

Complex Treatment Plans

1. A 72 year-old woman has had a cough for 10 years. The cough produces scanty but sticky yellow phlegm. She experiences a sense of oppression in the chest area. The tongue is red with the front part redder. It is dry and without coating. The pulse is generally floating (fu mai) and empty (xu mai). It is slightly slippery (hua mai) in the right front position. What is the treatment plan?

- a Tonify Spleen Qi, Resolve Dampness
- b Resolve Exterior, Expel Heat, Stop Cough
- c Resolve Exterior, Expel Heat, Moisten Dryness, Descend Lung qi
- d Resolve Phlegm, Clear Heat, Nourish Lung Yin

2. An 82 year-old man has had vertigo for 10 years. He has high blood pressure. His gait is unsteady and he needs to steady himself. Other symptoms include blurry vision, dry and withered nails, dry skin and the complexion has a dark tinge. The tongue is red with a purplish cast with just a thin yellow coating at the center but nowhere else. The pulse is full (shi mai) and wiry (xuan mai). What is the treatment plan?

- a Release Exterior, Moisten Dryness
- b Regulate Liver, Move Qi, Move Blood
- c Tonify Kidney Qi, Move Blood
- d Nourish Liver Yin, Subdue Liver Yang

3. A 29 year-old man complains of frequent urination at night. The urine is pale. He says that he has a dry mouth at night when he awakens to go to the bathroom. He has low back pain. Overall he generally feels cold but occasionally feels hot in the face. The tongue is pale with a red tip. The pulse is weak (xu mai) in both rear positions. What is the treatment plan?

- a Tonify Kidney Yang and Yin, Astringe the Essence
- b Tonify and Warm Bladder
- c Tonify Kidney, Tonify Spleen, Warm Yang
- d Sedate Liver, Disperse Cold

4. A 33 year-old female complains of shortness of breath ever since she was a child. She has difficulty inhaling. She sweats easily and feels cold. She has allergies and has clear mucous and sneezes often when exposed to pollen. Her period has dark blood with no clots. The tongue is swollen and pale with dirty coating and transverse cracks. The pulse is weak (xu mai). What is the treatment plan?

- a. Release Exterior, Expel Cold
- b. Expel Cold, Move Blood
- c. Tonify Lung, Spleen and Kidney Yang, Resolve Phlegm
- d. Tonify Lung Qi

5. A 20 year-old female has chronic migraines. The pain is on the side of the head and behind the eyes. The pain is stabbing and severe. There is diarrhea and nausea with her headaches. Her periods are scanty. The tongue is pale and slightly purplish. The pulse is deep and minute. What is the treatment plan?

- a. Subdue Liver Yang, Nourish Liver Blood, Move Blood
- b. Clear Stomach Heat, Descend Stomach Qi, Move Blood
- c. Disperse Liver and Gall Bladder, Clear Heat
- d. Regulate Shao Yang Meridians

6. A 52 year-old man has high blood pressure. Main symptoms include feeling of pressure in the head, stiff neck, throbbing headache on top of the head, blurred vision, tinnitus, dizziness, waking up frequently during the night with worries and wanting to throw the covers off. The cheeks are slight red and the eyes have no glitter. The tongue is red with very thin coating. The pulse is wiry (xuan mai) and thin (xi mai). What is the treatment plan?

- a. Nourish Liver Yin, Subdue Liver Yang, Clear Empty Heat, Calm the Mind
- b. Tonify Kidney, Nourish Yin, Clear Empty Fire
- c. Sedate Liver, Clear Fire, Calm the Mind
- d. Tonify Kidney, Tonify Qi, Tonify Heart, Tonify Blood

7. A 49 year-old female's main complaint is night sweats and hot flashes. She is overweight, has abdominal distention, edema and loose stools. She feels anxiety at night with palpitations. Sleep is interrupted by restlessness and

sensations of heat. Her eyes are dull with a panicky look to them. The tongue is red and swollen on the sides. It has cracks and the coating is without root. The pulse is weak (xu mai). What is the treatment plan?

- a. Nourish Kidney and Heart Yin, Tonify Spleen Qi, Calm the Mind
- b. Tonify Blood, Tonify Heart, Pacify the Mind
- c. Regulate Liver, Smooth Qi, Subdue Fire
- d. Clear Heart, Nourish Mind

8. A 35 year-old female has had depression and anxiety for 12 years. She is on antidepressants. She had an unhappy childhood and to this day has resentment toward her mother. Her sleep is restless. Other symptoms include headaches with stabbing pain on the forehead. She tends to have nasal discharge with thick yellow phlegm. She has a burning sensation in the epigastrium with thirst. The tongue is red with a purplish tinge and a crack in the center. The coating is greasy and yellow. The pulse is slippery (hua mai), wiry (xuan mai) and full (shi mai). What is the treatment plan?

- a. Disperse Liver and Gall Bladder, Resolve Phlegm, Clear Heat
- b. Regulate Liver, Smooth Qi, Move Blood
- c. Clear Stomach Heat, Descend Stomach Qi, Resolve Phlegm
- d. Resolve Phlegm, Drain Fire, Move Blood, Calm the Mind

9. A 42 year-old man's main complaint is chronic asthma which is now severe with attacks every day. His medications include a corticosteroid and an inhaler. He has tightness in the chest and the asthma worsens with lying down. He expectorates thick yellow phlegm. Other symptoms include epigastric distention. The tongue is a little red with greasy yellow coating. The pulse is full (shi mai), slippery (hua mai) and fast. What is the treatment plan?

- a. Clear Heat, Resolve Phlegm, Descend Lung Qi
- c. Release Exterior, Expel Heat, Descend Lung Qi, Stop Asthma
- d. Tonify and Warm Kidneys, Stimulate Kidney function of Receiving Qi, Descend Lung Qi
- e. Release Exterior, Expel Cold, Descend Lung Qi, Stop Asthma

10. A 32 year-old man has had migraines for the past 7 years. The pain is over the whole head, dull but intense in character. The migraines improve while lying down, get worse from stress and exposure to light or cold. With the migraines there is nausea and cold sensations. He has hypochondrial pain which is triggered by eating fatty foods. He has frequent belching and suffers from constipation. The tongue has a normal color and is swollen with a dirty coating. The pulse is wiry (xuan mai) and slow. What is the treatment plan?

