

# A108- Differentiation of Syndromes

## 50 MCQs

### Section A: Eight-Principle Pattern Differentiation

#### 1. What is the principal purpose of Eight-Principle differentiation?

- A. To identify acupuncture point locations
- B. To classify the basic nature and location of a pattern
- C. To measure blood pressure
- D. To diagnose only infectious diseases

#### 2. Which group of signs most strongly suggests a Cold pattern?

- A. Thirst for cold drinks, red tongue and rapid pulse
- B. Aversion to cold, pale tongue and slow pulse
- C. Irritability, sweating and yellow coating
- D. Red eyes, bitter taste and rapid pulse

#### 3. Which group of signs is most characteristic of a Heat pattern?

- A. Cold limbs, clear urine and slow pulse
- B. Fever, thirst, red tongue and rapid pulse
- C. Pale face, tiredness and weak pulse
- D. Loose stools, oedema and deep pulse

#### 4. Which finding is most typical of an Exterior pattern?

- A. Recent onset with chills, fever and body aches
- B. Long-standing organ dysfunction
- C. Chronic abdominal pain with deep pulse
- D. Night sweating with a peeled tongue

#### 5. Which finding most strongly suggests an Interior pattern?

- A. Floating pulse with acute chills
- B. Dysfunction of a Zang-Fu organ
- C. Recent aversion to wind
- D. Acute nasal obstruction only

**6. Which combination is most characteristic of a Deficiency pattern?**

- A. Severe pain aggravated by pressure and forceful pulse
- B. Weakness, chronic course and weak pulse
- C. Loud voice, agitation and thick coating
- D. Sudden fever and floating forceful pulse

**7. Which finding is most characteristic of an Excess pattern?**

- A. Weak voice and tiredness
- B. Pain relieved by pressure
- C. Severe pain aggravated by pressure
- D. Pale tongue and empty pulse

**8. Which statement about Yin and Yang differentiation is correct?**

- A. Yin and Yang are unrelated to the other six principles
- B. Yin and Yang summarise the other principle pairs
- C. Yin indicates only the
- D. exterior of the body
- E. Yang always means good health

**9. Which combination represents a Yang-type pattern?**

- A. Interior, Cold and Deficiency
- B. Exterior, Heat and Excess
- C. Interior, Heat and Deficiency only
- D. Cold, Blood deficiency and Yin deficiency

**10. Night sweating, five-palm Heat, dry mouth and a red peeled tongue suggest:**

- A. Yin deficiency
- B. Yang deficiency
- C. Exterior Cold
- D. Food retention

**Section B: Zang-Fu Pattern Differentiation**

**11. Palpitations, shortness of breath, tiredness and a weak pulse suggest:**

- A. Heart Qi deficiency
- B. Liver Fire

- C. Stomach Heat
- D. Lung Phlegm-Heat

**12. Palpitations, insomnia, poor memory, pale complexion and a thin pulse suggest:**

- A. Heart Blood deficiency
- B. Heart Fire blazing
- C. Liver Yang rising
- D. Lung Heat

**13. Mouth ulcers, irritability, thirst and a red tongue tip suggest:**

- A. Heart Fire
- B. Kidney Yang deficiency
- C. Lung Qi deficiency
- D. Spleen Qi deficiency

**14. Burning urination, dark urine and possible blood in the urine suggest:**

- A. Small Intestine Heat
- B. Lung Qi deficiency
- C. Kidney Essence deficiency
- D. Spleen Yang deficiency

**15. Weak cough, shortness of breath, weak voice and spontaneous sweating suggest:**

- A. Lung Qi deficiency
- B. Lung Phlegm-Heat
- C. Liver Blood deficiency
- D. Stomach Fire

**16. Dry cough, dry throat, night sweating and a red peeled tongue suggest:**

- A. Lung Yin deficiency
- B. Lung Qi excess
- C. Wind-Cold invading the Lung
- D. Large Intestine Damp-Heat

**17. Loud cough with thick yellow sputum, fever and a rapid slippery pulse suggests:**

- A. Phlegm-Heat in the Lung
- B. Lung Qi deficiency
- C. Cold-Phlegm in the Lung
- D. Kidney Yang deficiency

**18. Constipation with dry stools, thirst and a red tongue suggests:**

- A. Large Intestine Heat
- B. Spleen Qi deficiency
- C. Kidney Yang deficiency
- D. Lung Cold

