

ACTCM at CIIS

Comprehensive Exam Handbook

2019-2020



**California Institute
of Integral Studies**

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ACTCM at CIIS

Comprehensive Exam Policies and Procedures

Effective Date September 15, 2018

There are three (3) comprehensive exams given at ACTCM at CIIS. One at the end of level I, another at the end of level II; and a graduation exam administered during the AOM Comprehensive Review course taken during the last year.

The following study guide is provided to help you with your review. The questions are multiple-choice except the practical exams and case studies. The best way to prepare for these exams is to review course material, review all required reading, form study groups and quiz each other.

Sign up: You must sign up to take a comprehensive exam at beginning of each semester. The sign-up form (Request to Sit for Comprehensive Exams) is obtained from the Student Services area and submitted to the Academic Advisor. You will **not** be able to sit for a comprehensive exam unless you signed up by the deadline for that exam. Students can opt to postpone exams if they feel unprepared to complete them. In this case, the student should notify the Academic Advisor, Dr. Andrea Natta at anatta@ciis.edu in writing prior to the date of the exams. The Academic Advisor will review possible program of study options.

Instructions: Students must adhere to the exam schedule outlined in this guide. It is the student's responsibility to be present on time for the exams. Please **do not** bring books or papers into the examination room. You will be provided scratch paper, which you must return to the proctor along with each completed exam. During the exam students will not be allowed to leave the room to get a drink or use the lavatory. No food will be allowed into the examination room.

Exam Results: Results will be released after all of the exams have been completed and the results have been compiled and reviewed by the Program Committee. The release date usually falls during the second week after the start of the semester. Exam results will be placed in your ACTCM student mailbox in a sealed envelope.

Scantron Instructions:

- All responses to exam questions are to be recorded on the Scantron answer sheet provided. No other answers will be considered for multiple-choice answers.
- Use a #2 pencil and fill in the correct bubble corresponding to the selected response completely.
- Identify yourself on the answer sheet by bubbling in your exam identification number (to be assigned on the day of the exam) and fill in your name.
- In the space marked "SUBJECT", write the subject of the exam you are currently taking (i.e. "TCM Fundamental Theory", "TCM Materia Medica", etc.)
- Any challenges or inquiries about exam content can be noted on the reverse side of the Scantron answer sheet.
- Upon completion of the exam you are to turn in your Scantron answer sheet, the test questions, and all of your scratch paper, used or not.

FIRST LEVEL COMPREHENSIVE EXAMS

Sign Up for First Level Comprehensive Exams

You must sign up to take the comprehensive exams and fill out “Request to Sit for Comprehensive Exams” form. The signup deadline is:

- Friday, September 21, 2018 for taking January 2019 exams
- Friday, January 25, 2019 for taking May 2019 exams
- Friday, May 24, 2019 for taking August 2019 exams
- Friday, September 20, 2019 for taking January 2020 exams
- Friday, January 24, 2020 for taking April 2020 exams
- Friday, May 22, 2020 for taking August 2020 exams

You may sign up for both sections A and B of the first level comprehensive exams, or an individual section in one testing period. The first level comprehensive exams are broken up into two parts: Section A and Section B.

Section A consists of following subject areas:

- TCM Materia Medical (50 questions worth 50 points, 36 points required to pass)
- TCM Fundamental Theory (50 questions worth 50 points, 36 points required to pass)

Section B consists of following subject areas:

- Acupuncture and Point Location (50 questions worth 50 points, 36 points required to pass)
- TCM Diagnosis (50 questions worth 50 points, 36 points required to pass)
- Point Location Practical (10 acupuncture points, 7 correct acupuncture points are required to pass)

Students may take both sections A and B of the exams during one testing period, or can opt to complete the sections over two consecutive testing periods. Each section must be completed in one testing period, and **both sections of 1st attempt must be completed within two consecutive testing periods.** Comprehensive exams will be offered three times a year, prior to the start of each semester.

Note: You must pass all subject areas of the first level comprehensive exams in order to take the second level comprehensive exams.

2019-2020 Exam Schedule First Level Comprehensive Exams

- January 2019 Exam Dates: **Friday, January 4th and Sunday, January 6th, 2019**
- May 2019 Exam Dates: **Friday, May 3rd and Sunday, May 5th, 2019**
- August 2019 Exam Dates: **Friday, August 23rd and Sunday, August 25th, 2019**
- January 2020 Exam Dates: **Friday, January 3rd and Sunday, January 5th, 2020**
- April 2020 Exam Dates: **Friday, April 24th and Sunday, April 26th, 2020**
- August 2020 Exam Dates: **Friday, August 21st and Sunday, August 23rd, 2020**

Multiple-choice exams of subject areas schedules (Friday)

9:30-10:30am TCM Materia Medica (60 minutes)
10:40-11:40am TCM Fundamental Theory (60 minutes)

1:30-2:30pm Acupuncture and Point Location (60 minutes)
2:40-3:40pm TCM Diagnosis (60 minutes)

Point location practical schedule (Sunday)

9:00am-2:00pm Point Location Practical (12 minutes)

(Notices will be put in student mailboxes regarding the designated time you will take practical. These are pre-assigned times that cannot be changed.)

Retake Policy for First Level Comprehensive Exams

Failing 1st attempt exam

If a student fails any subject area of exams, he/she may re-take these exams on the next offering of the comprehensive exams. Students can opt to complete a retake exam on the same testing period as another section, provided that all subject areas of exams are of the same level. For example, if a student fails a subject area from Section A and is scheduled to take Section B at the following comprehensive exam date, he/she can opt to sit for both the retake exam(s) and the scheduled Section B exams during the same testing period. The student also has the option of postponing the retake exam(s) to the next testing period. NOTE: Postponing exam(s) may result in a delay of your graduation date.

Failing first retake

If a student fails any subject area of the retake exams, the student must fulfill a study plan required by the administration that addresses the student's deficiency. Tutoring for the failed subject(s) may be available. The student is then eligible to take a second retake exam when the next comprehensive exams are offered.

Failing second retake

If a student fails any subject area of the second retake, tutoring for the failed subject(s) will be required. Student will receive a learning contract in writing. The student is then eligible to take a third retake exam when the next comprehensive exams are offered.

Failing third retake

If a student fails the third retake exam, he/she is required to meet with the Dean's Committee to determine status in the program and additional remediation. The student may be dismissed from the program at the discretion of the Dean's Committee evaluation.

SECOND LEVEL COMPREHENSIVE EXAMS

Sign Up for Second Level Comprehensive Exams

You must sign up to take the comprehensive exams and fill out “Request to Sit for Comprehensive Exams” form. The sign up deadline is:

- Friday, September 21, 2018 for taking January 2019 exams
- Friday, January 25, 2019 for taking May 2019 exams
- Friday, May 24, 2019 for taking August 2019 exams
- Friday, September 20, 2019 for taking January 2020 exams
- Friday, January 24, 2020 for taking April 2020 exams
- Friday, May 22, 2020 for taking August 2020 exams

You may sign up for all sections (A, B and C) of the second level comprehensive exams, or an individual section in one testing period. The second level comprehensive exams are broken up into three parts: Section A, Section B and Section C.

Section A consists of following subject areas:

- TCM Formulas (50 questions worth 50 points, 38 points required to pass)
- TCM Internal Medicine (50 questions worth 50 points, 38 points required to pass)

Section B consists of following subject areas:

- Acupuncture (50 questions worth 50 points, 38 points required to pass)
- Biomedicine (50 questions worth 50 points, 38 points required to pass)

Section C consists of following subject area: the 2nd level advanced point location exam must be taken and passed prior to beginning the first Clinic Intern I shift.

- 2nd Level Advanced Point Location (10 acupuncture points, 8 correct acupuncture points are required to pass)

You may sign up the 2nd level advanced point location practical exam (Section C) two semesters before entering Clinic Intern I course.

Students may take all sections (A, B, and C) of the exams during one testing period, or can opt to complete sections A and B over two consecutive testing periods. Each section must be completed in one testing period, and **both sections A and B of 1st attempt must be completed within two consecutive testing periods.** Comprehensive exams will be offered three times a year, prior to the start of each semester.

Note:

- *You must pass the 2nd level advanced point location practical exam (Section C) in order to enroll in the clinic as a Clinic Intern I.*
- *You must pass all subject areas of the second level comprehensive exams in order to take the graduation exams.*

2019-2020 Exam Schedule for Second Level Comprehensive Exams

- January 2019 Exam Dates: **Friday, January 4th and Sunday, January 6th, 2019**
- May 2019 Exam Dates: **Friday, May 3rd and Sunday, May 5th, 2019**
- August 2019 Exam Dates: **Friday, August 23rd and Sunday, August 25th, 2019**
- January 2020 Exam Dates: **Friday, January 3rd and Sunday, January 5th, 2020**
- April 2020 Exam Dates: **Friday, April 24th and Sunday, April 26th, 2020**
- August 2020 Exam Dates: **Friday, August 21st and Sunday, August 23rd, 2020**

Multiple-choice exams of subject areas schedule (Friday)

9:30-10:30am TCM Formulas (60 minutes)
10:40-11:40am TCM Internal Medicine (60 minutes)

1:30-2:30pm Acupuncture (60 minutes)
2:40-3:40pm Biomedicine (60 minutes)

2nd level advanced point location practical schedule (Sunday)

9:00am-2:00pm Advanced Point Location Practical (12 minutes)

(Notices will be put in student mailboxes regarding the designated time you will take practical. These are pre-assigned times that cannot be changed.)

Retake Policy for Second Level Comprehensive Exams

Failing 1st attempt exam

If a student fails any subject area of exams, he/she may re-take these exams on the next offering of the comprehensive exams. Students can opt to complete a retake exam on the same testing period as another section, provided that all subject areas of exams are of the same level. For example, if a student fails a subject area from Section A and is scheduled to take Section B at the following comprehensive exam date, he/she can opt to sit for both the retake exam(s) and the scheduled Section B exams during the same testing period. The student also has the option of postponing the retake exam(s) to the next testing period. NOTE: Postponing retake exam(s) may result in a delay of your graduation date.

Failing first retake

If a student fails any subject area of the retake exams, the student must fulfill a study plan required by the administration that addresses the student's weaknesses. Tutoring for the failed subject(s) may be available. The student is then eligible to take a second retake exam when the next comprehensive exams are offered.

Failing second retake

If a student fails any subject area of the second retake, tutoring for the failed subject(s) will be required. Student will receive a learning contract in writing. The student is then eligible to take a third retake exam when the next comprehensive exams are offered.

Failing third retake

If a student fails the third retake exam, he/she is required to meet with the Dean's Committee to determine status in the program and additional remediation. The student may be dismissed from the program at the discretion of the Dean's Committee evaluation.