- a. Resolve Dampness, Disperse Liver and Gall Bladder, Clear Heat
- b. Move Liver Qi, Eliminate Cold
- c. Sedate Liver, Clear Fire
- d. Tonify Liver, Nourish Blood

11. A 60 year-old woman has an upper respiratory tract infection for three days. Symptoms include dry cough, aversion to cold, a slight temperature, a dry and itchy throat, and headache. The tongue is dry with a thin and slight yellow coating. The pulse is floating (fu mai). What is the treatment plan?

- a. Release Exterior, Moisten Lungs, Descend Lung Qi
- b. Tonify Lung Qi, Warm Kidney Yang
- c. Tonify Lung, Nourish Yin
- d. Resolve Phlegm, Clear Heat, Descend Lung Qi

12. A 35 year-old female patient has had migraines for 10 years. The location of the headaches are on the top of the head and behind the eyes. They start with a dull pain and proceed to become severe with nausea, vomiting, and diarrhea. The headaches improve with the patient lying down. The headaches occur every day. The tongue is thin and pale and the pulse is weak (xu mai) on the right side and wiry (xuan mai) on the left side. What is the treatment plan?

- a. Regulate Liver, Smooth Qi
- b. Nourish Liver Blood, Subdue Liver Yang
- c. Remove Retention of Food, Descend Lung Qi
- d. Tonify Spleen Qi next question reset

13. Three years ago a 55 year-old woman had a kidney infection. Her diagnosis was pyelonephritis. Since then she has had headaches. The head pain is on the back of the neck, top of head, and eyes. She tends to be constipated. The urine is dark and scanty. She has night sweats and back pain. The tongue is a little red with a very thick-yellow

coating at the root. The pulse is thin and slightly wiry (xuan mai) in both the rear positions. What is the treatment plan?

- a. Nourish Kidney Yin, Resolve Dampness, Clear Heat
- b. Tonify Kidney Qi
- c. First Resolve Damp-Heat then Nourish Kidney Yin
- d. Nourish Kidney Yin, Subdue Empty Fire

14. A 7 year-old boy has an upper respiratory infection. He is being treated with antibiotics but is not improving. There is no temperature. Symptoms include a barking cough with expectoration of yellow phlegm. He has restlessness. The front part of the tongue is red. The pulse is slightly slippery (hua mai). What is the treatment plan?

- a. Release Exterior, Resolve Dampness, Descend Lung Qi, Open Water Passages
- b. Resolve Phlegm, Clear Lung Heat, Descend Lung Qi, Stop Cough
- c. Release Exterior, Clear Heat, Stop Cough
- d. Resolve Phlegm, Transform Dampness, Descend Lung Qi, Stop Cough next question reset

15. A 25 year-old man has had asthma since he was 6 years old. He uses an inhaler every day. The asthma worsens at night and after exposure to cold. It is also triggered by animal dander. He has seasonal allergies. He generally feels coldness in the hands. The tongue is pale. The pulse is slow (chi mai) and weak (xu mai). What is the treatment plan?

- a. Sedate Liver, Expel Cold
- b. Tonify Spleen Qi, Warm Yang
- c. Release Exterior, Expel Cold
- d. Tonify Lung Qi, Descend Lung Qi, Tonify Kidney Yang

16. A 22 year-old female's main complaint is nervousness and fear. She feels insecure and worries a lot. The nervousness at times leads to shaking of the hands. She has dry mouth, shortness of breath, sweats easily with exertion, palpitations, feels tired, and wakes up during the night feeling hot. The tongue is slightly swollen. She has a moving pulse (dong mai) which feels like a bean vibrating. What is the treatment plan?

- a. Subdue Liver Yang, Tonify Yin
- b. Tonify Liver Blood, Clear Empty Fire
- c. Clear the Heart, Pacify the Mind
- d. Tonify Qi and Yin of Lungs and Heart, Nourish and Calm the Mind

17. A 32 year-old woman has had asthma since her late teens. The asthma started after a relationship break up. She also has copious, thick and yellow nasal discharge. She often feels stressed with her hands becoming cold and unable to cope with life. She has PMS with breast and abdominal distention. She has scanty dark urine. The tongue is red with a redder tip and sides. The pulse is wiry (xuan mai). What is the treatment plan?

- a. Resolve Phlegm, Descend Lung Qi
- b. Resolve Dampness, Clear Heat
- c. Move Liver Qi, Clear Liver Fire, Descend Lung Qi, Calm the Mind
- d. Regulate Liver, Smooth Qi

18. A 40 year-old female complains of fatigue, feeling of oppression in the chest, hypochondrial distention, and dull pain behind the eyes with blurry vision. She feels hot in the evening and has restless sleep with many dreams. She has late painful periods with breast distention and dark clotted blood. She feels she has no direction in life. The tongue is red without coating. The pulse is floating (fu mai), empty (xu mai) and slightly wiry (xuan mai) on the left. What is the treatment plan?

- a. Nourish Liver Yin, Move Liver Qi, Move Liver Blood
- b. Nourish Yin, Strengthen Heart, Regulate Liver, Smooth Qi
- c. Nourish Kidney and Heart Yin, Clear Empty Fire, Regulate Liver, Smooth Qi
- d. Regulate Liver, Move Qi, Clear Fire

19. A 69 year-old man complains of extreme tiredness and poor appetite. The tongue is normal with a reddish tinge on the sides. The pulse is wiry (xuan mai) and full (shi mai)

- a. Tonify Spleen Qi
- b. Clear Stomach Heat, Descend Stomach Qi
- c. Remove Food Retention, Descend Stomach Qi
- d. Soothe the Liver Qi

20. A 36 year-old man complains of tiredness, nausea, dizziness, headaches, thirst, loose stools with an offensive smell, epigastric fullness and a feeling of heaviness in the body. These symptoms started after vacationing in a resort area with hot weather. The tongue is slightly red with sticky and moist yellow coating. The pulse is slippery (hua mai) and fast (shuo mai). What is the treatment plan?