**19. Poor appetite, abdominal distension, tiredness and loose stools suggest:**

- A. Spleen Qi deficiency
- B. Stomach Fire
- C. Liver Fire
- D. Kidney Yin deficiency

**20. Loose stools with undigested food, cold limbs and abdominal pain relieved by warmth suggest:**

- A. Spleen Yang deficiency
- B. Spleen Qi excess
- C. Stomach Yin deficiency
- D. Liver Blood deficiency

**21. Burning epigastric pain, strong hunger, thirst and bleeding gums suggest:**

- A. Stomach Fire
- B. Stomach Cold
- C. Spleen Yang deficiency
- D. Liver Blood deficiency

**22. Poor appetite, dry mouth, hunger without desire to eat and a peeled tongue suggest:**

- A. Stomach Yin deficiency
- B. Stomach Cold
- C. Liver Qi stagnation
- D. Spleen Dampness

**23. Hypochondriac distension, frequent sighing and symptoms aggravated by emotions suggest:**

- A. Liver Qi stagnation
- B. Liver Blood deficiency
- C. Kidney Qi deficiency
- D. Heart Fire

**24. Dizziness, blurred vision, numbness, pale nails and scanty menstruation suggest:**

- A. Liver Blood deficiency
- B. Liver Fire
- C. Liver Yang rising
- D. Gallbladder Damp-Heat

**25. Headache, dizziness, tinnitus, irritability and a wiry pulse suggest:**

- A. Liver Yang rising
- B. Spleen Qi deficiency
- C. Lung Yin deficiency
- D. Kidney Yang excess

**26. Bitter taste, hypochondriac pain, nausea and yellow greasy coating suggest:**

- A. Damp-Heat in the Liver and Gallbladder
- B. Liver Blood deficiency
- C. Kidney Yang deficiency
- D. Heart Qi deficiency

**27. Lower-back weakness, dizziness, tinnitus, night sweating and a red peeled tongue suggest:**

- A. Kidney Yin deficiency
- B. Kidney Yang deficiency
- C. Bladder Damp-Cold
- D. Spleen Qi deficiency

**28. Lower-back soreness, cold limbs, oedema and frequent clear urination suggest:**

- A. Kidney Yang deficiency
- B. Kidney Yin deficiency
- C. Liver Fire
- D. Heart Blood deficiency

**29. Frequent urination, weak urinary stream and urinary leakage suggest:**

- A. Kidney Qi not firm
- B. Stomach Fire
- C. Liver Yang rising
- D. Lung Heat

**30. Burning urination, urgency, dark cloudy urine and a yellow greasy coating suggest:**

- A. Damp-Heat in the Bladder
- B. Kidney Yang deficiency
- C. Lung Qi deficiency
- D. Heart Blood deficiency

## **Section C: Qi, Blood and Body-Fluid Patterns**

**31. Tiredness, weak voice, shortness of breath and a weak pulse indicate:**

- A. Qi deficiency
- B. Qi stagnation
- C. Blood stasis
- D. Blood Heat

**32. Distending pain that changes location and worsens with stress suggests:**

- A. Qi stagnation
- B. Blood deficiency
- C. Yin deficiency
- D. Body-Fluid deficiency

**33. Bearing-down sensations, prolapse and chronic diarrhoea suggest:**

- A. Sinking Qi
- B. Rebellious Qi
- C. Blood Heat
- D. Yin deficiency

**34. Cough, vomiting and belching are examples of:**

- A. Rebellious Qi
- B. Sinking Qi
- C. Blood deficiency
- D. Cold in the Blood

**35. Pale complexion, dizziness, numbness and a thin pulse indicate:**

- A. Blood deficiency
- B. Blood Heat
- C. Blood stasis
- D. Phlegm-Fire

**36. Fixed stabbing pain, purple tongue and a choppy pulse suggest:**

- A. Blood stasis
- B. Qi deficiency
- C. Body-Fluid deficiency
- D. Exterior Wind

**37. Oedema, heaviness and excessive mucus indicate disturbance of:**

- A. Body-Fluid metabolism
- B. Blood formation only
- C. Kidney Essence only
- D. Shen only

## Section D: Pathogenic Factors

**38. Which symptom is most characteristic of Wind?**

- A. Symptoms that move and change rapidly
- B. Fixed stabbing pain
- C. Persistent heaviness only
- D. Slow onset with cold oedema

**39. Which effect is most characteristic of pathogenic Cold?**

- A. Contraction and slowing
- B. Upward flaming
- C. Excessive drying only
- D. Rapid movement

