

**ICAOM Staged Learning Examination (SLE)
Level 1 Question Study Guide**

Foundations (LEVEL 1)

1. Explain the theory of *yinyang* 陰陽 (dynamically opposed forces) and its application to *bianzheng* 辨證 (differential pattern diagnosis).
2. Explain the theory of *wuxing* 五行 (five elemental-phases) and its application to pattern diagnosis.
3. Explain the theory of *liujing* 六精 (six essential-substances): *shen* 神 (spirit), *qi* 氣 (energy), *xue* 血 (blood), *jing* 精 (reproductive essence), *jinye* 津液 (body fluids), and *sui* 髓 (marrow), and its application to pattern diagnosis.
4. Explain the theories of *qixue* 氣血 (energy & blood) and *bagang* 八綱 (eight principles) pathologies and their application to pattern diagnosis.
5. Explain the theories of *zangfu* 臟腑 (solid & hollow organs) and *jingluo* 經絡 (channels & collaterals) and their application to pattern diagnosis.
6. Explain the theories of *liuqi* 六氣 (six atmospheric influences), *qiqing* 七情 (seven emotional influences), and *bunei buwai yinbing* 不內不外因病 (miscellaneous causes of disease), and their application to pattern diagnosis.
7. Explain the theory of *biaoben* 標本 (root & branch) and its application to pattern diagnosis.
8. Explain the theory of *liujing* 六經 (six channel-stages) in relation to *shanghan* 傷寒 (cold damage) theory and its application to pattern diagnosis.
9. Explain the theory of *wei qi ying xue bianzheng* 衛氣營血辨證 (“four level” diagnosis) and *sanjiao* 三焦 (three warmers) differentiation in relation to *wenbing* 溫病 (warm disease) theory and its application to pattern diagnosis.
10. Detail the essential health information to be obtained from *wenzhen* 問診 (inquiry) via the medical interview regarding the patient’s chief complaint (e.g., onset, severity, frequency & duration, functional changes, aggravations & ameliorations, response to treatment).
11. Describe what diagnostic information can be learned from *wangzhen* 望診 (observation) of the *rongse* 榮色 (facial complexion, e.g., red, malar flush, pale, sallow, jaundiced, dark, etc.), as well as observation of the *she* 舌 (tongue), including: color, coating, shape, and moisture.
12. Describe what other diagnostic information can be learned through observation (e.g., hair, eyes, nose, lips, teeth, ears, throat, skin, nails, torso, limbs, abdomen, hands, feet, movement, behavior, etc.), including subjective or objective information about secretions and excretions (e.g., sweat, saliva, tears, mucous, urine, feces, vomit, pus, ear wax, menses, etc.).
13. Describe what diagnostic information can be learned from auscultation/olfaction *wenzhen* 聞診 (auscultation, e.g., chest sounds, bowel sounds, speech patterns, joint crepitus, etc.; olfaction, e.g., secretions & excretions, breath, body, etc.).
14. Describe what diagnostic information can be learned from interrogation, or the *shiwèn* 十問 (Ten Questions, e.g., temperature, perspiration, respiration, pain, sleep, exercise, diet, appetite & thirst, digestion, urination, reproduction, skin, musculoskeletal, emotions, memory & cognition, weight loss/gain, etc.).
15. Describe what diagnostic information is unique to pediatric and geriatric patients.
16. Describe what diagnostic information can be learned from *anzhen* 按診 (palpation) of the body, including areas of pain, tenderness, numbness, tingling, sensitivity (e.g., channels, acupoints, musculature, abdomen, etc.).
17. Describe what diagnostic information can be learned from palpation of the *cunkou* 寸口 (radial pulse), including rate, depth, strength, length, width, and quality.
18. Describe the essential features of Japanese Hara 腹 (abdominal) diagnosis.

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Acupuncture (LEVEL 1)

1. Describe the range of commonly used *haozhen* 毫針 (filiform needles), including length, gauge, and materials, as well as the strengths and limitations of the various types of filiform needles in clinical practice.
2. Describe important guidelines regarding correct positioning and draping of the patient.
3. Describe the essentials of Clean Needle Technique (CNT).
4. Describe the stages of needling (insertion-withdrawal), including various *xingzhen* 行針 (needle manipulations) to obtain the *deqi* 得氣 (arrival of *qi*) sensation: e.g., *ticha* 提插 (lifting & thrusting), *nianzhuang* 捻轉 (twirling & twisting), and *zhenchan* 震顫 (shaking & vibrating).
5. Describe the various *bu* 補 (tonification, reinforcing) and *xie* 瀉 (sedation, reducing) techniques, including rate of insertion, angle of insertion, coordination of insertion and withdrawal with the breath, opening & closing acupoints after withdrawal, etc.
6. Describe the important safety points regarding angles and depths of needle insertion based on current knowledge of human anatomy.
7. Compare and contrast the classical needling techniques: *shaoshanhuo* 燒山火 (burning the mountain fire) & *toutianliang* 透天涼 (penetrating heaven's coolness) from the *Jinzheng Fu* 金針賦 (Ode to the Golden Needle, c.1600).
8. Describe the functions, indications, and safety concerns of *dianzhen* 電針 (electro-acupuncture using microcurrent), including the correct clinical procedures.
9. Compare and contrast microcurrent with trans-cutaneous neural stimulation (TENS).
10. What procedures are followed in the case of a clinical emergency, including fainting, shock, bleeding, broken needles, stuck needles, and burns.
11. Describe the internal and external pathways of the twelve *jingmai* 經脈 (primary channels).
12. Explain how the theory of *luomai* 絡脈 (connecting channels), *jinjing* 筋經 (sinew channels), and the *jingbie* 經別 (channel divergences) are applied to the practice of acupuncture.
13. Explain how the theory of *bamai qijing* 八脈奇經 (eight extraordinary channels) is applied to acupuncture, including the *bamai jiaohuixue* 八脈交會穴 (influential points of the eight channels).
14. Describe the *xuelei* 穴類 (acupoint categories) and locations of **commonly used** acupoints, as well as commonly used new and miscellaneous acupoints. **[A3a]**