- a. Resolve Dampness, Clear Heat
- b. Regulate Liver, Smooth Qi, Clear Fire, Tonify Spleen Qi
- c. Strengthen Spleen, Tonify Qi
- d. Resolve Exterior, Expel Heat next question reset

21. An 82 year-old woman has chest pain with a sensation of oppression. The pain is triggered with exercise and air conditioned rooms. She has shortness of breath and pale complexion. The tongue is overall pale and swollen with a purplish tinge on the sides. The pulse is deep (chen mai) and weak (xu mai). What is the treatment plan?

- a. Resolve Phlegm, Transform Dampness
- b. Release Exterior, Expel Cold
- c. Expel Cold in chest, Tonify Yang
- d. Tonify Fire to nourish Earth next question reset

22. A 50 year-old woman's main complaint is a sense of oppression in the chest ever since her heart attack 3 years ago. She is overweight and feels cold. Her blood pressure is 180/100. She has edema in her knees with knee pain, ankles and wrists. The tongue is pale and swollen with thick white coating. The pulse is deep (chen mai) and weak (xu mai). What is the treatment plan?

- a. Strengthen Spleen, Tonify Qi, Resolve Dampness
- b. Tonify and Warm Heart Yang
- c. Regulate Blood, Remove Stasis
- d. Resolve Phlegm, Tonify and Warm Spleen and Kidney Yang

23. A 44 year-old man has had dull epigastric pain for five years. The pain improves with pressure and is associated with nausea. His mouth is always dry and he likes to sip drinks. His stools are dry. The tongue is red with little coating. There are cracks in the center of the tongue. The pulse is floating (fu mai) and empty (xu mai). What is the treatment plan?

- a. Nourish Stomach and Spleen Yin, Clear Empty Heat
- b. Nourish Kidney Yin, Clear Empty Heat
- c. Clear Stomach Heat, Descend Stomach Qi
- d. Tonify Qi and Blood

24. A 36 year-old woman has tiredness, dizziness, poor memory, poor appetite and wants to often lie down. She has a dry mouth and constipation. The tongue is red with sticky yellow coating. The pulse is fast (shuo mai) and slippery (hua mai). What is the treatment plan?

- a. Nourish Kidney Yin, Warm Kidney Yang
- b. Strengthen Spleen, Resolve Damp, Clear Heat
- c. First Resolve Phlegm and Clear Heat then Tonify Qi and Blood
- d. Strengthen Spleen, Tonify Qi

25. A 65 year-old female has had low back pain ever since she was 20 years old. The pain is better with rest and worse standing. She feels totally exhausted. Other symptoms include cold sensations, night urination, and edema in the ankles. Her urine was previously pale but now is sometimes dark. She is constipated with a dry mouth. She has poor sleep with frequent wakings during the night. She says she wakes up in the morning with a bitter taste but then it disappears. She has poor memory, dizziness, and tinnitus, palpitations. The tongue is pale, swollen and dry. The pulse is deep (chen mai), weak (xu mai) and slow (chi mai). The rear positions are especially weak (xu mai). The front left position is thin (xi mai) and weak (xu mai). What is the treatment plan?

- a. Tonify Kidney Yang, Nourish Kidney Yin, Nourish Heart Yin
- b. Strengthen Kidney, Tonify Qi, Strengthen Heart, Tonify Blood
- c. Clear the Heart, Pacify the Mind
- d. Tonify Kidney, Warm Yang

26. A 39 year-old male has had tinnitus for the past 4 years. The tinnitus started gradually. Other symptoms include

lower back pain, dizziness, general tiredness, frequent waking at night, and dry throat. The tongue is red without coating. The pulse is weak (xu mai) in the rear positions. What is the treatment plan?

- a. Regulate Liver and Gall Bladder, Clear Fire, Benefit the ears
- b. Subdue Liver Yang, Nourish Kidney Yin, Benefit the ears
- c. Nourish Kidney Yin, Benefit the ears
- d. Strengthen Heart, Nourish Blood, Clear Empty Fire, Benefit the ears

27. A 27 year-old male has had tinnitus for two years. The sound is high pitched. It is better with rest and worse with stress. The tongue is red with a yellow coating. The pulse is full (shi mai) and wiry (xuan mai) and especially weak (xu mai) in the rear positions. What is the treatment plan?

- a. Strengthen Kidney, Tonify Qi, Benefit the ears
- b. Clear Liver and Gall Bladder, Drain Fire, Benefit the ears, Nourish Kidney Yin
- c. Strengthen Kidney, Nourish Essence, Benefit the ears
- d. Tonify Kidney, Nourish Yin, Clear Empty Fire, Benefit the ears

28. A 50 year-old woman's main complaint is exhaustion which she has had for 10 years. She had a hysterectomy 11 years ago. At that time her periods were copious and she had a prolapsed uterus. She has had three miscarriages. She has suffered from post-natal depression with crying bouts. She sweats at night and wakes up with tinnitus. She has back pain and chronic joint pain with numbness in the limbs. She has blurry vision. The tongue is slightly red while the sides are pale. There is no coating. The pulse is overall weak (xu mai), deep (chen mai) especially in the rear positions, and thinner (xi mai) and weaker (xu mai) on the left. What is the treatment plan?

- a. Strengthen Kidney, Tonify Qi, Regulate Liver, Tonify Blood
- b. Tonify Spleen, Raise Qi, Strengthen Heart, Tonify Blood
- c. Nourish Kidney Yin, Nourish Blood
- d. Tonify Wood to nourish Fire

29. A 35 year-old woman has epigastric pain which is dull and improves with pressure and heat. Her appetite is poor. Her limbs tire easily and she feels cold. The tongue is pale and slightly swollen. The pulse is weak (xu mai) and deep (chen mai). What is the treatment plan?