GRADUATION EXAM

Grading for Graduation Exams

- Multiple-choice Questions: The exam consists of 100 multiple-choice questions, worth 100 points. 80 points are required to pass the exam. (120 minutes)
- Case Studies (3 cases, worth 300 points), 240 points are required. (60 minutes)

Exam Schedule for Graduation Exams (Summer/Fall Semester)

Graduation Exams are scheduled during the 11th week in which the AOM Comprehensive Review course is offered.

Retake Policy for Graduation Exams

If a student fails any section of grad exam, he/she will be given the opportunity to take a retake exam. The retake exam will be administered on the 13th week of the semester. If a student fails the retake exam, he/she will be eligible to take a second retake exam at the end of the semester.

Note: You must pass all parts of the comprehensive exams to graduate.

Comprehensive Exam Challenges and Complaints

Students may submit concerns, expected errors in particular questions, or comments about specific aspects of the exam content, in writing to the administration within ten (10) days of taking the exam. Any challenges or inquiries about exam content may also be noted on the reverse side of the Scantron answer sheet during the examinations and submitted to the proctor at the examination site. Please be as specific as possible when challenging a question for the Program Committee to review. All challenges to comprehensive exam questions must be submitted in writing. The questions of concern will be presented to the Program Committee for a final determination and the decision will be notified to the student.

Comprehensive Exam Confidentiality

ACTCM is committed to the integrity and security of the comprehensive exam process. Students have a duty to maintain strict confidentiality with respect to the content of the Comprehensive Exams. Students agree that they will not discuss the content of these exams with any other students who have not yet taken these exams. Additionally, students agree that they will not copy or distribute in any form of the questions of these exams.

Academic Integrity

Creative and original scholarly research is at the heart of the Institute's academic purpose. It is essential that faculty and students pursue their academic work with the utmost integrity. This means that all academic work produced by an individual is the result of the individual's efforts and that those efforts acknowledge explicitly any contribution by another person.

Reproducing another's work and submitting it as one's own work or without acknowledging the source is called "plagiarism", or stealing the intellectual property of another, which is the antithesis of scholarly research. Any use of other ideas or others' expression in any medium without attribution is a serious violation of academic standards. If confirmed, plagiarism subjects a student to disciplinary action.

Student Disability Services

A student with a permanent or temporary disability may request accommodations by contacting Student Disability Services (SDS), a service of the Dean of Students Office, at studentaffairs@ciis.edu. The Student Disability Services Coordinator works with students to provide reasonable accommodations that will allow for full access and participation in the academic environment. The student must provide documentation from a licensed healthcare professional. The Student Disability Services Coordinator will communicate with the student's faculty only after receiving a written request from the student; the nature of the disability is never disclosed. More information about registering with Student Disability Services can be found in the Student Life tab of MyCIIS, or at https://my.ciis.edu/ICS/Student_Life/Student_Disability_Services.jnz.

ACTCM at CIIS
Comprehensive Exam Content Outlines
Effective Date November 1, 2016

FIRST LEVEL COMPREHENSIVE EXAMS

Multiple Choice Examinations for First Level

1). TCM Fundamental Theory

1. This exam covers material from the following course: **Fundamental TCM Theory**.
2. The exam has **50 questions**. (36 correct answers needed to pass)
3. Study guidelines: review the contents of the TCM Fundamental Theory course including handouts and class notes. Review all required reading from course syllabus.
4. Content outline:
 - (1). Basic theories (25%)
 1. Yin yang theory
 2. Five element theory
 - (2). Pattern theories (45%)
 1. Zang fu theory
 2. Qi, blood, body fluids, and essence theory
 - (3). Pathogenic factors and etiology (external factors, internal factors, miscellaneous causes of illness) (20%)
 - (4). Treatment principles (10%)

2). TCM Diagnosis

1. This exam covers material from the following courses, which need to be completed: **TCM Diagnosis I, II, III**.
2. The exam has **50 questions**. (36 correct answers needed to pass)
3. Study guidelines: review the contents of the TCM Diagnosis courses including handouts and class notes. Review all required reading from course syllabi.
4. Content outline:
 - (1). Four examination theories (50%)
 1. Observing, including tongue diagnosis
 2. Listening and smelling
 3. Asking
 4. Palpation, including pulse diagnosis
 - (2). Pattern differentiations (50%)
 1. Eight principles
 2. Zang fu diagnosis
 3. Qi, blood, body fluid, and essence differentiations
 4. Six stages, four levels, and san jiao differentiations

3). Acupuncture and Point Location

1. This exam covers material from the following courses, which need to be completed: **Meridian Theory, Meridians and Points I, II, III, Acupuncture Techniques I, II, III**.
2. The exam has **50 questions**. (36 correct answers needed to pass)
3. Study guidelines: review the contents of the Meridian Theory, Meridian and Points, Acupuncture Technique courses including all required reading, handouts, and class notes. Review all required reading from course syllabi.
4. Content outline:

- (1). Meridians and points (55%)
 1. 12 primary meridians
 2. Point location on 14 meridians
- (2). Acupuncture techniques (30%)
 1. Needling techniques
 2. Other modalities (i.e. moxibustion, cupping, guasha, seven-star needling)
- (3). Safety (15%)
 1. Contraindications and safety
 2. Clean needle technique, including response to clinic injuries such as pneumothorax, burns and acupuncture related adverse events
 3. Blood borne pathogens

4). TCM Materia Medica

1. This exam covers material from the following courses, which need to be completed: **TCM Materia Medica I, II, III.**
2. The exam has **50 questions**. (36 correct answers needed to pass)
3. Study guidelines: review the contents of the TCM Materia Medica courses including all handouts and class notes. Review all required reading from course syllabi.
4. Herb list: the exam covers the herbs from California Acupuncture Licensing Examination (CALE) single herb list. Please see the attachment.
5. Content outline:
 - (1). Tastes, properties, channels entered, cautions and contraindications of individual herbs (15%)
 - (2). Functions and indications of individual herbs (85%)
 1. Release exterior
 2. Clear heat (purge fire, clear heat toxin, cool blood, drain damp heat)
 3. Drain downward
 4. Transform dampness, dispel wind-dampness, drain dampness
 5. Transform phlegm and stop coughing
 6. Warm interior and expel cold
 7. Regulate qi, regulate blood
 8. Calm spirit, extinguish wind and stop tremors
 9. Tonify (qi, blood, yin, yang), stabilize and bind
 10. Relieve food stagnation, expel parasites, open orifices

Practical Exams for First Level

1). Point Location Practical

1. This exam covers material from the following courses: **Meridians and Points I, II, III.**
2. The exam consists of locating 10 acupuncture points on a model in 12 minutes. Each acupuncture point correctly located is worth 2 points for a total of 20 points. 14 points are required for a passing grade.
3. Study guidelines: review the contents of the Meridians and Points courses.
4. All of the points listed in *Chinese Acupuncture and Moxibustion*, 2nd ed. Cheng Xinnong (2005) and *A Manual of Acupuncture*, Peter Deadman, et al (2001) could be on the exam **except** those points in the following anatomical areas:
 - (1). Skull points between the anterior hairline to posterior hairline;
 - (2). Points on the face, and neck regions;
 - (3). Chest points below the 2nd and above 7th intercostal space;
 - (4). Abdominal points below the umbilicus, above the groin and around the genitals;

- (5). Lower back points below second lumbar spinous process, and above the transverse gluteal crease.
5. Point location practical exam process
- (1). Examinees will be directed to the testing areas by facilitators (staff). Faculty proctors will direct each student to a model. Models will have been marked by faculty with an invisible marker. Two faculty members will review the location of each point before designating the location.
 - (2). After entering the exam area, examinees will have one minute to review the exam sheet which lists ten (10) acupuncture points with their Chinese names. Examinees record their own names at the top of the page. Pencils will be supplied for notes. Notes may be made on the exam sheet. Students will be supplied with sticky colored dots to mark the point location.
 - (3). Faculty proctors will announce the start time. Examinees will have a total of twelve (12) minutes to locate the ten (10) acupuncture points listed on the exam sheet.
 - (4). Rules regarding the models: Examinees may ask the model to sit or stand; flex or extend their neck or back. Examinees may ask the model to raise their leg by putting their foot on a chair in order to accommodate the point locations. Examinees may not request the model lie supine or prone on the tables, but examinees may request the model sit on edge of a table for allowing the examinees access to a leg in flexion position.
 - (5). Faculty proctors will announce a 6-minute mark (halfway), and the 10-minute mark (2 minutes to finish). At the 12-minute mark examinees will be asked to step away from the model, pass their exam sheet to the proctor, and leave the testing area.
 - (6). Examinees will not be apprised of their exam results on the exam day.

SECOND LEVEL COMPREHENSIVE EXAMS

Multiple Choice Examinations for Second Level

1). Acupuncture

1. The exam covers material from the following courses, which need to be completed: **Meridians and Points I, II, III, Acupuncture Technique I, II, III, Acupuncture Theory, and Acupuncture Treatment for Disease.**
2. The exam has **50 questions**. (38 correct answers needed to pass)
3. Study guidelines: review the contents of the Meridians and Points courses, Acupuncture Techniques, Acupuncture Theory and Acupuncture Treatment for Disease. Review all required reading from course syllabi.
4. Content outline:
 - (1). Meridians and points (65%)
 1. 12 primary meridians
 2. Point locations of 14 meridians
 3. Indications and functions of individual points of 14 meridians
 4. Eight extraordinary meridians and other meridian systems (i.e. sinew, luo-connecting, divergent meridians)
 5. Special acupuncture points
 - a. Five shu points, front-mu, back-shu, yuan-source, luo-connecting, xi-cleft points
 - b. Extra points
 - c. Auricular points
 - d. Scalp acupuncture
 - (2). Acupuncture techniques (25%)
 1. Needling techniques
 2. Other modalities (i.e. moxibustion, cupping, guasha, bleeding, e-stim, ear acupuncture, scalp acupuncture)
 - (3). Safety (10%)
 1. Contraindications and safety
 2. Blood borne pathogens

2). TCM Internal Medicine

1. This exam covers material from the following courses, which need to be completed: **TCM Diagnosis I, II, III, Acupuncture Theory, Acupuncture Treatment for Disease, TCM Internal Medicine I, II, III.**
2. The exam has **50 questions**. (38 correct answers needed to pass). These multiple-choice questions may include case studies.
3. Study guidelines: review the contents of the TCM Diagnosis, Acupuncture Theory, Acupuncture Treatment for Disease, TCM Internal Medicine courses including all handouts and class notes. Review all required reading from course syllabi.
4. Herb list: the exam covers the herbs from California Acupuncture Licensing Examination (CALE) single herb list. Please see the attachment.
5. Formula list: the exam covers the formulas from ACTCM comprehensive exam formula list. Please see the attachment.
6. Content outline:
 - (1). Differential diagnosis (35%)
 - (2). Chinese herbal medicine for disease and syndromes (35%)
 - (3). Acupuncture treatment for diseases and syndromes (30%)