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Herbology (LEVEL 1)

1. Identify the standard species of commonly used medicinals in the *bencao* 本草 (materia medica).
2. Identify the components of the pharmaceutical name of commonly used medicinals.
3. Identify the functions of the different flavors (e.g., bitter, sweet, acrid, salty, sour, bland, aromatic) in Chinese Herbology, and the categories of medicinals those flavors commonly appear (e.g., release exterior, clear heat, tonify blood, etc.).
4. Explain how the temperature of medicinals effects their therapeutic action.
5. Explain how the directional properties and channel tropism of medicinals effects their therapeutic action.
6. Identify the cautions and contraindications of commonly used medicinals.
7. Identify the functions and common indications of **commonly used** medicinals and formulas.
8. Identify endangered species used in Chinese herbology and appropriate substitutions.
9. Identify common contaminants to medicinals in the pharmacy (e.g., mold, rancidity, infestation, etc.) and strategies to monitor and prevent such contamination, including proper storage.
10. Detail the strategies used for the construction and modification of an herbal formula according to the patient's condition.
11. Detail the role of medicinals in a formula according to the theory of *jun* 君 (ruler), *chen* 臣 (minister), *zuo* 佐 (assistant), and *shi* 使 (envoy).
12. Identify the *bafa* 八法 (eight methods) of Chinese herbology and their function, indications, cautions, and contraindications.
13. Explain the rules/laws and methods used for calibrating scales for use in herbal prescribing, including the different types of scales commonly used (e.g., traditional, triple balance-beam, digital, etc.).
14. Detail the required cleaning and maintenance of equipment used in herbal prescribing.

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Biomedicine (LEVEL 1)

1. Explain the normal function of the body's organs and systems (e.g., musculoskeletal, integumentary, circulatory, respiratory, nervous, immune, digestive, hepatic & biliary, renal & urinary, and reproductive).
2. Explain the potential abnormal functioning (pathophysiology) of the body's organs and systems and the **common diseases** this generates.
3. Detail the essential health information to be obtained from the medical interview regarding the patient's chief complaint from a Biomedical perspective.
4. Detail risk factors based on a patient's family medical history from a Biomedical perspective.
5. Detail risk factors based on a patient's personal, social, and occupational history from a Biomedical perspective.
6. Detail general health promotion and maintenance guidelines from a Biomedical perspective.
7. Detail the essentials of Cardio-Pulmonary Resuscitation (CPR).
8. Identify common bloodborne pathogens, communicable and infectious diseases and their routes of transmission, and the universal precautions to prevent their spread.
9. Detail the procedures to be followed in the case of a contaminated needle stick.

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For the following two-hundred (200) **commonly used** acupoints, students must know the names, categories, locations, functions, and cautions & contraindications.

Hand Taiyin Lung Channel (手太陰肺經 *shou taiyin fei jing*) [8 pts]

- LU-1 (*zhongfu* 中府, central storehouse)
- LU-3 (*tianfu* 天府, heavenly storehouse)
- LU-5 (*chize* 尺澤, cubit marsh)
- LU-6 (*kongzui* 孔最, collection hole)
- LU-7 (*lieque* 列缺, broken sequence)
- LU-9 (*taiyuan* 太淵, great abyss)
- LU-10 (*yuji* 魚際, fish border)
- LU-11 (*shaoshang* 少商, minor merchant)

Hand Yangming Large Intestine Channel (手陽明大腸經 *shou yangming dachang jing*) [11 pts]

- LI-4 (*hegu* 合谷, gathering valley)
- LI-8 (*xialian* 下廉, lower ridge)
- LI-9 (*shanglian* 上廉, upper ridge)
- LI-10 (*shousanli* 手三里, arm three miles)
- LI-11 (*quchi* 曲池, crooked pond)
- LI-12 (*zhouliao* 肘髎, elbow bone-hole)
- LI-14 (*binao* 臂臑, upper arm)
- LI-15 (*jiangu* 肩髃, shoulder bone)
- LI-16 (*jugu* 巨骨, large bone)
- LI-18 (*futu* 扶突, protuberance assistant)
- LI-20 (*yingxiang* 迎香, welcome fragrance)

Foot Yangming Stomach Channel (足陽明胃經 *zu yangming wei jing*) [22 pts]

- ST-2 (*sibai* 四白, four whites)
- ST-4 (*dicang* 地倉, earth granary)
- ST-6 (*jiache* 頰車, jaw mover)
- ST-7 (*xiaguan* 下關, below the hinge)
- ST-8 (*touwei* 頭維, head corner)
- ST-9 (*renying* 人迎, mankind's prognosis)
- ST-12 (*quepen* 缺盆, hollow basin)
- ST-17 (*ruzhong* 乳中, breast center)
- ST-21 (*liangmen* 梁門, beam gate)
- ST-25 (*tianshu* 天樞, heavenly pivot)
- ST-28 (*shuidao* 水道, water passages)
- ST-31 (*biguan* 髌關, thigh hinge)
- ST-34 (*liangqiu* 梁丘, beam hill)
- ST-35 (*dubi* 犢鼻, calf's nose)
- ST-36 (*zusanli* 足三里, leg three miles)
- ST-37 (*shangjuxu* 上巨虛, upper great emptiness)

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- ST-38 (*tiaokou* 條口, narrow opening)
- ST-40 (*fenglong* 豐隆, bountiful bulge)
- ST-41 (*jiexi* 解谿, divided gorge)
- ST-42 (*chongyang* 冲陽, surging yang)
- ST-43 (*xiangu* 陷谷, sunken valley)
- ST-44 (*neiting* 內庭, inner courtyard)

Foot Taiyin Spleen Channel (足太陰脾經 *zu taiyin pi jing*) [9 pts]

- SP-1 (*yinbai* 隱白, hidden white)
- SP-3 (*taibai* 太白, great white [Venus])
- SP-4 (*gongsun* 公孫, grandfathers & grandsons)
- SP-6 (*sanyinjiao* 三陰交, three yin meeting)
- SP-8 (*diji* 地機, earth mechanism)
- SP-9 (*yinglingquan* 陰陵泉, yin mound spring)
- SP-10 (*xuehai* 血海, sea of blood)
- SP-15 (*daheng* 大橫, great horizontal)
- SP-21 (*dabao* 大包, great container)

