

TCM Foundations Board: Daily Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. Which body areas does the luo-connecting channel from ST-40 travel to?**
 - A. Jaw, teeth, and ear**
 - B. Nape of neck, head, and throat**
 - C. Palm and thenar eminence**
 - D. Shoulder**
- 2. What additional organs does the Liver channel connect with beyond the Liver and Gall Bladder?**
 - A. Lung and Stomach**
 - B. Lung and Spleen**
 - C. Kidneys and Heart**
 - D. Spleen and Kidneys**
- 3. Which of the following is NOT a basic type of cupping?**
 - A. Fire cupping**
 - B. Wet cupping**
 - C. Suction cupping**
 - D. Compression cupping**
- 4. In the context of acupuncture, what happens at the xi-cleft points?**
 - A. Flow superficially**
 - B. Gather and mix**
 - C. Gather and go deep**
 - D. Interchange**
- 5. What is the Xi-Cleft point for Yang Wei Mai?**
 - A. BL-59 (fu yang)**
 - B. BL-63 (jin men)**
 - C. GB-35 (yang jiao)**
 - D. GB-36 (wai qiu)**

- 6. When treating a male who has transitioned from a depressive to manic phase, which treatment is most appropriate?**
- A. ST-40, LR-3, GB-34, BL-18**
 - B. Prick the jing-well points on hand**
 - C. GV-14, GV-16, PC-6, ST-40**
 - D. BL-15, bleed HT-9, ST-40, LR-3**
- 7. Which pulse is known to be characterized by a leather feel?**
- A. Knotted pulse**
 - B. Hollow pulse**
 - C. Leather pulse**
 - D. Soggy pulse**
- 8. Which point is associated with draining damp and clearing heat?**
- A. CV-2 (qugu)**
 - B. LR-8 (ququan)**
 - C. SP-12 (chongmen)**
 - D. LR-11 (yinlian)**
- 9. Which aspect of Gua Sha is to draw out pathogenic factors?**
- A. Scraping technique**
 - B. Pressure application**
 - C. Point stimulation**
 - D. Heat application**
- 10. Which condition would likely improve with the use of the Sympathetic nerve point?**
- A. Headaches**
 - B. Palpitations**
 - C. Joint pain**
 - D. Digestive disorders**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which body areas does the luo-connecting channel from ST-40 travel to?

- A. Jaw, teeth, and ear**
- B. Nape of neck, head, and throat**
- C. Palm and thenar eminence**
- D. Shoulder**

The luo-connecting channel from ST-40, also known as Fenglong, primarily connects to the areas of the nape of the neck, head, and throat. This channel is essential in Traditional Chinese Medicine (TCM) as it serves to link the Stomach channel with other channels in the body, facilitating the flow of Qi and blood. The luo-connecting channels, including that of the Stomach, help distribute and harmonize the energy throughout these regions. The connection to the nape of the neck, head, and throat indicates the significance of the Stomach channel's influence beyond just its typical organ-related functions; it interacts with other vital areas that can experience issues related to stomach and digestive health. By drawing attention to these upper body regions, practitioners can potentially address symptoms that may be reflective of an imbalance in the digestive system or its associated pathways. Other body areas listed in the choices relate to other channels or may not be connected with the specific luo-connecting channel from ST-40. Understanding the specific pathways and connections of the Stomach channel helps practitioners in TCM accurately identify and treat conditions related to these areas.

2. What additional organs does the Liver channel connect with beyond the Liver and Gall Bladder?

- A. Lung and Stomach**
- B. Lung and Spleen**
- C. Kidneys and Heart**
- D. Spleen and Kidneys**

The Liver channel's pathway primarily connects with the Liver and Gall Bladder, but it also has connections with the Lung and Stomach. This linkage is significant in Traditional Chinese Medicine (TCM) as it reflects the interconnectedness of organ systems within the body. The Liver is responsible for the smooth flow of Qi and Blood, and it plays a vital role in digestion, which links it to the Stomach. Moreover, since the Liver is associated with the Wood element, it has relationships with other organs that help maintain harmony and balance in the body's systems. The Lung connection is notable, as the Lung is linked with respiration and the movement of Qi, which can influence the Liver's function, especially in contexts of stress or emotional disturbances. An imbalance in the Liver can affect the Lung, leading to issues such as tightness in the chest or difficulty in breathing, which are tied to the smooth flow of Qi. In contrast, while the other organ combinations mentioned in the other choices have their own connections and pathways within TCM, they do not align with the Liver's additional connections as directly as the Lung and Stomach. Hence, the answer emphasizes the importance of the relationships between these specific organ systems in promoting overall health and balance in TCM.

