

## FOUNDATIONS, ACUPUNCTURE, BIO-MEDICINE, CHINESE HERBAL MEDICINE

**Stage Three Review**

Review and know the following:

1. Description of all the pulses such as choppy, wiry, slippery, etc...
2. Symptoms of Heat
3. Patterns such as profuse, thick, yellow vaginal discharge without smell, poor appetite, loose stools, and edema in the legs. The tongue is pale with white greasy coating. The pulse is weak and slow. What is the pattern?
4. Foods recommended for a patient with arthritis where the pain shifts location and comes and goes such as: Fresh fruits, dandelion, cabbage, mung beans, winter melon, Scallions, grapes, tea, black beans, leafy vegetables, Barley, mung beans, red beans, mustard greens, cornsilk tea, Garlic, green onions, black beans, sesame seeds, chicken, lamb, etc...
5. What tongue do you expect to see with delayed menstruation, vaginal discharge, and infertility due to yang vacuity such as: Puffy and enlarged with teethmarks, or pale and lusterless, Green-blue purple tongue with dots, or pale purple glossy tongue, etc...
6. Food/meats such as \_\_\_\_\_ treats edema, abdominal distention and fullness, weak back and knees, and deficient stomach and spleen
7. Shortness of breath, cough, thin clear sputum, weak voice, daytime sweat, keeps quiet, bright-white face, tends to catch colds, and tiredness. What tongue is expected?
8. Epigastric pain which is dull and improves with pressure and heat. Appetite is poor. Her limbs tire easily and she feels cold. The tongue is pale and slightly swollen. The pulse is weak and deep. What is the diagnosis?
9. Low back pain, feels chilly, has frequent clear urination, wants to lie down and be covered, and has sharp and fixed stabbing pain in the lower abdomen with menstruation of dark purplish clots. After a month, she returns and also complains of new symptoms of dryness. What is the root for the dryness symptoms?
10. In five elements: loose stools, edema, and weak limbs is diagnoses as \_\_\_\_\_
11. Patient who is pregnant. Which of the following \_\_\_\_\_ vitamins would you recommend?
12. What are the signs and symptoms for Liver fire insulting the lungs, Liver invading the stomach, Stagnation of cold in the liver channel, Liver invading spleen.
13. What does a \_\_\_\_\_ tongue with \_\_\_\_\_ tend to signify?

14. The pathways of the cutaneous regions are associated with the \_\_\_\_\_
15. A 55 year old female lost her sense of smell and taste five years ago. She has a history of a sensation of a knot in the stomach. She has nausea. She is thirsty and drinks large amounts of water during the day. She has poor appetite and loose stools. She complains of bleeding gums. The tongue is red in the center with dry and yellow coating. The pulse is full and wiry. What are the patterns?
16. After giving birth, a woman has no breast milk, pale face, and poor appetite. The tongue is pale with little coating. The pulse is thin and weak. What is the pattern?
17. If an organ is diseased, one should avoid the taste related to the element that controls that element such as: Generating sequence, Seasonal sequence, Overacting sequence, Controlling sequence
18. Excess yang leading to deficient yin comes from S/S such as: excessive worry leading to weakness and fatigue, jogging leading to a very slow pulse, consumption of alcohol leading to a hang over, or exterior cold leading to internal heat, etc...
19. In assessing sores, which of the following \_\_\_\_\_ indicates the formation of pus?
20. Edema which first started on the feet and then spread over the whole body, sallow complexion, and weak back. The tongue is pale with this white coating. The pulse is deep and thin. What is the pattern?
21. 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?
22. Dysmenorrhea with dull pain at the end of menstruation that is better with warmth and pressure, pink and scanty and thin menses, and pale complexion. The tongue is pale. The pulse is weak. What is the pattern?
23. Which \_\_\_\_\_ level has big rapid, deep full rapid, or slippery rapid pulse?
24. Besides the nutritive qi level which \_\_\_\_\_ level has a fine rapid pulse?
25. Compare an intermittent pulse with a knotted pulse, also compare a knotted pulse, a hasty pulse and a choppy pulse.
26. Epigastric pain which is dull and improves with pressure and heat. Poor appetite and limbs tire easily and feeling cold. The tongue is pale and slightly swollen. The pulse is weak and deep. What is the diagnosis?
27. A 46 year old woman has had a duodenal ulcer for ten years. The pain is stabbing and radiates from the epigastrium to the 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 and full. What is the diagnosis?
28. The main manifestations of an interior full heat condition
29. Indications of a Yin symptom

30. What does a practitioner often use to take the pulse of a child
31. 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, empty and slightly wiry on the left. What is the treatment plan?
32. Children who stare straight ahead, are thirsty, have panting and chest oppression, hot breath in the mouth, arch their back and have spasms in the hands have a pattern of \_\_\_\_\_
33. A sticky, thick, offensive, and yellow vaginal discharge. There is itching in the vulva, dry stool, scanty urine. The tongue has a sticky yellow coating. The pulse is fast. That is the pattern?
34. A patient has dry stools which are difficult to pass, dry mouth and throat, and a thin body. What tongue is expected?
35. A child wets his bed several times during sleep while dreaming, sallow complexion, and poor appetite. The tongue is pale with white coating. The pulse is thin and weak. What is the pattern?
36. Five Element theory, \_\_\_\_\_ is the \_\_\_\_\_; (Controlling, Tonification, Sedation, Horary) Points
37. \_\_\_\_\_ share points with what other channel such as Ren, St, Chong, Dai
38. 4 point needle technique combination for SPLEEN DEFICIENCY, LIVER EXCESS, etc...
39. Channels of Hand Jue Yin, Hand Shao Yang, Foot Shao Yang, Foot Jue Yin, etc.. starts/originates from \_\_\_\_\_
40. Liver Primary Channel connects with \_\_\_\_\_
41. San Jiao and \_\_\_\_\_ channel enter to connect with their pertaining organs at \_\_\_\_\_
42. Channels of \_\_\_\_\_ reaches the following area \_\_\_\_\_
43. Exit points of \_\_\_\_\_ channels is also a \_\_\_\_\_ point / \_\_\_\_\_ area.
44. Window of the sky points
45. Front Mu points, Hui (influential) points, Confluent points
46. Sensation at the waist as though sitting in the water is one of the symptoms of \_\_\_\_ Mai
47. Du Mai, Ren Mai, Chong Mai, Dai Mai actions and channel flow.
48. Meeting point of Kidney channel and the Chong Vessel

