

# TESTS

CHINESE ACUPUNCTURE  
AND MOXIBUSTION

中 國 針 灸 測 試

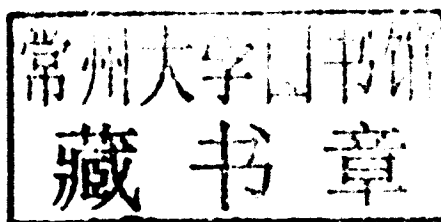


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# TESTS

## Chinese Acupuncture and Moxibustion

*Dr. Cui Yongqiang, M.D., and Dr. Chen Ken, M.D.*



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## Preface

The TCM (traditional Chinese medicine) education and examination programme is sponsored by the China Academy of Traditional Chinese Medicine.

Entrusted by the World Health Organization (WHO), the Ministry of Public Health of the People's Republic of China sponsored its first formal acupuncture training course for foreign doctors in 1981 and from then on, normalized TCM education and examinations began to spread worldwide.

This selection of examination questions in TCM is offered in the hope that it may be found useful in any of the following four ways:

1. As a source of ready-made questions for use by examiners of TCM-related organizations.
2. As a source of ideas which may aid examiners in the construction of new questions.
3. As an aid to candidates planning to take TCM examinations and to score high on them.
4. As a means by which students can assess their own progress in acquiring TCM knowledge.

The questions in this book will show you what is required and therefore help you get the most out of your studies. You will also get the "feel" of the examination. This book contains many "similar situations" —as you will discover when you take the actual examinations in

China and abroad.

In going over the questions in this book, you will not—if you use this book properly—be satisfied merely with the answer to a particular question. You will want to do additional study on the other choices for the same questions. In this way you will broaden your background, which will help your preparation for the examination or your treatment of the patients.

Included in this book are multiple-choice and traditional questions, both focusing on the mastery of basic TCM theory, acupuncture and manipulations, diagnosis and case analysis. There is now growing evidence to suggest that these questions appear simultaneously in all kinds of examinations, as are being demonstrated daily in China.

The answers appear at the back and, where available, a figure is provided showing the facility of the question. This is derived from the average proportion of candidates correctly answering the question over all the occasions when it has been used in formal examinations. It has to be emphasized also that all the answers involved in this book do not go far from the textbooks *Essentials of Chinese Acupuncture* and *Chinese Acupuncture and Moxibustion* published by Foreign Languages Press.

If you would like further information on TCM training courses<sup>1</sup> please write me at: Guanganmen Hospital, China Academy of Chinese Medical Sciences, No.5 Bei Xian Ge st., Beijing 100053, China<sup>2</sup> or email me at [futuretcm@yahoo.com](mailto:futuretcm@yahoo.com).

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China Academy of Chinese Medical Sciences  
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Aug. 6, 2010

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1. A newly opened TCM consulting system (specially designed for advanced practitioners of TCM) through the internet.

2. You may also email me at: [cuiyongq@public.fhnet.cn.net](mailto:cuiyongq@public.fhnet.cn.net)

## About the authors



Dr. Cui Yongqiang is currently directing the International Department of Guang'anmen Hospital, China Academy of Chinese Medical Sciences, formerly, China Academy of Traditional Chinese Medicine (TCM). He has been working at the country's best hospital and the first-Bupa recognized TCM hospital specializing in integrative medicine for over 20 years.

He served as a WHO temporary adviser for the informal consultation on evidence-based clinical practice guidelines on traditional medicine for cancer, and a WHO consultant for assessment of integrative medicine practice in Malaysian government hospitals.

Dr. Cui was an invited speaker and expert for a number of international conferences and academic activities held in the National Institutes of Health (NIH) or National Cancer Institute (NCI) of the USA, the Traditional Medicine Division of Malaysia, the Bupa Group of the UK, the Jewish General Hospital and St. Mary Hospital of Montreal, Canada, the Singapore General Hospital, and Sigma-Tau of Italy.

