Appendicitis
Chang Yong

Impromptu Case Study

CC:
Gastric area pain with distention for several hours. Press and it hurts. No gas/bloat, no diarrhea. When you palpate, it is very soft. 10-12 hours later the pain in the epigastric area seems to move to the gallbladder, then downward on the right even later. The patient comes back in the next day with high fever, abdominal pain. When you palpate it feels very hard. If you press deeply and quickly release there is rebound pain. See the notes for physical assessment 1 on this. Look on page 12.

Diagnosis? Appendicitis.

Biomedically, this disease is classified as an acute abdominal disease characterized by:

- Abdominal pain
- Tenderness
- Signs of peritoneal irritation
  - Hard abdomen
    - Spasms and tightness of the abdominal muscles can be tested like this: ask patient to flex right knee and hip joint while lying on their back. Stand on their right side and palpate the abdomen. If the muscles are tight (like tight as a board tight) in this position, this is a positive sign for peritoneal irritation. Normally the muscles will be fairly loose in this position.
  - Pain
  - Rebound pain
    - Will feel this more right. Rebound pain is pain which worsens after you stop palpating. Classically, this is felt most acutely at the McBurney’s point – see the box below.

Males and females of any age can be affected, but males between 10 and 30 years of age are more likely to be affected as they are more Yang in nature and more easily acquire Yang blockages of heat, toxic heat, etc.

The appendix is a small finger-sized tube projecting from the cecum, the portion of the large intestine near the point where the LI joins the SI. It’s function is not clearly understood, but it is thought to be related to the immune system. Blockage of the appendix leads to inflammation and infection. If this is not properly treated the appendix can rupture, releasing bacteria into the abdominal cavity. This causes a
condition called peritonitis, which is a life-threatening infection. Abscesses are likely as is sepsis. Abscesses can cause infection of nearby organs (ovaries and fallopian tubes are likely targets in women) and sepsis spreads toxins throughout the blood.

As these are obviously life-threatening problems, OM practitioners need to know the difference between appendix and epigastric problems.

Know how to find the McBurney point on the body for the next test in this class.

From the Physical Assessment notes:

McBurney’s point is a spot on the abdomen that is on the line connecting the umbilicus with the ASIS (or anterior superior iliac spine). This is associated with the bottom margin of the appendix. The point is one third of the distance when measured from ASIS to umbilicus.

This is where pain will be felt most acutely in most appendicitis cases.

Symptoms:

Know these! You need to know 4 primary symptoms of appendicitis and the location of the McBurney point for the Final.

- Abdominal pain that shifts 2-12 hours after first instance.
- Pain descends on the right side usually.
- Fever
- Chills
- Nausea/Vomiting
- Rebound pain at McBurney’s point
  Also worded as McBurney’s sign positive.
- White blood count is very high (20-30K)
The Yip book puts the symptoms into 3 stages. I think they are illustrative of how appendix problems mimic gastrointestinal issues.

<table>
<thead>
<tr>
<th>Stage</th>
<th>Symptoms</th>
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<tbody>
<tr>
<td>1st Stage</td>
<td><em><strong>Epigastric or periumbilical pain – more generalized area of pain</strong></em></td>
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<tr>
<td></td>
<td>☯ May have 1 – 2 episodes of vomiting</td>
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<tr>
<td></td>
<td>☯ Decreased appetite</td>
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<tr>
<td></td>
<td>☯ Fatigue</td>
</tr>
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<td></td>
<td>☯ Slight fever</td>
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<tr>
<td>2nd stage</td>
<td>☯ Pain shifts to the right lower abdominal quadrant. Pain becomes more localized and fixed at McBurney’s point</td>
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<td></td>
<td>☯ Walking and coughing make the pain worse</td>
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<tr>
<td></td>
<td>☯ Chills, fever (which may be high and shows infection), high WBC</td>
</tr>
<tr>
<td></td>
<td>☯ Constipation</td>
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<tr>
<td>3rd stage</td>
<td>☯ A mass/abscess forms which may rupture.</td>
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<td>72 hours or later</td>
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</table>

If there is any doubt whether or not your patient has appendicitis, especially with teenagers, do not give treatment either acupuncture nor herbal that relieves pain. This may mask the symptoms which may cause your patient not to seek emergency help when they should. Instead, wait until there is a clear diagnosis.