**40. High fever, profuse sweating, intense thirst and exhaustion during hot weather suggest:**

- A. Summer-Heat
- B. Wind-Cold
- C. Dryness
- D. Blood deficiency

**41. Heaviness, swelling, sticky discharges and a greasy coating indicate:**

- A. Dampness
- B. Dryness
- C. Wind
- D. Blood Heat

**42. Dry throat, dry skin, dry cough and scanty sputum suggest:**

- A. Dryness
- B. Dampness
- C. Cold
- D. Qi sinking

**43. High fever, severe thirst, agitation and a rapid forceful pulse indicate:**

- A. Fire
- B. Cold

- C. Dampness
- D. Qi deficiency

## **Section E: Six-Stage Pattern Differentiation**

**44. Aversion to cold, fever, occipital stiffness and a floating pulse indicate which stage?**

- A. Greater Yang—channel pattern
- B. Bright Yang
- C. Greater Yin
- D. Terminal Yin

**45. Urinary difficulty, thirst, vomiting after drinking and fluid retention indicate which pattern?**

- A. Greater Yang—organ pattern
- B. Lesser Yang
- C. Lesser Yin
- D. Bright Yang channel pattern

**46. High fever, profuse sweating, intense thirst and a big forceful pulse indicate:**

- A. Bright Yang channel pattern
- B. Greater Yin pattern
- C. Lesser Yin Cold pattern
- D. Terminal Yin pattern

**47. Alternating chills and fever, bitter taste, nausea and a wiry pulse indicate:**

- A. Lesser Yang stage
- B. Greater Yang stage
- C. Greater Yin stage
- D. Blood level

**48. Abdominal fullness, poor appetite, vomiting and diarrhoea suggest:**

- A. Greater Yin stage
- B. Bright Yang stage

- C. Defensive Qi level
- D. Blood Heat

**49. Which statement correctly describes the Lesser Yin stage?**

- A. It may present as either a Cold transformation or a Heat transformation
- B. It always produces only Exterior Wind signs
- C. It affects only the Gallbladder
- D. It is identical to Bright Yang Heat

**50. A complex pattern of Heat above, Cold below, thirst, hunger without desire to eat and reversal of the limbs is associated with:**

- A. Terminal Yin stage
- B. Greater Yang stage
- C. Defensive Qi level
- D. Lung Qi deficiency

## **50 Short-Answer Questions**

### **A. Eight-Principle Differentiation**

- 1. What is pattern differentiation?**
- 2. What are the Eight Principles?**
- 3. What are the main signs of a Cold pattern?**
- 4. What are the main signs of a Heat pattern?**
- 5. What is an Exterior pattern?**
- 6. What is an Interior pattern?**
- 7. Differentiate between Deficiency and Excess patterns.**
- 8. How do Yin and Yang summarise the Eight Principles?**

## **B. Zang-Fu Pattern Differentiation**

- 9. What are the main signs of Heart Qi deficiency?**
- 10. What are the main signs of Heart Blood deficiency?**
- 11. What are the main signs of Heart Fire?**
- 12. What are the main signs of Small Intestine Heat?**
- 13. What are the main signs of Lung Qi deficiency?**
- 14. What are the main signs of Lung Yin deficiency?**
- 15. What are the main signs of Phlegm-Heat in the Lung?**
- 16. What are the main signs of Large Intestine Heat?**
- 17. What are the main signs of Spleen Qi deficiency?**
- 18. How does Spleen Yang deficiency differ from Spleen Qi deficiency?**
- 19. What are the main signs of Stomach Fire?**
- 20. What are the main signs of Stomach Yin deficiency?**
- 21. What are the main signs of Liver Qi stagnation?**
- 22. What are the main signs of Liver Blood deficiency?**
- 23. What are the main signs of Liver Yang rising?**
- 24. What are the main signs of Damp-Heat in the Liver and Gallbladder?**
- 25. What are the main signs of Kidney Yin deficiency?**
- 26. What are the main signs of Kidney Yang deficiency?**
- 27. What are the main signs of Kidney Qi not firm?**