- a. Resolve Exterior, Expel Cold, Tonify Spleen
- b. Warm Spleen and Kidney Yang
- c. Tonify and Warm Spleen Yang
- d. Strengthen Spleen, Tonify Qi

30. A 35 year-old female complains of her period always being late. She has insomnia, dry eyes, feels exhausted physically and emotionally. She is under stress due to a recent divorce and now feels she has no direction in life and cannot decide what to do. The tongue is red with a crack down the center and without coating. The pulse is empty (xu mai) on the left side and choppy (se mai) on the right side. What is the treatment plan?

- a. Nourish Yin, Strengthen Liver
- b. Nourish Yin, Strengthen Heart
- c. Nourish Kidney and Heart Yin, Clear Empty Fire
- d. Clear the Heart, Pacify the Mind

31. A 46 year-old woman has had a duodenal ulcer for ten years. The pain is stabbing and radiates from the epigastrium to right ribs. She has loose stools. The pain is worse at night at which time she has nausea. The emotional stress from her recent divorce also triggers her pain. Her periods are irregular and painful. Menstrual blood is dark with clots. She often feels tired. The tongue has a purplish tinge with swollen sides. The tongue coating is yellow. The pulse is wiry (xuan mai) and full (shi mai). What is the treatment plan?

- a. Clear Heat, Transform Dampness, Remove Blood Stasis
- b. Regulate Liver, Smooth Qi, Transform Phlegm
- c. Move Liver Qi and Blood, Tonify Spleen Qi, Calm the Mind
- d. Tonify Qi and Blood

32. A 54 year-old man's main complaint is insomnia. He easily falls asleep but wakes up several times during the night. He has a dry throat. He also complains of erectile dysfunction for two years. The tongue is red with very thin coating. The pulse is empty at the deep level and very weak and thin in the left rear position. What is the treatment plan?

- a.Nourish Kidney Yin, Nourish Heart Yin, Calm the Mind
- b.Tonify Liver, Nourish Yin, Calm the Mind
- c.Strengthen Heart, Nourish Blood, Calm the Mind
- d.Tonify Kidney, Nourish Essence

33. A 27 year-old woman has constipation as the main complaint. She usually has two bowel movements per week. Her period has a scanty blood flow with PMS. She has poor memory and insomnia. The tongue is pale. The pulse is choppy (se mai). What is the treatment plan?

- a.Tonify and Nourish Heart Yin, Pacify the Mind
- b.Regulate Liver, Smooth Qi
- c.Nourish Liver Blood, Moisten the Intestines
- d.Strengthen Kidney, Nourish Yin, Clear Empty Fire

34. A 72 year-old man has had low back pain. It began after he had contracted polio at the age of twelve. His right leg became paralysed and then the back pain followed. He has knee pain, frequent night urination which is profuse and clear. He has dizziness and feels cold. The tongue is pale. The pulse is weak (xu mai) and slow (chi mai). What is the treatment plan?

- a.Tonify and Warm Kidney Yang, Stimulate Kidney function of receiving Qi, Strengthen the back
- b.Tonify and Warm Spleen and Kidney Yang, Strengthen the back
- c.Strengthen Kidney, Nourish Essence, Strengthen the back
- d.Tonify and Warm Kidney Yang, Strengthen the back

35. A 60 year-old man has had shoulder pain for the past ten years. He is a construction worker. The pain is worse with cold weather. He does not present any other symptoms and says he generally feels healthy. What is the treatment plan?

- a.Expel Cold, Warm the Channels, Move Qi
- b.Regulate Meridians, Remove Blood Stasis
- c.Release Exterior, Expel Cold, Stimulate Descending and Dispersing Lung Functions
- d.Tonify and Warm Kidney Yang

36. A 30 year-old woman has irritable bowel syndrome with bowel movements alternating between constipation and diarrhea. The stools can be small and round. She has abdominal pain with uncomfortable sensations of distention. She also has acid reflux and belching and feels heavy. The tongue is normal with redness on the sides and sticky coating. The pulse is slippery (hua mai) and full (shi mai) in the right middle position. What is the treatment plan?

- a.Strengthen Kidney, Warm Yang
- b.Move Liver Qi, Tonify Spleen and Stomach
- c.Remove Food Retention, Descend Stomach Qi
- d.Tonify Spleen Qi

37. A 39 year-old man has frequent burning and painful urination with occasional blood in the urine. He has back pain, feels cold, and has tinnitus. The tongue is pale with a greasy yellow coating at the root. The pulse is slippery (hua mai) and weak (xu mai) especially in the left rear position. What is the treatment plan?

- a.First Resolve Dampness, Clear Heat, Open Water Passage in the Lower Burner then Tonify and Warm Kidney Yang
- b.Tonify and Warm Kidney Yang, Resolve Dampness
- c.Cool Blood, Clear Heat, Resolve Phlegm
- d.Clear Heart Fire, Clear Heat, Resolve Dampness

38. A 44 year-old man has had back pain for the past ten years. The pain is worse with work and improves with rest. He has night sweats, depression, insomnia, and dry mouth at night. The tongue is red and without coating. The pulse is weak (xu). What is the treatment plan?

- a.Strengthen the back, Tonify Qi and Blood
- b.Strengthen the back, Nourish Kidney Yin
- c.Strengthen the back, Nourish Liver Blood, Moisten Dryness
- d.Strengthen the back, Clear the Heart, Pacify the Mind

39. A 52 year-old man has pain in both knees which are swollen and respond with pain to cold weather. He is in

general good health. His only other problem is occasional insomnia. The tongue is just slightly pale. The pulse is normal. What is the treatment plan?

- a. Tonify Qi in Channels, Stop pain
- b. Expel Cold, Resolve Damp, Remove Obstruction in Channels
- c. Release Exterior, Expel Cold, Stimulate Descending and Dispersing Lung Functions, Stop pain
- d. Tonify and Warm Heart Yang

40. A 7 year-old boy has had joint pains for the past six months. The joints are swollen, painful and hot. The joint pain now moves back and forth between the ankles and the left shoulder. Appetite and bowel movements are normal. The tongue is slightly red. What is the treatment plan?