3). TCM Formulas

1. This exam covers material from the following courses, which need to be completed: **TCM Formulary I, II, III.**
2. The exam has **50 questions**. (38 correct answers needed to pass)
3. Study guidelines: review the contents of the TCM Formulary courses including all handouts and class notes. Review all required reading from course syllabi.
4. Formula list: the exam covers the formulas from ACTCM comprehensive exam formula list. Please see the attachment.
5. Content outlines
 - (1). Proper administration of herbal prescriptions (5%)
 - (2). Functions, indications and ingredients of Chinese herbal formulas (95%)
 1. Release exterior
 2. Drain downward
 3. Harmonize
 4. Clear heat
 5. Warm interior cold
 6. Tonifying
 7. Calm spirit, stabilize and bind
 8. Regulate qi
 9. Regulate blood
 10. Expel wind, treat dryness
 11. Expel dampness, expel phlegm
 12. Reduce food stagnation, expel parasites

4). Biomedicine

1. This exam covers material from the following courses, which need to be completed: **Pathology and Pathophysiology, Western Clinical Medicine I, II, and Physical Assessment.**
2. The exam has **50 questions**. (38 correct answers needed to pass)
3. Study guidelines: review the contents of the Pathology and Pathophysiology, Western Clinical Medicine, Physical Assessment including all course notes and handouts. Review all required reading from course syllabi.
4. Medical condition list for biomedicine: the exam covers the medical conditions from NCCAOM biomedicine medical condition list. Please see the attachment.
5. Content outline:
 - (1). History taking and SOAP notes (10%)
 - (2). Physical assessment (30%)
 1. Vital signs
 2. HEENT exam
 3. Thorax (heart and lungs)
 4. Abdomen
 5. Vascular system
 6. Ortho-neuro examinations
 - (3). System pathology (60%). Please see attachment of NCCAOM biomedicine medical condition list.
 1. 1st category of NCCAOM medical condition list (35%)
 2. 2nd category of NCCAOM medical condition list (15%)
 3. 3rd category of NCCAOM medical condition list (10%)

Practical Exams for Second Level

1). Point Location Practical

1. This exam covers material from the following courses: **Meridians and Points I, II, III**
2. The exam consists of locating 10 acupuncture points on a model in 12 minutes. Each acupuncture point correctly located is worth 2 points for a total of 20 points. 16 points are required for a passing grade.
3. Study guidelines: review the contents of the Meridians and Points courses.
4. All of the points listed in *Chinese Acupuncture and Moxibustion*, 2nd ed. Cheng Xinnong (2005) and *A Manual of Acupuncture*, Peter Deadman, et al (2001) could be on the exam **except** those points in the following anatomical areas:
 - (1). Skull points between the anterior hairline to posterior hairline;
 - (2). Points on the face, and neck regions;
 - (3). Chest points below the 2nd and above 7th intercostal spaces;
 - (4). Abdominal points below the umbilicus, above the groin and around the genitals;
 - (5). Lower back points below second lumbar spinous process, and above the transverse gluteal crease.
5. Point location practical exam process
 - (1). Examinees will be directed to the testing areas by facilitators (staff). Faculty proctors will direct each student to a model. Models will have been marked by faculty with an invisible marker. Two faculty members will review the location of each point before designating the location.
 - (2). After entering the exam area, examinees will have one minute to review the exam sheet which lists ten (10) acupuncture points with their Chinese names. Examinees record their own names at the top of the page. Pencils will be supplied for notes. Notes may be made on the exam sheet. Students will be supplied with sticky colored dots to mark the point location.
 - (3). Faculty proctors will announce the start time. Examinees will have a total of twelve (12) minutes to locate the ten (10) acupuncture points listed on the exam sheet.
 - (4). Rules regarding the models: Examinees may ask the model to sit or stand; flex or extend their neck or back. Examinees may ask the model to raise their leg by putting their foot on a chair in order to accommodate the point locations. Examinees may not request the model lie supine or prone on the tables, but examinees may request the model sit on edge of a table for allowing the examinees access to a leg in flexion position.
 - (5). Faculty proctors will announce a 6-minute mark (halfway), and the 10-minute mark (2 minutes to finish). At the 12-minute mark examinees will be asked to step away from the model, pass their exam sheet to the proctor, and leave the testing area.
 - (6). Examinees will not be apprised of their exam results on the exam day.

GRADUATION EXAM

1). Multiple Choice Questions

1. This exam is cumulative of all content outline listed for both first level and second level comprehensive exams.
2. The exam consists of 100 multiple-choice questions, worth 100 points. 80 points are required to pass the exam.
3. Herb list: the exam covers the herbs from California Acupuncture Licensing Examination (CALE) single herb list. Please see the attachment.
4. Formula list: the exam covers the formulas from ACTCM comprehensive exam formula list. Please see the attachment.
5. Medical condition list for biomedicine: the exam covers the medical conditions from NCCAOM medical condition list. Please see the attachment.
6. Content outlines
 - (1). TCM Theory and Diagnosis (10%)
 - (2). Meridians and Point Location, and acupuncture Techniques (25%)
 1. Meridians and Point location (15%)
 2. Acupuncture Techniques (10%)
 - (3). Herbs and Formulas (20%)
 1. Materia medica (10%)
 2. Formulas (10%)
 - (4). TCM Clinical Medicine (25%)
 1. TCM Internal Medicine (20%)
 2. TCM Gynecology (5%)
 - (5). Biomedicine, including referral and ominous signs (20%)
 1. Advanced physical assessment in musculoskeletal and neurological exams (5%)
 2. System pathology, please see attachment of NCCAOM biomedicine medical conditions list for biomedicine (15%)

2). Written Case Studies

1. This exam is cumulative of all content outline listed for both first level and second level comprehensive exams.
2. Written Case Studies (3 cases, worth 300 points), 240 points are required.
3. Formula List: the exam covers the formulas from ACTCM Comprehensive Exam Formula List. Please see the attachment.
4. Scoring for each case study is as follows:

(1). Diagnosis	30 points
(2). Treatment Principle	10 points
(3). Acupuncture Prescription	30 points
(4). Herbal Formula Prescription	<u>30 points</u>

Total Points 100 points for each case for a total of 300 points.

Recommended Reading List

First Level Comprehensive Exams

- A Manual of Acupuncture, Peter Deadman, Mazin Al-Khafaji, Keven Baker. East Sussex, England: Journal of Chinese Medicine Publications, 2001.
- Acupuncture: A Comprehensive Text, John O'Connor, Dan Bensky. Shanghai College of Traditional Chinese Medicine. Seattle, WA: Eastland Press, 1996
- Chinese Acupuncture and Moxibustion, 2nd ed. Cheng Xinnong. Beijing: Foreign Languages Press, 2005.
- Chinese Herbal Medicine: Materia Medica, 3rd ed. Dan Bensky, et al. Seattle, WA: Eastland Press, 2004.
- Clean Needle Technique Manual for Acupuncturists, 7th ed. National Acupuncture Foundation, 2015.
- The Foundation of Chinese Medicine, 2nd ed. Giovanni Maciocia. New York: Churchill Livingstone, 2005.

Second Level Comprehensive Exams

- A Manual of Acupuncture, Peter Deadman, Mazin Al-Khafaji, Keven Baker. East Sussex, England: Journal of Chinese Medicine Publications, 2001.
- Acupuncture: A Comprehensive Text, John O'Connor, Dan Bensky. Shanghai College of Traditional Chinese Medicine. Seattle, WA: Eastland Press, 1996
- Bates' Guide to Physical Examination and History Taking, newer edition? 10th ed. Lynn Bickley. Philadelphia: Lippincott Williams & Wilkins Publishers, 2008
- Chinese Acupuncture and Moxibustion, 2nd ed. Cheng Xinnong. Beijing: Foreign Languages Press, 2005.
- Chinese Herbal Medicine: Formulas and Strategies, 2nd ed. Volker Scheid, Dan Bensky, et al. Seattle, WA: Eastland Press, 2009.
- Chinese Herbal Medicine: Materia Medica, 3rd ed. Dan Bensky, et al. Seattle, WA: Eastland Press, 2004.
- Clean Needle Technique Manual for Acupuncturists, 7th ed. National Acupuncture Foundation, 2015.
- Current Medical Diagnosis and Treatment, Stephen McPhee, Maxine Papadakis, et al. Columbus: McGraw-Hill Companies, Incorporated, (current edition).
- The Foundation of Chinese Medicine, 2nd ed. Giovanni Maciocia. New York: Churchill Livingstone, 2005.

Graduation Exam

Included both first level and second level comprehensive exam reading lists

Examination Single Herb List*

Herbs included on this list will provide the basis for single herb questions used on the examination. These herbs are not endorsed as safe by the Department of Consumer Affairs, the Acupuncture Board, or the Federal Food and Drug Administration.

* From California Acupuncture Licensing Examination (CALE) at http://www.acupuncture.ca.gov/students/herb_list

	PINYIN	CHINESE (KOREAN)	LATIN PHARMACEUTICAL
1.	Ai Ye	艾葉 (애엽)	<i>Artemisiae Argyi, Folium</i>
2.	Ba Ji Tian	巴戟天 (파극천)	<i>Morindae Officinalis, Radix</i>
3.	Bai Bian Dou 1	白扁豆 (백편두)	<i>Lablab Semen album</i>
4.	Bai Bu	百部 (백부)	<i>Stemonae, Radix</i>
5.	Bai Guo	白果 (백과)	<i>Ginkgo, Semen</i>
6.	Bai He	百合 (백합)	<i>Lilii, Bulbus</i>
7.	Bai Jiang Cao	敗醬草 (패장초)	<i>Patriniae, Herba cum Radice</i>
8.	Bai Jie Zi	白芥子 (개자)	<i>Sinapis, Semen</i>
9.	Bai Mao Gen	白茅根 (백모근)	<i>Imperatae, Rhizoma</i>
10.	Bai Qian	白前 (백전)	<i>Cynanchi Stauntonii, Radix et Rhizoma</i>
11.	Bai Shao	白芍 (백작)	<i>Paeoniae Alba, Radix</i>
12.	Bai Tou Weng	白頭翁 (백두옹)	<i>Pulsatillae, Radix</i>
13.	Bai Wei	白薇 (백미)	<i>Cynanchi Atrati, Radix et Rhizoma</i>
14.	Bai Zhi	白芷 (백지)	<i>Angelicae Dahuricae, Radix</i>
15.	Bai Zhu	白朮 (백출)	<i>Atractylodis Macrocephalae, Rhizoma</i>
16.	Bai Zi Ren	柏子仁 (백자인)	<i>Platycladi, Semen</i>
17.	Ban Lan Gen	板藍根 (판남근)	<i>Isatidis, Radix</i>
18.	Ban Xia	半夏 (반하)	<i>Pinelliae, Rhizoma</i>
19.	Bei Mu	貝母 (패모)	<i>Fritillariae, Bulbus</i>
20.	Bei Sha Shen	北沙參 (북사삼)	<i>Glehniae, Radix</i>
21.	Bi Bo 2	萹芩 (필발)	<i>Piperis Longi, Fructus</i>
22.	Bian Xu	篇蓄 (편축)	<i>Polygoni Avicularis, Herba</i>
23.	Bie Jia	鼈甲 (별갑)	<i>Trionycis, Carapax</i>
24.	Bo He	薄荷 (박하)	<i>Menthae, Herba</i>
25.	Bu Gu Zhi	補骨脂 (보골지)	<i>Psoraleae, Fructus</i>

