

Short Answer Questions

1. Define the anatomical position.
2. Explain the meaning of the term “superior” in anatomical direction.
3. Differentiate between medial and lateral.
4. What is the difference between anterior and posterior?
5. Define the term “proximal” with an example.
6. What is flexion? Give one example.
7. Define extension and give an example.
8. What is meant by abduction?
9. What is meant by adduction?
10. Define rotation and name its two types.
11. What is the element associated with the Lung meridian in the Five Elements theory?
12. Name any two major functions of the Lung meridian.
13. . Which organ is internally–externally paired with the Lung meridian?
14. Where does the Large Intestine (LI) meridian begin?
15. Mention two functions of the Large Intestine meridian.
16. What is the internal pathway connection of the LI meridian?
17. Describe the general course of the Stomach (ST) meridian.

18. State any two physiological functions of the Stomach meridian.
19. Identify the Zang organ paired with the Stomach meridian.
20. Where does the Spleen (SP) meridian originate?
21. Mention two important functions of the Spleen meridian.
22. Which body fluids are governed by the Spleen according to TCM?
23. Describe the pathway of the Heart (HT) meridian.
24. Name two major functions of the Heart meridian.
25. Which organ system is internally–externally related to the Heart meridian?
26. Where does the Small Intestine (SI) meridian start?
27. Mention two functions of the Small Intestine meridian.
28. Describe the internal pathway of the SI meridian.
29. List the Ying-Spring points of any two meridians among LU, LI, ST, SP, HT, and SI.
30. Define the term “meridians” in Traditional Chinese Medicine (TCM).
31. What are collaterals (Luo-Mai) in the meridian system?
32. List the main functions of the meridian system.
33. What is meant by the “twelve primary meridians”?
34. Explain the term “extraordinary meridians”.
35. Describe the role of the Luo-connecting vessels.
36. What is the difference between primary meridians and collaterals?

37. Explain the significance of the meridian system in acupuncture treatment.
38. What does the term “Qi circulation” mean within the meridians?
39. Name the three categories of collaterals.
40. What is the function of the superficial collaterals?
41. Describe the Jing-Luo system briefly.
42. What is the pathway relationship between meridians and Zang-Fu organs?
43. List the components of the meridian system according to TCM theory.
44. What is the purpose of the divergent meridians?
45. Describe the function of the twelve cutaneous regions.
46. What is the importance of the eight extraordinary meridians in maintaining body balance?
47. Explain how meridians connect the internal organs with the limbs and body surface.
48. What are the twelve sinew (tendon) channels?
49. Describe the concept of “interior–exterior pairing” in the meridian system.
50. Define anatomical position.

Long Answer Questions

1. Describe in detail the anatomical and energetic pathway of the Lung (LU) meridian, including its internal branches.
2. Discuss the major functions of the Lung meridian in relation to Qi, respiration, and body fluids.
3. Explain the clinical significance of the Five Shu points of the Lung meridian.
4. Write a detailed note on the Lung meridian's relationship with the Large Intestine meridian.
5. Describe the complete pathway of the Large Intestine (LI) meridian and its internal connections.
6. Discuss the physiological functions of the Large Intestine meridian in Traditional Chinese Medicine.
7. Explain the indications and functions of the major LI meridian points.
8. Write a detailed essay on the connection between the LI meridian and emotional regulation.
9. Describe the course of the Stomach (ST) meridian and its branches from head to toe.
10. Discuss the major functions of the Stomach meridian in digestion, Qi formation, and body nourishment.
11. Explain the clinical relevance of the Stomach meridian in treating disorders of the head, face, and digestive system.
12. Describe the internal pathway and organ connections of the Spleen (SP) meridian.
13. Discuss the important functions of the Spleen meridian in TCM, especially its role in transformation and transportation.
14. Write a long answer on the significance of the Spleen meridian in blood formation and maintaining upright Qi.
15. Explain the indications and energetics of major SP meridian points.