- a. Tonify Spleen Qi, Transform Dampness, Move Channel Qi
- b. Subdue Liver Yang, Nourish Liver Yin, Subdue Wind
- c. Tonify and Warm Spleen Yang
- d. Expel Wind, Clear Heat, Resolve Dampness, Remove Channel Obstructions

41. A 42 year-old woman has fibroid tumors in the uterus. The lower abdomen is distended. Her periods are heavy with dark blood which has clots. The tongue is purplish. The pulse is deep (chen mai) and wiry (xuan mai). What is the treatment plan?

- a. Regulate Liver, Smooth Q
- b. Expel Cold, Warm Uterus, Eliminate Blood Stasis
- c. Resolve Phlegm Nodules, Strengthen Spleen Qi
- d. Move Liver Blood, Eliminate Stasis in the uterus

42. 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 and painful. 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 treatment plan?

- a. Nourish Liver Yin, Clear Empty Fire
- b. Resolve Dampness, Remove Channel Obstructions, Tonify Blood
- c. Tonify Qi and Blood
- d. Tonify Spleen Qi, Transform Dampness

43. A 37 year-old woman has frequent urination with no burning. The urine is clear and she often needs to urinate at night. She has a bearing down sensation in the abdomen. Additional symptoms include sacral pain. The tongue is pale with a white greasy coating at the root. The pulse is weak (xu) especially in the rear positions. What is the treatment plan?

- a. Tonify Spleen Yang, Resolve Phlegm
- b. Tonify Qi and Blood
- c. Tonify and Warm Bladder
- d. Tonify Spleen and Kidney Qi, Raise Qi

44. A 43 year-old woman has pain in her 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). What is the treatment plan?

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

45. A 47 year-old woman has severe joint pain in the shoulders and knees. The joints are swollen, red and hot. The pain started in January when she had a sore throat, felt cold, and had a temperature. The pain then started in the right shoulder and moved from joint to joint and then settled. Other contemporary symptoms include general muscle aches, lethargy, heavy feelings in the body, weight gain, scanty and dark urination, and thirst without strong desire to drink. The tongue is red with greasy thick yellow coating. The pulse is fast (shuo mai) and slippery (hua mai). What is the treatment plan?

- a. Resolve Phlegm, Transform Dampness, Clear Heat

- b. Clear Heat, Resolve Dampness, Remove Channel Obstructions
- c. Release Exterior, Expel Heat, Stimulate Descending and Dispersing Lung Functions, Regulate Channels
- d. Resolve Dampness, Clear Heat, Open Water Passages

46. A 21 year-old woman has recurrent urinary tract infections. This time she has frequent and scanty urination. The urine is dark, hot, burning, and painful. Antibiotics help but the attacks reoccur. She is depressed from the loss of her mother. The tongue is a little red with yellow coating at the root. The pulse is fast (shuo mai) and full (shi mai) in the front left position. What is the treatment plan?

- a. Nourish Yin, Clear Empty Fire
- b. Clear Heat, Resolve Dampness, Open Water Passages of Lower Burner
- c. Regulate Liver, Smooth Qi, Clear Fire
- d. Clear Heart Fire, Clear Bladder Heat, Resolve Dampness, Stop pain

47. A 32 year-old man has edema in the legs. He has been on diuretics for five years. He generally feels cold and wears more clothes than normal. He has a burning sensation on the soles of his feet. The urine is clear but sometimes it is dark and condensed. Other symptoms include low back pain and loose stools. The tongue is a little redder than normal. The pulse is thin (xi mai) and very weak (xu mai) in the rear positions. What is the treatment plan?

- a. Strengthen Kidney, Tonify Qi
- b. Primarily Tonify and Warm Kidney Yang, Transform Water, and secondarily Tonify Kidney Yin
- c. Tonify and Warm Spleen and Kidney Yang
- d. Nourish Kidney Yin, Clear Empty Fire

48. A 33 year-old woman's main complaint is constipation, a problem she has had for six years. She has 2-3 BMs per week. The stools are small and dry. Her breath has a foul odor. The tongue has a normal color with a dry yellow coating which is thicker at the root. The pulse is normal. What is the treatment plan?

- a. Clear heat in Large Intestine, Promote Fluids in Large Intestine, Promote bowel movement
- b. Regulate Liver, Smooth Qi, Promote bowel movement
- c. Tonify Liver Blood, Promote bowel movement
- d. Remove food retention, Descend Stomach Qi, Promote bowel movement

49. 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 treatment plan?

- a. Expel Cold, Warm Meridians
- b. Clear Cold, Resolve Dampness, Remove Channel Obstructions, Tonify and Warm Kidney Yang
- c. Tonify and Warm Kidney Yang
- d. Tonify Spleen Qi, Warm Yang

50. A 22 year-old man had had diarrhea for one year which began with a fever, nausea and diarrhea. Antibiotics were prescribed but they did not help. He has frequent daily BMs with loose stools and cramping. The stools are offensive and he has an itchy anus. The tongue is red with thick yellow and wet coating. The pulse is slippery (hua mai). What is the treatment plan?

- a. Regulate Liver, Smooth Qi, Tonify Spleen, Stop Diarrhea
- b. Resolve Damp, Clear Heat in Gall Bladder, Stop Diarrhea
- c. Clear Stomach Heat, Descend Stomach Qi, Stop Diarrhea
- d. Clear Heat, Resolve Dampness, Stop Diarrhea

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

52. A 52 year-old man has had frequent urination for the past three years. It is frequent both during the day time and at night. There is often dribbling after the urination. He tends to lose urine when he coughs or sneezes. He easily feels

tired and cold. Even though it is summer he is wearing a heavy sweater. The tongue is pale. The pulse is deep (chen mai) and weak (xu mai). What is the treatment plan?