26.	Cang Er Zi	蒼耳子 (창이자)	<i>Xanthii, Fructus</i>
27.	Cang Zhu	蒼朮 (창출)	<i>Atractylodis, Rhizoma</i>
28.	Cao Dou Kou	草豆蔻 (초두구)	<i>Alpiniae Katsumadai, Semen</i>
29.	Cao Guo	草果 (초과)	<i>Amomi Tsaoko, Fructus</i>
30.	Cao Wu	草烏 (초오)	<i>Aconiti Kusnezoffii, Radix</i>
31.	Ce Bai Ye	側柏葉 (측백엽)	<i>Platycladi, Cacumen</i>
32.	Chai Hu	柴胡 (시호)	<i>Bupleuri, Radix</i>
33.	Chan Tui	蟬蛻 (선태)	<i>Cicadae, Periostracum</i>
34.	Che Qian Zi	車前子 (차전자)	<i>Plantaginis, Semen</i>
35.	Chen Pi	陳皮 (진피)	<i>Citri Reticulatae, Pericarpium</i>
36.	Chen Xiang	沈香 (침향)	<i>Aquilariae Resinatum, Lignum</i>
37.	Chi Shao	赤芍 (적작)	<i>Paeoniae Rubrae, Radix</i>
38.	Chi Shi Zhi	赤石脂 (적석지)	<i>Halloysitum Rubrum</i>
39.	Chuan Bei Mu	川貝母 (천패모)	<i>Fritillariae Cirrhosae, Bulbus</i>
40.	Chuan Lian Zi	川楝子 (천련자)	<i>Meliae Toosendan, Fructus</i>
41.	Chuan Mu Tong	川木通 (천목통)	<i>Clematidis Armandii, Caulis</i>
42.	Chuan Niu Xi	川牛膝 (천우슬)	<i>Cyathulae, Radix</i>
43.	Chuan Xiong	川芎 (천궁)	<i>Chuanxiong, Rhizoma</i>
44.	Chun Pi 3	椿皮 (춘피)	<i>Ailanthi, Cortex</i>
45.	Ci Shi	磁石 (자석)	<i>Magnetitum</i>
46.	Da Fu Pi	大腹皮 (대복피)	<i>Arecae, Pericarpium</i>
47.	Da Huang	大黃 (대황)	<i>Radix et Rhizoma Rhei</i>
48.	Da Ji	大戟 (대극)	<i>Euphorbiae seu Knoxiae, Radix</i>
49.	Da Zao	大棗 (대조)	<i>Jujubae, Fructus</i>
50.	Dan Dou Chi	淡豆豉 (담두시)	<i>Sojae Praeparatum, Semen</i>
51.	Dan Nan Xing	膽南星 (담남성)	<i>Arisaema cum Bile</i>
52.	Dan Shen	丹蔘 (단삼)	<i>Salviae Miltiorrhizae, Radix et Rhizoma</i>
53.	Dan Zhu Ye	淡竹葉 (담죽엽)	<i>Lophatheri, Herba</i>
54.	Dang Gui	當歸 (당귀)	<i>Angelicae Sinensis, Radix</i>
55.	Dang Shen	黨蔘 (당삼)	<i>Codonopsitis, Radix</i>
56.	Deng Xin Cao	燈心草 (등심초)	<i>Junci, Medulla</i>
57.	Di Fu Zi	地膚子 (지부자)	<i>Kochiae, Fructus</i>

58.	Di Gu Pi	地骨皮 (지골피)	<i>Lycii, Cortex</i>
59.	Di Huang 4	地黃 (지황)	<i>Rehmanniae, Radix</i>
60.	Di Long	地龍 (지룡)	<i>Pheretima</i>
61.	Di Yu	地榆 (지유)	<i>Sanguisorbae, Radix</i>
62.	Ding Xiang	丁香 (정향)	<i>Caryophylli, Flos</i>
63.	Dong Gua Zi	冬瓜子 (동과자)	<i>Benincasae, Semen</i>
64.	Dong Kui Zi	冬葵子 (동규자)	<i>Malvae, Semen</i>
65.	Dou Kou 5	豆蔻 (두구)	<i>Amomi Rotundus, Fructus</i>
66.	Du Huo	獨活 (독활)	<i>Angelicae Pubescentis, Radix</i>
67.	Du Zhong	杜仲 (두충)	<i>Eucommiae, Cortex</i>
68.	E Jiao	阿膠 (아교)	<i>Asini, Colla Corii</i>
69.	E Zhu	莪朮 (아출)	<i>Curcumae, Rhizoma</i>
70.	Fang Feng	防風 (방풍)	<i>Saposhnikoviae, Radix</i>
71.	Fang Ji 6	防己 (방기)	<i>Stephaniae Tetrandrae, Radix</i>
72.	Fen Bi Xie 7	粉萆薢 (분비해)	<i>Dioscoreae Hypoglaucae, Rhizoma</i>
73.	Fu Ling	茯苓 (복령)	<i>Poriae</i>
74.	Fu Pen Zi	覆盆子 (복분자)	<i>Rubi, Fructus</i>
75.	Fu Xiao Mai	浮小麥 (부소맥)	<i>Tritici Levis, Fructus</i>
76.	Fu Zi	附子 (부자)	<i>Aconiti Lateralis Preparata, Radix</i>
77.	Gan Cao	甘草 (감초)	<i>Glycyrrhizae, Radix et Rhizoma</i>
78.	Gan Jiang	乾薑 (건강)	<i>Zingiberis, Rhizoma</i>
79.	Gao Ben	藁本 (고본)	<i>Ligustici, Rhizoma et Radix</i>
80.	Gao Liang Jiang	高良薑 (고량강)	<i>Alpiniae Officinari, Rhizoma</i>
81.	Ge Gen	葛根 (갈근)	<i>Puerariae Lobatae, Radix</i>
82.	Gou Ji	狗脊 (구척)	<i>Cibotii, Rhizoma</i>
83.	Gou Qi Zi	枸杞子 (구기자)	<i>Lycii, Fructus</i>
84.	Gou Teng	鉤藤 (구등)	<i>Uncariae cum Uncis, Ramulus</i>
85.	Gu Sui Bu	骨碎補 (골쇄보)	<i>Drynariae, Rhizoma</i>
86.	Gu Ya	穀芽 (곡아)	<i>Sativae Germinantus, Fructus</i>
87.	Gua Lou Pi	瓜蒌皮 (과루피)	<i>Trichosanthis, Pericarpium</i>
88.	Gua Lou Zi 8	瓜蒌子 (과루자)	<i>Trichosanthis, Semen</i>
89.	Guang Huo Xiang	廣藿香 (광곽향)	<i>Pogostemonis, Herba</i>

90.	Gui Ban	龜板 (구판)	<i>Testudinis, Plastrum</i>
91.	Gui Ban Jiao	龜板膠 (구판교)	<i>Testudinis, Gelatinum Plastrum</i>
92.	Gui Zhi	桂枝 (계지)	<i>Cinnamomi, Ramulus</i>
93.	Hai Piao Xiao	海鰓蛸 (해표초)	<i>Sepiae, Endoconcha</i>
94.	Hai Tong Pi	海桐皮 (해동피)	<i>Erythrinae, Cortex</i>
95.	Hai Zao	海藻 (해조)	<i>Sargassum</i>
96.	He Ye	荷葉 (하엽)	<i>Nelumbinis, Folium</i>
97.	He Zi	訶子 (가자)	<i>Chebulae, Fructus</i>
98.	Hei Zhi Ma	黑芝麻 (흑지마)	<i>Sesami Nigrum, Semen</i>
99.	Hong Hua	紅花 (홍화)	<i>Carthami, Flos</i>
100.	Hou Po	厚朴 (후박)	<i>Magnoliae Officinalis, Cortex</i>
101.	Hu Jiao	胡椒 (호초)	<i>Piperis, Fructus</i>
102.	Hu Tao Ren	胡桃仁 (호도인)	<i>Juglandis, Semen</i>
103.	Hua Jiao	花椒 (화초)	<i>Zanthoxyli, Pericarpium</i>
104.	Hua Shi	滑石 (활석)	<i>Talcum</i>
105.	Huai Hua Mi	槐花米 (괴화미)	<i>Sophorae Japonicae Immaturus, Flos</i>
106.	Huang Bo 9	黃柏 (황백)	<i>Phellodendri Chinensis, Cortex</i>
107.	Huang Lian	黃連 (황련)	<i>Coptidis, Rhizoma</i>
108.	Huang Qi	黃芪 (황기)	<i>Astragali, Radix</i>
109.	Huang Qin	黃芩 (황금)	<i>Scutellariae, Radix</i>
110.	Huo Ma Ren	火麻仁 (화마인)	<i>Cannabis, Fructus</i>
111.	Huo Xiang	藿香 (곽향)	<i>Agastaches, Herba</i>
112.	Ji Li 10	蒺藜 (질러)	<i>Tribuli, Fructus</i>
113.	Ji Nei Jin	鷄內金 (계내금)	<i>Corneum Gigeriae Galli, Endothelium</i>
114.	Ji Zi Huang	雞子黃 (계자황)	<i>Galli Vitellus</i>
115.	Jiang Huang	薑黃 (강황)	<i>Curcumae longae, Rhizoma</i>
116.	Jie Geng	桔梗 (길경)	<i>Platycodi, Radix</i>
117.	Jin Qian Bai Hua She 11	金錢白花蛇 (금전백화사)	<i>Bungarus Parvus</i>
118.	Jin Yin Hua	金銀花 (금은화)	<i>Lonicerae Japonicae, Flos</i>
119.	Jin Ying Zi	金櫻子 (금앵자)	<i>Rosae Laevigatae, Fructus</i>
120.	Jing Jie	荊芥 (형개)	<i>Schizonepetae, Herba</i>

