Single Herbs II / Quiz III

1. What herb is good for Liv Qi Yu and good for all excess pain?
   A. Yan Hu Suo       C. Jiang Huang
   B. Mo Yao           D. Ru Xiang

2. What herb is used for many types of headaches?
   A. Yan Hu Suo       C. Chuan Xiong
   B. Wu Ling Zhi      D. Ru Xiang

3. What herbs can generate flesh?
   A. Chuan Xiong & Yan Hu Suo
   B. Ru Xiang & Mo Yao
   C. Ru Xiang & Jiang Huang
   D. Mo Yao & Yu Jin

4. What herb can be used to clear the Ht and cool the blood?
   A. Chuan Xiong       C. Yan Hu Suo
   B. Jiang Huang       D. Yu Jin

5. What herb can dispel stasis and stop bleeding?
   A. Mo Yao            C. Wu Ling Zhi
   B. Ru Xiang          D. Yu Jin

6. What herb can expel wind and is used in many release the exterior formulas?
   A. Chuan Xiong       C. Yan Hu Suo
   B. Yu Jin            D. Jiang Huang

7. What herb is good to reduce swelling?
   A. Chuan Xiong       C. Jiang Huang
   B. Wu Ling Zhi       D. Mo Yao

8. What herb is best to benefit the shoulder?
   A. Yu Jin            C. Jiang Huang
   B. Yan Hu Suo        D. Mo Yao

9. What herb can be used for gallstones?
   A. Chuan Xiong       C. Yan Hu Suo
   B. Yu Jin            D. Wu Ling Zhi

10. What herb can be used to resolve immobile abdominal masses?
    A. Ru Xiang          C. Mo Yao
    B. Chuan Xiong      D. Yan Hu Suo
11. What herb is known as the Xue mover that moves Qi?
   A. Chuan Xiong    C. Yan Hu Suo  
   B. Yu Jin          D. Ru Xiang

12. What herb can be used to treat jaundice?
   A. Chuan Xiong    C. Jiang Huang  
   B. Yu Jin          D. Mo Yao

13. What herb is good for postpartum abdominal pain?
   A. Yan Hu Suo    C. Ru Xiang  
   B. Mo Yao          D. Wu Ling Zhi

14. What herb is antagonistic to Ding Xiang?
   A. Yu Jin          C. Jiang Huang  
   B. Chuan Xiong    D. Ru Xiang

15. What herb can be used for intestinal abscesses?
   A. Chuan Xiong    C. Yu Jin  
   B. Yan Hu Suo    D. Ru Xiang

16. What herb would be good to treat anxiety?
   A. Chuan Xiong    C. Yu Jin  
   B. Yan Hu Suo    D. Mo Yao

17. What herb should be cooked in cheesecloth?
   A. Yu Jin           C. Mo Yao  
   B. Wu Ling Zhi    D. Ru Xiang

18. What herb is very good to unblock menses to treat amenorrhea?
   A. Dan Shen       C. Hong Hua  
   B. Tao Ren          D. Yi Mu Cao

19. What herb can increase the strength and frequency of uterine contractions?
   A. Yi Mu Cao       C. Ze Lan  
   B. Huai Niu Xi    D. Ji Xue Teng

20. What herb can guide blood downward?
   A. Chuan Niu Xi    C. Huai Niu Xi  
   B. Tao Ren          D. Hong Hua

21. What herb can moisten the intestines?
   A. Dan Shen       C. Hong Hua  
   B. Tao Ren        D. Ji Xue Teng
22. What herb can both move and nourish the blood?
   A. Huai Niu Xi    C. Tao Ren
   B. Ze Lan         D. Ji Xue Teng

23. What two herbs can promote urination/reduce edema?
   A. Dan Shen & Tao Ren
   B. Yi Mu Cao & Hong Hua
   C. Ze Lan & Yi Mu Cao
   D. Ze Lan & Dan Shen

24. What herb can be used for damp-heat in the lower jiao?
   A. Huai Niu Xi    C. Dan Shen
   B. Chuan Niu Xi   D. Ji Xue Teng

25. What herb is excellent to benefit the breast?
   A. Huai Niu Xi    C. Dan Shen
   B. Ji Xue Teng    D. Wang Bu Liu Xing

26. What herb can clear heat / relieve toxicity?
   A. Yi Mu Cao      C. Dan Shen
   B. Ze Lan         D. Wang Bu Liu Xing

27. What herb can be used to treat abscesses?
   A. Hong Hua       C. Tao Ren
   B. Dan Shen       D. Ji Xue Teng

28. What two herbs can be used to reduce swelling
   A. Dan Shen & Hong Hua
   B. Dan Shen & Ze Lan
   C. Ze Lan & Chuan Niu Xi
   D. Ji Xue Teng & Wang Bu Liu Xing

29. What dosage of Hong Hua will harmonize the blood?
   A. 1-2g           C. 3-5g
   B. 6-9g           D. 10-15g

30. What herb has a modern use for cardio-vascular diseases?
   A. Hong Hua       C. Tao Ren
   B. Yi Mu Cao     D. Chuan Niu Xi

31. What herb can tonify the Liv and the Ki?
   A. Chuan Niu Xi   C. Ji Xue Teng
   B. Huai Niu Xi    D. Dan Shen
32. What herb should not be cooked for a long time?
   A. Dan Shen        C. Hong Hua
   B. Tao Ren         D. Ji Xue Teng