- a. Tonify and Warm the Kidneys, Stimulate the Kidney function of receiving Qi, Descend Lung Qi
- b. Tonify Kidney Qi, Tonify and Warm Kidney Yang, Stabilize Kidney Qi
- c. Expel Cold, Warm Bladder
- d. Tonify Qi, Regulate Bladder Qi

53. A 65 year-old man has had Parkinson's disease for fifteen years. When it started he first experienced poor concentration and memory, insomnia and dizziness. A few months later he developed a tremor in his head with stiffness of neck and difficulty walking. These symptoms continue until this day. Additional symptoms include dry mouth, blurry vision, nausea, and a nasal discharge. The tongue is red with greasy yellow coating. The pulse is slippery (hua mai) and slightly wiry (xuan mai). What is the treatment plan?

- a. Clear Heat, Disperse Liver, Subdue Wind
- b. Tonify Liver Blood, Subdue Wind
- c. Subdue Liver Wind, Resolve Phlegm, Clear Heat
- d. Clear Stomach Heat, Descend Lung Qi, Resolve Phlegm

54. A 34 year-old woman has a large cyst in one of her ovaries. As a result she has abdominal pain. The abdomen feels hard to the touch. Her periods are painful. The blood is sometimes profuse and at other times scanty. The blood has tiny dark clots. She has excessive yellow vaginal discharge. The tongue is pale with a tinge of purple and yellow coating at the root. The pulse is slippery (hua mai), wiry (xuan mai) at the deep level, and weak (xu mai) in the rear positions. What is the treatment plan?

- a. Disperse Liver, Smooth Qi, Tonify Spleen
- b. Move Liver Blood, Eliminate Blood Stasis in Uterus, Resolve Dampness, Clear Heat, Tonify Kidneys
- c. Resolve Damp, Clear Heat, Tonify Spleen
- d. Tonify Kidney Qi, Eliminate Blood Stasis next question reset

55. A 43 year-old woman has pre-menstrual tension. Symptoms include depression, irritability, and vertex headache. Period is regular, scanty, and not painful. General symptoms include back pain, constipation, dry mouth in the evening, dry hair, sore eyes and blurry vision. The tongue is a little red and without coating. The pulse is weak (xu mai) especially in the left rear position. What is the treatment plan?

- a. Strengthen Kidney, Nourish Essence
- b. Disperse Liver, Smooth Qi, Tonify Heart Blood
- c. Disperse Liver and Smooth Qi during period, Tonify Liver and Kidney Yin between periods
- d. Nourish Kidney Yin, Clear Empty Fire

56. A 39 year-old woman has had very heavy periods for nine years after the birth of her first child. She has no pain during her period but last up to 10 days and are profuse with bright-red blood. She feels tired and sweats easily and has tinnitus. The tongue is slightly red with cracks and without coating. The pulse is fast, overflowing and empty. What is the treatment plan?

- a. Tonify Spleen Qi, Nourish Kidney Yin, Clear Empty Fire, Stop Bleeding
- b. Tonify and Warm Spleen and Kidney yang
- c. Tonify Spleen Qi, Tonify and Warm Kidney Yang
- d. Nourish Kidney Yin, Cool Blood, Stop Bleeding

57. A 37 year-old woman has PMS. It started after she got depressed from giving birth. She gets irritable and cries a lot. She has breast distention. Other symptoms include constipation, headaches, insomnia, excess dreaming, and palpitations. The tongue is pale, thin and red on the sides. The pulse is thin, wiry on the left middle position, and weak on the left front position. What is the treatment plan?

- a. Disperse Liver, Smooth Qi, Regulate Blood
- b. Nourish Liver and Heart Blood, Smooth Liver Qi
- c. Nourish Liver and Kidney Yin
- d. Disperse Liver, Smooth Qi, Nourish Heart Yin

58. A 40 year-old woman has an acute viral infection. A week ago she had high fever, a very stiff neck and a severe headache. The symptoms resembled meningitis but that has been ruled out. Current symptoms include high fever but less so, extremely weak legs, strong cough, epistaxis, thirst, dry throat, scanty and dark urine, and dry skin. The

tongue is red without coating. The pulse is thin (shi mai) and fast (shuo mai). What is the treatment plan?

- a. Clear Heat, Resolve Dampness
- b. Release Exterior, Clear Heat, Stimulate Descending and Dispersing Lung Functions
- c. Clear Heat, Cool Blood, Nourish Lung Yin
- d. Clear Stomach Fire, Descend Lung Qi

59. A 32 year-old overweight woman was diagnosed with viral meningitis two years ago. At that time she had a high fever, rigid neck, and vomiting. After the meningitis was resolved she experienced tiredness, feelings of achiness and heaviness in the limbs. She felt a low-grade fever throughout the day. She had thirst, a sticky taste in her mouth, and poor appetite. She had leukorrhea which was a bright yellow color. The tongue body is swollen. The pulse is slippery (hua mai). What is the treatment plan?

- a. Clear Heat, Resolve Dampness
- b. Tonify Spleen Qi, Resolve Dampness
- c. Resolve Dampness, Clear Heat, Disperse Liver and Gall Bladder
- d. Clear Stomach Heat

60. A 59 year-old man has been suffering with blood in the urine for the past month. Western diagnostic tests are normal. Urination is not accompanied with pain. The blood is dark. Additional symptoms include dry and very hot mouth, and general heat sensations. The tongue is red and dry without any coating. The pulse is floating (fu mai) and empty (xu mai). What is the treatment plan?

- a. Tonify Kidney Yin, Clear Empty Fire
- b. Clear Heat, Resolve Dampness
- c. Tonify Spleen Qi to Hold Blood
- d. Clear Heat, Cool Blood

61. A 50 year-old woman has had blood in her stool for the past five years. The blood is bright red. There is no abdominal pain and no hemorrhoids. The BMs are loose and frequent. She feels cold and tired. She is depressed that she is not getting better. The tongue is pale and swollen with white greasy coating. The pulse is generally weak (xu mai). What is the treatment plan?

