

TCM Foundations Board: Daily Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Yang divergent channels connect with their related primary channel at the?**
 - A. Divergent / neck or head**
 - B. Luo-connecting / hands or feet**
 - C. Primary / neck or head**
 - D. Sinew / chest**

- 2. Where is the water point of the hand tai-yang meridian located?**
 - A. On the ulnar side of the wrist in the depression between the styloid process of the ulna and the triquetral bone**
 - B. When a loose fist is made, distal to the metacarpo-phalangeal joint at the junction of red and white skin**
 - C. When the palm faces the chest in the bony cleft on the radial side of the styloid process of the ulna**
 - D. On the ulnar side of the little finger about 0.1 cun posterior to the corner of the nail**

- 3. Excessive sugar consumption can lead to which condition?**
 - A. Stagnant qi**
 - B. Excess mucus**
 - C. Skin disorders**
 - D. Dry cough**

- 4. A 37-year-old woman presents with irregular menstruation and other symptoms. What would be the most effective treatment for her condition after initial improvement?**
 - A. REN-6, REN-4, DU-20, ST-36**
 - B. BL-17, BL-18, BL-20, BL-21, ST-36**
 - C. REN-4, BL-23, KI-8, KI-3, DU-20**
 - D. KI-5, REN-3, SP-10, BL-17**

- 5. Which manifestation is NOT typical of an interior Full-Heat condition?**
 - A. Fever, thirst**
 - B. Heavy white tongue coating**
 - C. Red eyes**
 - D. Scanty-dark urine**

- 6. What pulse is described as very fine, soft, and feels like it is about to disappear?**
- A. Thin pulse**
 - B. Minute pulse**
 - C. Short pulse**
 - D. Knotted pulse**
- 7. A patient has sharp and stabbing pains in the epigastrium worsened by heat, pressure, and eating, with a purple tongue. What is the Stomach zang-fu pattern?**
- A. Stomach Yin Deficiency**
 - B. Stomach Fire**
 - C. Stomach Blood Stasis**
 - D. Stomach Phlegm-Fire**
- 8. In gua sha, what does the term "Sha" refer to?**
- A. A scraping instrument**
 - B. The tonification of the defensive or wei qi**
 - C. Rash-like skin reaction**
 - D. The scraping of the skin surface**
- 9. If a patient has symptoms of dizziness and chest oppression, what underlying condition might they have?**
- A. Deficient Yang**
 - B. Cold-Phlegm in the Lungs**
 - C. Excess Liver Qi**
 - D. Heart Fire**
- 10. A 34-year-old woman shows signs of irritability and shortness of breath. What is the likely diagnosis?**
- A. Wood overacting Earth**
 - B. Metal not controlling Wood**
 - C. Fire overcontrolling Metal**
 - D. Water not nourishing Wood**

Answers

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1. C
2. B
3. B
4. C
5. B
6. B
7. C
8. C
9. B
10. B

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Explanations

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1. Yang divergent channels connect with their related primary channel at the?

- A. Divergent / neck or head**
- B. Luo-connecting / hands or feet**
- C. Primary / neck or head**
- D. Sinew / chest**

The correct answer focuses on the specific connection point of Yang divergent channels with their associated primary channels. Yang divergent channels primarily function to provide a deeper connection and support for the associated primary channel, playing a critical role in overall meridian system integration. These divergent channels are primarily linked at the neck or head region, which serves as a significant junction for various channels within Traditional Chinese Medicine (TCM). This anatomical localization is crucial because it is in these regions that the divergent channels can effectively bridge the gap between the primary channels and the deeper network of meridian connections, helping to harmonize and balance energy throughout the body. In contrast, the other options relate to other forms of channels and their connections, but they do not accurately describe the specific location where Yang divergent channels link with their primary counterparts. This distinction is key in understanding the broader relationships within TCM channels and the flow of Qi throughout the body.

2. Where is the water point of the hand tai-yang meridian located?

- A. On the ulnar side of the wrist in the depression between the styloid process of the ulna and the triquetral bone**
- B. When a loose fist is made, distal to the metacarpo-phalangeal joint at the junction of red and white skin**
- C. When the palm faces the chest in the bony cleft on the radial side of the styloid process of the ulna**
- D. On the ulnar side of the little finger about 0.1 cun posterior to the corner of the nail**

The water point of the hand tai-yang meridian, which is also known as the small intestine channel, is located at the point where a loose fist is made, specifically distal to the metacarpo-phalangeal joint at the junction of red and white skin. This positioning is significant in acupuncture and traditional Chinese medicine as the specific location reflects practical anatomical landmarks that practitioners can easily identify during treatment. In this area, the transition from red to white skin serves as a clear visual guide for locating the point. This anatomical delineation is essential as it helps practitioners maintain accuracy in point selection, contributing to the effectiveness of treatment. The water point's role in traditional Chinese medicine includes aiding in regulating the flow of water and the body's fluids, enhancing digestive functions, and supporting overall harmony within the meridian system. Other options describe locations relevant to different acupoints or meridian pathways, but they do not correspond to the correct identification of the water point for the hand tai-yang meridian. Understanding the precise anatomical markers for acupoints ensures practitioners can provide more effective care based on well-established principles of traditional Chinese medicine.