Hand Shaoyin Heart Channel (手少陰心經 *shou shaoyin xin jing*) [7 pts]

- HT-1 (*jiquan* 極泉, utmost spring)
- HT-3 (*shaohai* 少海, minor sea)
- HT-5 (*tongli* 通里, connecting miles)
- HT-6 (*yingxi* 陰郄, yin cleft)
- HT-7 (*shenmen* 神門, spirit gate)
- HT-8 (*shaofu* 少府, minor storehouse)
- HT-9 (*shaochong* 少冲, minor surge)

Hand Taiyang Small Intestine Channel (手太陽小腸經 *shou taiyang xiaochang jing*) [13 pts]

- SI-3 (*houxi* 後谿, behind the creek)
- SI-4 (*wangu* 腕骨, wrist bone)
- SI-8 (*xiaohai* 小海, minor sea)
- SI-9 (*jianzhen* 肩貞, shoulder correction)
- SI-10 (*naoshu* 臑俞, upper-arm associated-acupoint)
- SI-11 (*tianzong* 天宗, heavenly gathering)
- SI-12 (*bingfeng* 秉風, grasping the wind)
- SI-13 (*quyuan* 曲垣, crooked wall)
- SI-14 (*jianwaishu* 肩外俞, outer shoulder associated-acupoint)
- SI-15 (*jianzhongshu* 肩中俞, central shoulder associated-acupoint)
- SI-16 (*tianchuang* 天窗, heavenly window)
- SI-17 (*tianrong* 天容, heavenly receiver)
- SI-19 (*tinggong* 聽宮, palace of hearing)

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Foot Taiyang Urinary Bladder Channel (足太陽膀胱經 *zu taiyang pangguang jing*) [37 pts]

- UB-1 (*jingming* 睛明, bright eyes)
- UB-2 (*zanzhu* 攢竹, bamboo grove)
- UB-10 (*tianzhu* 天柱, heavenly pillar)
- UB-11 (*dazhu* 大杼, big shuttle)
- UB-12 (*fengmen* 風門, wind gate)
- UB-13 (*feishu* 肺俞, lung associated-acupoint)
- UB-14 (*jueyinshu* 厥陰俞, “pericardium” associated-acupoint)
- UB-15 (*xinshu* 心俞, heart associated-acupoint)
- UB-16 (*dushu* 督俞, governing associated-acupoint)
- UB-17 (*geshu* 膈俞, diaphragm associated-acupoint)
- UB-18 (*ganshu* 肝俞, liver associated-acupoint)
- UB-19 (*danshu* 膽俞, gallbladder associated-acupoint)
- UB-20 (*pishu* 脾俞, spleen associated-acupoint)
- UB-21 (*weishu* 胃俞, stomach associated-acupoint)
- UB-22 (*sanjiaoshu* 三焦俞, triple warmer associated-acupoint)
- UB-23 (*shenshu* 腎俞, kidney associated-acupoint)
- UB-25 (*dachangshu* 大腸俞, large intestine associated-acupoint)
- UB-27 (*xiaochangshu* 小腸俞, small intestine associated-acupoint)
- UB-28 (*pangguangshu* 膀胱俞, urinary bladder associated-acupoint)
- UB-31 (*shangliao* 上髎, upper bone-hole)
- UB-32 (*ciliao* 次髎, second bone-hole)
- UB-37 (*yinmen* 殷門, abundant gate)
- UB-39 (*weiyang* 委陽, bending *yang*)
- UB-40 (*weizhong* 委中, middle of the bend)
- UB-42 (*pohu* 魄戶, door of the corporeal soul)
- UB-43 (*gaohuangshu* 膏肓俞, associated-acupoint of the *gaohuang*)
- UB-44 (*shentang* 神堂, spirit hall)
- UB-47 (*hunmen* 魂門, gate of the ethereal soul)
- UB-49 (*yishe* 意舍, house of the intellect)
- UB-52 (*zhishi* 志室, room of the emotions)
- UB-54 (*zhibian* 秩邊, sequential limit)
- UB-57 (*chengshan* 承山, support the mountain)
- UB-58 (*feiyang* 飛揚, taking flight)
- UB-60 (*kunlun* 崑崙, Kunlun Mountains)
- UB-62 (*shenmai* 申脈, extending vessel)
- UB-64 (*jinggu* 京骨, capital bone)
- UB-67 (*zhiyin* 至陰, reaching the end)

Foot Shaoyin Kidney Channel (足少陰腎經 *zu shaoyin shen jing*) [11 pts]

- KD-1 (*yongquan* 湧泉, surging spring)
- KD-2 (*rangu* 然谷, burning valley)
- KD-3 (*taixi* 太谿, great creek)
- KD-6 (*zhaohai* 照海, shining sea)

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KD-7 (*fuliu* 復溜, recover the flow)
KD-10 (*yingu* 陰谷, dark valley)
KD-23 (*shenfeng* 神封, spirit seal)
KD-24 (*lingxu* 靈墟, spirit ruins)
KD-25 (*shencang* 神藏, spirit storage)
KD-26 (*yuzhong* 彀中, flourishing center)
KD-27 (*shufu* 俞府, associated-acupoint of the storehouse)

Hand Jueyin Pericardium Channel (手厥陰心包經 *shou jueyin xinbao jing*) [6 pts]

PC-3 (*quze* 曲澤, crooked marsh)
PC-5 (*jianshi* 間使, intermediary envoy)
PC-6 (*neiguan* 內關, inner pass)
PC-7 (*daling* 大凌, large mound)
PC-8 (*laogong* 勞宮, palace of toil)
PC-9 (*zhongchong* 中衝, central hub)

Hand Shaoyang Sanjiao Channel (手少陽三焦經 *shou shaoyang sanjiao jing*) [10 pts]