Note that you can also palpate Lanweixue (extrapoint below ST 36). It will likely (but not always) be tender if there is appendicitis.

You must rule out other abdominal and trunk problems that might look like different phases of appendicitis.

- Note that some gynecological signs can mimic appendicitis – ovarian cysts, ectopic pregnancies, ruptured tubal pregnancies for example can express this way. Some kidney stone symptoms may express this way too, but will be accompanied by blood in the urine.
- Murphy’s sign will help you define gallbladder disease – which looks like pain from appendicitis while it’s in the moving phase mentioned in the first bullet point above. *(Murphy’s sign* is pain in the upper right quadrant of the abdomen – you ask the patient to breathe out while you press into the abdomen just below the costal margin at the mid-clavicular line. Instruct the patient to breathe in and watch them for a cessation of breath. They will quit breathing in if there is pain where you are pressing. This is considered a positive sign for cholecystitis as this makes the gallbladder tender.)*
- Pain in the epigastric area could be ulcerations or acid reflux disease.

See the Physical Assessment discussion of abdominal assessment for fuller information. Never acupuncture to stop the pain until you know for sure what’s causing it! You don’t want to mask symptoms! Best not to treat/cover the pain during the acute phase. You could help the patient relax or control nausea, but don’t stop the pain!
Treatment for appendicitis includes fasting, antibiotics and surgery. Complications can be peritonitis, abscess and sepsis. And this is why you don’t want to stop the pain – could be signaling a rupture that is resulting in peritonitis, sepsis, etc.

**TCM Etiology**

In TCM this is an excess. Can be caused by:

- **Emotional disorders**
  Worried won’t induce it, but can make it lots worse. This causes Qi stagnation and pressure in the body. Liver Qi yu causing overacting will contribute to the pain.

- **Irregular diet**
  This creates blockage and is a direct reason for appendicitis. This includes food that is too difficult to digest, too greasy and too spicy.

- **Improper habits/exercise**
  This includes exercise/playing too soon after meals which leads to improper digestion. May even cause spasms of the intestines. This is a local Qi stagnation + food stagnation.

**TCM Mechanism**

This is an excess condition.

**Blockage of Yang Ming organs**

In the beginning this is a **stomach** problem, later is **large intestine**. Both are Yangming organs. What can cause Yangming blockage?

- **Food stagnation** – often a primary reason
- **Qi** – Liver Qi stagnation
- **Accumulation of Damp or Damp-Heat in the intestines**
TCM Differentiations and Treatment

First, do not treat this patient until the diagnosis is clear. Always refer acute abdomen patients to their doctor first. Tell your patient that because there is a possibility of acute disease, surgery is highly likely. If the patient has a fever, chills, peritoneal irritation plus positive McBurney’s sign do not treat – refer.

Points to chose to rid blockage would be on the ST and LI channels. ST 25, 34, 44 (clear heat). LI 11 (clear heat blockage). In chinese this is states: bu tong ze tong or “not getting through then pain.” Which stage has the high fever in the Six Stage Theory? Yangming.

Basic points

| Ren 6 – moves the Qi |
| ST 25, SP 15, ST 36 |
| All 3 are for middle jiao |
| ST 37 is a lower he sea point of the LI |
| Lanweixue Extra Point - appendix point located 2 cun below ST 36. |

Qi Stagnation with Food Distention
This in the initial stage of the disease, the first 2 – 12 hours. This is a functional problem which results from irregular diet or improper exercise + diet.

Look for gas, bloating, sour smell, acid reflux. If food retention, also vomiting/nausea due to bothered Stomach Qi. Tongue coating will probably be curdy and pulse will probably be slippery. If more damp, will be greasy and such as stated on the handout (below). Qi stagnation will be thin and white.

| 1st stage (gas bloat & qi wandering pain) | Soothe Liver Qi; Promote Qi & Xue circulation; Remove food stagnation |
| Acute pain in epigastric area or distending pain in abdomen (could be wandering & general) | *Do not tx! Bed rest and npo |
| Pain may radiate to hypochondriac region | Basic points + |
| Irritation; aversion to touch & pressure (food Yu) | 4 gates; REN-12, UB-20, 21 |
| Nausea, vomiting; gas/bloating | SP/ST back shu points |
| Decreased appetite; may have aversion to food | Ren 12 for stomach function |
| Constipation | T: Normal, or red tip |
| T: Normal, or red tip | C: Thin white, or thin greasy |
| C: Thin white, or thin greasy | P: Wiry or wiry, slippery |
| P: Wiry or wiry, slippery | |
LV 14 and 4 Gates to soothe liver

Accumulation of Damp Heat in the Yangming/Intestines
This is the 2nd stage. Pain shifts to the lower right side of the abdomen. This is the result of irregular diet, over-consumption of spicy or greasy foods which has caused qi stagnation and food stagnation.