He organized the 2006 Seminar of HIV/AIDS Prevention and Treatment of TCM for African Health Officials, the 2006 China-ASEAN Seminar on Traditional Medicine for HIV/AIDS Prevention and Treatment and the 2008 China-ASEAN Workshop on Standardized Practice of Traditional Medicine.

He has coordinated many international activities for Guang'anmen hospital, including cooperative research programs in integrative medicine, continuing medical education (CME) and continuing nursing education (CNE) on TCM and integrative medicine, for the US and European Doctors of Medicine (MDs), Registered Nurses (RNs), and Nurse Practitioners (NPs).

He also has special interest in providing short-term TCM courses for US medical students from Harvard, John Hopkins, Cornell, Ohio State University, etc and nurse students from the US, Germany and Sweden. He manages training programs for foreign students of TCM/Acupuncture at Guang'anmen Hospital, and also mentors medical students in their international research projects.

Dr. Cui, co-author of the *Handbook to Chinese Auricular Therapy*, is secretary general of the Young Physicians' Committee (under age 45) of the Beijing TCM Association.





After graduating from Anhui Medical University, China, Dr. Chen Ken worked at the neurological department of the affiliated hospital of this university from 1976 to 1979. Between 1979 and 1981, he studied traditional Chinese medicine at Beijing University of Chinese Medicine, and earned a master's degree in Chinese medicine.

From 1981 to 1990, Dr. Chen was first a lecturer, then associate professor and finally professor at Beijing University of Chinese Medicine. He was invited to give lectures in the United States and several European countries, on many occasions, during that period.

In 1990, he joined the World Health Organization (WHO) as Medical Officer in Traditional Medicine at the WHO Regional Office for the Western Pacific. In 2000, he became the Regional Adviser responsible for traditional medicine, health research, health technology, blood safety and WHO collaborating centers in the Western Pacific region.

As WHO Regional Adviser and WHO Medical Officer, Dr. Chen worked with many countries and provided them with technical support on policy and program development in the areas under his responsibility. He organized regional and national meetings in the fields of traditional medicine, health research, research capacity development, health research ethics, blood safety and health technology. He was also invited to give speeches at regional, national and international conferences, symposiums, workshops and other consultations.

In June 2003, Dr. Chen was appointed as WHO Representative in the South Pacific.



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Part One

**Multiple-choice  
Questions**

## **“A” Type Questions**

These have a stem and four or five options, of which only ONE is correct.

**Example:**

**From which point does the branch of the Lung channel of the Hand-Taiyin proximal to the forearm emerge? (B)**

A: Kongzui (Lu 6)

B: Lieque (Lu 7)

C: Jingqu (Lu 8)

D: Yuji (Lu 10)

E: none of the above

The correct answer is B, and is filled in the ( ).

### **I. Yin–Yang and the Five Elements**

**1. According to the theory of yin-yang, all the following conditions belong to opposite aspects within the same phenomenon except ( ).**

A: day and night

B: brightness and dimness

C: movement and stillness

D: heat and cold

E: upward and inward

**2. The time belonging to yin within yin is ( ).**

A: the morning

B: the afternoon

C: the first half of the night

D: the second half of the night

E: none of the above

**3. The time belonging to yang within yin is ( ).**

- A: the morning
- B: the afternoon
- C: the first half of the night
- D: the second half of the night
- E: none of the above

**4. Which one of the following belongs to yin within yang? ( )**

- A: the morning
- B: the afternoon
- C: the first half of the night
- D: the second half of the night
- E: none of the above

**5. Which one of the following belongs to yang within yang? ( )**

- A: the morning
- B: the afternoon
- C: the first half of the night
- D: the second half of the night
- E: none of the above

**6. The symbols of yin and yang are ( ).**

- A: cold and heat
- B: water and fire
- C: upward and downward
- D: brightness and dimness
- E: movement and stillness