121.	Jing Mi	粳米 (경미)	<i>Nonglutinous Rice</i>
122.	Ju Hong	橘紅 (귤홍)	<i>Citri Erythrocarpae, Pars Rubra Epicarpium</i>
123.	Ju Hua	菊花 (국화)	<i>Chrysanthemi, Flos</i>
124.	Jue Ming Zi	決明子 (결명자)	<i>Cassiae, Semen</i>
125.	Ku Shen 12	苦蔘 (고삼)	<i>Sophorae Flavescens, Radix</i>
126.	Ku Xing Ren 13	苦杏仁 (고행인)	<i>Armeniaca Amara, Semen</i>
127.	Lai Fu Zi	萊菔子 (내복자)	<i>Raphani, Semen</i>
128.	Lian Qiao	蓮翹 (연교)	<i>Forsythiae, Fructus</i>
129.	Lian Xu	蓮鬚 (연순)	<i>Nelumbinis, Stamen</i>
130.	Lian Zi	蓮子 (연자)	<i>Nelumbinis, Semen</i>
131.	Long Dan 14	龍膽 (용담)	<i>Gentiana, Radix</i>
132.	Long Gu	龍骨 (용골)	<i>Draconis, Os</i>
133.	Long Yan Rou	龍眼肉 (용안육)	<i>Longanae, Arillus</i>
134.	Lu Gen	蘆根 (노근)	<i>Phragmitis, Rhizoma</i>
135.	Lu Hui	蘆薈 (노회)	<i>Aloes</i>
136.	Lu Jiao Jiao	鹿角膠 (녹각교)	<i>Cervi Colla Cornus</i>
137.	Lu Rong	鹿茸 (녹용)	<i>Cervi Pantotrichum, Cornu</i>
138.	Mai Dong 15	麥冬 (맥동)	<i>Ophiopogonis, Tuber</i>
139.	Mai Ya	麥芽 (맥아)	<i>Hordei Germinatus, Fructus</i>
140.	Man Jing Zi	蔓荊子 (만형자)	<i>Vitidis, Fructus</i>
141.	Mang Xiao	芒硝 (망초)	<i>Natrii Sulfas</i>
142.	Mo Yao	沒藥 (작약)	<i>Myrrha</i>
143.	Mu Dan Pi	牡丹皮 (목단피)	<i>Moutan, Cortex</i>
144.	Mu Gua	木瓜 (목과)	<i>Chaenomelis, Fructus</i>
145.	Mu Li	牡蠣 (모려)	<i>Ostreae, Concha</i>
146.	Mu Tong	木通 (목통)	<i>Akebiae, Caulis</i>
147.	Mu Zei	木賊 (목적)	<i>Equiseti Hiemalis, Herba</i>
148.	Nan Sha Shen	南沙參 (남사삼)	<i>Adenophorae, Radix</i>
149.	Niu Bang Zi	牛蒡子 (우방자)	<i>Arctii, Fructus</i>
150.	Niu Huang	牛黃 (우황)	<i>Bovis, Calculus</i>
151.	Niu Xi 16	牛膝 (우슬)	<i>Achyranthis Bidentatae, Radix</i>
152.	Nu Zhen Zi	女貞子 (여정자)	<i>Ligustri Lucidi, Fructus</i>

153.	Pao Jiang	炮薑 (포강)	<i>Zingiberis Preparatum, Rhizoma</i>
154.	Pi Pa Ye	枇杷葉 (비파엽)	<i>Eriobotryae, Folium</i>
155.	Pu Gong Ying	蒲公英 (포공영)	<i>Taraxaci, Herba</i>
156.	Pu Huang	蒲黃 (포황)	<i>Typhae, Pollen</i>
157.	Qian Cao	茜草 (서초)	<i>Rubiae, Radix et Rhizoma</i>
158.	Qian Hu	前胡 (전호)	<i>Peucedani, Radix</i>
159.	Qian Shi	芡實 (검실)	<i>Euryales, Semen</i>
160.	Qiang Huo	羌活 (강활)	<i>Notopterygii, Rhizoma et Radix</i>
161.	Qin Jiao	秦艽 (진교)	<i>Gentianae Macrophyllae, Radix</i>
162.	Qin Pi	秦皮 (진피)	<i>Fraxini Cortex</i>
163.	Qing Hao	青蒿 (청호)	<i>Artemisiae Annuae, Herba</i>
164.	Qing Pi	青皮 (청피)	<i>Citri Reticulatae Viride, Pericarpium</i>
165.	Qu Mai	瞿麥 (구맥)	<i>Dianthi, Herba</i>
166.	Ren Shen	人蔘 (인삼)	<i>Ginseng, Radix et Rhizoma</i>
167.	Rou Dou Kou	肉豆蔻 (육두구)	<i>Myristicae Fragrantis, Semen</i>
168.	Rou Gui	肉桂 (육계)	<i>Cinnamomi, Cortex</i>
169.	Ru Xiang	乳香 (유향)	<i>Olibanum, Gummi</i>
170.	San Leng	三稜 (삼릉)	<i>Sparganii, Rhizoma</i>
171.	San Qi	三七 (삼칠)	<i>Notoginseng, Radix</i>
172.	Sang Bai Pi	桑白皮 (상백피)	<i>Mori, Cortex</i>
173.	Sang Ji Sheng	桑寄生 (상기생)	<i>Taxilli, Herba</i>
174.	Sang Shen 17	桑椹 (상심)	<i>Mori, Fructus</i>
175.	Sang Ye	桑葉 (상엽)	<i>Mori, Folium</i>
176.	Sang Zhi	桑枝 (상지)	<i>Mori, Ramulus</i>
177.	Sha Ren	砂仁 (사인)	<i>Amomi, Fructus</i>
178.	Sha Yuan Zi	沙苑子 (사원자)	<i>Astragali Complanati, Semen</i>
179.	Shan Dou Gen	山豆根 (산두근)	<i>Sophorae Tonkinensis, Radix et Rhizoma</i>
180.	Shan Yao	山藥 (산약)	<i>Dioscoreae, Radix</i>
181.	Shan Zha	山楂 (산사)	<i>Crataegi, Fructus</i>
182.	Shan Zhu Yu	山茱萸 (산수유)	<i>Corni, Fructus</i>
183.	She Chuang Zi	蛇床子 (사상자)	<i>Cnidii, Fructus</i>
184.	She Gan	射干 (사간)	<i>Belamcandae, Rhizoma</i>

185.	Shen Qu	神麴 (신곡)	<i>Massa Fermentata</i>
186.	Sheng Jiang	生薑 (생강)	<i>Zingiberis Recens, Rhizoma</i>
187.	Sheng Jiang Pi	生薑皮 (생강피)	<i>Zingiberis Recens, Cortex</i>
188.	Sheng Ma	升麻 (승마)	<i>Rhizoma Cimicifugae</i>
189.	Shi Gao	石膏 (석고)	<i>Gypsum Fibrosum</i>
190.	Shi Jue Ming	石決明 (석결명)	<i>Haliotidis, Concha</i>
191.	Shi Wei	石葦 (석위)	<i>Pyrrosiae, Folium</i>
192.	Shou Wu Teng 18	首烏藤 (수오등)	<i>Polygoni Multiflori, Caulis</i>
193.	Shu Di Huang	熟地黃 (숙지황)	<i>Rehmanniae Praeparata, Radix</i>
194.	Shui Niu Jiao	水牛角 (수우각)	<i>Bubali, Cornu</i>
195.	Suan Zao Ren	酸棗仁 (산조인)	<i>Zizyphi Spinosae, Semen</i>
196.	Suo Yang	鎖陽 (쇄양)	<i>Cynomorii, Herba</i>
197.	Tan Xiang	檀香 (단향)	<i>Santali Albi Lignum</i>
198.	Tao Ren	桃仁 (도인)	<i>Persicae, Semen</i>
199.	Tian Dong 19	天冬 (천동)	<i>Asparagi, Radix</i>
200.	Tian Hua Fen	天花粉 (천화분)	<i>Trichosanthis, Radix</i>
201.	Tian Nan Xing	天南星 (천남성)	<i>Arisaematis, Rhizoma</i>
202.	Tu Fu Ling	土茯苓 (토복령)	<i>Smilacis Glabrae, Rhizoma</i>
203.	Tu Si Zi	菟絲子 (토사자)	<i>Cuscutae, Semen</i>
204.	Wang Bu Liu Xing	王不留行 (왕불유행)	<i>Vaccariae, Semen</i>
205.	Wei Ling Xian	威靈仙 (위령선)	<i>Clematidis, Radix et Rhizoma</i>
206.	Wu Jia Pi	五加皮 (오가피)	<i>Acanthopanax, Cortex</i>
207.	Wu Mei	烏梅 (오매)	<i>Mume, Fructus</i>
208.	Wu Wei Zi	五味子 (오미자)	<i>Schisandrae Chinensis, Fructus</i>
209.	Wu Yao	烏藥 (오약)	<i>Linderae, Radix</i>
210.	Wu Zhu Yu	吳茱萸 (오수유)	<i>Evodiae, Fructus</i>
211.	Xi Xian Cao	豨薟草 (희령초)	<i>Siegesbeckiae, Herba</i>
212.	Xia Ku Cao	夏枯草 (하고초)	<i>Prunellae, Spica</i>
213.	Xian He Cao	仙鶴草 (선학초)	<i>Agrimoniae, Herba</i>
214.	Xian Mao	仙茅 (선모)	<i>Curculiginis, Rhizoma</i>
215.	Xiang Fu	香附 (향부)	<i>Cyperis, Rhizoma</i>
216.	Xiang Ru	香薷 (향유)	<i>Moslae, Herba</i>

217.	Xiao Hui Xiang	小茴香 (소회향)	<i>Foeniculi, Fructus</i>
218.	Xin Yi Hua	辛夷花 (신이화)	<i>Magnoliae, Flos</i>
219.	Xu Duan	續斷 (속단)	<i>Dipsaci, Radix</i>
220.	Xuan Fu Hua	旋覆花 (선복화)	<i>Inulae, Flos</i>
221.	Xuan Shen	玄蔘 (현삼)	<i>Scrophulariae, Radix</i>
222.	Yan Hu Suo	延胡索 (연호색)	<i>Corydalis, Rhizoma</i>
223.	Yi Mu Cao	益母草 (익모초)	<i>Leonuri, Herba</i>
224.	Yi Tang	飴糖 (이당)	<i>Maltosum</i>
225.	Yi Yi Ren	薏苡仁 (의이인)	<i>Coicis, Semen</i>
226.	Yi Zhi 20	益智 (익지)	<i>Alpiniae Oxyphyllae, Fructus</i>
227.	Yin Chen 21	茵陳 (인진)	<i>Artemisiae Scopariae, Herba</i>
228.	Yin Yang Huo	淫羊藿 (음양곽)	<i>Epimedii, Herba</i>
229.	Yu Jin	鬱金 (울금)	<i>Curcumae, Tuber</i>
230.	Yuan Zhi	遠志 (원지)	<i>Polygalae, Radix</i>
231.	Ze Lan	澤蘭 (택란)	<i>Lycopi, Herba</i>
232.	Ze Xie	澤瀉 (택사)	<i>Alismatis, Rhizoma</i>
233.	Zhe Bei Mu	浙貝母 (절패모)	<i>Fritillariae Thunbergii, Bulbus</i>
234.	Zhe Shi 22	赭石 (자석)	<i>Haematitum</i>
235.	Zhen Zhu	珍珠 (진주)	<i>Margarita</i>
236.	Zhi Cao Wu	制草烏 (제초오)	<i>Aconiti Kusnezoffii Praeparata, Radix</i>
237.	Zhi Gan Cao	炙甘草 (자감초)	<i>Glycyrrhizae Praeparata cum Melle, Radix et Rhizoma</i>
238.	Zhi Mu	知母 (지모)	<i>Anemarrhenae, Rhizoma</i>
239.	Zhi Qiao 23	枳殼 (지각)	<i>Aurantii, Fructus</i>
240.	Zhi Shi	枳實 (지실)	<i>Aurantii, Fructus Immaturus</i>
241.	Zhi Zi	梔子 (치자)	<i>Gardeniae, Fructus</i>
242.	Zhu Ling	豬苓 (저령)	<i>Polyporus</i>
243.	Zhu Ru	竹茹 (죽여)	<i>Bambusae in Taeniis, Caulis</i>
244.	Zi Su Ye 24	紫蘇葉 (자소엽)	<i>Perillae, Folium</i>
245.	Zi Su Zi 25	紫蘇子 (자소자)	<i>Perillae Frutescentis, Fructus</i>
246.	Zi Wan	紫菀 (자원)	<i>Asteris, Radix et Rhizoma</i>

