

A 107 Diagnosis of Acupuncture

Section 1: Foundations of TCM Diagnosis

1. What is the main purpose of TCM diagnosis?

- A. To identify only the name of the disease
 - B. To collect clinical information and differentiate syndromes
 - C. To prescribe herbal medicine immediately
 - D. To perform laboratory investigations only
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2. Which are the four main diagnostic methods used in TCM?

- A. Inspection, listening and smelling, inquiry, and palpation
 - B. Inspection, surgery, radiology, and pathology
 - C. Inquiry, laboratory tests, scanning, and surgery
 - D. Observation, medication, exercise, and diet
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3. In TCM, a symptom is best described as:

- A. The complete pathological process
 - B. An individual manifestation experienced or observed
 - C. The final treatment prescription
 - D. A laboratory investigation
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4. What does “syndrome” mean in TCM?

- A. A single symptom
 - B. A Western medical disease name
 - C. A summary of the pathological condition at a particular stage
 - D. A treatment technique
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5. Why should all four diagnostic methods be used together?

- A. Every method provides different but related clinical information
 - B. Pulse diagnosis is always inaccurate
 - C. Inspection alone is sufficient
 - D. It reduces the need for medical records
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Section 2: Inspection

6. What does inspection mean in TCM diagnosis?

- A. Listening to the patient's voice
 - B. Observing the patient's visible signs
 - C. Asking about the patient's appetite
 - D. Feeling the patient's pulse
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7. In TCM, the observation of vitality is commonly called observation of:

- A. Shen
 - B. Jing Luo
 - C. Wei Qi
 - D. Jin Ye
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8. Which finding generally indicates the presence of good Shen?

- A. Dull eyes and confused speech
 - B. Clear consciousness and bright eyes
 - C. Uncontrolled movements and fainting
 - D. Indifference and delayed responses
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9. Which observation most strongly suggests loss of Shen?

- A. Clear speech and normal movement
 - B. Bright eyes and a healthy complexion
 - C. Dull eyes, mental confusion, and weak responses
 - D. Mild thirst after exercise
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10. A pale facial complexion commonly indicates:

- A. Heat or Blood stagnation
 - B. Qi or Blood deficiency
 - C. Damp-Heat
 - D. Liver Yang rising
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11. A red facial complexion is most commonly associated with:

- A. Heat
 - B. Cold
 - C. Blood deficiency
 - D. Dampness only
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12. A bluish or purplish complexion may indicate:

- A. Blood stasis, severe pain, or Cold
 - B. Spleen Qi deficiency only
 - C. Normal health
 - D. Excessive Body Fluids
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13. A yellow facial complexion is commonly related to dysfunction of the:

- A. Heart
 - B. Lung
 - C. Spleen
 - D. Kidney
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14. A dark or blackish facial complexion may be associated with:

- A. Kidney deficiency, Cold, or Blood stasis
 - B. Lung Qi deficiency only
 - C. Wind-Heat only
 - D. Heart Fire only
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15. A thin body with a tendency towards Heat signs may suggest:

- A. Yin deficiency
 - B. Excess Dampness
 - C. Phlegm accumulation only
 - D. Spleen Yang excess
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16. Obesity with heaviness and excessive sputum is commonly associated with:

- A. Phlegm-Dampness
 - B. Blood deficiency
 - C. Liver Blood deficiency
 - D. Exterior Wind-Cold only
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Section 3: Observation of the Five Sense Organs

17. In TCM, the eyes are mainly associated with the:

- A. Liver
 - B. Heart
 - C. Spleen
 - D. Kidney
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18. The nose is mainly associated with the:

- A. Kidney
 - B. Lung
 - C. Heart
 - D. Liver
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19. The mouth and lips are mainly associated with the:

- A. Spleen
 - B. Kidney
 - C. Liver
 - D. Bladder
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20. The tongue is traditionally considered the external manifestation of the:

- A. Heart
 - B. Lung
 - C. Kidney
 - D. Gallbladder
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21. The ears are primarily associated with the:

- A. Lung
 - B. Spleen
 - C. Kidney
 - D. Heart
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Section 4: Tongue Diagnosis

22. Which two main features are examined during tongue diagnosis?

- A. Tongue body and tongue coating
 - B. Teeth and gums
 - C. Voice and breathing
 - D. Pulse rate and rhythm
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23. A normal tongue body is generally:

- A. Pale white
 - B. Light red or pink
 - C. Dark purple
 - D. Bright crimson
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24. A pale tongue body commonly indicates:

- A. Heat
 - B. Blood or Yang deficiency
 - C. Damp-Heat
 - D. Fire toxin
-

25. A red tongue body usually indicates:

- A. Heat
 - B. Cold
 - C. Qi deficiency only
 - D. Exterior Wind-Cold
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26. A purple tongue body is most strongly associated with:

- A. Blood stasis
 - B. Lung Qi deficiency
 - C. Exterior Wind
 - D. Spleen Qi sinking
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27. A swollen tongue with teeth marks commonly suggests:

- A. Spleen Qi or Spleen Yang deficiency
 - B. Liver Fire blazing
 - C. Heart Blood excess
 - D. Lung Yin excess
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28. A thin tongue body may indicate deficiency of:

- A. Blood or Yin
 - B. Dampness and Phlegm
 - C. Food retention only
 - D. Exterior Wind-Cold
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29. A thick, greasy tongue coating most commonly indicates:

- A. Dampness, Phlegm, or food retention
 - B. Blood deficiency only
 - C. Normal digestion
 - D. Exterior deficiency only
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30. A peeled tongue coating may indicate deficiency of:

- A. Stomach Yin
 - B. Liver Qi
 - C. Lung Qi only
 - D. Wei Qi only
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Section 5: Auscultation and Olfaction

31. Auscultation in TCM primarily involves listening to the patient's:

- A. Voice, breathing, cough, and other body sounds
 - B. Pulse only
 - C. Facial colour
 - D. Tongue coating
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32. A loud and strong voice generally suggests a pattern of:

- A. Excess
 - B. Deficiency
 - C. Blood deficiency only
 - D. Yin deficiency only
-

33. A weak and low voice commonly indicates:

- A. Qi deficiency
 - B. Full Heat
 - C. Blood stasis
 - D. Food retention only
-

34. A loud cough with thick yellow sputum commonly suggests:

- A. Phlegm-Heat
 - B. Lung Yin deficiency only
 - C. Cold deficiency
 - D. Blood deficiency
-

35. Strong and foul-smelling discharges generally indicate:

- A. Heat or an Excess condition
 - B. Cold deficiency only
 - C. Blood deficiency
 - D. Normal functioning
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Section 6: Inquiry

36. Simultaneous chills and fever are commonly seen in:

- A. Exterior patterns
 - B. Blood stasis only
 - C. Internal deficiency only
 - D. Kidney Essence deficiency
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37. Fever without chills commonly suggests that the condition has:

- A. Entered the Interior
 - B. Completely resolved
 - C. Affected only the skin
 - D. Become a normal condition
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38. Spontaneous sweating during the daytime is commonly related to:

- A. Qi or Yang deficiency
 - B. Blood stasis
 - C. Full Liver Fire
 - D. Food stagnation
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39. Night sweating is commonly associated with:

- A. Yin deficiency
 - B. Exterior Wind-Cold
 - C. Qi stagnation only
 - D. Food retention
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40. Intense thirst with a desire for large quantities of cold water suggests:

- A. Interior Heat
 - B. Interior Cold
 - C. Blood deficiency only
 - D. Spleen Yang deficiency
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41. Poor appetite with abdominal distension after eating commonly indicates:

- A. Spleen Qi deficiency
 - B. Heart Fire
 - C. Liver Blood excess
 - D. Kidney Essence excess
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42. Constipation with dry stools and thirst commonly indicates:

- A. Heat or fluid deficiency
 - B. Spleen Qi sinking only
 - C. Exterior Wind-Cold
 - D. Lung Qi deficiency only
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43. Loose stools containing undigested food are commonly associated with:

- A. Spleen Qi or Spleen Yang deficiency
 - B. Liver Fire
 - C. Heart Yin deficiency
 - D. Lung Heat
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44. Frequent, clear, and abundant urination is commonly associated with:

- A. Kidney Yang deficiency or Cold
 - B. Damp-Heat in the Bladder
 - C. Heart Fire
 - D. Liver Wind
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45. Burning and painful urination with dark urine commonly suggests:

- A. Damp-Heat in the Bladder
 - B. Kidney Yang deficiency
 - C. Blood deficiency
 - D. Lung Qi deficiency
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46. Fixed, sharp, stabbing pain is most characteristic of:

- A. Blood stasis
 - B. Qi deficiency
 - C. Wind invasion
 - D. Yin deficiency only
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47. Distending pain that changes with emotional stress is commonly related to:

- A. Qi stagnation
 - B. Blood deficiency
 - C. Yang collapse
 - D. Jing deficiency
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48. Difficulty falling asleep with irritability and excessive thinking may involve disturbance of the:

- A. Shen
 - B. Wei Qi only
 - C. Body Fluids only
 - D. Jing Luo only
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49. Scanty, delayed menstruation with pale blood commonly suggests:

- A. Blood deficiency
 - B. Blood Heat
 - C. Damp-Heat
 - D. Full Liver Fire
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Section 7: Palpation and Pulse Diagnosis

50. Which statement about pulse diagnosis is correct?

- A. It should be interpreted together with the other diagnostic findings
- B. It can always determine the diagnosis by itself
- C. It is performed only on the neck
- D. It replaces inspection and inquiry

Short-Answer Questions

A. Introduction to TCM Diagnostics

- 1. What is TCM diagnostics?**
- 2. What are the four diagnostic methods of TCM?**
- 3. What is a symptom?**
- 4. What is a sign?**
- 5. What is a disease in TCM?**
- 6. What is a syndrome in TCM?**
- 7. What is syndrome differentiation?**
- 8. Why should all four diagnostic methods be combined?**

9. What are the Eight Principles of syndrome differentiation?

10. Why is correct diagnosis important before treatment?

B. Inspection

11. What is inspection in TCM?

12. What is meant by observing vitality or Shen?

13. What are the signs of good Shen?

14. What are the signs of loss of Shen?

15. What is false Shen?

16. What does a pale facial complexion indicate?

17. What does a red facial complexion indicate?

18. What does a yellow facial complexion indicate?

19. What does a bluish or purplish complexion indicate?

20. What does a dark or blackish complexion indicate?

21. What should be observed in the patient's appearance?

22. What may a thin body indicate?

23. What may obesity with heaviness indicate?

C. Observation of the Five Sense Organs

24. Which organ is related to the eyes in TCM?

25. Which organ is related to the nose?

26. Which organ is related to the mouth and lips?

27. Which organ is related to the tongue?

28. Which organ is related to the ears?

D. Tongue Diagnosis

- 29. What are the main features examined during tongue diagnosis?**
- 30. What are the features of a normal tongue?**
- 31. What does a pale tongue indicate?**
- 32. What does a red tongue indicate?**
- 33. What does a purple tongue indicate?**
- 34. What does a swollen tongue with teeth marks indicate?**
- 35. What does a thick, greasy tongue coating indicate?**
- 36. What does a peeled tongue coating indicate?**

E. Auscultation and Olfaction

- 37. What is auscultation in TCM?**
- 38. What does a loud and strong voice indicate?**
- 39. What does a weak and low voice indicate?**
- 40. What information can be obtained from listening to a cough?**
- 41. What is olfaction in TCM?**
- 42. What does a strong and foul odour generally indicate?**