**7. Which of the following pathological factors belongs to yin? ( )**

- A: wind
- B: heat
- C: damp
- D: summer heat
- E: none of the above

**8. The property of yang is ( ).**

- A: downward
- B: inward
- C: stillness
- D: excitement
- E: inhibition

**9. Which of the following properties belongs to yin? ( )**

- A: inhibition

- B: brightness
- C: upward direction
- D: outward direction
- E: warming

**10. All the following properties belong to yang except ( ).**

- A: excitement
- B: moving
- C: warming
- D: brightness
- E: nourishing

**11. All the following properties belong to yin except ( ).**

- A: weakness
- B: nourishing
- C: moving
- D: moistening
- E: dimness

**12. The part of the human body pertaining to yang is ( ).**

- A: the medial aspects of the four limbs
- B: the lower limbs
- C: the back
- D: the abdomen
- E: the chest

**13. The part of the human body pertaining to yin is ( ).**

- A: the medial aspects of the lower limbs
- B: the lateral aspects of the upper limbs
- C: the back
- D: the head
- E: Fu organs

**14. According to the basic theory of yin and yang, weakness of yang leading to insufficiency of yin is due to ( ).**

- A: the opposition of yin and yang
- B: the interdependence of yin and yang
- C: the inter-consuming-supporting relationship of yin and yang
- D: the inter-transforming relationship of yin and yang
- E: the infinite divisibility of yin and yang

**15. According to the basic theory of yin and yang, a preponderance of yin damaging yang is due to ( ).**

- A: the interdependence of yin and yang



- B: the opposition of yin and yang
- C: the inter-consuming-supporting relationship of yin and yang
- D: the inter-transforming relationship of yin and yang
- E: the infinite divisibility of yin and yang

**16. According to the classification of the Five Elements, which of the following channels belongs to the wood? ( )**

- A: Hand-Shaoyin channel
- B: Hand-Jueyin channel
- C: Hand-Shaoyang channel
- D: Foot-Jueyin channel
- E: Foot-Taiyin channel

**17. According to the classification of the Five Elements, which of the following tastes belongs to metal? ( )**

- A: sour
- B: bitter
- C: sweet
- D: pungent
- E: salty

**18. All the following belong to water except ( ).**

- A: kidney
- B: ear
- C: north
- D: black
- E: skin

**19. According to the theory of the Five Elements, all the following belong to fire except ( ).**

- A: small intestine
- B: anger
- C: vessels
- D: joy
- E: summer

**20. Which of the following relationships belongs to "mother" and "son"? ( )**

- A: water and fire
- B: earth and metal
- C: metal and wood
- D: wood and earth
- E: metal and fire

**21. According to the theory of the Five Elements, the liver fire attacking the lung belongs to ( ).**

- A: "mother" disease affecting "son"
- B: "son" disease affecting "mother"
- C: interacting
- D: overacting
- E: counteracting

**22. Hyperactivity of the liver attacking the spleen belongs to ( ).**

- A: interacting
- B: overacting
- C: counteracting
- D: "mother" disease affecting "son"
- E: "son" disease affecting "son"

**23. The liver disease transmitting to the kidney belong to ( ).**

- A: "the son affecting the mother"
- B: "the mother affecting the son"
- C: interacting
- D: overacting
- E: counteracting

**24. According to the theory of the Five Elements, the kidney disease transmitting to the spleen belongs to ( ).**

- A: "the son affecting the mother"
- B: "the mother affecting the son"
- C: interacting
- D: overacting
- E: counteracting

**25. According to the theory of the Five Elements, the spleen disease transmitting to the liver belongs to ( ).**

- A: interacting
- B: "the mother affecting the son"
- C: "the son affecting the mother"
- D: counteracting
- E: overacting

**26. Which of the following methods follows the law of controlling sequence of the Five Elements? ( )**

- A: strengthening the earth to produce metal
- B: nourishing the water to nourish the wood
- C: reinforcing the fire to tonify the earth
- D: strengthening the metal to control the wood