

# QUESTIONNAIRE FOR PRACTICE

## A104 -Meridians, Collaterals and Acupoints –2

### Questions for Short Answer

1. Describe the general pathway of the Bladder Meridian of Foot-Taiyang (BL).
2. Mention the main physiological functions of the Bladder Meridian.
3. Discuss the therapeutic indications of Bladder Meridian.
4. Describe the course and pathway of the Kidney Meridian of Foot-Shaoyin (KI).
5. State the main physiological functions of the Kidney Meridian.
6. Discuss clinical indications for Kidney Meridian acupoints.
7. Describe the course and pathway of the Pericardium Meridian of Hand-Jueyin (PC).
8. Explain the main physiological functions of the Pericardium Meridian.
9. Discuss clinical indications of the Pericardium Meridian. English:
10. Describe the course and pathway of the Sanjiao (Triple Energizer) Meridian of
11. Hand-Shaoyang (SJ).
12. Explain the functions of the Sanjiao Meridian.
13. Describe the internal pathway and organ connections of the Sanjiao Meridian.
14. Discuss clinical indications for Sanjiao Meridian points.
15. Explain the Kidney Meridian of Foot-Shaoyin (KI) and its pathway.
16. Describe the Pericardium Meridian of Hand-Jueyin (PC) and its significance.
17. What is the function of the Sanjiao (Triple Energizer) Meridian (SJ)?
18. Explain the Gallbladder Meridian of Foot-Shaoyang (GB).
19. Describe the Liver Meridian of Foot-Jueyin (LR) and its major actions.
20. Explain the Ren Meridian (Conception Vessel) and its role in the body.
21. Explain the Du Meridian (Governor Vessel) and its functions.

22. What are Extra Points in Acupuncture?
23. Define Yuan Source Points and their importance.
24. Explain Xi-Cleft Points and their clinical significance.
25. What are Back Shu Points and how are they used in treatment?
26. Explain the concept of Front Mu Points.
27. What are the 5-Shu Points and their classification?
28. Explain the Mother and Child Points according to the Five Element theory.
29. What are Horary (Ben) Points and when are they used?
30. Explain the concept of Influential (Hui-Meeting) Points.
31. What are Confluent Points and how do they function?
32. Describe the Lower He-Sea Points and their significance.
33. Explain the concept of Windows of Heaven Points.
34. Explain the concept of the Points of Four Seas.
35. What are Ghost Points and their therapeutic applications?
36. Describe the Entry and Exit Points of the Meridians.
37. Explain the importance of the Ren (Conception) Meridian in acupuncture.
38. Describe the function and pathway of the Du (Governor) Meridian.
39. Explain the significance of the Extra Points in acupuncture.
40. Explain how the 5-Shu Points relate to the Five Elements theory.
41. Describe the relationship between Yuan Source and Luo-Connecting Points.
42. Explain the concept and importance of Ghost Points in mental health therapy.
43. What are the clinical uses of the Confluent Point LU7?

### **Multiple Choice Questions.**

1. The Bladder meridian begins at:
  - A) Medial canthus of the eye
  - B) Inner canthus (BL 1, Jingming)
  - C) Outer canthus
  - D) Forehead
  
2. The Bladder meridian runs along the:
  - A) Medial side of the leg
  - B) Posterior surface of the body and leg
  - C) Lateral side
  - D) Anterior thigh
  
3. Total number of points on the Bladder meridian:
  - A) 58
  - B) 60
  - C) 67 (BL 1 – BL 67)
  - D) 70
  
4. BL 40 (Weizhong) is the:
  - A) Jing-River point
  - B) He-Sea point
  - C) Yuan-Source point
  - D) Luo point
  
5. The Bladder meridian is internally connected with:
  - A) Heart and Lung
  - B) Kidney
  - C) Spleen
  - D) Liver
  
6. The Kidney meridian starts from:
  - A) Heel
  - B) Underneath the little toe (plantar surface)
  - C) Sole of foot center
  - D) Heel tendon
  
7. The Kidney meridian runs along the:
  - A) Lateral leg
  - B) Medial leg and thigh
  - C) Posterior thigh
  - D) Abdomen only

8. Number of points on the Kidney meridian:

- A) 22
- B) 27 (KI 1 – KI 27)
- C) 29
- D) 30

9. KI 1 (Yongquan) is used for:

- A) Fatigue
- B) Reviving consciousness, calming spirit
- C) Cough
- D) Eye disease