SJ-3 (*zhongzhu* 中渚, central isle)
SJ-4 (*yangchi* 陽池, sunny pond)
SJ-5 (*waiguan* 外關, outer pass)
SJ-6 (*zhigou* 支溝, branch ditch)
SJ-8 (*sanyangluo* 三陽絡, three yang connection)
SJ-10 (*tianjing* 天井, heavenly well)
SJ-14 (*jianliao* 肩髃, shoulder bone-hole)
SJ-16 (*tianyou* 天牖, heavenly window)
SJ-17 (*yifeng* 翳風, screen the wind)
SJ-21 (*ermen* 耳門, ear gate)

Foot Shaoyang Gall Bladder Channel (足少陽膽經 *zu shaoyang dan jing*) [18 pts]

GB-1 (*tongziliao* 瞳子髃, pupil bone-hole)
GB-2 (*tinghui* 聽會, hearing convergence)
GB-8 (*shuaigu* 率谷, valley leader)
GB-14 (*yangbai* 陽白, yang white)
GB-20 (*fengchi* 風池, wind pool)
GB-21 (*jianjing* 肩井, shoulder well)
GB-24 (*riyue* 日月, sun & moon)
GB-25 (*jingmen* 京門, capital gate)
GB-26 (*daimai* 帶脈, girdle vessel)
GB-29 (*juliao* 居髃, squatting bone-hole)
GB-30 (*huantiao* 環跳, jumping around)
GB-31 (*fengshi* 風市, wind market)
GB-34 (*yanglingquan* 陽陵泉, yang mound spring)
GB-37 (*guangming* 光明, bright light)

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- GB-39 (*suihui* 髓會, marrow convergence)
- GB-40 (*qiuxu* 丘墟, hill ruins)
- GB-41 (*zulinqi* 足臨泣, foot arriving tears)
- GB-43 (*xiaxi* 俠谿, wide ravine)

Foot Jueyin Liver Channel (足厥陰肝經 *zu jueyin gan jing*) [9 pts]

- LR-2 (*xingjian* 行間, moving between)
- LR-3 (*taichong* 太沖, great surge)
- LR-4 (*zhongfeng* 中封, central mound)
- LR-5 (*ligou* 蠱溝, woodworm canal)
- LR-6 (*zhongdu* 中都, central capital)
- LR-8 (*ququan* 曲泉, spring at the bend)
- LR-12 (*jimai* 急脈, urgent vessel)
- LR-13 (*zhangmen* 章門, camphor gate)
- LR-14 (*qimen* 期門, time-period gate)

Conception Vessel (任脈 *ren mai*) [14 pts]

- Ren-1 (*huiyin* 會陰, meeting of yin)
- Ren-3 (*zhongji* 中極, extreme center)
- Ren-4 (*guanyuan* 關原, source pass)
- Ren-6 (*qihai* 氣海, sea of qi)
- Ren-8 (*shenque* 神闕, spirit gate-tower)
- Ren-9 (*shuifen* 水分, water divide)
- Ren-12 (*zhongwan* 中脘, central venter)
- Ren-13 (*shangwan* 上脘, upper venter)
- Ren-14 (*juque* 巨闕, large gate-tower)
- Ren-15 (*jiuwei* 鳩尾, turtledove tail)
- Ren-17 (*tanzhong* 膻中, chest center)
- Ren-22 (*tiantu* 天突, heavenly chimney)
- Ren-23 (*lianquan* 廉泉, ridge spring)
- Ren-24 (*chengjiang* 承漿, sauce receptacle)

Governing Vessel (督脈 *du mai*) [8 pts]

- DU-1 (*changqiang* 長強, long & strong)
- DU-4 (*mingmen* 命門, life gate)
- DU-8 (*jinsuo* 筋縮, sinew contraction)
- DU-14 (*dazhui* 大椎, great hammer)
- DU-16 (*fengfu* 風府, wind palace)
- DU-20 (*baihui* 百會, hundred convergences)
- DU-23 (*shangxing* 上星, upper star)
- DU-26 (*renzhong* 人中, mankind's center)

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Miscellaneous Acupoints (雜針灸穴 *za zhenjiu xue*) [17 pts]

- M-HN-1 (*sishencong* 四神聰, four intelligences)
- M-HN-3 (*yintang* 印堂, official-seal hall)
- M-HN-9 (*taiyang* 太陽, greater yang)
- MHN-14 (*bitong* 鼻通, nasal flow)
- M-HN-30 (*bailao* 百勞, hundred labors)
- M-HN-54 (*anmian* 安眠, peaceful sleep)
- M-HN-20 (*jinjin yuye* 金津玉液, gold & jade fluids)
- M-CA-18 (*zigong* 子宮, child's palace)
- M-BW-1 (*dingchuan* 定喘, stop wheezing)
- M-BW-24 (*yaoyan* 腰眼, lumbar eyes)
- M-BW-35 (*Hua Tuo Jiaji* 華佗夾脊, Hua Tuo's paraspinal acupoints)
- M-UE-22 (*baxie* 八邪, eight evils)
- M-UE-24 (*luozhen* 落振, cyclical fall & rise)
- M-LE-8 (*bafeng* 八風, eight winds)
- M-LE-13 (*lanweixue* 蘭尾穴, appendix acupoint)
- M-LE-23 (*dannangxue* 膽囊穴, gallbladder acupoint)
- M-LE-27 (*heding* 鶴頂, crane's top)

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For the following one-hundred (100) **commonly used** medicinals, students must know the names (*pinyin* & pharmaceutical), categories, functions, and cautions & contraindications.