- a. Cool Blood, Clear Heat
- b. Tonify and Warm Spleen Yang
- c. Regulate Liver, Smooth Qi, Tonify Spleen
- d. Tonify and Warm Kidney Yang

62. A 35 year-old woman has had dysmenorrhea since her first period. The pain occurs during the menstrual flow. The blood is dark with clots. The pain improves with a hot water bottle. She has vaginal itching with a yellow and sticky discharge. She has a slight sensation of heat which lasts throughout the day, and offensive smelling stools. The tongue has a purplish tinge with greasy yellow coating. The pulse is choppy (se mai), wiry (xuan mai) and slippery (hua mai). What is the treatment plan?

- a. Disperse Liver, Move Blood, Resolve Dampness, Clear Heat
- b. Disperse Liver and Gall Bladder, Resolve Dampness, Clear Heat
- c. Remove Blood Stasis, Warm Uterus
- d. Disperse Liver, Regulate Qi, Tonify Spleen

63. A 10 year-old girl has an upper respiratory tract infection. Symptoms include fever, shivering, sore throat, cough, tonsils are severely swollen with difficulty and pain during swallowing. The front part of the tongue is red with red dots. The pulse is fast (shuo mai). What is the treatment plan?

- a. Release Exterior, Clear Heat, Stimulate Dispersing and Descending Lung functions
- b. Release Exterior, Clear Heat, Clear the Heart
- c. Release Exterior, Clear Heat, Nourish Kidney Yin
- d. Release Exterior, Clear Heat, Stimulate Lung Descending and Dispersing, Resolve Fire-Poison

64. A 17 year-old had the flu six months ago. He was given antibiotics which did not help his condition but did get a mouth ulcer as a result of the antibiotics. His contemporary symptoms include dry throat and mouth, hypochondrial pain, thirst, dry stools, sometimes he feels hot, epigastric pain, a feeling of fullness after eating, sometimes he feels cold. The tongue is red and peeled in the center. The pulse is wiry (xuan mai) on the left and floating (fu mai) and empty (xu mai) on the right middle position. What is the treatment plan?

- a. Sedate Liver, Clear Fire
- b. Clear Heat, Resolve Dampness
- c. Harmonize Shao Yang, Nourish Stomach Yin, Nourish Fluids
- d. Subdue Liver Yang, Nourish Liver Yin

65. A 35 year-old woman was diagnosed with MS one year ago. Her first symptoms which continue to this day were tingling of the limbs and mouth, dizziness, heavy feelings in the head and legs, and tiredness. The tongue is swollen with sticky coating and a crack in the central area. The pulse is slippery (hua mai) and weak (xu mai). What is the treatment plan?

- a. Tonify Qi and Blood
- b. Subdue Liver Yang, Nourish Yin, Resolve Phlegm
- c. Tonify Blood, Transform Dampness
- d. Remove Phlegm Obstruction in Channels, Tonify Spleen-Stomach Qi and Resolve Dampness

66. A 33 year-old patient has had painful periods for five years. The pain occurs during the period. She generally feels cold during the period. She has a history of miscarriages. Other symptoms include back pain, dizziness, tinnitus, poor memory, dry mouth, night sweating, and dribbling urination. The tongue has a normal color. The pulse is overall weak and the left side is thin and empty at the deep level. What is the treatment principle? What is the treatment plan?

- a. Tonify Kidney Yang, Clear False Heat
- b. Nourish Kidney Yin, Warm and Tonify Kidney Yang
- c. Nourish Kidney Yin, Clear False Cold
- d. Nourish Kidney Yin, Expel Cold

67. A 43 year-old woman has had Parkinson's disease for five years. The main complaint was trembling of the left hand. Other symptoms included tiredness and blurry vision. The tongue is pale. The pulse is choppy (se mai). What is the treatment plan?

- a. Expel External Wind, Regulate Meridian Qi
- b. Tonify Liver Blood, Subdue Wind
- c. Clear Heat, Disperse Liver, Subdue Wind
- d. Subdue Liver Yang, Nourish Liver Yin, Subdue Wind

68. A 43 year-old man is suffering from exhaustion. He feels very tired after eating. He has dull headaches, heavy and achy limbs. The tongue is red and swollen with sticky yellow coating. The pulse is weak (xu mai) and slippery (hua mai). What is the treatment plan?

- a. Tonify Spleen Qi, Resolve Dampness
- b. Tonify Spleen Qi
- c. Clear Heat, Resolved Dampness
- d. Clear Stomach Heat, Resolve Phlegm

69. A 15 year-old girl had tonsillitis three months ago. At that time the tonsils were red, painful and purulent. She also had a headache and swollen glands. She now feels very tired. The tonsils are only slightly swollen but her lymph glands are no longer swollen. She has headaches on the temples. She complains of sometimes feeling cold and other times feverish. Other symptoms include thirst, irritability, and insomnia. The tongue is red. The pulse is wiry (xuan mai). What is the treatment plan?

- a. Clear Lung Heat, Expel Pathogenic factor
- b. Release Exterior, Expel Heat, Induce Sweating, Clear Throat
- c. Clear Stomach Heat, Cool Throat
- d. Harmonize Shao Yang, Clear Gall Bladder Heat, Expel Residual Pathogenic Factor

70. A 30 year-old woman was diagnosed with myalgic encephalitis two years ago. It began after she had the flu. At that time she felt exhausted and could hardly stand up. She did not fully recover and continues to experience exhaustion, general flu like symptoms such as shivering and achy muscles. Her fatigue is worse with exercise. She has poor memory and her head feels like she has cotton balls in it. She sweats easily after even a short walk. Her appetite is poor and she has abdominal distention. The tongue is pale and swollen with a crack in the center part. The pulse is weak (xu mai) and minute (wei mai) especially in the front position. What is the treatment plan?

- a. Tonify Kidneys, Warm Yang

- b. Release Exterior, Expel Cold, Stimulate Descending and Dispersing Lung Functions
- c. Tonify Lung Qi, Tonify Spleen Qi
- d. Tonify Qi and Blood

71. A 32 year-old woman has painful periods. She has a short cycle with periods every 21-23 days. She has severe menstrual pain with red blood with small dark clots. She feels cold during her period and has dizziness, and tinnitus. The tongue is pale and swollen. The pulse is slow (chi mai), choppy (se mai) and especially weak (xu mai) in the left rear position. What is the treatment plan?