33. What herb can cool blood and clear heat from the heart?
   A. Huai Niu Xi     C. Ji Xue Teng
   B. Chuan Niu Xi    D. Dan Shen

34. What herb can reduce swelling and alleviate pain, used for postpartum abdominal pain?
   A. Su Mu           C. Zhe Chong
   B. Gu Sui Bu       D. Xue Jie

35. What herb can renew sinews/join bones & break up and drive out blood stasis?
   A. Su Mu           C. Zhe Chong
   B. Gu Sui Bu       D. Xue Jie

36. What herb can stimulate hair growth?
   A. Hong Hua        C. Tao Ren
   B. Gu Sui Bu       D. Su Mu

37. What herb can stop bleeding/generate flesh?
   A. Wu Ling Zhi     C. Zhe Chong
   B. Mo Yao          D. Xue Jie

38. What herb can tonify Ki Yang?
   A. Zhe Chong       C. Gu Sui Bu
   B. Xue Jie         D. Dan Shen

39. What herb can be used for ectopic pregnancy?
   A. Zhe Chong       C. Su Mu
   B. Ji Xue Teng     D. Dan Shen

40. What two herbs can be used for severe food stagnation?
   A. E Zhu & Chuan Shan Jia
   B. Chuan Shan Jia & Zhe Chong
   C. San Leng & Dan Shen
   D. San Leng & E Zhu

41. What herb can promote pus discharge?
   A. E Zhu           C. San Leng
   B. Chuan Shan Jia  D. Xue Jie

42. What herb can be used for cervical cancer?
   A. Zhe Chong       C. E Zhu
   B. San Leng        D. Both B & C
43. What herb can treat poor lactation d/t blood stasis?
   A. Chuan Shan Jia  C. Wang Bu Liu Xing
   B. San Leng  D. Both A & C

44. What herbs are incompatible with Fu Zi?
   A. Bai Ji  C. Bei Mu
   B. Gua Lou  D. All of the above

45. What herb can treat “upward floating of deficient yang”?
   A. Fu Zi  C. Gan Jiang
   B. Rou Gui  D. Xiao Hui Xiang

46. What is a great herb to treat hiccups?
   A. Gan Jiang  C. Ding Xiang
   B. Fu Zi  D. Wu Zhu Yu

47. What herb can descend rebellious Qi?
   A. Wu Zhu Yu  C. Fu Zi
   B. Hua Jiao  D. Gao Liang Jiang

48. What two herbs can be used for devastated yang/yang collapse?
   A. Fu Zi & Gan Jiang
   B. Fu Zi & Wu Zhu Yu
   C. Gan Jiang & Xiao Hui Xiang
   D. Rou Gui & Ding Xiang

49. What herb can warm the Lu/transform phlegm?
   A. Bai Jie Zi  C. Fu Zi
   B. Gan Jiang  D. Both A & B

50. What herb can “lead the fire back to its source”?
   A. Fu Zi  C. Gan Jiang
   C. Rou Gui  D. Wu Zhu Yu

51. What herb is very useful to warm the Liv channel and helps jueyin headaches?
   A. Wu Zhu Yu  C. Rou Gui
   B. Hua Jiao  D. Gao Liang Jiang

52. Which of these herbs can kill parasites?
   A. Fu Zi  C. Wu Zhu Yu
   B. Hua Jiao  D. Ding Xiang

53. What herb is useful to regulate Qi in the middle jiao?
   A. Fu Zi  C. Gan Jiang
   B. Rou Gui  D. Xiao Hui Xiang
54. What herb can dry damp and relieve itch?
   A. Hua Jiao   C. Wu Zhu Yu
   B. Rou Gui    D. Gan Jiang

55. What herb can be applied externally for mouth sores and ulcers?
   A. Gan Jiang  C. Xiao Hui Xiang
   B. Wu Zhu Yu  D. Fu Zi

56. What two herbs are good to warm the channels and alleviate pain?
   A. Fu Zi & Gao Liang Jiang
   B. Gan Jiang & Xiao Hui Xiang
   C. Fu Zi & Rou Gui
   D. Rou Gui & Hua Jiao

57. What herb is good for cock’s crow diarrhea?
   A. Hua Jiao   C. Xiao Hui Xiang
   B. Wu Zhu Yu  D. Gao Liang Jiang

58. What herb is useful for Shaoyin level disease?
   A. Gan Jiang  C. Fu Zi
   B. Wu Zhu Yu  D. Hua Jiao

59. T / F Mo Yao is stronger than Ru Xiang to dispel Xue stasis.

60. T / F Yu Jin is stronger to move blood than Jiang Huang.

61. T / F Chuan Xiong can be used for all types of headaches.

62. T / F Wu Ling Zhi is incompatible with Ren Shen.

63. T / F Dan Shen is incompatible with Li Lu.

64. T / F Ji Xue Teng is very good for Bi syndrome d/t Xue Yu.

65. T / F Hong Hua can break up blood stasis at 10-15g better than Tao Ren.

66. T / F Hua Jiao can be considered a yang tonic.

67. T / F Both Ding Xiang and Xiao Hui Xiang can descend Qi.

68. T / F Wu Zhu Yu and Xiao Hui Xiang are useful for hernias.

69. T / F Gan Jiang should be added near the end.

Patrick Long