Lots of vomiting problems, can’t touch the abdomen/points as it really hurts. Pulse will be wiry (indicating stagnation and pain) and will probably be fast if due to heat. This is the 2nd stage of the disease.

<table>
<thead>
<tr>
<th>- Middle stage</th>
<th>Clear Heat or D-H; Promote circulation</th>
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<tbody>
<tr>
<td>- Fixed, burning pain in right lower abdomen</td>
<td>Basic points +</td>
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<tr>
<td>- McBurney’s point is reactive/(+) [refer to M.D.!]</td>
<td>SJ-6; LI-11</td>
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<tr>
<td>- Rebound tenderness</td>
<td>ST-44, 45, 34 (xi-cleft)</td>
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<tr>
<td>- Aversion to touch</td>
<td>SP-9; ST-40</td>
</tr>
<tr>
<td>- Distending sensation in abdomen</td>
<td>--</td>
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<td>- Walking, coughing makes pain worse</td>
<td>LI-4; GB-41; DU-14, UB-40</td>
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<tr>
<td>- Constipation; dark yellow urination</td>
<td>In Modern Countries you shouldn’t treat with Acupuncture, send to ER</td>
</tr>
<tr>
<td>- Thirsty; desire for drinks (heat) or no desire to drink (damp)</td>
<td>&gt; Da Huang Mu Dan Pi Tang</td>
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<td>- Fever, high fever; may have chills; sweating (may indicate severe case – refer to MD!)</td>
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<tr>
<td>- Nausea; vomiting; poor appetite</td>
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</table>
Qi Yu with Blood Stasis
This is the 3\textsuperscript{rd} stage. May have retention of phlegm – which refers to the abscess. This is a more chronic stage. Symptoms can last for months to years. The pain will be fixed at this point (no longer shifting around in the abdomen), prickly, and worse at night. This stage shows a progression from Qi stagnation to Blood stasis. There may be a bump or a small mass that can be felt here – body is wrapping it and abscessing it.

This is still a life threatening condition. Look for choppy point, purple pulse.

- Last stage; abscess is wrapped in body tissue: pus can’t come out; blockage still there
- Deep, dull pain off & on in lower abdomen; more on lower right region w/distending sensation; sometimes radiates to groin – fixed pain – with prickling, needling sensation (blood stasis)
- Aversion to touch; mass in local area (fist-sized)
- Exercise & pressure makes it worse
- Worse at Night
- May not have fever or chills anymore
- No rebound tenderness; McBurney’s point is negative
- May have poor appetite, constipation, fatigue, gas, bloating

| - Last stage; abscess is wrapped in body tissue: pus can’t come out; blockage still there | **Promote Qi & Blood Circulation; Remove Blood Stasis** |
| - Deep, dull pain off & on in lower abdomen; more on lower right region w/distending sensation; sometimes radiates to groin – fixed pain – with prickling, needling sensation (blood stasis) | Basic points + |
| - Aversion to touch; mass in local area (fist-sized) | SP-10; UB-40, 17 |
| - Exercise & pressure makes it worse | GB-26, 27, 28 (Dai) |
| - Worse at Night | 4 gates, LI-11 |
| - May not have fever or chills anymore | > Da Huang Mu Dan Pi Tang |
| - No rebound tenderness; McBurney’s point is negative | Da Huang: to purge bowel & for blood stasis (high cholesterol); mu dan pi: for blood |
| - May have poor appetite, constipation, fatigue, gas, bloating | |

T: Normal, or pale-purple
C: Yellow, greasy; or less than before
P: Wiry, hesitant

UB 17 is most important for blood stasis. GB 26-28 for Dai channel.