F. Inquiry

- 44. What is the significance of spontaneous sweating?**
- 45. What is the significance of night sweating?**
- 46. What can appetite, thirst and taste reveal?**
- 47. Why should the practitioner inquire about defecation and urination?**
- 48. How does the nature of pain help in syndrome differentiation?**
- 49. Why are sleep, menstruation and leukorrhea included in inquiry?**

G. Palpation

50. What is palpation, and what does it include?

Long-Answer Questions

Section A: Introduction to TCM Diagnostics

- 1. Define TCM diagnostics and explain its importance in clinical practice.**
- 2. Explain the four diagnostic methods used in TCM.**
- 3. Differentiate between a symptom, sign, disease, and syndrome.**
- 4. Explain the meaning and importance of syndrome differentiation.**
- 5. Explain the basic principles that should be followed during TCM diagnosis.**
- 6. Describe the Eight Principles of syndrome differentiation.**
- 7. Explain how clinical information is collected and integrated in TCM.**
- 8. Explain how TCM diagnosis is used to prepare a treatment prescription.**

Section B: Inspection

- 9. Define inspection and describe its main components.**
- 10. Explain the observation of vitality or Shen.**
- 11. Differentiate between good Shen, loss of Shen, and false Shen.**
- 12. Explain the diagnostic importance of observing facial colour.**
- 13. Explain the meaning of a pale or white complexion.**
- 14. Explain the diagnostic meaning of a red complexion.**
- 15. Explain the diagnostic significance of yellow, blue, purple, and dark facial colours.**
- 16. Explain the importance of observing the patient's physical appearance.**

17. Explain the diagnostic significance of posture and movement.
18. Describe the observation of the eyes and its diagnostic significance.
19. Explain the observation of the nose, ears, mouth, and lips.

Section C: Tongue Diagnosis

20. Explain the importance of tongue diagnosis in TCM.
21. Describe the characteristics of a normal tongue.
22. Explain the diagnostic significance of tongue-body colour.
23. Explain the diagnostic significance of tongue shape.
24. Explain the significance of tongue-coating colour.
25. Explain the significance of the thickness and texture of the tongue coating.
26. Explain how different areas of the tongue relate to the internal organs.

Section D: Auscultation and Olfaction

27. Define auscultation and explain its clinical importance.
28. Explain how the patient's voice and speech are assessed.
29. Explain the diagnostic importance of listening to breathing.
30. Explain how the sound of a cough assists diagnosis.
31. Define olfaction and explain the significance of abnormal body odours.

Section E: Inquiry

32. Explain the importance and method of inquiry in TCM diagnosis.
33. Explain the diagnostic importance of chills and fever.
34. Explain the different types of fever recognised during inquiry.
35. Explain the diagnostic importance of perspiration.
36. Explain how appetite assists TCM diagnosis.

- 37. Explain the diagnostic significance of thirst and drinking preferences.**
- 38. Explain the importance of asking about taste in the mouth.**
- 39. Explain how defecation is assessed in TCM.**
- 40. Explain how urination is assessed in TCM.**
- 41. Explain the diagnostic significance of the nature of pain.**
- 42. Explain how the location and timing of pain assist diagnosis.**
- 43. Explain the assessment of sleep in TCM diagnosis.**
- 44. Explain how menstruation should be assessed during inquiry.**
- 45. Explain the diagnostic importance of leukorrhea.**

Section F: Palpation and Pulse Diagnosis

- 46. Define palpation and explain its main components.**
- 47. Explain the basic method of radial pulse examination.**
- 48. Describe the Cun, Guan, and Chi pulse positions and their organ relationships.**
- 49. Explain the major qualities assessed during pulse diagnosis.**
- 50. Explain how medical records should be written after completing the TCM examination.**