RELEASE THE EXTERIOR [12 herbs]

Baizhi 白芷 (Angelicae Dahuricae Radix)
Bohe 薄荷 (*Mentha haplocalyx* Briq., Herba)
Chaihu 柴胡 (*Bupleurum chinense* D.C., Radix)
Fangfeng 防風 (Ledebouriellae Radix)
Gegen 葛根 (Peurariae Radix)
Guizhi 桂枝 (*Cinnamomum cassia* Blume Ramulus)
Jingjie 荊芥 (*Schizonepeta tenuifolia* Briq., Herba seu Flos)
Mahuang 麻黃 (*Ephedra sinica* Stapf., Herba)
Qianghuo 羌活 (Notopterygii Radix et Rhizoma)
Shengjiang 生薑 (*Zingiber officinale* Rosc., Rhizoma recens)
Shengma 升麻 (Cimicifugae Rhizoma)
Xixin 細辛 (Asari Herba cum Radice)

REGULATE QI [6 herbs]

Chenpi 陳皮 (*Citrus reticulata* Blanco, Pericarpium)
Chuanlianzi 川楝子 (*Melia toosendan* Sieb. Et Zucc., Fructus)
Muxiang 木香 (*Aucklandia lappa* Decne., Radix)
Wuyao 烏藥 (*Lindera strychnifolia* (Sieb. Et Zucc.) Villar, Radix)
Xiangfu 香附 (*Cyperus rotundis* L., Rhizoma)
Zhishi 枳實 (*Citrus aurantium* L., Fructus)

REGULATE BLOOD [8 herbs]

Danshen 丹參 (*Salvia miltiorrhiza* Bge., Radix)
Chishao 赤芍 (Paeoniae Rubrae, Radix)
Chuanxiong 川芎 (*Ligusticum wallichii* Hort., Radix)
Honghua 紅花 (*Carthamus tinctorius* L., Flos)
Moyao 沒藥 (*Commiphora myrrha* Engl., Resina)
Niuxi 牛膝 (*Achyranthes bidentata* Bl., Radix)
Ruxiang 乳香 (*Boswellia carterii* Birdw., Resina)
Taoren 桃仁 (*Prunus persica* (L.) Batsch., Semen)

STOP BLEEDING [4 herbs]

Cebaiye 側柏葉 (*Biota orientalis* (L.) Endl., Cacumen)
Diyu 地榆 (*Sanguisorba officinalis* L., Radix)
Qiancaogen 茜草根 (*Rubiae cordifolia* L., Radix)
Sanqi 三七 (*Panax notoginseng* (Burk.) F.H. Chen., Radix)

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TONIFY QI [6 herbs]

Baizhu 白朮 (*Atractylodes macrocephala* Koidz., Rhizoma)
Dazao 大棗 (*Ziziphus jujubae* Mill., Fructus)
Huangqi 黃耆 (*Astragalus membranaceus* (Fisch.) Bge., Radix)
Ren Shen 人參 (*Panax ginseng* C.A. Mey, Radix)
Shanyao 山藥 (*Dioscorea opposita* Thunb., Radix)
Zhigancao 炙甘草 (*Glycyrrhiza uralensis* Fischer, Radix Preperata)

TONIFY BLOOD [4 herbs]

Baishao 白芍 (*Paeonia lactiflora* Pall., Radix)
Danggui 當歸 (*Angelica sinensis* (Oliv.) Diels, Radix)
Gouqizi 枸杞子 (*Lycium barbarum* L., Fructus)
Shudihuang 熟地黃 (*Rehmannia glutinosa* (Gaertn.) Libosch., Radix Preperata)

TONIFY YIN [4 herbs]

Baihe 百合 (*Lilii Bulbus*)
Maimendong 麥門冬 (*Ophiopogonis Tuber*)
Tianmendong 天門冬 (*Asparagi cochinchinensis* (Lour.) Merr., Tuber)
Yuzhu 玉竹 (*Polygonatum odoratum* (Mill.) Druce, Rhizoma)

TONIFY YANG [5 herbs]

Bajitian 巴戟天 (*Morinda officinalis* How, Radix)
Duzhong 杜仲 (*Eucommia ulmoides* Oliv., Cortex)
Roucongong 肉蓯蓉 (*Cistanche deserticola* Y.C. Ma., Herba)
Tusizi 菟絲子 (*Cuscuta chinensis* Lam., Semen)
Xudian 續斷 (*Dipsacus asper* Wall., Radix)

WARM THE INTERIOR [3 herbs]

Fuzi 附子 (*Aconitum carmichaeli* Debx., Radix Lateralis)
Ganjiang 乾薑 (*Zingiber officinallis* Rosc., Rhizoma)
Rougui 肉桂 (*Cinnamomum cassia* Blume, Cortex)

CLEAR HEAT [12 herbs]

Huangbai 黃柏 (*Phellodendri Cortex*)
Huanglian 黃連 (*Coptis chinensis* Franch., Rhizoma)
Huangqin 黃芩 (*Scutellaria baicalensis* Georgi., Radix)
Jinyinhua 金銀花 (*Lonicera japonica* Thunb., Flos)
Lianqiao 連翹 (*Forsythia suspensa* (Thunb.) Vahl, Fructus)
Longdancao 龍膽草 (*Gentianae Radix*)
Mudanpi 牡丹皮 (*Paeonia suffruticosa* Andr., Cortex)
Shigao 石膏 (*Calcium Sulfate*, Gypsum)

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Shengdihuang 生地黃 (*Rehmannia glutinosa* (Gaertn.) Libosch., Radix)

Xuanshen 玄參 (Scrophulariae Radix)

Zhimu 知母 (*Anemarrhena asphodeloides* Bge., Rhizoma)

Zhizi 梔子 (*Gardenia jasminoides* Ellis, Fructus)

DRAIN DAMPNESS [4 herbs]

Fuling 茯苓 (*Poria cocos* (Schw.) Wolf, Sclerotium)

Zexie 澤瀉 (*Alisma palntago-aquatica* L. var. *orientale* Samuels, Rhizoma)

Mutong 木通 (Akebiae Caulis)

Yiyiren 薏苡仁 (*Coix lachrymal jobi* L., Semen)

TRANSFORM DAMPNESS [4 herbs]

Cangzhu 蒼朮 (Atractylodis Rhizoma)

Houpo 厚朴 (*Magnolia officinalis* Rehd. Et Wils, Cortex)

Huoxiang 藿香 (Agastaches seu Pogostemi Herba)

Sharen 砂仁 (Amomi Fructus)

TRANSFORM PHLEGM [7 herbs]