The formula listed above is specific to this problem. Since eating/drinking is contraindicated with this disease, you can then do an enema – retained for 20-30 minutes. This is a very very fast way to treat. Not exactly pleasant…but effective! More so than antibiotics actually.
Constipation
Bian Mi

Biomedical discussion

By definition is acute or chronic condition in which a person has uncomfortable or infrequent bowel movements. It can be organic or neurological in nature. If it is organic in nature, you need to watch out for small pencil width movements – polyps can narrow or block the intestines. If it is neurological in nature, there is insufficient enervation to move the bowels.

If there is no bowel movement for more than 3 days this is constipation.

Etiology can include
- **Slow transit of stool**
  The large intestine’s function is to 1) absorb fluids and to 2) promote movement of stool. Faster movement means less water is absorbed so is easier to get out.
- **Dehydration and low fiber diet**
  Dehydration is insufficient water and thus more difficult stool. Low fiber results in insufficient bulk of the stool, stool stays in longer, causes diverticulosis, cancer, etc. Fiber not only gives bulk, but also holds water in the stool which gives sufficient lubrication to expedite movement.
- **Obstruction**
  This is rare. Cancer/tumors in the intestines, scarring from intestinal surgery, etc. are causes for obstruction.
- **Diabetes**
  Often alternate between constipation and diarrhea due to nerve damage.

Symptoms include:
- Hardness of stool
- Difficult defecation
- Incomplete evacuation

These 3 result in straining and pain.

- Infrequent BM (anything more than 3 days without a bowel movement)

Treatment includes laxatives (you can use senna – **fan xie ye**) or bulking agents (psyllium for example). Psyllium absorbs water from other areas of the body toward the large intestine.
TCM Etiology

- **Improper habits**
  Refers to bowel habits – sitting too long in the bathroom without any bowel/bladder activity (like reading the paper, etc.) will train your body not to associate sitting on the toilet with going to the bathroom! Waiting too long to use the bathroom when you have urge can also cause constipation.

- **Emotional disorder**
  Liver fire for instance will cause constipation. Will burn off the fluids. Will overact upon the Middle Jiao causing either loose stool (overact on Spleen) or constipation (overact on Stomach). This is why it can also cause alternating loose stool and constipation.

- **Irregular diet**
  Hot foods will cause it – burns off much fluid and causes constipation from dryness.

TCM Mechanism

Simple mechanism.

**Blockage of the LI**

Compare this to appendicitis – appendicitis is blockage of the Yangming organs. This is just blockage of the transmitting/flow of Qi function of the LI, especially in combination with the Spleen or Stomach (which is the pivot point of all Fu organs).

- Stomach and LI blockage result in constipation – the downward flow of Qi is insufficient and the upward flow is too much
- Spleen and stomach blockage results in diarrhea – the downward flow of Qi is too much and the upward flow is insufficient.
TCM Differentiations and Treatment

When you treat you then use a lot of LI point – like Front mu (ST 25) and back shu (UB 25) and lower he sea (ST 37). There are 2 excesses and 2 deficiencies represented in the differentiations below.

Basic points

<table>
<thead>
<tr>
<th>Basic points</th>
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<tbody>
<tr>
<td>ST-25 (Front of LI); UB-25 (back shu of LI); SJ-6; KID-6</td>
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<tr>
<td>Ba liao – for Excess cases; (ST-37 [lower HS of LI])</td>
</tr>
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KI 6 nourishes the yin and induces the bm downward. Same for ba liao.

Liver Qi Stagnation

This type of constipation is very widely seen. This expresses as a BM that is first very dry and hard, ends loose/soft. This is a disharmony between the Liver and the MJ or Liver overacting on the MJ causing SP/ST xu.

<table>
<thead>
<tr>
<th>Liver Qi Yu Type Constipation</th>
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<tbody>
<tr>
<td>First hard then soft = Disharmony of Liver &amp; Middle jiao</td>
<td>- Hard at first, but then loose at the end, or like pebbles</td>
<td>Soothe Liver Qi; Promote BM</td>
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<td>- With gas &amp; bloating in the abdomen</td>
<td>Basic +</td>
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<td></td>
<td>- Distention in the hypochondriac region, irritability</td>
<td>4 gates; GB-34; UB-18; Ba liao</td>
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<td></td>
<td>- Stress, depression</td>
<td>REN-12, 6; LIV-2: Use reducing method</td>
</tr>
<tr>
<td></td>
<td>T: Normal or slightly red</td>
<td>C: Thin coat</td>
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<tr>
<td></td>
<td>P: Wiry</td>
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</table>

GB 34 because relaxes tense ligaments/sinews.
Ren 12 if middle jiao is involved
LV 2 – liver qi stagnation transforming to heat.