3. Which of the following is NOT a basic type of cupping?

- A. Fire cupping
- B. Wet cupping
- C. Suction cupping
- D. Compression cupping**

Cupping therapy is a traditional practice in Traditional Chinese Medicine (TCM) that utilizes various techniques to create suction on the skin. The basic types of cupping generally recognized in TCM include fire cupping, wet cupping, and suction cupping. Fire cupping involves heating the inside of a glass cup to create a vacuum and then placing it on the skin. This technique is known for its ability to improve circulation and relieve pain. Wet cupping, on the other hand, involves making small incisions on the skin before applying the cup, allowing for both suction and the drawing out of blood. This method is said to expel toxins more effectively and is considered particularly useful in treating specific ailments. Suction cupping simply utilizes a device, such as a hand pump, to create a vacuum without the use of fire or making incisions. This method is less invasive than the other types while still promoting blood flow and relaxation. In contrast, compression cupping is not recognized as a standard practice in cupping therapy. It may refer to a technique that uses pressure rather than suction to benefit the tissue, but this does not align with the traditional types of cupping that are widely accepted and utilized in TCM. Thus, it is not

4. In the context of acupuncture, what happens at the xi-cleft points?

- A. Flow superficially
- B. Gather and mix
- C. Gather and go deep**
- D. Interchange

At the xi-cleft points, the primary action is to gather and go deep. These points are located on the meridians and serve as important access points where qi and blood are concentrated. The xi-cleft points are specifically known for their role in treating acute conditions and pain, as they can effectively channel the underlying energy and blood stagnation. The concept of "gathering" refers to the ability of these points to collect and concentrate the vital substances, like qi and blood, particularly during times of distress or acute issues. Furthermore, the phrase "go deep" signifies that these points can penetrate deeper levels of the body to address conditions that may reside below the surface, making them a focus for interventions that require a more profound effect on the body's health. Understanding the role of xi-cleft points is crucial in acupuncture practice, especially for practitioners aiming to address urgent or acute symptoms where an immediate response to the body's energy or blood flow is essential. This understanding helps guide the selection of treatment points based on the nature and intensity of the patient's condition.

5. What is the Xi-Cleft point for Yang Wei Mai?

- A. BL-59 (fu yang)
- B. BL-63 (jin men)
- C. GB-35 (yang jiao)**
- D. GB-36 (wai qiu)

The Xi-Cleft point for Yang Wei Mai is GB-35, also known as Yang Jiao. In Traditional Chinese Medicine (TCM), Xi-Cleft points, or "Xue," are vital for treating acute conditions of the meridian they belong to. They are typically used to address issues related to excess or acute conditions. Yang Wei Mai is one of the extraordinary meridians that plays a significant role in integrating Yang energy. The Xi-Cleft point of Yang Wei helps to regulate its flow, especially in cases that involve conditions such as fever, irritability, or other acute Yang-related disorders. GB-35, located on the Gallbladder channel, serves this function effectively due to its anatomical positioning and energetic correspondence. In terms of other choices, while each point has its own significance and can be useful for different pathologies, they are not the designated Xi-Cleft point for Yang Wei Mai. For example, BL-59 relates to the Bladder channel, and while it has applications for regulating certain bladder conditions, it is not relevant to Yang Wei Mai. Similarly, BL-63 and GB-36 serve different therapeutic needs related to their respective meridians and are not classified as Xi-Cleft points for Yang Wei Mai.

6. When treating a male who has transitioned from a depressive to manic phase, which treatment is most appropriate?

- A. ST-40, LR-3, GB-34, BL-18
- B. Prick the jing-well points on hand
- C. GV-14, GV-16, PC-6, ST-40**
- D. BL-15, bleed HT-9, ST-40, LR-3

The most appropriate treatment for a male who has transitioned from a depressive to a manic phase involves using points that address the signs of mania while also stabilizing the spirit and calming the mind. The selected option includes GV-14, GV-16, PC-6, and ST-40, which are effective for these purposes. GV-14 is a key point on the Governing Vessel that can help clear heat and control Yang energies, which is important in the exuberance of mania. GV-16, located at the base of the skull, is instrumental in anchoring the spirit and relieving internal wind, which can often accompany manic episodes. PC-6 can calm the heart and regulate the spirit, making it particularly well-suited for situations where emotional disturbances are pronounced, like during a manic phase. ST-40 is known for resolving phlegm and dampness and can also play a role in controlling excessive emotions, contributing to the overall stability of the patient. This combination effectively targets the hyperactivity and emotional volatility of mania while also helping ground the patient, making it the most suitable choice among the provided options.