Banxia 半夏 (*Pinellia ternate* (Thunb.) Breit., Rhizoma)

Beimu 貝母 (Fritillariae Bulbus)

Dannanxing 膽南星 (Arisaematis Rhizoma Pulvis cum Felle Bovis)

Jiegeng 桔梗 (*Platycodon grandiflorum* (Jacq.) A. DC., Radix)

Sangbaipi 桑白皮 (*Morus alba* L., Cortex Radicis)

Xingren 杏仁 (*Prunus armeniaca*, L., Semen)

Zhuru 竹茹 (Bambusae Caulis)

RELIEVE FOOD STAGNATION [2 herbs]

Shanzha 山楂 (Crataegi Fructus)

Shenqu 神曲 (Massa Fermentata)

DISPEL WIND-DAMP [PAINFUL OBSTRUCTION] [5 herbs]

Duhuo 獨活 (*Angelica pubescens* Maxim., Radix)

Qinjiao 秦艽 (Gentianae Qinjiao Radix)

Sangzhi 桑枝 (*Morus alba* L., Ramulus)

Weilingxian 威靈仙 (Clematidis Radix)

Wujiapi 五加皮 (Acanthopanax gracilistylus W.W. Smith., Cortex)

STABILIZE & BIND [2 herbs]

Shanzhuyu 山茱萸 (*Cornus officinalis* Sieb. et Zucc., Fructus)

Wuweizi 五味子 (*Schisandra chinensis* (Turcz.) Baill., Fructus)

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DRAIN DOWNWARD [2 herbs]

Dahuang 大黃 (*Rhei Radix et Rhizoma*)

Huomaren 火麻仁 (*Cannabis sativa* L., Semen)

CALM THE SPIRIT [5 herbs]

Baiziren 柏子仁 (*Biotae orientalis* L., Semen)

Muli 牡蠣 (*Ostreae, Concha*)

Suanzaoren 酸棗仁 (*Ziziphus spinosa* Hu., Semen)

Yejiateng 夜交藤 (*Polygonum multiflorum* Thunb., Caulis)

Yuanzhi 遠志 (*Polygala tenuifolia* Willd., Radix)

EXTINGUISH WIND [2 herbs]

Tianma 天麻 (*Gastrodia elata*, Blume, Rhizoma)

Gouteng 鉤藤 (*Uncaria, Ramulus cum Uncis*)

OPEN THE ORIFICES [2 herbs]

Bingpian 冰片 (*Borneol Camphor*)

Shichangpu 石菖蒲 (*Acorus gramineus* Soland., Rhizoma)

EXPEL PARASITES [1 herbs]

Binglang 檳榔 (*Areca catechu* L., Semen)

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For the following one-hundred (100) **commonly used** herbal formulas, students must know the names (*pinyin* & English translation), categories, functions, and cautions & contraindications.

RELEASE THE EXTERIOR [10 formulas]

Cangerzi San 蒼耳子散 (Xanthium Powder)
Chuanxiong Chatiao San 川芎茶調散 (Ligusticum & Tea Powder)
Gegen Tang 葛根湯 (Kudzu Decoction)
Guizhi Tang 桂枝湯 (Cinnamon Twig Decoction)
Mahuang Tang 麻黃湯 (Ephedra Decoction)
Qianglan Tang 羌蘭湯 (Notoptergium & Isatis Decoction)
Renshen Baidu San 人參敗毒散 (Ginseng Overcome Toxicity Powder)
Sangju Yin 桑菊飲 (Mulberry & Chrysanthemum Decoction)
Xiao Qinglong Tang 小青龍湯 (Minor Green Dragon Decoction)
Yinqiao San 銀翹散 (Honeysuckle & Forsythia Powder)

HARMONIZE [4 formulas]

Chaihu Shugan San 柴胡疏肝散 (Bupleurum Spread the Liver Powder)
Sini San 四逆散 (Four Rebellions Powder)
Xiao Chaihu Tang 小柴胡湯 (Minor Bupleurum Decoction)
Xiaoyao San 逍遙散 (Free & Easy Wanderer Powder)

REGULATE QI [5 formulas]

Banxia Houpo Tang 半夏厚朴湯 (Pinellia & Magnolia Decoction)
Dingchuan Tang 定喘湯 (Calm Wheezing Decoction)
Dingxiang Shidi Tang 丁香柿蒂湯 (Cloves & Persimmon Calyx Decoction)
Tiantai Wuyao San 天臺烏藥散 (Excellent Lindera Powder)
Yueju Wan 越鞠丸 (Escape Constraint Pill)

REGULATE BLOOD [6 formulas]

Buyang Huanwu Tang 補陽還五湯 (Tonify Yang & Restore Five Decoction)
Danshen Yin 丹蔘飲 (Salvia Decoction)
Dieda Wan 跌打丸 (Traumatic Injury Pill)
Guizhi Fuling Wan 桂枝茯苓丸 (Cinnamon & Poria Pill)
Shaofu Zhuyu Tang 少腹逐瘀湯 (Dispel Stasis in the Lower Abdomen Decoction)
Xuefu Zhuyu Tang 血府逐瘀湯 (Dispel Stasis in the Blood Palace Decoction)

STOP BLEEDING [3 formulas]

Baiye Tang 柏葉湯 (Biota Leaf Decoction)
Diyu San 地榆散 (Sanguisorba Powder)
Yunnan Baiyao 雲南白藥 (White Medicine from Yunnan Province)

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TONIFY QI [5 formulas]

Buzhong Yiqi Tang 補中益氣湯 (Tonify the Center & Benefit the Qi Decoction)
Shengmai San 生脈散 (Generate a Pulse Powder)
Shenling Baizhu San 參苓白朮散 (Ginseng, Poria, & Atractylodes Powder)
Sijunzi Tang 四君子湯 (Four Gentlemen Decoction)
Xiangsha Liujunzi Tang 香砂六君子湯 (Aucklandia & Amomum Six Gentlemen Decoction)

TONIFY BLOOD [3 formulas]