Accumulation of Heat or Damp heat in the LI

Constipation will be severe with heat signs. Very low probability to see this in clinic—pretty severe condition. Abdomen will be very hard, palpable masses, and painful.

<table>
<thead>
<tr>
<th>Accumulation of Heat or Damp-Heat in the LI</th>
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<tbody>
<tr>
<td>Heat-type constipation</td>
<td>Yang Ming Sx:</td>
<td>Clear Heat from Intestines; Promote BM</td>
</tr>
<tr>
<td></td>
<td>- 4 Greats; constipation w/ abdominal distension and even pain</td>
<td>Basic +</td>
</tr>
<tr>
<td></td>
<td>- In severe cases, may have delirium</td>
<td>LI-11, SJ-5; ST-36, 34</td>
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<tr>
<td></td>
<td>- Perhaps mass - palpable</td>
<td>ST-44, 45</td>
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<tr>
<td></td>
<td>- Red face, dry mouth w/ foul breath, thirsty, restlessness, etc.</td>
<td>ST-37 (lower He Sea of LI); LI-4</td>
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<tr>
<td></td>
<td>T: Red</td>
<td>SP-14 (promote distribution of body fluids)</td>
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<tr>
<td></td>
<td>C: Yellow or brown thick &amp; rough</td>
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<td></td>
<td>P: Rapid, full</td>
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ST 34 xi cleft for pain
LI 11 and SJ 5 and ST 40 for damp heat
ST 44 if only stomach heat.
ST 37 can be used for most of the excess types of constipation.

**Qi Deficiency**
Of Lung and Spleen. If there is not enough Qi to push the bowels, will have constipation. Happens most to older people or post surgery. Patients will feel tired. BMs won’t be dry but soft and moist, just difficult to expel. Look for fatigue, shortness of breath. Sweating during bm. Plus the usual SP and/or LU qi xu sx.

| Qi Xu (LU & SP) | - Stool is not hard: may not be dry, may be normal, but difficult to move out  
|                 | - During defecation: may sweat, SOB, exhaustion, etc. (common in the elderly)  
|                 | - Patient still experiences constipation  
|                 | - Discomfort in the lower abdomen, not necessarily distension or pain  
|                 | - Pale face, fatigue, spontaneous sweating; depressed appetite; soft voice; SOB, latissitude  
|                 | T: Pale  
|                 | P: Thin, deep  
| Tonify LU & SP Qi; Promote BM | T: Thin white  
| Basic + | ST-36; SP-3, 6  
| UB-13, 20, 21 | REN-6, 17

ST 36, SP 6 to tonify the qi.
Ren 6 tonifies Qi – ocean of Qi
UB 13 and LU 7 for the Lung Qi. Will help disperse, descend functions, assists LI.

**Kidney Yang Xu**
Cold type constipation. This is a condition of insufficient energy to move the bowels.

Look at all the KI yang xu signs. Du 4 and ren 4 will tonify the Kidney Yang. You can moxa to warm up the Kidney Yang and assist with constipation problems.

| Kidney Yang Xu | - Stool is not dry, but infrequent  
|                | - Cold hands & feet; cold sensation in or on abdomen  
|                | - Edema; cold sensation of the back  
|                | - Clear, profuse, frequent urination  
|                | - Impotence; decreased libido  
|                | - Pale face; desire for warmth  
| T: Pale, swollen | C: Moist, white  
| P: Deep, Slow, weak |

**Warm Kidney Yang; Promote BM**
Basic +
REN-4, 6, ($); DU-4; UB-23 w/ moxa
> Ji Chuan Jian
Use herbs of hot nature to warm and reinforce

Other methods you can use:
- ☓ If not severe, change diet! More fiber and vegetables.
- ☓ If the diet doesn’t work, try herbs.
Progression of herbs from gentlest to strongest:
Huo ma ren or ma zi ren → bai zi ren → shu jun or prepared da huang → jiu jun or alcohol prepp’d da huang → sheng da huang → fan xie ye. Fan xie ye is pretty hefty, so use it only under dire circumstances!