7. Which pulse is known to be characterized by a leather feel?

- A. Knotted pulse
- B. Hollow pulse
- C. Leather pulse**
- D. Soggy pulse

The leather pulse is specifically characterized by its hard, tough, and somewhat dry quality, resembling the texture of leather. In Traditional Chinese Medicine, this pulse reflects specific underlying conditions in the body, often associated with deficiency patterns, such as Qi or Blood deficiency, or with dampness transforming into phlegm. When palpated, the leather pulse may give the practitioner clues about the overall health and vitality of the individual, suggesting that the body may be lacking nourishment or is experiencing chronic issues. Other pulse types mentioned have distinct characteristics: the knotted pulse often indicates stagnation or Cold, the hollow pulse suggests a deficiency that can be empty or lacking substance, while the soggy pulse typically indicates a condition of dampness along with Qi deficiency, but none of these possess the specific texture defined as "leather." Understanding these qualities helps practitioners diagnose and treat patients effectively, making the recognition of the leather pulse vital in TCM practice.

8. Which point is associated with draining damp and clearing heat?

- A. CV-2 (qugu)
- B. LR-8 (ququan)
- C. SP-12 (chongmen)**
- D. LR-11 (yinlian)

The point associated with draining damp and clearing heat is SP-12 (chongmen). This point is located in the groin area and plays a significant role in treating conditions related to dampness in the body. In Traditional Chinese Medicine, the spleen is responsible for the transformation and transportation of fluids and is seen as a key organ in managing damp accumulation. SP-12 specifically aids in clearing dampness from the lower jiao (the lower part of the body), which is crucial when addressing symptoms such as abdominal distention, urinary issues, and other signs of damp heat conditions. Additionally, it is particularly effective for conditions where heat and dampness are both present, helping to restore balance and promote overall health. The other points listed may have functions that include treating certain conditions, but they do not primarily focus on combining both the actions of draining dampness and clearing heat as effectively as SP-12 does.

9. Which aspect of Gua Sha is to draw out pathogenic factors?

- A. Scraping technique**
- B. Pressure application**
- C. Point stimulation**
- D. Heat application**

The aspect of Gua Sha that's focused on drawing out pathogenic factors is the scraping technique. In Traditional Chinese Medicine (TCM), Gua Sha is performed by scraping the skin with a tool, which promotes blood flow and helps lift out stagnation, toxins, and other pathogenic factors from the body. This scraping action physically disrupts the surface layer of the skin, creating micro-traumas that stimulate the immune response and enhance circulation, thereby effectively drawing out external pathogens that may contribute to pain or illness. The focus on the scraping technique as a method to draw out pathogenic factors aligns with the fundamental principles of TCM, which suggest that physical manipulation can encourage movement and clearance of obstructions in the body's flow of energy (Qi). By concentrating on this vigorous action, practitioners harness the body's natural healing processes, facilitating detoxification and restoring balance. Other options, such as pressure application and point stimulation, are indeed important elements of TCM practices but do not specifically target the expulsion of pathogenic factors in the same decisive manner as scraping does. Similarly, heat application in Gua Sha is primarily used to warm the area and promote relaxation rather than directly draw out pathogens.

10. Which condition would likely improve with the use of the Sympathetic nerve point?

- A. Headaches**
- B. Palpitations**
- C. Joint pain**
- D. Digestive disorders**

The Sympathetic nerve point is known for its ability to influence the autonomic nervous system, particularly by providing a calming effect on the sympathetic nervous system, which is often overactive in conditions characterized by stress or tension. This makes it particularly useful for relieving symptoms associated with digestive disorders. In Traditional Chinese Medicine, digestive issues can stem from a number of factors, including stress, which can lead to excess sympathetic activity and disrupt normal digestive processes. By targeting the Sympathetic nerve point, practitioners aim to restore balance and promote better digestive function, alleviating symptoms such as bloating, cramping, and irregular bowel movements. While the Sympathetic nerve point may have some secondary benefits for conditions like headaches, palpitations, and joint pain, its primary association is with improving digestive health. Therefore, utilizing this point would likely yield the most significant positive outcomes for individuals experiencing digestive disorders.