

Chi Institute Written Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2025 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Questions

SAMPLE

- 1. In the context of deficiencies, which one affects the heart, spleen, lung, and kidney?**
 - A. Qi**
 - B. Blood**
 - C. Yin**
 - D. Yang**
- 2. Which organ is linked to respiratory disorders?**
 - A. Kidney**
 - B. Lung**
 - C. Heart**
 - D. Spleen**
- 3. Which organ is considered the root of post-natal life?**
 - A. The kidney**
 - B. The spleen**
 - C. The heart**
 - D. The liver**
- 4. Which element is related to harvest?**
 - A. Earth**
 - B. Fire**
 - C. Wood**
 - D. Metal**
- 5. What does the lung move down to the kidney and bladder?**
 - A. Qi and Body Fluids**
 - B. Blood and Wei Qi**
 - C. Jing and Qi**
 - D. Sweat and Water**
- 6. True or False: Yin (zang) organs are hollow?**
 - A. True**
 - B. False**
 - C. Partially true**
 - D. Neither true nor false**

- 7. What are the yang (fu) organs?**
- A. Heart, lungs, kidney, spleen**
 - B. Gallbladder, small intestine, triple heater, stomach, large intestine, bladder**
 - C. Liver, pericardium, spleen, lungs**
 - D. Metal, earth, wood, fire**
- 8. What are the yin (zang) organs?**
- A. Gallbladder, small intestine, stomach, bladder**
 - B. Liver, heart, pericardium, spleen, lungs, kidney**
 - C. Large intestine, triple heater, lungs, bladder**
 - D. Kidney, liver, stomach, gallbladder**
- 9. During what condition are yin levels said to be low while yang levels remain normal?**
- A. Excess/true cold**
 - B. Deficient/false cold**
 - C. Deficient/false heat**
 - D. Yin deficiency**
- 10. What organ is referred to as the general of the body?**
- A. The kidney**
 - B. The spleen**
 - C. The heart**
 - D. The liver**

Answers

SAMPLE

- 1. A**
- 2. B**
- 3. B**
- 4. D**
- 5. A**
- 6. B**
- 7. B**
- 8. B**
- 9. C**
- 10. D**

SAMPLE

Explanations

SAMPLE

1. In the context of deficiencies, which one affects the heart, spleen, lung, and kidney?

A. Qi

B. Blood

C. Yin

D. Yang

The most comprehensive influence on the heart, spleen, lung, and kidney in the context of deficiencies relates to Qi. In Traditional Chinese Medicine (TCM), Qi is considered the vital life force or energy that flows through the body and is essential for the balance and functioning of all organ systems. When there is a deficiency in Qi, it can lead to a lack of energy and vitality, affecting the overall function of various organs including the heart, spleen, lung, and kidney. Qi deficiency can manifest as symptoms affecting each of these organs in unique ways. For example, a weak kidney Qi may lead to fatigue and lower back pain, while a spleen Qi deficiency can result in digestive issues. Since Qi supports not just one organ system but the interconnectedness of all systems, this deficiency can create a ripple effect. While blood, Yin, and Yang are also crucial elements in maintaining health, they are more specific in their effects. Blood deficiency typically leads to symptoms like paleness and dizziness, which while affecting the heart indirectly through a lack of nourishment, do not directly address the broader systemic impact seen with Qi deficiency. Yin deficiency is often associated with heat signs and imbalances, and Yang deficiency relates to coldness and lack of warmth in the body.

2. Which organ is linked to respiratory disorders?

A. Kidney

B. Lung

C. Heart

D. Spleen

The lung is intrinsically linked to respiratory disorders because it is the primary organ responsible for gas exchange—the process of inhaling oxygen and exhaling carbon dioxide. Respiratory disorders, such as asthma, chronic obstructive pulmonary disease (COPD), pneumonia, and lung cancer, directly affect the lung's ability to function optimally. When the lung is compromised, it impacts the entire respiratory system, leading to symptoms such as shortness of breath, coughing, and reduced oxygen levels in the body. In traditional medical practices, the lung's health is central to overall respiratory health, with numerous conditions specifically targeting the lung tissue and airways. Understanding this connection is crucial for diagnosing and treating respiratory ailments effectively. The other organs listed, while important in their respective functions, do not have a primary role in the mechanics of respiration, thus making the lung the most relevant organ in relation to respiratory disorders.