3. Excessive sugar consumption can lead to which condition?

- A. Stagnant qi
- B. Excess mucus**
- C. Skin disorders
- D. Dry cough

Excessive sugar consumption can lead to the production of excess mucus in the body. In Traditional Chinese Medicine (TCM), sugar is considered a damp-forming food, which means that it can contribute to the generation of dampness in the body. This dampness manifests as an overproduction of mucus, leading to conditions such as phlegm accumulation, digestive issues, and a feeling of heaviness. In TCM, excess mucus can block the flow of qi, impair the function of organs, and manifest in various symptoms, including respiratory issues, digestive problems, and skin conditions. Therefore, overconsumption of sugar can create an environment conducive to excessive mucus production, aligning with the principles of TCM where the relationship between diet, bodily functions, and conditions is emphasized. While other options like stagnant qi, skin disorders, and dry cough could be related to various imbalances in the body, they do not directly correlate with the impact of excessive sugar consumption as clearly as mucus production does within the framework of TCM.

4. A 37-year-old woman presents with irregular menstruation and other symptoms. What would be the most effective treatment for her condition after initial improvement?

- A. REN-6, REN-4, DU-20, ST-36
- B. BL-17, BL-18, BL-20, BL-21, ST-36
- C. REN-4, BL-23, KI-8, KI-3, DU-20**
- D. KI-5, REN-3, SP-10, BL-17

The effectiveness of the treatment from the selected choice hinges on the targeted approach to addressing both the root and branch of the woman's irregular menstruation. In Traditional Chinese Medicine (TCM), irregular menstruation can be linked to factors such as kidney disharmony, blood deficiency, or liver imbalance. The treatment outlined in the selected choice includes points that gather strength from the kidney, which is the source of yin and blood, and hence plays a critical role in the regulation of menstruation. REN-4 is known as the "Guan Yuan" point, which is vital for nourishing the essence and blood. BL-23 strengthens the kidneys, supporting reproductive health, while KI-8 is used to regulate the chong and ren vessels, which are closely related to menstruation. KI-3, another important point, nourishes kidney yin and promotes overall vitality. DU-20, located at the crown of the head, is beneficial for calming the spirit and uplifting yang energy, which can also support the menstrual cycle. This combination of acupoints addresses the fundamental issues that may be contributing to her irregular menstruation and is particularly effective for a woman in this age group who may be experiencing disturbances related to hormonal regulation. The holistic approach—nourishing the

5. Which manifestation is NOT typical of an interior Full-Heat condition?

A. Fever, thirst

B. Heavy white tongue coating

C. Red eyes

D. Scanty-dark urine

An interior Full-Heat condition in Traditional Chinese Medicine typically presents with symptoms indicative of intense heat in the body. Among these are signs like fever, intense thirst, red eyes, and scanty, dark urine, which reflect the body's heat and its tendency to dry up fluids. The heavy white tongue coating mentioned in the selected highlight is not typical for a Full-Heat condition; rather, it suggests a different pathology. A heavy white coating is typically associated with Cold or Damp conditions, where the presence of phlegm or moisture does not align with the dryness and intense heat found in Full-Heat presentations. In contrast, conditions characterized by Full-Heat usually show a red tongue with a yellow coating, indicating dryness and excess internal heat. Thus, the symptoms of fever, thirst, red eyes, and scanty, dark urine collectively support the presence of Full-Heat, while a heavy white tongue coating more accurately signals other conditions.

6. What pulse is described as very fine, soft, and feels like it is about to disappear?

A. Thin pulse

B. Minute pulse

C. Short pulse

D. Knotted pulse

The minute pulse is characterized by its very fine, soft quality, often described as delicate and on the verge of disappearing. In Traditional Chinese Medicine (TCM), the minute pulse reflects a deficiency in vital energy or blood, often indicating a weak constitution or the presence of a significant health issue. This pulse is typically felt with the lightest touch and can be difficult to detect, which underscores its ephemeral nature. The minute pulse can indicate a range of conditions, including severe yin deficiency, exhaustion of body fluids, or chronic illness, where the body's overall vitality is waning. TCM practitioners pay close attention to this pulse as it can guide them in determining a treatment strategy, focusing on nourishing and strengthening the patient's energy and blood. While the thin pulse also reflects a condition of deficiency, it is usually more pronounced than a minute pulse. A short pulse suggests a different issue where the pulse is lacking in breadth rather than being soft or faint. The knotted pulse indicates a more complex characteristic involving stagnation or an irregular rhythm, distinct from the fine and soft nature of the minute pulse. Each type of pulse offers different insights into the patient's health, which is essential for accurate diagnosis and treatment planning in TCM.

7. A patient has sharp and stabbing pains in the epigastrium worsened by heat, pressure, and eating, with a purple tongue. What is the Stomach zang-fu pattern?

