. d
64. d
65. c
66. a
67. b
68. c
69. a
70. c
71. a
72. a
73. d
74. b
75. c
76. a
77. a
78. d
79. c
80. b
81. b
82. a
83. a
84. c
85. d
86. b
87. d
88. c
89. c
90. b
91. a
92. a
93. d
94. c
95. c
96. d
97. b
98. a
99. a
100. a
101. a
102. b
103. d
104. a
105. a
106. c
107. d
108. c
109. b

110. b
111. a
112. -
113. b
114. a
115. b
116. b
117. a
118. a
119. a
120. c
121. -
122. c
123. a
124. a
125. a
126. a
127. b
128. b
129. c
130. d
131. d
132. a
133. d
134. d
135. a
136. a
137. c
138. b
139. a
140. d
141. c
142. c
143. b
144. b
145. c
146. d
147. d
148. c
149. c
150. a
151. b
152. a
153. a
154. d
155. ?
156. d
157. a
158. c
159. e
160. d
161. c
162. a
163. d
164. b
165. d
166. a
167. e

- 168. a
- 169. c
- 170. b
- 171. c
- 172. d
- 173. b
- 174. a
- 175. a
- 176. b
- 177. b
- 178. c
- 179. d
- 180. a
- 181. d
- 182. c
- 183. d
- 184. c