**28. What are the main signs of Damp-Heat in the Bladder?**

## **C. Qi, Blood and Body-Fluid Patterns**

**29. What are the main signs of Qi deficiency?**

**30. What is Qi stagnation?**

**31. What is rebellious Qi?**

**32. What are the main signs of Blood deficiency?**

**33. What are the main signs of Blood stasis?**

**34. How does disturbed Body-Fluid metabolism manifest?**

## **D. Pathogenic Factors**

**35. What are the main characteristics of pathogenic Wind?**

**36. What are the main characteristics of pathogenic Cold?**

**37. What are the main characteristics of Summer-Heat?**

**38. What are the main characteristics of Dampness?**

**39. What are the main characteristics of Dryness?**

**40. What are the main characteristics of Fire?**

## **E. Six-Stage Differentiation**

**41. What are the six stages?**

**42. What are the main signs of a Greater Yang channel pattern?**

**43. What is a Greater Yang organ pattern?**

- 44. What are the main signs of the Bright Yang stage?
- 45. What are the main signs of the Lesser Yang stage?
- 46. What are the main signs of the Greater Yin stage?
- 47. Explain the Cold and Heat transformations of the Lesser Yin stage.
- 48. What characterises the Terminal Yin stage?

## **F. Four Levels, Latent Heat and Three Burners**

- 49. Explain the four levels of Warm-disease differentiation.
- 50. Explain pattern differentiation according to the Three Burners.

## **50 Long-Answer Questions**

### **Section A: Introduction and Eight Principles**

- 1. Define pattern differentiation and explain its importance in acupuncture.
- 2. Explain differentiation according to the Eight Principles.
- 3. Explain the characteristics of a Cold pattern.
- 4. Explain the characteristics of a Heat pattern.
- 5. Differentiate between Exterior and Interior patterns.
- 6. Differentiate between Deficiency and Excess patterns.
- 7. Explain Yin-pattern and Yang-pattern differentiation.
- 8. Explain the clinical relationship between Cold–Heat and Deficiency–Excess.

## **Section B: Heart and Small Intestine Patterns**

9. Explain Heart Qi deficiency and Heart Yang deficiency.
10. Explain Heart Blood deficiency.
11. Explain Heart Yin deficiency and Heart Fire.
12. Explain Small Intestine Heat.

## **Section C: Lung and Large Intestine Patterns**

13. Explain Lung Qi deficiency.
14. Explain Lung Yin deficiency.
15. Compare Cold-Phlegm and Phlegm-Heat in the Lung.
16. Explain Large Intestine Dryness and Large Intestine Damp-Heat.

## **Section D: Spleen and Stomach Patterns**

17. Explain Spleen Qi deficiency and its causes.
18. Explain Spleen Yang deficiency and Spleen Qi sinking.
19. Explain Spleen not holding Blood.
20. Explain Stomach Fire and Stomach Yin deficiency.
21. Explain food retention in the Stomach.

## **Section E: Liver and Gallbladder Patterns**

22. Explain Liver Qi stagnation.
23. Explain Liver Blood deficiency.

- 24. Explain Liver Yin deficiency and Liver Yang rising.
- 25. Explain Liver Fire blazing.
- 26. Explain Damp-Heat in the Liver and Gallbladder.

## **Section F: Kidney and Bladder Patterns**

- 27. Explain Kidney Yin deficiency.
- 28. Explain Kidney Yang deficiency.
- 29. Explain Kidney Essence deficiency and Kidney Qi not firm.
- 30. Explain Damp-Heat in the Bladder.

## **Section G: Qi, Blood and Body Fluids**

- 31. Explain Qi deficiency, Qi sinking, and rebellious Qi.
- 32. Explain Qi stagnation and its possible consequences.
- 33. Explain Blood deficiency and Blood stasis.
- 34. Explain Blood Heat and loss of Blood.
- 35. Explain disturbances of Body Fluids.

## **Section H: Pathogenic Factors**

- 36. Explain the characteristics and manifestations of pathogenic Wind.
- 37. Explain the characteristics and manifestations of pathogenic Cold.
- 38. Explain Summer-Heat and its possible combination with Dampness.
- 39. Explain the characteristics and manifestations of Dampness.
- 40. Explain the characteristics of Dryness and Fire.

## **Section I: Six-Stage Differentiation**

- 41. Explain Greater Yang channel patterns.
- 42. Explain Greater Yang organ patterns.
- 43. Explain the Bright Yang stage.
- 44. Explain the Lesser Yang stage.
- 45. Explain the Greater Yin stage.
- 46. Explain the Lesser Yin stage.
- 47. Explain the Terminal Yin stage.

## **Section J: Four Levels and Latent Heat**

- 48. Explain Defensive Qi and Qi-level patterns.
- 49. Explain Nutritive Qi, Blood-level patterns, and latent Heat.

## **Section K: Three-Burner Differentiation**

- 50. Explain pattern differentiation according to the Upper, Middle, and Lower Burners.