- A. Stomach Yin Deficiency
- B. Stomach Fire
- C. Stomach Blood Stasis**
- D. Stomach Phlegm-Fire

The symptoms presented in this case indicate Stomach Blood Stasis as the most appropriate pattern. Sharp and stabbing pains in the epigastrium that worsen with heat, pressure, and eating suggest an obstruction or stasis of blood within the stomach. The description of these pains is consistent with the nature of blood stasis, which often manifests as sharp, localized discomfort. Additionally, the presence of a purple tongue is a significant diagnostic indicator. In Traditional Chinese Medicine (TCM), a purple tongue typically reflects stagnation of blood or qi. A tongue that lacks color, which can be associated with deficiencies, does not fit this presentation. In contrast, other conditions like Stomach Yin Deficiency would show more signs related to dry mouth and increased thirst, and Stomach Fire would typically lead to symptoms of burning pain, severe thirst, and possible changes in digestion. Stomach Phlegm-Fire would exhibit a more complex symptom picture including nausea, vomiting, or a feeling of heaviness. Therefore, the patient's symptoms align more closely with Stomach Blood Stasis, confirming it as the correct diagnosis.

8. In gua sha, what does the term "Sha" refer to?

- A. A scraping instrument
- B. The tonification of the defensive or wei qi
- C. Rash-like skin reaction**
- D. The scraping of the skin surface

In the practice of gua sha, "Sha" refers specifically to the rash-like skin reaction that occurs as a result of the scraping technique used during the therapy. This reaction is typically characterized by redness and slight swelling and signifies the release of stagnation or toxins from the body. The presence of "sha" indicates that the treatment is having an effect, as it shows that blood flow is being increased to the area, promoting healing and reducing pain. The other concepts are important in the context of gua sha but do not directly define what "sha" means. For instance, while there are scraping instruments used in the procedure, they do not embody the term "sha" itself. Additionally, the tonification of the defensive or wei qi and the act of scraping the skin, while integral to the practice of gua sha, do not specifically denote "sha." The key to understanding "sha" lies in recognizing it as the result of the treatment, which highlights its role in Traditional Chinese Medicine and the therapeutic outcomes of gua sha.

9. If a patient has symptoms of dizziness and chest oppression, what underlying condition might they have?

A. Deficient Yang

B. Cold-Phlegm in the Lungs

C. Excess Liver Qi

D. Heart Fire

In Traditional Chinese Medicine (TCM), the combination of dizziness and chest oppression can often be associated with Cold-Phlegm in the Lungs. This condition reflects an imbalance where cold and phlegm obstruct the flow of Qi, leading to symptoms such as chest tightness or oppression and dizziness due to insufficient Qi circulation. When phlegm is present, it can impede the normal ascending and descending actions of Qi, which can manifest physically as chest discomfort and a feeling of heaviness. Additionally, the presence of cold can further constrict and dampen the movement of Qi. This stagnation can lead to a sensation of oppression in the chest, making it difficult for the patient to breathe freely or feel comfortable. In contrast, the other conditions don't typically align as closely with both symptoms. Deficient Yang usually presents with fatigue, poor circulation, and cold extremities rather than pronounced chest oppression. Excess Liver Qi may lead to feelings of frustration or anger, often causing headaches or irritability but not necessarily manifesting as chest discomfort and dizziness. Heart Fire, while it can cause symptoms like palpitations or anxiety, is more likely to result in a sensation of heat or fullness rather than the cold and damp manifestations of phlegm. Thus, the

10. A 34-year-old woman shows signs of irritability and shortness of breath. What is the likely diagnosis?

A. Wood overacting Earth

B. Metal not controlling Wood

C. Fire overcontrolling Metal

D. Water not nourishing Wood

The diagnosis of "Metal not controlling Wood" is appropriate in this context because the symptoms of irritability and shortness of breath resonate with the relationship between these two elements in Traditional Chinese Medicine (TCM) theory. In TCM, each of the five elements (Wood, Fire, Earth, Metal, and Water) has a specific relationship with one another, including controlling and nourishing interactions. Metal is associated with the lungs and is responsible for regulating the descending functions of Qi and fluids. When Metal is not effectively controlling Wood, which represents the liver and its corresponding emotions (such as irritability), there can be excess Liver Qi causing symptoms like irritability and possibly shortness of breath due to difficulties in the respiratory system. The other options, while grounded in TCM principles, do not align as well with the presented symptoms. For example, Wood overacting Earth typically refers to scenarios where Wood affects the digestive system negatively rather than directly causing respiratory issues. Fire overcontrolling Metal involves emotional disturbances and might relate to feelings of anxiety. Water not nourishing Wood suggests a deficiency of nourishment which may cause weak Wood energy, leading to fatigue or weakness rather than irritability and shortness of breath. Thus, the chosen diagnosis effectively explains the symptoms in the context

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://tcmfoundationsboarddaily.examzify.com>

We wish you the very best on your exam journey. You've got this!

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