Alternate pinyin names commonly used:

1. Bian Dou 扁豆
2. Bi Ba 萆苈
3. Chun Gen Pi 椿根皮
4. Sheng Di Huang 生地黃
5. Bai Dou Kou 白豆蔻
6. Fen Fang Ji 粉防己, Han Fang Ji 漢防己
7. Bi Xie 萆薢
8. Gua Lou Ren 瓜蒌仁
9. Huang Bai 黃柏
10. Bai Ji Li 白蒺藜
11. Bai Hua She 白花蛇
12. Ku Shen Gen 苦參根
13. Xing Ren 杏仁
14. Long Dan Cao 龍膽草
15. Mai Men Dong 麥門冬
16. Huai Niu Xi 淮牛膝
17. Sang Shen Zi 桑椹子
18. Ye Jiao Teng 夜交藤
19. Tian Men Dong 天門冬
20. Yi Zhi Ren 益智仁
21. Yin Chen Hao 茵陳蒿
22. Dai Zhe Shi 代赭石
23. Zhi Ke 枳殼
24. Su Ye 蘇葉
25. Su Zi 蘇子

American College of Traditional Chinese Medicine

Comprehensive Exam Formula List

bp = page for Formulas & Strategies, 2nd Edition By Dan Bensky

(N) = formula is included in the NCCAOM Examination Study Guide

(C) = formula is included in the California Acupuncture Licensing Examination (CALE)

I. FORMULAS THAT RELEASE THE EXTERIOR

A. Formulas that Release Exterior Cold

1. *Ma Huang Tang* (Ephedra Decoction) (N) bp. 7
2. *Gui Zhi Tang* (Cinnamon Twig Decoction) (N) (C) bp. 13
3. *Gui Zhi Jia Ge Gen Tang* (Cinnamon Twig Decoction plus Kudzu) bp. 19
4. *Ge Gen Tang* (Kudzu Decoction) (N) bp. 19
5. *Xiao Qing Long Tang* (Minor Blue-Green Dragon Decoction) (N) bp. 21
6. *Xiang Su San* (Cyperus and Perilla Leaf Powder) (N) bp. 29

B. Formulas that Release Exterior Wind-Heat

1. *Sang Ju Yin* (Mulberry Leaf & Chrysanthemum Decoction) (N) (C) bp. 35
2. *Yin Qiao San* (Honeysuckle & Forsythia Decoction) (N) (C) bp. 36
3. *Ma Xing Shi Gan Tang* (Ephedra, Apricot Kernel, Gypsum & Licorice Decoction) (N) bp. 183
4. *Chai Ge Jie Ji Tang* (Bupleurum & Kudzu Decoction to Release Muscle Layer) (N) (C) bp. 39
5. *Qing Wen Bai Du San* (Clear Epidemics and Overcome Toxicity Decoction) (N) bp. 41
6. *Ge Gen Huang Qin Huang Lian Tang* (Kudzu, Scutellaria & Coptis Decoction) (N) bp. 292

C. Formulas that Release Exterior with Interior Deficiency

1. *Ren Shen Bai Du San* (Ginseng Powder to Overcome Pathogenic Influences) (N) (C) bp. 47
2. *Jia Jian Wei Rui Tang* (Modified Solomon's Seal Decoction) (N) bp. 55

II. FORMULAS THAT DRAIN DOWNWARD

A. Formulas that Purge Heat Accumulation

1. *Da Cheng Qi Tang* (Major Order the Qi Decoction) (N) (C) bp. 63
2. *Xiao Cheng Qi Tang* (Minor Order the Qi Decoction) (N) (C) bp. 66
3. *Tiao Wei Cheng Qi Tang* (Regulate the Stomach & Order the Qi Decoction) (N) (C) bp. 67

B. Formulas that Moisten the Intestines and Unblock the Bowels

1. *Ma Zi Ren Wan* (Hemp Seed Pill) (N) (C) bp. 81
2. *Ji Chuan Jian* (Benefit the River Flow Decoction) (N) bp. 84
3. *Run Chang Wan* (Moisten the Intestines Pill) (C) bp. 80

C. Purging and Tonifying

1. *Xin Jia Huang Long Tang* (Newly Augmented Yellow Dragon Decoction) bp. 87

III. FORMULAS THAT HARMONIZE

A. Formulas that Harmonize Shaoyang Disorders

1. *Xiao Chai Hu Tang* (Minor Bupleurum Decoction) (N) (C) bp. 104
2. *Da Chai Hu Tang* (Major Bupleurum Decoction) (N) bp. 286

B. Formulas that Regulate and Harmonize Liver and Spleen

1. *Si Ni San* (Frigid Extremities Powder) (N) (C) bp. 116
2. *Xiao Yao San* (Rambling Powder) (N) (C) bp. 120

3. *Jia Wei Xiao Yao San* (Augmented Rambling Powder) bp. 124
4. *Shao Yao Gan Cao Tang* (Peony & Licorice Decoction) (N) bp. 334
5. *Chai Hu Shu Gan San* (Bupleurum Powder to Dredge the Liver) (N) bp. 512
6. *Tong Xie Yao Fang* (Important Formula for Painful Diarrhea) (N) bp. 125

C. Formulas that Harmonize Stomach and Intestine

1. *Ban Xia Xie Xin Tang* (Pinellia Decoction to Drain the Epigastrium) (N) (C) bp. 127
2. *Sheng Jiang Xie Xin Tang* (Fresh Ginger Decoction to Drain the Epigastrium) bp. 130
3. *Gan Cao Xie Xin Tang* (Licorice Decoction to Drain the Epigastrium) bp. 130

IV. FORMULAS THAT CLEAR HEAT

A. Formulas that Clear Heat from Qi Level

1. *Bai Hu Tang* (White Tiger Decoction) (N) (C) bp. 150
2. *Zhu Ye Shi Gao Tang* (Lophatherum & Gypsum Decoction) (N) bp. 155

B. Formulas that Clear Heat from Nutritive Level

1. *Qing Ying Tang* (Clear the Nutritive Level Decoction) (N) bp. 161
2. *Xi Jiao Di Huang Tang* (Rhinoceros Horn & Rehmannia Decoction) (N) bp. 165

C. Formulas that Clear Heat and Relieve Toxicity

1. *Huang Lian Jie Du Tang* (Coptis Decoction to Relieve Toxicity) (N) (C) bp. 167
2. *Pu Ji Xiao Du Yin* (Universal Benefit Drink to Eliminate Toxins) (N) bp. 173
3. *Liang Ge San* (Cool the Diaphragm Powder) (N) bp. 176
4. *Wu Wei Xiao Du Yin* (Five Ingredients Drink to Eliminate Toxins) (N) bp. 863

D. Formulas that Clear Heat from the Qi and Blood Levels

1. *Qing Wen Bai Du San* (Clear Epidemics and Overcome Toxicity Decoction) (N) bp. 179

E. Formulas that Clear Heat from Organs

1. *Xie Xin Tang* (Drain the Epigastrium Decoction) (N) (C) bp. 171
2. *Dao Chi San* (Guide out the Red Powder) (N) (C) bp. 195
3. *Long Dan Xie Gan Tang* (Gentian Decoction to Drain the Liver) (N) (C) bp. 199
4. *Zuo Jin Wan* (Left Metal Pill) (N) bp. 205
5. *Xie Bai San* (Drain the White Powder) (N) bp. 186
6. *Qing Wei San* (Clear the Stomach Powder) (N) (C) bp. 191
7. *Yu Nu Jian* (Jade Woman Decoction) (N) bp. 193
8. *Shao Yao Tang* (Peony Decoction) (N) bp. 207
9. *Bai Tou Weng Tang* (Pulsatilla Decoction) (N) (C) bp. 210
10. *Xie Huang San* (Drain the Yellow Powder) (N) bp. 190

F. Formulas that Clear Heat from Deficiency

1. *Qing Hao Bie Jia Tang* (Artemisia Annua & Soft Shelled Turtle Shell Decoction) (N) (C) bp. 212
2. *Qing Gu San* (Cool the Bones Powder) (N) bp. 214
3. *Dang Gui Liu Huang Tang* (Tangkuei & Six Yellow Decoction) (N) (C) bp. 218

G. Formulas that Dispel Summer Heat

1. *Xiang Ru San* (Elsholtzia Powder) (N) bp.234
2. *Liu Yi San* (Six-to-One Powder) (N) bp. 238

V. FORMULAS THAT WARM INTERIOR COLD

A. Formulas that Warm the Middle and Dispel Cold

1. *Li Zhong Wan* (Regulate the Middle Pill) (N) (C) bp. 257
2. *Wu Zhu Yu Tang* (Evodia Decoction) (N) (C) bp. 261
3. *Xiao Jian Zhong Tang* (Minor Construct the Middle Decoction) (N) (C) bp. 264
4. *Da Jian Zhong Tang* (Major Construct the Middle Decoction) (N) (C) bp. 268

B. Formulas that Rescue Devastated Yang

1. *Si Ni Tang* (Frigid Extremities Decoction) (N) (C) bp. 274
2. *Bai Tong Tang* (White Penetrating Decoction) bp. 277
3. *Shen Fu Tang* (Ginseng & Aconite Accessory Root Decoction) bp. 279

C. Formulas that Warm the Channels and Disperse Cold

1. *Dang Gui Si Ni Tang* (Tangkuei Decoction for Frigid Extremities) bp. 252
2. *Huang Qi Gui Zhi Wu Wu Tang* (Astragalus & Cinnamon Twig Five Substance Decoction) bp. 255