3. Which organ is considered the root of post-natal life?

- A. The kidney
- B. The spleen**
- C. The heart
- D. The liver

The spleen is recognized as the root of post-natal life because it plays a crucial role in the digestion and transformation of food into Qi (vital energy), blood, and bodily fluids, which are essential for sustaining life after birth. In Traditional Chinese Medicine (TCM), the spleen is vital for the process of extracting nourishment from food, which directly supports the body's energy levels and overall health. This function is especially important in the development and maintenance of post-natal vitality, as it reflects how effectively the body can utilize the nutrition gained from the environment. Additionally, the spleen is involved in the production of blood and the management of fluids in the body, which further reinforces its significance in post-natal life. It also contributes to strengthening the body's defenses, helping to foster a healthy immune response. Hence, the spleen's multifaceted roles ensure that it is viewed as foundational to life after birth, underscoring its classification as the root of post-natal existence in TCM theory.

4. Which element is related to harvest?

- A. Earth
- B. Fire
- C. Wood
- D. Metal**

The element that is related to harvest is Wood. In Traditional Chinese Medicine and its associated philosophies, Wood is symbolically associated with the spring and growth, which includes the nurturing aspects of plants and crops as they come to fruition. Wood is connected to the concept of nourishment, as it represents not only the growth phase but also the productive energy necessary for harvesting. In contrast, Earth is more aligned with stability and grounding, contributing to the nurturing of crops but not directly tied to the act of harvesting itself. Fire represents transformation and energy, often associated with vitality but not the direct act of gathering produce. Metal symbolizes structure and strength, which are important in the cycle of agriculture but again does not pertain specifically to the harvesting process. Therefore, Wood is the element that embodies the active, growth-oriented aspect of the harvest, making it the correct answer to the question.

5. What does the lung move down to the kidney and bladder?

A. Qi and Body Fluids

B. Blood and Wei Qi

C. Jing and Qi

D. Sweat and Water

The correct answer is that the lung moves down Qi and Body Fluids to the kidney and bladder, which is a fundamental concept in Traditional Chinese Medicine (TCM). In TCM, the lungs play a crucial role in managing respiration and are believed to influence the distribution of Qi (vital energy) throughout the body. The lungs take in air, which is transformed into Qi and distributed to nourish the organs, including the kidneys and bladder. This downward movement is essential for maintaining fluid balance and proper organ function. Furthermore, the lungs also help in regulating body fluids. The relationship between the lungs and the kidneys is significant, as healthy lung function aids in the transformation and transportation of body fluids, impacting the kidneys and bladder. By moving Qi and body fluids downward, the lungs support the kidneys in their role of filtering and excreting excess fluids. Other options involve elements like Blood, Wei Qi (defensive Qi), Jing (essence), sweat, and water. While these elements are important in TCM, they do not accurately capture the specific downward movement attributed to the lungs in relation to the kidneys and bladder. Therefore, the focus on Qi and body fluids effectively encapsulates the functional interaction between these organs.

6. True or False: Yin (zang) organs are hollow?

A. True

B. False

C. Partially true

D. Neither true nor false

The statement that Yin (zang) organs are hollow is false. In Traditional Chinese Medicine (TCM), Yin organs, also known as zang organs, are characterized by being solid in nature. They include the heart, liver, spleen, lungs, and kidneys, all of which play vital roles in storing essential substances like blood, Qi, and essence. These organs are associated with the storage and processing of vital substances, contrasting with Yang (fu) organs, which are hollow and involved in transportation and digestion. Understanding this distinction is fundamental in TCM, as it influences diagnosis and treatment strategies. Hence, the characterization of Yin organs as hollow does not align with the established principles of TCM regarding organ functionality and structure.