Shaoyao Gancao Tang 芍藥甘草湯 (Peony & Licorice Decoction)
Siwu Tang 四物湯 (Four Substance Decoction)
Taohong Siwu Tang 桃紅四物湯 (Peach Kernel & Safflower Four Substance Decoction)

TONIFY QI & BLOOD [4 formulas]

Bazhen Tang 八珍湯 (Eight Treasures Decoction)
Danggui Buxue Tang 當歸補血湯 (Angelica Tonify Blood Decoction)
Guipi Tang 歸脾湯 (Restore the Spleen Decoction)
Zhigancao Tang 炙甘草湯 (Prepared Licorice Decoction)

MOISTEN DRYNESS [3 formulas]

Zengye Tang 增液湯 (Increase Fluids Decoction)
Baihe Gujin Tang 百合固金湯 (Lily Bulb Secure Metal Decoction)
Maimendong Tang 麥門冬湯 (Ophiopogonis Decoction)

TONIFY YIN [3 formulas]

Erzhi Wan 二至丸 (Two-Ingredient Ultimate Pill)
Liuwei Dihuang Wan 六味地黃丸 (Six Flavor Rehmannia Pill)
Zuogui Yin 左歸飲 (Restore the Left Decoction)

TONIFY YANG [3 formulas]

Erxian Tang 二仙湯 (Two Immortals Decoction)
Jingui Shenqi Tang 金匱腎氣湯 (Golden Cabinet Kidney Qi Decoction)
Yougui Yin 右歸飲 (Restore the Right Decoction)

WARM THE INTERIOR [3 formulas]

Lizhong Wan 理中丸 (Order the Center Pill)
Shenfu Tang 參附湯 (Ginseng & Aconite Decoction)
Sini Tang 四逆湯 (Four Rebellions Decoction)

CLEAR HEAT [10 formulas]

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Baihu Tang 白虎湯 (White Tiger Decoction)
Baitouweng Tang 白頭翁湯 (Pulsatilla Decoction)
Daochi San 導赤散 (Guide Out the Red Powder)
Huanglian Jiedu Tang 黃連解毒湯 (Coptis Resolve Toxicity Decoction)
Longdan Xiegan Tang 龍膽瀉肝湯 (Gentian Drain the Liver Decoction)
Qinggu San 清骨散 (Cool the Bones Powder)
Qingwei San 清胃散 (Cool the Stomach Powder)
Shenxi Dan 神犀丹 (Magic Rhinoceros Cinnabar-Pill)
Xiebai San 瀉白散 (Drain the White Powder)
Xiexin Tang 瀉心湯 (Drain the Heart Decoction)

DRAIN DAMPNESS [6 formulas]

Wuling San 五苓散 (Five Ingredient Poria Powder)
Bazheng San 八正散 (Eight Ingredient Rectification Powder)
Beixie Fenqing Yin 萆薢分清飲 (Dioscorea Decoction to Separate the Clear Decoction)
Wupi San 五皮散 (Five Peel Powder)
Yinchenhao Tang 茵陳蒿湯 (Artemisia Decoction)
Zhenwu Tang 真武湯 (Perfected Warrior Decoction)

TRANSFORM DAMPNESS [2 formulas]

Huoxiang Zhengqi San 藿香正氣散 (Agastache Rectify the Qi Powder)
Pingwei San 平胃散 (Calm the Stomach Powder)

TRANSFORM PHLEGM [5 formulas]

Beimu Gualuo Tang 貝母瓜蒌湯 (Fritillaria & Trichosanthes Decoction)
Erchen Tang 二陳湯 (Two Aged Decoction)
Wendan Tang 溫膽湯 (Warm the Gallbladder Decoction)
Qingqi Huatan Wan 清氣化痰丸 (Clear Qi & Transform Phelgm Pill)
Xiao Xianxiang Tang 小陷胸 (Minor Sinking into the Chest Decoction)

RELIEVE FOOD STAGNATION [1 formula]

Baohe Wan 保和丸 (Preserve Harmony Pill)

DISPEL WIND-DAMP [PAINFUL OBSTRUCTION] [3 formulas]

Duhuo Jisheng Tang 獨活寄生湯 (Angelica & Sangjisheng Decoction)
Juanbi Tang 蠲痺湯 (Alleviate Painful Obstruction Decoction)
Qianghuo Shengshi Tang 羌活勝濕湯 (Notopterygium Conquer Damp Decoction)

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STABILIZE & BIND [6 formulas]

Guizhi jia Longgu Muli Tang 桂枝加龍骨牡蠣湯 (Cinnamon plus Dragon Bone & Oyster Shell Decoction)

Jinsuo Gujing Wan 金鎖固精丸 (Metal Lock Stabilize Essence Pill)

Muli San 牡蠣散 (Oyster Shell Powder)

Sishen Wan 四神丸 (Four Miracle Pill)

Yihuang San 益黃散 (Benefit Yellow [Discharge] Powder)

Yu Pingfeng San 玉屏風散 (Jade Wind-Screen Powder)

DRAIN DOWNWARD [3 formulas]

Da Chengqi Tang 大承氣湯 (Major Order the Qi Decoction)

Runchang Wan 潤腸丸 (Moisten the Intestines Pill)

Shizao Tang 十棗湯 (Ten Jujube Decoction)

CALM THE SPIRIT [5 formulas]

Dingzhi Wan 定志丸 (Calm the Emotions Pill)

Ganmai Dazao Tang 甘麥大棗湯 (Licorice, Wheat, & Jujube Decoction)

Suanzaoren Tang 酸棗仁湯 (Sour Jujube Decoction)

Tianwang Buxin Dan 天王補心丹 (Heavenly Ruler Tonify the Heart Cinnabar-Pill)

Chaihu jia Longgu Muli Tang 柴胡加龍骨牡蠣湯 (Bupleurum plus Dragon Bone & Oyster Shell Decoction)

EXTINGUISH WIND [3 formulas]

Tianma Gouteng Yin 天麻鉤藤飲 (Gastrodia & Uncaria Decoction)

Xiaofeng San 消風散 (Eliminate Wind Powder)

Xiao Huoluo Dan 小活絡丹 (Minor Invigorate the Collaterals Cinnabar-Pill)

OPEN THE ORIFICES [2 formulas]

Angong Niu Huang Wan 安宮牛黃丸 (Peaceful Palace Cattle Gall-Stone Pill)

Ditan Tang 滌痰湯 (Scour Phlegm Decoction)

EXPEL PARASITES [2 formulas]

Wumei Wan 烏梅丸 (Mume Pill)

Fei'er Wan 肥兒丸 (Fat Baby Pill)

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For the following hundred-fifty (150) Biomedically-defined **common diseases**, students must know the category, etiology, and key signs & symptoms.