VI. FORMULAS THAT TONIFY

A. Formulas that Tonify Qi

1. *Si Jun Zi Tang* (Four Gentlemen Decoction) (N) (C) bp. 309
2. *Xiang Sha Liu Jun Zi Tang* (Six Gentlemen Decoction with Aucklandia & Amomum) bp. 312
3. *Shen Ling Bai Zhu San* (Ginseng, Poria & White Atractylodes Powder) (N) (C) bp. 314
4. *Bu Zhong Yi Qi Tang* (Tonify the Middle to Augment the Qi Decoction) (N) (C) bp. 317
5. *Sheng Mai San* (Generate the Pulse Powder) (N) (C) bp. 328

B. Formulas that Tonify Blood

1. *Si Wu Tang* (Four Substance Decoction) (N) (C) bp. 333
2. *Gui Pi Tang* (Restore the Spleen Decoction) (N) (C) bp. 353
3. *Zhi Gan Cao Tang* (Honey Fried Licorice Decoction) (N) bp. 356
4. *Dang Gui Bu Xue Tang* (Tangkuei Decoction to Tonify the Blood) (N) (C) bp. 338

C. Formulas that Tonify Qi and Blood

1. *Ba Zhen Tang* (Eight Treasure Decoction) (N) (C) bp. 346
2. *Shi Quan Da Bu Tang* (All Inclusive Great Tonifying Decoction) (N) (C) bp. 348
3. *Taishan Pan Shi San* (Taishan Bedrock Powder) (N) bp. 359

D. Formulas that Tonify Yin

1. *Liu Wei Di Huang Wan* (Six Ingredient Pill with Rehmannia) (N) (C) bp. 365
2. *Zhi Bai Di Huang Wan* (Anemarrhena, Phellodendron & Rehmannia Pill) (N) bp. 369
3. *Du Qi Wan* (Capital Qi Pill) (N) bp. 368
4. *Qi Ju Di Huang Wan* (Lycium Fruit, Chrysanthemum & Rehmannia Pill) (N) bp. 368
5. *Zuo Gui Wan* (Restore the Left [Kidney] Pill) (N) (C) bp. 370
6. *Zuo Gui Yin* (Restore the Left [Kidney] Decoction) (N) bp. 372
7. *Da Bu Yin Wan* (Great Tonify the Yin Pill) (N) bp. 372
8. *Er Zhi Wan* (Two Solstice Pill) (N) bp. 383
9. *Yi Guan Jian* (Linking Decoction) (N) bp. 381
10. *Shou Tai Wan* (Fetus Longevity Pill) (N) bp. 441
11. *Shi Hu Ye Guang Wan* (Dendrobium Pill for Night Vision) bp. 393

E. Formulas that Tonify Yang

1. *Jin Gui Shen Qi Wan* (Kidney Qi Pill from Golden Cabinet) (N) (C) bp. 395
2. *You Gui Wan* (Restore the Right [Kidney] Pill) (N) (C) bp. 401
3. *You Gui Yin* (Restore the Right [Kidney] Decoction) (N) bp. 402
4. *Er Xian Tang* (Two Immortal Decoction) (N) bp. 410

VII. FORMULAS THAT CALM SPIRIT

A. Formulas that Sedate and Calm Spirit

1. *Zhu Sha An Shen Wan* (Cinnabar Pill to Calm the Spirit) bp. 475

B. Formulas that Nourish Heart and Calm Spirit

1. *Suan Zao Ren Tang* (Sour Jujube Decoction) (N) (C) bp. 462
2. *Tian Wang Bu Xin Dang* (Emperor of Heaven's Special Pill to Tonify the Heart) (N) (C) bp. 459
3. *Gan Mai Da Zao Tang* (Licorice, Wheat & Jujube Decoction) (N) (C) bp. 471
4. *Huang Lian E Jiao Tang* (Coptis & Ass-Hide Gelatin Decoction) (N) (C) bp. 469

VIII. FORMULAS THAT STABILIZE AND BIND

A. Formulas that Stabilize Exterior and Lungs

1. *Yu Ping Feng San* (Jade Windscreen Powder) (N) (C) bp. 326
2. *Mu Li San* (Oyster Shell Powder) (N) bp. 420

B. Formulas that Restrain Leakage from Intestines

1. *Si Shen Wan* (Four Miracle Pill) (N) (C) bp. 429
2. *Zhen Ren Yang Zang Tang* (True Man's Decoction for Nourishing the Organs) bp. 425

C. Formulas that Stabilize Kidneys

1. *Jin Suo Gu Jing Wan* (Metal Lock Pill to Stabilize the Essence) (N) (C) bp. 435
2. *San Piao Xiao San* (Mantis Egg Case Powder) (N) bp. 436
3. *Gu Jing Wan* (Stabilize the Menses Pill) (C) bp. 445
4. *Wan Dai Tang* (End Discharge Decoction) (N) (C) bp. 447

IX. FORMULAS THAT REGULATE QI

A. Formulas that Promote Movement of Qi

1. *Yue Ju Wan* (Escape Restraint Pill) (N) (C) bp. 507
2. *Ban Xia Hou Po Tang* (Pinellia & Magnolia Bark Decoction) (N) (C) bp. 516
3. *Zhi Shi Xie Bai Gui Zhi Tang* (Unripe Bitter Orange, Chinese Garlic & Cinnamon Twig Decoction) bp. 514
4. *Gua Lou Xie Bai Bai Jiu Tang* (Trichosanthes Fruit, Chinese Chive & Wine Decoction) bp. 515
5. *Liang Fu Wan* (Galangal and Cyperus Pill) (N) bp. 521
6. *Jin Ling Zi San* (Melia Toosendan Powder) (N) bp. 522
7. *Tian Tai Wu Yao San* (Top Quality Lindera Powder) (N) bp. 527
8. *Nuan Gan Jian* (Warm the Liver Decoction) (N) bp. 531

B. Formulas that Direct Rebellious Qi Downward

1. *Su Zi Jiang Qi Tang* (Perilla Fruit Decoction for Directing Qi Downward) (N) (C) bp. 537
2. *Ding Chuan Tang* (Arrest Wheezing Decoction) (N) bp. 540
3. *Xuan Fu Dai Zhe Tang* (Inula and Hermitite Decoction) (N) bp. 542
4. *Ju Pi Zhu Ru Tang* (Tangerine Peel & Bamboo Shaving Decoction) (N) (C) bp. 544
5. *Ding Xiang Shi Di Tang* (Clove and Persimmon Calyx Decoction) (N) bp. 547

X. FORMULAS THAT REGULATE BLOOD

A. Formulas that Invigorate Blood and Dispel Blood Stasis

1. *Tao He Cheng Qi Tang* (Peach Pit Decoction to Order the Qi) (C) bp. 559
2. *Xue Fu Zhu Yu Tang* (Drive Out the Stasis in the Mansion of Blood Decoction) (N) (C) bp. 564
3. *Tong Qiao Huo Xue Tang* (Unblock the Orifices & Invigorate the Blood Decoction) bp. 567
4. *Ge Xia Zhu Yu Tang* (Drive Out the Blood Stasis Below the Diaphragm Decoction) (N) bp. 567
5. *Shao Fu Zhu Yu Tang* (Drive Out the Blood Stasis in the Lower Abdomen) (N) bp. 567
6. *Shen Tong Zhu Yu Tang* (Drive Out Blood Stasis From a Painful Body Decoction) (N) bp. 568
7. *Fu Yuan Huo Xue Tang* (Revive Health by Invigorating the Blood Decoction) (N) bp. 571
8. *Bu Yang Huan Wu Tang* (Tonify the Yang to Restore the Five [Tenths] Decoction) (N) bp. 568
9. *Wen Jing Tang* (Warm the Menses Decoction) (N) (C) bp. 577
10. *Gui Zhi Fu Ling Wan* (Cinnamon Twig & Poria Pill) (N) (C) bp. 583
11. *Shi Xiao San* (Sudden Smile Powder) (N) bp. 591
12. *Sheng Hua Tang* (Generating & Transforming Decoction) (N) (C) bp. 581
13. *Dan Shen Yin* (Salvia Drink) (C) bp. 594

B. Formulas that Stop Bleeding

1. *Shi Hui San* (Ten Partially Charred Substance Powder) bp. 598
2. *Si Shen Wan* (Four Fresh Pill) bp. 600
3. *Xiao Ji Yin Zi* (Cephalanoplos Decoction) (N) bp. 603
4. *Huai Hua San* (Sophora Japonica Flower Powder) (C) bp. 605
5. *Jiao Ai Tang* (Ass Hide Gelatin & Mugwort Decoction) (N) (C) bp. 610

XI. FORMULAS THAT EXPEL WIND

A. Formulas that Release Wind from Skin and Channels

1. *Xiao Feng San* (Eliminate Wind Powder) (N) (C) bp. 636
2. *Chuan Xiong Cha Tiao San* (Chuanxiong Powder to Be Taken with Green Tea) (N) bp. 625
3. *Qian Zheng San* (Lead to Symmetry Powder) bp. 633
4. *Xiao Huo Luo Dan* (Minor Invigorate the Collaterals Special Pill) (C) bp. 631
5. *Cang Er Zi San* (Xanthium Powder) (N) bp. 628

B. Formulas that Extinguish Internal Wind

1. *Ling Jiao Gou Teng Tang* (Antelope Horn & Uncaria Decoction) (N) bp. 642
2. *Zhen Gan Xi Feng Tang* (Sedate the Liver & Extinguish Wind Decoction) (N) (C) bp. 644
3. *Tian Ma Gou Teng Yin* (Gastrodia & Uncaria Decoction) (N) (C) bp. 647

XII. FORMULAS THAT TREAT DRYNESS

A. Formulas that Disperse and Moistening Dryness

1. *Xing Su San* (Apricot Kernel & Perilla Leaf Powder) (N) (C) bp. 663
2. *Sang Xing Tang* (Mulberry Leaf & Apricot Kernel Decoction) (N) bp. 665
3. *Qing Zao Jiu Fei Tang* (Eliminate Dryness & Rescue the Lungs Decoction) (N) bp. 667

B. Formulas that Enrich Yin and Moistening Dryness

1. *Bai He Gu Jin Tang* (Lily Bulb Decoction to Preserve the Metal) (N) (C) bp. 384
2. *Mai Men Dong Tang* (Ophiopogonis Decoction) (N) (C) bp. 670
3. *Zeng Ye Tang* (Increase the Fluids Decoction) bp. 677

XIII. FORMULAS THAT EXPEL DAMPNESS

A. Formulas that Transform Damp Turbidity

1. *Ping Wei San* (Calm the Stomach Powder) (N) (C) bp. 687
2. *Huo Xiang Zheng Qi San* (Agastache Powder to Rectify Qi) (N) (C) bp. 691