- a. Subdue Liver Yang, Nourish Yin
- b. Disperse Liver, Regulate Blood
- c. Tonify Liver Blood
- d. Tonify and Warm Kidney Yang, Expel Cold, Move Blood

72. A 45 year-old woman has profuse menstrual bleeding for the past three months. She bleeds every day and during her period the bleeding increases with the blood becoming dark with tiny clots and abdominal pain. During the days when she is not having a period she spots daily and symptoms include fatigue, dizziness, tinnitus, feeling very cold, frequent night urine, poor memory, tingling and numbness in the legs, and blurry vision. The tongue is pale with teeth marks. The pulse is choppy (se mai) and weak (xu mai). What is the treatment plan?

- a. Expel Cold, Warm Uterus, Remove Blood Stasis
- b. Tonify Kidney Qi, Remove Blood Stasis
- c. Clear Heat, Cool Blood, Tonify Qi
- d. Disperse Liver and Move Blood during period, Nourish Liver Blood and Tonify and Warm Kidney Yang between periods

Answers:

1. d Phlegm-Heat Obstructing Lungs, Deficient Lung Yin)
2. d Liver Yang Rising, Deficient Liver Yin
3. a Kidney Yang Deficiency with slight Kidney Yin Deficiency
4. c. Lung, Spleen and Kidney Yang Deficiency, Accumulation of Phlegm)
5. a. Liver Yang Rising, Deficient Liver Blood, Stagnant Blood
6. a. Deficient Liver Yin, Liver Yang Rising
7. a. Kidney and Heart Yin Deficiency, Spleen Qi Deficiency
8. d. Phlegm-Fire affecting Heart and Stomach, Stagnant Blood
9. a. Phlegm-Heat Obstructing Lungs
10. b. Stagnation of Cold in Liver Channel, Liver Qi Stagnant
11. a. Wind-Heat-Dryness Invade the Lungs
12. b. Deficient Liver Blood with Liver Yang Rising
13. c. Deficient Kidney Yin, Bladder Damp-Heat
14. b. Phlegm-Heat Obstructing Lungs
15. d. Deficient Lung Qi, Deficient Kidney Yang
16. d. Deficient Qi and Yin of Lungs and Heart
17. c. Liver Fire Insulting Lungs, Stagnant Liver Qi
18. a. Deficient Liver Yin, Stagnant Liver Qi, Stagnant Liver Blood
19. d. Stagnant Liver Qi Invading Stomach
20. a. Damp-Heat Invading Spleen
21. c. Deficient Yang, Stagnant Cold in the chest
22. d. Deficient Spleen and Kidney Yang, Phlegm Obstructing Chest
23. a. Stomach and Spleen Yin Deficiency
24. c. Deficient Qi and Blood, Excess Heat and Phlegm
25. a. Deficient Kidney Yin and Yang, Empty Heart Fire
26. c. Deficient Kidney Yin
27. b. Liver and Gall Bladder Fire Blazing Upwards, Kidney Yin Deficiency
28. c. Deficient Kidney Yin, Deficient Blood
29. c. Spleen Yang Deficiency
30. a. Deficient Liver Yin
31. c. Stagnant Liver Qi and Blood, Deficient Spleen Qi
32. a. Kidney and Heart not Harmonize
33. c. Deficient Blood
34. d. Kidney Yang Deficiency
35. a. Cold Bi syndrome

36. b. Stagnant Liver Qi Invading Spleen and Stomach
37. a. Bladder Damp-Heat, Deficient Kidney Yang
38. b. Deficient Kidney Yin
39. b. Cold and Damp Bi syndrome
40. d. Wind, Heat and Damp Bi syndrome
41. d. Stagnant Liver Blood
42. b. Damp Bi, Deficient Blood
43. d. Sinking Spleen Qi, Deficient Kidney Qi
44. c. Bone Bi syndrome, Liver Blood Deficient, Kidney Yin Deficiency
45. b. Hot and Damp Bi syndrome
46. d. Heart Fire Transmitted to Small Intestine
47. b. Primary Deficient Kidney Yang with secondary Deficient Kidney Yin
48. a. Dry Heat in the Large Intestine
49. b. Cold and Damp Bi syndrome, Kidney Yang Deficiency
50. d. Damp-Heat in the Intestines
51. c. Liver Fire Blazing
52. b. Kidney Yang Deficiency, Kidney Qi not Firm
53. c. Phlegm-Heat, Liver Wind
54. b. Stagnant Liver Blood, Damp-Heat in Lower Burner, Deficient Kidneys
55. c. Stagnant Liver Qi, Deficient Liver and Kidney Yin
56. a. Deficient Spleen Qi Failing to Hold Blood, Deficient Kidney Yin with Empty Fire
57. b. Liver and Heart Blood Deficiency, Stagnant Liver Qi
58. c. Heat in Lungs Injuring Yin Fluids
59. a. Damp-Heat Invading Spleen
60. a. Deficient Kidney Yin with Empty Fire
61. b. Spleen Yang Deficiency, Spleen Not Holding Blood
62. a. Liver Stagnant Blood, Spleen Damp-Heat
63. d. Wind-Heat Invading Lungs, Fire-Poison in throat
64. c. Shao Yang Syndrome, Stomach Yin Deficiency
65. d. Phlegm Obstructing the Channels, Deficient Spleen and Stomach Qi with Dampness
66. b. Deficient Kidney Yin and Yang
67. b. Liver Blood Deficiency Generating Wind
68. c. Damp-Heat
69. d. Shao Yang Syndrome
70. c. Deficient Lung Qi, Deficient Spleen Qi
71. d. Deficient Kidney Yang with Empty Cold Obstructing Uterus
72. d. Liver Stagnant Blood, Deficient Liver Blood, Kidney Yang Deficiency