DERMATOLOGY DISORDERS [10 dx]

Alopecia
Atopic Dermatitis (eczema)
Folliculitis
Furuncles (boils) & Carbuncles
Impetigo
Miliaria (heat rash)
Psoriasis
Rosacea
Seborrheic Keratosis (papules & plaques)
Urticaria

EYES, EARS, NOSE, & THROAT (EENT) DISORDERS [11 dx]

Cataracts
Conjunctivitis
Diabetic Retinopathy
Glaucoma
Leukoplakia
Macular Degeneration
Oral Candidiasis
Otitis Media
Pharyngitis, Laryngitis, & Tonsillitis
Pterygium
Vertigo

PULMONARY DISORDERS [9 dx]

Asthma
Bronchiectasis
Chronic Obstructive Pulmonary Disease (COPD)
Cystic Fibrosis
Obstructive Sleep Apnea
Pneumonia
Pneumothorax
Pulmonary Tuberculosis
Pulmonary Venous Thromboembolism

CARDIAC, BLOOD, & LYMPH DISORDERS [10 dx]

Abdominal Aortic Aneurysm
Acute Myocardial Infarction
Anemia
Angina Pectoris

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Aortic Stenosis
Atrial Fibrillation
Hypertension
Lymph Edema
Mitral Regurgitation
Myocarditis/Pericarditis

GASTROINTESTINAL DISORDERS [9 dx]

Appendicitis
Ascites
Celiac Disease
Crohn Disease
Diverticulitis
Gastro-Esophageal Reflux Disease (GERD)
Irritable Bowel Syndrome (IBS)
Peptic Ulcer Disease
Ulcerative Colitis

LIVER, BILIARY TRACT, & PANCREAS DISORDERS [5 dx]

Cholecystitis
Cholelithiasis
Cirrhosis
Non-alcoholic Fatty Liver Disease
Pancreatitis

ORTHOPEDIC DISORDERS [5 dx]

Adhesive Capsulitis
Carpal Tunnel Syndrome
Dupuytren Contraction
Spinal Stenosis
Lumbar Disc Herniation

RHEUMATOLOGY, IMMUNOLOGIC, & ALLERGIC DISORDERS [4 dx]

Allergic Rhinitis
Fibromyalgia
Rheumatoid Arthritis
Systemic Lupus Erythematosus

OBSTETRICS, GYNECOLOGY, & BREAST DISORDERS [10 dx]

Bartholin Duct Cysts & Abscesses
Breast Abscess
Endometriosis
Fibrocystic Breast Condition

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Gestational Diabetes
Hyperemesis Gravidarum
Leiomyoma of the Uterus (fibroid)
Pelvic Inflammatory Disease
Polycystic Ovarian Syndrome
Pre-eclampsia & Eclampsia

RENAL & UROLOGIC DISORDERS [7 dx]

Acute Cystitis
Benign Prostatic Hyperplasia (BPH)
Chronic Kidney Disease (CKD)
Diabetic Nephropathy
Gomerulo Nephritis
Interstitial Cystitis
Prostatitis

NERVOUS SYSTEMS DISORDERS [9 dx]

Alzheimer Disease
Dementia
Epilepsy
Guillain-Barre Syndrome
Migraine
Parkinson Disease
Postural Orthostatic Tachycardia Syndrome (POTS)
Transient Ischemic Attack (TIA)
Trigeminal Neuralgia

PSYCHOLOGICAL DISORDERS [7 dx]

Anxiety Disorders
Attention Deficit-Hyperactivity Disorders (ADHD)
Autism Spectrum Disorders
Mood Disorders
Obsessive-Compulsive Disorder (OCD)
Post-Traumatic Stress Disorder (PTSD)
Schizophrenic Spectrum Disorders

ACID-BASE DISORDERS [2 dx]

Metabolic Acidosis
Metabolic Alkalosis

ENDOCRINE DISORDERS [3 dx]

Diabetes Mellitus
Hyperthyroidism

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Hypothyroidism

CANCER [17 dx]

Basal Cell Carcinoma
Breast Cancer
Carcinoma of the Cervix/Uterus
Carcinoma of the Pancreas
Colorectal Cancer
Esophageal Cancer
Hepatocellular Carcinoma
Kaposi Sarcoma
Leukemia
Malignant Melanoma
Malignant Nasopharyngeal Tumors
Non-Hodgkin Lymphoma
Ovarian Cancer
Prostate Cancer
Pulmonary Neoplasms/Bronchogenic Carcinoma
Squamous Cell Carcinoma
Testicular Cancer

VIRAL DISEASES [8 dx]

Dengue Virus Disease
Epstein-Barr Virus
Hanta Virus Disease
Hepatitis A, B, & C
Herpes Simplex
Herpes Zoster
Human Immunodeficiency Virus (HIV)
Viral Rhinosinusitis

BACTERIAL DISEASES [11 dx]

Bacterial Rhinosinusitis
Clostridial Diseases
Enterococcal infections
Gonococcal infections
Leptospirosis
Listeriosis
Lyme Disease
Pneumococcal infections
Shigellosis
Streptococcal infections
Syphilis

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MYCOTIC DISEASES [5 dx]

Aspergillosis
Candidiasis
Fungal Infections (Tinea)
Histoplasmosis
Pneumocystis

PROTOZOA & HELMINTHIC DISEASES [8 dx]

Ascariasis
Giardiasis
Leishmaniasis
Malaria
Schistosomiasis
Trichomoniasis