49. The \_\_\_\_\_ extra vessel curves across the side of the head to meet with \_\_\_\_\_ (Feng Chi) and enters the brain
50. Functions, indications, locations of Master and couple points of all the \_\_\_\_\_ extra Vessel
51. Functions, indications, locations of Luo (Connecting), Point Yuan (source), Lower He (Sea) point, etc..
52. Entry and Exit points
53. Capillaries of the blood-brain barrier
54. Drug can have increased effectiveness and accelerated elimination lacks
55. Chief organ of drug biotransformation
56. Drugs subject to enterohepatic cycling
57. Molecule and its corresponding mirror-image which cannot be superimposed is
58. The potential for drugs to cause fetal malformation is termed
59. Alpha-sympathomimetics, Coumarin (warfarin), Beta-blockers, Serotonin (5-HT), Organic nitrates (e.g., nitroglycerin)
60. Side effect of ACE inhibitors, ASA (aspirin), Broncho-constriction can be precipitated by
61. Endorphins and enkephalins, Long-term use of glucocorticoids
62. Insulin
63. Symptoms of bronchiectasis, emphysema, trichomaniasis, strep throat, GERD, Celiac disease
64. Treatment for chlamydia, treatment of mono, treat Ulcerative Colitis
65. Best way to diagnosis chronic pancreatitis
66. Equipment must be sterilized in an autoclave with \_\_\_\_\_ pounds, \_\_\_\_\_degrees, \_\_\_\_\_ mins.
67. Decreased bile secretion results in feces with increased amounts \_\_\_\_\_
68. Side effects of ibuprofen, an NSAID
69. Major bloodborne pathogen presenting risk of infection in an acupuncture clinic.
70. Incubation period for Hepatitis
71. Cranial nerves functions vestibulocochlear cranial nerve (VIII) Optic (II), Oculomotor (III), Trochlear (IV), Abducens (VI), etc...
72. OSHA Bloodborne Pathogens Standard, “potentially infectious material”

73. Testicular neoplasms, Appendicitis Splenomegaly, Inguinal hernia, Pancreatitis
74. Herb secures the essence, stops enuresis, transforms hardness and dissolves stones
75. Formula warms the channels and expels cold, nourishes the Blood and Dispels Stasis, warms the uterus and the Chong and Ren meridians
76. Processing herbs, such as with wine or by toasting them, is used to
77. Types of herbs should be decocted first (before adding other herbs) or added near the end of the cooking process.
78. Combination of Chai Hu (Radix Bupleuri) and Huang Qin (Radix Scutellariae Bacalensis) would most likely be used for
79. Formula that treats deficiency of both Yin and Yang
80. Appropriate way to reduce the purgative effect of Da Huang (Radix et Rhizoma Rhei) is to:
81. Patient who had been prescribed Si Wu Tang (Four-Substance Decoction) presented with heat signs on a follow-up visit. What substitution should be made in the formula?
82. Recurrent cystitis has been under treatment with Zhi Bai Di Huang Wan (Anemarrhena, Phellodendron, and Rehmannia Six Pill). Her chief complaint on this visit is painful urination, difficulty in starting the flow of urine, and dark scanty urine. The pulse is slippery and rapid. The tongue has a yellow, greasy coating. At the next visit, the patient reports additional symptoms of irritability and headache. The best choice of herbs to add would be:
83. According to Wang Qing-Ren, the formula Bu Yang Huan Wu Tang in the treatment of hemiplegia requires the use of
84. Indications of Bai He Gu Jin Tang, Da Bu Yin Wan, Zhi Gan Cao Tang, Si Shen Wan, Gui Pi Tang, Si Ni San, Dang Gui Si Ni Tang, Dang Gui Si Ni Jia Wu Zhu Yu Sheng Jiang Tang, Da Qing Ling Tang
85. Indications for Bu Zhong Yi Qi Tang, Si Wu Tang, Si Jun Zi Tang, Xiao Yao Wan, Liu Wei Di Huang Tang, Tian Wang Bu Xin Dan, Liu Jun Zi Tang, Shen Ling Bai Zhu San, Dang Gui Bu Xue Tang
86. Ingredients for Yu Ping Feng, San Si Ni San, Dang Gui Bu Xue Tang, Jin Ling Zi san, Xiao Yao san, Dan Shen Yin, Qing Wei san
87. Patient was given Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet) for chronic low back pain. After one month, the symptoms have not improved. Additional symptoms now include weakness and stiffness of the lower extremities, aversion to cold and a preference for warmth, a pale tongue with a white coating, and a thin, weak, and slow pulse. Which formula is the most appropriate for the current situation?
88. Herbs that nourishes the Liver and Kidney Yin