16. Describe the full pathway of the Heart (HT) meridian, including its internal and external routes.
17. Discuss the Heart meridian's functions in governing blood and housing the Shen (mind/spirit).
18. Explain the clinical applications of the Heart meridian in treating emotional and circulatory disorders.
19. Discuss the relationship between the Heart meridian and the Small Intestine meridian.
20. Describe the pathway of the Small Intestine (SI) meridian in detail.
21. Explain the physiological functions of the Small Intestine meridian and its role in separating pure and impure substances.
22. Write an essay on the indications and energetics of important SI meridian points.
23. Discuss the external vs. internal pathways of any two meridians among LU, LI, ST, SP, HT, SI.
24. Compare and contrast the Yin meridians (LU, SP, HT) with their paired Yang meridians (LI, ST, SI).
25. Describe the circadian flow (Qi clock) involving LU, LI, ST, SP, HT, and SI meridians.
26. Write a detailed note on pathological symptoms and disease patterns associated with the Lung and Large Intestine meridians.
27. Discuss how the Stomach and Spleen meridians work together as the "root of postnatal Qi."
28. Explain the emotional and psychological aspects controlled by the Heart meridian.
29. Describe how the Small Intestine meridian influences digestion, absorption, and mental clarity.

30. Write a comparative study on the clinical importance of LU vs. LI meridian points in treating respiratory disorders.
31. Describe the meridian system (Jing-Luo) in detail and explain its role in Traditional Chinese Medicine.
32. Explain the structure, function, and clinical significance of the twelve primary meridians.
33. Write a detailed essay on the Eight Extraordinary Meridians and their role in regulating Qi and connecting organ systems.
34. Discuss the concept of collaterals (Luo-Mai) and their relationship with the primary meridians.
35. Describe the types of collaterals (Luo-connecting vessels) and explain their functions.
36. Explain the physiological functions of the meridian system in maintaining Qi and Blood circulation.
37. Discuss the interrelationship between meridians and Zang–Fu organs with suitable examples.
38. Describe the five major components of the meridian system according to TCM theory.
39. Write a note on the pathway and functions of the Divergent (Jing-Bie) Meridians.
40. Explain the structure and significance of the Tendon (Sinew) Meridians.
41. Describe the Cutaneous (Skin) Regions of the meridian system and their clinical applications.
42. Discuss the role of the meridians in acupuncture, acupressure, and moxibustion therapy.
43. Explain how meridians facilitate communication between internal organs and the body surface.
44. Describe the mechanism of Qi flow through meridians and how imbalance leads to disease.
45. Write a detailed essay on the composition of the meridian system, including primary meridians, collaterals, and accessory channels.

46. Discuss the clinical significance of Luo-connecting points in diagnosis and treatment.
47. Explain how the meridian system contributes to immune regulation and disease prevention.
48. Describe the physiological pathways of Qi and Blood within the primary meridians.
49. Discuss the role of the Extraordinary Meridians in reproductive, hormonal, and developmental processes.
50. Explain how obstruction or stagnation in meridians results in pain, disease, and energetic imbalance.
51. Describe the theory of “Interior–Exterior Pairing” in the meridian system and its clinical relevance.
52. Discuss in detail the functions and clinical importance of the 15 Luo-connecting vessels.
53. Explain the concept of Meridian Clock (Qi Cycle) and its diagnostic applications.
54. Write an essay on the relationship between meridian pathways and emotional regulation in TCM.
55. Describe how meridians relate to the musculoskeletal system through the sinew channels.
56. Discuss the significance of meridian pathways in understanding referred pain and channel-based symptoms.
57. Explain the influence of climatic factors (wind, cold, damp, heat) on meridian flow and disorders.
58. Compare the functions of the primary meridians with those of the extraordinary meridians.
59. Describe the development of the meridian system in embryology according to TCM theories.
60. Write a comprehensive essay on the therapeutic importance of the Jing-Luo system in modern acupuncture practice.