



Test Questions for the Shang Han Lun Preface

- 1) Who was the doctor that was able to distinguish life in a person who appeared to be dead, and predicted ill health and approaching death in a person who appeared to be healthy?
 - a. Bian Que
 - b. Hua Tuo
 - c. Sun Simiao
 - d. Shen Nong

- 2) Why does Zhang Zhongjing say that he sighs when he thinks of the skill of that doctor?
 - a. Because the doctor is an example of charlatanism he talks about in his Preface.
 - b. Because the doctor is an example of the level of skill possible in Chinese medicine.
 - c. Because the doctor is an example of someone born with unique powers of medicine that he could never attain
 - d. Because the doctor is an example of someone seeking fame from the rich and powerful

- 3) Why does Zhang Zhongjing refer to ignoring your health as "dangerous as an ice crevasse"?
 - a. The Shang Han Lun means Cold Induced Disorders from exposure to winter conditions
 - b. Once inside a 'crevasse', it is hard to climb back out
 - c. An ice crevasse is invisible to the eye until one falls in
 - d. He does not refer to an ice crevasse—his reference is to a frozen lake with thin ice

- 4) Zhang Zhongjing was inspired to write the Shang Han Lun because:
 - a. His mother died of a cold induced disorder.
 - b. He discovered a rare manuscript that he annotated
 - c. As the son of a famous practitioner, he wanted to make famous his family's secret treatments.
 - d. Two thirds of his relatives died in a cold induced epidemic.

- 5) What does Zhang Zhongjing mean when he says of his contemporaries that "they make a performance of all they know"?
 - a. They haven't spent the time to really understand medicine, and thus the little skill they do have, they treat as if it is rare and special. They make a big show of ordinary things.
 - b. They show their skills to the public at the market to advertise themselves and get business
 - c. They are very proud of their knowledge and want to share it with the community by writing books and teaching to students
 - d. They wear yellow silk robes and decorate their clinic to show that they are successful practitioners.

- 6) What are the methods of diagnosing a patient in Chinese medicine?
 - a. Blood tests and medical scans or previous medical history
 - b. Looking, Asking, Smelling, Palpating
 - c. Prescribing herbs and seeing the results of the herbs
 - d. Listing symptoms and classifying them by five elements



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continued

- 7) Which method does Zhang Zhongjing say is where doctors spend the most time on, and therefore incorrectly base their diagnoses on mostly one diagnostic method?
- Looking
 - Running medical tests
 - Asking
 - Palpating
- 8) What are the locations that the classic books refer to for taking the pulse?
- Groin and underarm
 - Neck, wrist
 - Temple, and wrist
 - Wrist, foot, and neck
- 9) The classic books say that accurate pulse taking requires a practitioner to listen to the pulse for how long?
- A minimum of 50 practitioner breaths.
 - Until you are sure of your diagnosis
 - 30 seconds
 - 1 minute
- 10) In the last lines of Zhang Zhongjing's preface of the Shang Han Lun he references Zhuang Zi's statement that "many are the men under heaven who subscribe to doctrines, and believe that what they have created is something that cannot be improved upon." Zhang Zhongjing says this to mean:
- He has created something that can't be improved upon.
 - You should not blindly accept what Zhang Zhongjing says himself in the Shang Han Lun, but should read it, study it, and also be thinking for yourself.
 - You should not listen to the words of the classics at all, because they are the doctrines of the past that can be improved upon with today's technology.
 - You should find someone famous in our time, and follow their techniques.