7. What are the yang (fu) organs?

- A. Heart, lungs, kidney, spleen
- B. Gallbladder, small intestine, triple heater, stomach, large intestine, bladder**
- C. Liver, pericardium, spleen, lungs
- D. Metal, earth, wood, fire

The yang (fu) organs are primarily associated with the digestion and transportation of food and fluids in the body, as well as the elimination of waste. These organs play a crucial role in the yang functions, which represent energy, activity, and metabolic processes. The gallbladder, small intestine, triple heater, stomach, large intestine, and bladder collectively represent the yang organs in Traditional Chinese Medicine. Each of these organs has specific functions that contribute to the overall balance of the body: - The gallbladder stores bile and helps in fat digestion. - The small intestine takes care of the absorption of nutrients. - The triple heater governs the distribution of fluids and regulates body temperature. - The stomach is responsible for the initial breakdown of food. - The large intestine helps in the absorption of water and the formation of waste. - The bladder stores and excretes urine. This classification of the yang organs is key to understanding digestion, excretion, and the maintenance of energy levels in the body. These aspects are essential for overall health and wellness, as they ensure proper utilization of nutrients and the elimination of waste products. In contrast, the other choices highlight different sets of organs that do not conform to the classification of yang (fu) organs. Understanding

8. What are the yin (zang) organs?

- A. Gallbladder, small intestine, stomach, bladder
- B. Liver, heart, pericardium, spleen, lungs, kidney**
- C. Large intestine, triple heater, lungs, bladder
- D. Kidney, liver, stomach, gallbladder

The yin (zang) organs are fundamental to the understanding of Traditional Chinese Medicine (TCM) and are primarily associated with storing vital substances and maintaining the overall balance of the body's functions. The correct choice highlights the organs typically categorized as yin: - Liver: Responsible for the smooth flow of Qi and blood, affecting emotional health and physical functions. - Heart: Central to the circulatory system and closely linked to mental activities and emotions. - Pericardium: Protects the heart and plays a role in emotional well-being, facilitating the circulation of Qi and blood. - Spleen: Key in processing food and transporting nutrients, it regulates digestion and contributes to the formation of Qi and blood. - Lungs: Vital for the intake of Qi and managing the respiratory system, they also affect immunity and the skin. - Kidney: Essential for storing Jing (essence) and governing water metabolism, the kidneys impact both physical health and longevity. These organs are seen as yin because they have more substantial, solid, and nourishing qualities compared to the yang organs, which are more associated with processes of transformation and elimination. Each of these yin organs plays a distinct role in TCM, making them integral to the health and balance of the body systems.

9. During what condition are yin levels said to be low while yang levels remain normal?

- A. Excess/true cold**
- B. Deficient/false cold**
- C. Deficient/false heat**
- D. Yin deficiency**

The concept of yin and yang is central to understanding Traditional Chinese Medicine (TCM) and its diagnostic principles. In TCM, yin represents aspects such as cold, darkness, rest, and substance, while yang is associated with heat, light, activity, and function. In the context of your question, the condition where yin levels are considered low while yang levels remain normal aligns with "deficient/false heat." This condition is characterized by symptoms that may present as heat, such as warmth or restlessness, despite the underlying deficiency of yin, which manifests as dry, overheating tendencies without the external manifestation of excess yang. The insufficient yin fails to nourish and cool the body adequately, leading to signs of so-called false heat. For example, a person may experience symptoms such as a rapid pulse, dry mouth, and a sensation of internal heat, but upon evaluation, it is clear that this is not due to an actual excess of yang, but rather because yin is not sufficiently available to counterbalance yang's natural role in the body. Therefore, understanding this condition in terms of yin deficiency helps to navigate the required treatment approaches, which aim to enrich yin and balance the body's overall energy dynamics. This condition is distinct from the other scenarios mentioned, where

10. What organ is referred to as the general of the body?

- A. The kidney**
- B. The spleen**
- C. The heart**
- D. The liver**

The liver is often referred to as the "general of the body" because of its crucial role in regulating various bodily functions and maintaining homeostasis. It is involved in metabolism, detoxification, and the production of biochemicals necessary for digestion and blood clotting. The liver processes nutrients from the digestive tract, converts them into usable forms, and distributes them throughout the body, much like a general organizing and directing troops in a strategic manner. Additionally, the liver plays a significant role in regulating blood sugar levels, managing energy reserves, and even influencing immune responses. Its centrality to numerous vital processes justifies its comparison to a general, overseeing and coordinating essential functions to ensure the body's optimal functioning. This term highlights the liver's importance in maintaining overall health and balance within the body's systems.