Kai se lu or glycerine enema is the next step – comes in a bulb type vial, emptied directly into the bum. (No thanks…none for me.) A soapy water enema (400ml) comes next. This is the strongest of the options.

Well….enough of that shit (pardon the pun). We’re taking a break.
Case Studies

Case 1

Semi chronic stage…may still be excess
30 yo male has suffered from constipation for several months. He has had only 2 or 3 bm’s per week and
Body fluids compromised? Qi stagnation in MJ damp heat? toxic heat?
the stools were dry and small. He also had epigastric and abdominal distention. He has acne and
upper = stomach, lower = intestines
toothache both upper and lower that comes and goes. Apart from this, no other sx. The body of his
body fluids damaged + heat lower jiao
tongue is normal, but has a dry yellow coating which was thicker at the root. His pulse is slightly
damp/food stagnation…right middle is spleen pulse.
slippery on the right/middle.

1. What’s you dx?
   a. Constipation due to yin xu
   b. Constipation due to liver qi yu
   c. Constipation due to ki yang xu
   d. Constipation due to heat in the st and intestines

   Answer: D.

2. What points would you choose for this case?
   a. SP 4, SP 6, KI 3, BL 43, KI 10, KI 8, SP 10
   b. ST 25, ST 37, ST 44, SJ 6, BL 31-34 (Bailao)
   c. ST 40, SP 9, GB 34, LV 8, LI 2, KI 2
   d. DU 4, RN 4, RN 6, RN 8, DU 20, BL 23 with moxa

   Answer: B
**Case 2**

**Chronic, indicating deficiency**

33 yo woman has suffered from constipation 20 years. She has had only 2 bm’s per week, but stools were not particularly dry or small. Her menses is scanty and pale, she suffers from PMS and her memory is poor. Tongue is pale and partially peeled. Pulse is deep, thin, wiry.

1. This patient has all of the following *except*:
   a. Spleen qi xu
   b. Blood xu
   c. Liver Qi yu
   d. Yin xu

   **Answer**: A

2. Which points?
   a. ST 36, SP 6, REN 12, BL 20, BL 21
   b. ST 25, GB 34, LV 3, BL 25, KI 6, LV 8, KI 3, BL 17
   c. GB 20, DU 14, DU 20, SP 6, KI 10
   d. BL 17, BL 40, SP 10, LV 3, LI 4

   **Answer**: B – points for blood and yin xu plus some for constipation
Case 3
Li, female, 71 yo
She is seeking treatment for constipation. 4 years ago she was diagnosed with Parkinson’s disease. She has a very slight tremor in her arm, drags her foot slightly, and her handwriting has been getting progressively smaller. Apart from this, she has also been suffering from constipation more or less. She had resorted to taking a laxative per day. Because of this it was difficult to find out how her stools would be without them. She also suffered backache, dizziness, tinnitus, night sweats, poor sleep, irritability, bitter taste in the mouth, palpitations and a dry throat at night with desire to sip water.

Tongue is red esp on the sides, dry yellow coating. Pulse is slippery/rapid on both sides. Left guan was full and wiry, left cun was thin, both chi were thin and fast.

1. Her symptoms including a slight tremor in the arm, dragging the foot and progressively smaller handwriting indicate:
   a. Kidney yin xu with shen disorder
   b. Liver and kidney yin with essence xu
   c. Signs of liver yang rising
   d. Signs of inner or liver wind

   Answer: D

2. Symptoms including backache, night sweating, poor sleep, palpitations and dry throat at night with desire to sip water indicate
   a. Liver and ki yin xu
   b. Disharmony between ht and ki
   c. Lu and st yin xu
   d. Lv yang rising due to lv yin xu

   Answer: B

3. Patient suffers from all of the following except:
   a. Lv excessive heat
   b. Inner wind harassing
   c. Ht and ki yin xu
   d. Lv and ht blood xu

   Answer: D

4. Which of the following acu points would you choose?
   a. Ren 3, bl 28, sj 5, sp 9, st 40, lv 5
   b. Gb 34, gb 20, ht 7, ki 6, sp 6, lv 2, gb 41, st 25, sj 6
c. Li 11, li 4, du 14, bl 40, p 6, sj 17, bl 25
d. Sp 10, sj 3, sp 6, bl 17, bl 40, sp 4, ki 6

Answer: B