

## THEORETICAL FOUNDATIONS, ACUPUNCTURE, CHINESE HERBAL MEDICINE

**Stage Two Review**

Review and know the followings:

1. Five Elements patterns and diagnosis such as: Wood overacting on Earth, Earth counteracting on Wood, Water counteracting on Earth, Fire overacting on Metal, etc...
2. Five Elements imbalances such as dream disturbed sleep and restlessness, severe pitting edema of the feet and ankles, dark circles under their eyes, tongue are deep red, and the pulse is full and rapid, etc....
3. Character of pains such as dull, and intermittent, fixed and stabbing, etc... and its relation to \_\_\_\_\_
4. Channel pathways such as pain traveling from the medial or lateral aspect of the \_\_\_\_\_ and with which channel is related to such as Leg Tai Yin Spleen Channel, Leg Jue Yin Liver Channel, etc...
5. All the signs of Qi Xu such as low energy, etc...
6. Sign and symptoms of Yin, Blood, Yang Deficiency, Phlegm, etc....
7. Signs of Exterior Syndrome, Wind-Cold Invasion, Lung Phlegm Heat, Phlegm-Damp Obstructing the Lung, etc...
8. Signs and symptoms, tongue and pulses leading to the diagnosis of
  - Damp-Heat in the Large Intestine
  - Cold invading the Large Intestine
  - Stomach Yin Deficiency
  - Spleen Yang Deficiency
  - Blazing Stomach Fire
  - Cold invading the Stomach
  - Heart Blood Deficiency
  - Heart Yin Deficiency
  - Heart Yang Deficiency
  - Heart Qi Deficiency
  - Kidney Yang Deficiency
  - Obstruction in the Kidney Channel
  - Interior Deficiency of Yin with Heat
  - Kidney Yin Deficiency
  - Liver Yin Deficiency
  - Liver Blood Deficiency
  - Spleen Qi Deficiency
  - Lung Qi Deficiency

Liver Qi Stagnation  
Kidney Yang Deficiency

9. Relations between signs and symptoms and the pulse.
10. Relations between signs and symptoms and the tongue.
11. Symptoms that are indicative of a Shao Yang syndrome, Yang Ming syndrome, Blood (Xue) Level syndrome, etc...
12. Oriental Medical differentiations of a COUGH, PALPITATIONS, EPIGASTRIC PAIN, VOMITING, EDEMA, PAINFUL URINATION, ENURESIS & INCONTINENCE, INSOMNIA, DYSMENORRHEA, DEAFNESS & TINNITUS, AMENORRHEA
13. Pain character of Wind-Bi (Painful Obstruction), Damp-Bi, Cold-Bi Syndromes, etc...
14. Over-thinking, over-studying, & taking long test, etc... consumes \_\_\_\_\_ and may lead to \_\_\_\_\_
15. The outward manifestation of shen (spirit) disturbance would be \_\_\_\_\_
16. Differential diagnosis correlate with WHITE, RED, YELLOW, or GRAY, etc... facial complexion.
17. Organs that correlate with the ROOT, TIP, SIDES, etc... of the tongue
18. Cause of numbness, tingling sensation relates to \_\_\_\_\_
19. Cause of internal heat condition are \_\_\_\_\_
20. Correct actions of Ren 3, 4, 6, 7, 8, 9, 10, etc...
21. Correct actions of Du 8, 9, 14, 20, etc...
22. Xi-Cleft, eight confluent, Lower He – Sea points,
23. Choosing certain points for a condition/s according to \_\_\_\_\_
24. Indication (scope of application) and contraindications for Electro – Acupuncture, moxibustion, cupping, bleeding, etc...
25. Auricular point location for lumbar vertebrae, tooth, sciatic nerve, heart, Shenmen, etc...
26. Chinese Scalp Acupuncture, which area of the motor line, sensor, etc... corresponds to the leg

27. Points if needled too deeply would pierce the transverse cervical artery
28. Meeting points for the spleen, liver, and kidney meridians
29. Electric Stimulation waveform is most tolerable and the stimulation feels weaker after a few minutes
30. What other Channel points are shared with the Dai Channel?
31. Which point is the Lower He-Sea point of the \_\_\_\_\_
32. Master & Coupled points of the Eight Extraordinary Meridians, how many of those are also Luo-Connecting points
33. Points and location indicated for constipation, “Stop Wheezing”, “Peaceful Sleep”,
34. In needling technique, to tonify, sedate, or even methods using lifting and thrusting, etc... with a large amplitude, and twisting the needle with a fast frequency, is used for what effect?
35. Common cause for a stuck needle is \_\_\_\_\_
36. Points corresponds to the spirit known as the HUN, ZHI, etc...
37. Which of the following are the entry and exit points for the \_\_\_\_\_
38. At which point do the yang qiao mai and yang wei mai meet
39. Which substance is supposed to decoct first, added near end, decocted in gauze, decayed separately or simmered, dissolved in the strained decoction
40. Herbs that is frying with vinegar can \_\_\_\_\_
41. \_\_\_\_\_ is used to extinguish the wind and stop tremors. It is named by it's \_\_\_\_\_
42. Techniques and process that transforms herbs such as:
  - Zheng (steaming)
  - Zhu (boiling)
  - Cui (quenching)
  - Ao (simmering)
  - Chao (dry-frying)
  - Zhi (frying with liquids)
  - Duan (calcining)
  - Wei (roasting in ashes)

43. Herbs pregnant woman should avoid \_\_\_\_\_
44. \_\_\_\_\_ is not supposed to combine with \_\_\_\_\_
45. Which herbs when combine will have the following actions:  
 Xiang Xu (mutual accentuation or mutual necessity)  
 Xiang Shi (mutual enhancement or mutual employment)  
 Xiang Wei (mutual counteraction or mutual fear)  
 Xiang Sha (mutual suppression or mutual killing)
46. Use of ginger juice to process \_\_\_\_\_ because \_\_\_\_\_
47. The five tastes Wu Wei and its functions such as: \_\_\_\_\_ taste leech out dampness & promote urination, etc...
48. \_\_\_\_\_ used to treat irritability, vomiting, and diarrhea. Which channel does it go \_\_\_\_\_
49. The most celebrated herbal book which was composed by \_\_\_\_\_ is \_\_\_\_\_
50. Best time to harvest herbs is \_\_\_\_\_
51. Herbs such as \_\_\_\_\_ is sour, bitter, or sweet, etc.....
52. Substances uses in small dosage are usually \_\_\_\_\_
53. \_\_\_\_\_ is incompatible with \_\_\_\_\_
54. The root, stem, leaf, flower refers to such as: folium, radix, flos, caulis, etc...
55. The seed, bark, fruit, etc... refers to such as: cortex, herba, fructus, semen, etc...
56. The pinyin name such as Pi, Cao, Guo, Zi, Hua, Ye, Shen etc.. which refers to seed, bark, fruit, leaf, etc...