B. Formulas that Clear Damp-Heat

1. *Yin Chen Hao Tang* (Virgate Wormwood Decoction) (N) bp. 710
2. *Ba Zheng San* (Eight Herb Powder for Rectification) (N) (C) bp. 713
3. *Er Miao San* (Two Marvel Powder) (N) bp. 720

C. Formulas that Promote Urination and Leach out Dampness

1. *Wu Ling San* (Five Ingredient Powder with Poria) (N) (C) bp. 724
2. *Zhu Ling Tang* (Polyporus Decoction) (N) (C) bp. 729
3. *Wu Pi San* (Five Peel Decoction) (N) (C) bp. 732
4. *Fang Ji Huang Qi Tang* (Stephania & Astragalus Decoction) bp. 735

D. Formulas that Warm and Transform Water and Dampness

1. *Ling Gui Zhu Gan Tang* (Poria, Cinnamon Twig, Atractylodes & Licorice Decoction)(N) bp. 738
2. *Zhen Wu Tang* (True Warrior Decoction) (N) (C) bp. 744
3. *Shi Pi Yin* (Bolster the Spleen Decoction) (N) bp. 749
4. *Bei Xie Fen Qing Yin* (Dioscorea Hypoglauca Decoction to Separate the Clear) (N) bp. 751

E. Formulas that Dispel Wind-Dampness

1. *Qiang Huo Sheng Shi Tang* (Notopterygium Decoction to Overcome Dampness) (N) bp. 755
2. *Juan Bi Tang* (Remove Painful Obstruction Decoction) (N) (C) bp. 756
3. *Du Huo Ji Sheng Tang* (Pubescent Angelica & Taxillus Decoction) (N) bp. 758
4. *Gui Zhi Shao Yao Zhi Mu Tang* (Cinnamon Twig, Peony & Anemarrhena Decoction)(N) bp. 760

XIV. FORMULAS THAT TREAT PHLEGM

A. Formulas that Dry Dampness and Expel Phlegm

1. *Er Chen Tang* (Two Aged [Herb] Decoction) (N) (C) bp. 775

B. Formulas that Clear Heat and Transform Phlegm

1. *Qing Qi Hua Tan Wan* (Clear the Qi & Transform Phlegm Pill) (N) (C) bp. 790
2. *Wen Dan Tang* (Warm the Gallbladder Decoction) (N) (C) bp. 786

C. Formulas that Moisten Dryness and Transform Phlegm

1. *Bei Mu Gua Lou San* (Fritillaria & Trichosanthes Fruit Powder) (C) bp. 802

D. Formulas that Warm and Transform Cold-Phlegm

1. *San Zi Yang Qin Tang* (Three Seed Decoction to Nourish One's Parents) (N) bp. 808

E. Formulas that Transform Phlegm and Extinguish Wind

1. *Ban Xia Bai Zhu Tian Ma Tang* (Pinellia, White Atractylodes & Gastrodia Decoction) (N) (C) bp. 811
2. *Zhi Sou San* (Stop Coughing Powder) (N) (C) bp. 815

XV. FORMULAS THAT REDUCE FOOD STAGNATION

1. *Bao He Wan* (Preserve Harmony Pill) (N) (C) bp. 826

XVI. FORMULAS THAT EXPEL PARASITES

1. *Wu Mei Wan* (Mume Pill)

bp. 847

XVII. FORMULAS THAT TREAT ABCESSES AND SORES

1. *Yang He Tang* (Yang-Heartening Decoction)
2. *Wei Jing Tang* (Reed Decoction)

(N) bp. 869

(N) bp.878

NCCAOM Biomedicine Medical Conditions*

The conditions (not system headings) listed below are categorized based on how frequently AOM practitioners reported seeing them in the clinical setting. This list is meant to serve as a study guide for the NCCAOM biomedicine examination module to help prioritize focus of study. The exam will focus on but may not be exclusively limited to the conditions below.

The conditions marked with an asterisk (*) signify diseases commonly associated with red flag signs and/or symptoms. Candidates are strongly advised to familiarize themselves with these conditions and the red flag signs and symptoms associated with them.

* From NCCAOM at <http://www.nccaom.org/applicants/exam-content>

CATEGORY 1 Frequently Seen Conditions

Cardiovascular

- *Arrhythmias (e.g., atrial fibrillation, premature ventricular contraction, tachycardia, bradycardia)
- *Blood pressure disorders (hypertension and hypotension)
- Atherosclerosis (e.g., coronary artery disease, peripheral vascular disease)

Endocrine and Metabolic conditions

- Thyroid disorders (e.g., Hashimoto's thyroiditis, Graves' disease)
- Pancreatic disorders (e.g., diabetes)
- Obesity
- Hyperlipidemia

Gastrointestinal conditions

- Gastroesophageal reflux disease
- Gastritis
- Inflammatory bowel disease (e.g., Crohn's disease, ulcerative colitis)
- Food sensitivity/allergies (e.g., celiac disease, lactose intolerance)
- Irritable bowel syndrome

Mental and Behavioral conditions

- *Mood disorders (depression, bi-polar)
- Anxiety

Musculoskeletal conditions

- Upper extremities
- Lower extremities
- Axial (e.g., whiplash, disc herniation, spinal stenosis, spondylolisthesis, TMJ)
- Osteoarthritis
- Osteoporosis

Neurological conditions

- *Stroke
- *Radiculopathies (e.g., nerve root, sciatica)
- Peripheral neuropathy
- Headache (e.g., cluster, tension, migraine, sinus, trauma)

- Sleep disorders (narcolepsy, sleep apnea, insomnia)

Pulmonary conditions

- Asthma
- Respiratory tract infections (e.g., sinusitis, viral infections, strep throat, bronchitis, pneumonia)
- Allergies
- *Pneumothorax

Reproductive conditions

- Menstrual
- Infertility (e.g., polycystic ovarian syndrome, endometriosis)
- Menopause

Miscellaneous

- Multi-system conditions (Lyme disease, chronic fatigue, fibromyalgia, temporal arteritis)

CATEGORY 2 Moderately Seen Conditions

Cardiovascular

- *Myocardial infarction
- *Angina pectoris
- *Heart failure
- *Deep vein thrombosis
- Raynaud's disease
- *Aneurysms

Dermatological conditions

- Noncontagious skin conditions (cellulitis, shingles, acne, eczema, psoriasis, alopecia)

Gastrointestinal conditions

- Peptic ulcer (e.g., H. pylori, Campylobacter)
- *Diverticular disease (e.g., diverticulosis, diverticulitis)
- Hemorrhoids
- Gallbladder conditions (e.g., cholelithiasis, cholecystitis)

Hematological conditions

- Anemia
- Bleeding disorders

Infectious Disease

- Sexually transmitted infections
- Tuberculosis
- *Viral infections (e.g., infectious mono, influenza, meningitis, conjunctivitis)

Mental and Behavioral conditions

- Attention deficit disorder (ADD)/Attention deficit hyperactivity disorder (ADHD)
- Post-traumatic stress disorder (PTSD)

Neurological conditions

- *Transient ischemic attack (TIA)
- Parkinson's disease
- *Vertigo
- Bell's palsy
- Trigeminal neuralgia
- *Concussion and traumatic brain injury (TBI)

Pulmonary conditions

- Chronic obstructive pulmonary disease

Reproductive conditions

- Uterine (fibroids and bleeding)

Miscellaneous

- Autoimmune disorders [systemic lupus erythematosus (SLE), rheumatoid arthritis (RA)]

CATEGORY 3 Least Frequently Seen Conditions

Dermatological conditions

- *Contagious skin conditions (lice, fungal infections, scabies)
- *Skin cancers (e.g., basal cell, squamous cell, melanoma)
- Burns

Endocrine and Metabolic conditions

- Adrenal disorders (e.g., Cushing's, Addison's)

Gastrointestinal conditions

- *Appendicitis
- Hepatitis
- Cirrhosis
- *Pancreatitis

Hematological conditions

- Leukemia/lymphoma
- Hemochromatosis

Infectious Disease

- *Bacterial infections (e.g., staph, MRSA, impetigo, meningitis)
- Childhood infectious conditions (measles, mumps, rubella, pertussis)
- Parasitic infections
- Foodborne illness

Mental and Behavioral conditions

- Autism spectrum
- *Suicidality
- *Eating disorders (anorexia nervosa, bulimia nervosa)

Neurological conditions

- Multiple sclerosis (MS)
- Dementia (e.g., Alzheimer's disease)
- Epilepsy

*Oncology (lung, stomach, colon, pancreas, breast, prostate, uterine, bone, liver, cervical)

Ophthalmology/ENT

Reproductive conditions

- *Complications related to pregnancy
- Breast conditions (e.g., mass, mastitis)
- Male Infertility
- Erectile dysfunction (ED)
- Prostate conditions (benign prostatic hyperplasia, prostatitis)

Urinary/Renal conditions

- *Kidney Stones
- *Infections (UTI, cystitis, pyelonephritis)
- Incontinence

Meridian Abbreviation List

Meridian	Abbreviation	Meridian	Abbreviation
Lung	LU	Kidney	KI
Large Intestine	LI	Pericardium	PC
Stomach	ST	San Jiao	SJ
Spleen	SP	Gallbladder	GB
Heart	HT	Liver	LR
Small Intestine	SI	Du	Du
Urinary Bladder	BL	Ren	Ren

Pulse List

No.	English Names	Pinyin	Chinese Name
1	Floating, Superficial	Fu Mai	浮脉
2	Deep, Sinking	Chen Mai	沉脉
3	Slow	Chi Mai	迟脉
4	Rapid, Fast	Shu Mai	数脉
5	Deficient, Empty	Xu Mai	虚脉
6	Full, Excess	Shi Mai	实脉
7	Slippery, Rolling	Hua Mai	滑脉
8	Choppy, Hesitant	Se Mai	涩脉
9	Long	Chang Mai	长脉
10	Short	Duan Mai	短脉
11	Flooding, Surging	Hong Mai	洪脉
12	Tight, Tense	Jin Mai	紧脉
13	Wiry, Bowstring, String-taut	Xuan Mai	弦脉
14	Leather	Ge Mai	革脉
15	Hollow	Kou Mai	芤脉
16	Scattered	San Mai	散脉
17	Thready, Thin, Small	Xi Mai	细脉
18	Minute, Indistinct	Wei Mai	微脉
19	Soggy, Soft	Ru Mai	濡脉
20	Weak	Ruo Mai	弱脉
21	Moderate, Leisurely	Huan Mai	缓脉
22	Firm, Confined	Lao Mai	牢脉
23	Hidden	Fu Mai	伏脉
24	Moving	Dong Mai	动脉
25	Hasty, Abrupt	Cu Mai	促脉
26	Knotted	Jie Mai	结脉
27	Intermittent	Dai Mai	代脉
28	Hurried, Agitated	Ji Mai	疾脉