10. The Kidney meridian belongs to the Zang-Fu pair:

- A) Heart – Small Intestine
- B) Kidney – Bladder
- C) Spleen – Stomach
- D) Liver – Gall Bladder

11. The Pericardium meridian begins at:

- A) Axilla
- B) Chest, inside the pericardium region
- C) Wrist crease
- D) Shoulder

12. Number of points on the Pericardium meridian:

- A) 8
- B) 9
- C) 9 (PC 1 – PC 9)
- D) 10

13. PC 6 (Neiguan) is a famous point for:

- A) Headache
- B) Nausea, vomiting, cardiac pain, emotional stress
- C) Leg cramps
- D) Toothache

14. The Pericardium meridian is paired with:

- A) Heart – Small Intestine
- B) Sanjiao (Triple Energizer)
- C) Liver – Gall Bladder
- D) Lung – Large Intestine

15. PC 8 (Laogong) is located:

- A) Forearm
- B) Center of the palm
- C) Wrist crease
- D) Tip of middle finger

16. The Sanjiao meridian begins at:

- A) Middle finger tip
- B) Ulnar side of the ring finger (SJ 1)
- C) Wrist crease
- D) Shoulder

17. Total number of points on SJ meridian:

- A) 20
- B) 21
- C) 23 (SJ 1 – SJ 23)
- D) 25

18. SJ 5 (Waiguan) is the:

- A) Yuan-source point
- B) Luo-connecting point; Confluent point of Yang Linking Vessel (Yangwei Mai)
- C) Shu-stream point
- D) He-Sea point

19. The SJ meridian terminates at:

- A) Nose
- B) Lateral end of eyebrow (SJ 23)
- C) Ear
- D) Chin

20. The main functions of Sanjiao meridian include:

- A) Controlling Blood circulation
- B) Regulating Qi of all three burners
- C) Strengthening bone
- D) Nourishing marrow

21. The Gallbladder meridian starts from:

- A) Chin
- B) Outer canthus (GB 1)
- C) Ear lobe
- D) Neck

22. Number of points on GB meridian:

- A) 44 (GB 1 – GB 44)
- B) 45
- C) 42
- D) 50

23. GB 34 (Yanglingquan) is the:

- A) Shu-stream point
- B) He-Sea & Influential point of tendons
- C) Yuan-source point
- D) Jing-well point

24. The GB meridian connects internally with:

- A) Liver only
- B) Liver and Gall Bladder organs
- C) Stomach
- D) Lung

25. GB 20 (Fengchi) is commonly used for:

- A) Headache, neck stiffness, hypertension
- B) Leg pain
- C) Stomach pain
- D) Shoulder pain

26. The Liver meridian starts from:

- A) Heel
- B) Lateral side of big toe (LR 1)
- C) Sole
- D) Inner malleolus

27. Number of points on Liver meridian:

- A) 12
- B) 13
- C) 14 (LR 1 – LR 14)
- D) 16

28. The Liver meridian is internally connected with:

- A) Heart
- B) Spleen
- C) Gall Bladder
- D) Kidney

29. LR 3 (Taichong) is the:

- A) Jing-well
- B) Shu-stream and Yuan-source point
- C) Luo-connecting point
- D) He-sea

30. LR 8 (Ququan) is the:

- A) Jing-well
- B) He-sea point
- C) Luo point
- D) Yuan point

31. The Ren meridian begins at:

- A) Pubic bone
- B) Perineum (below CV 1)
- C) Navel
- D) Throat

32. Number of points on the Ren meridian:

- A) 22
- B) 24 (RN 1 – RN 24)
- C) 26
- D) 30

33. Ren 4 (Guanyuan) is the:

- A) He-sea point
- B) Front-Mu point of Small Intestine
- C) Luo point
- D) Yuan source point

34. The Ren meridian is known as the:

- A) Sea of Qi
- B) Sea of Yin meridians
- C) Sea of Yang meridians
- D) Sea of Blood

35. Ren 17 (Shanzhong) is the:

- A) Back-Shu point
- B) Front-Mu point of Pericardium & Influential point of Qi
- C) Luo point
- D) Yuan point

36. The Du meridian starts from:

- A) Forehead
- B) Perineum (DU 1)
- C) Navel
- D) Vertex

37. Number of points on the Du meridian:

- A) 26
- B) 28 (DU 1 – DU 28)
- C) 30
- D) 27

38. The Du meridian is known as:

- A) Sea of Yin
- B) Sea of Yang meridians
- C) Sea of Blood
- D) Sea of Qi

39. DU 14 (Dazhui) is located at:

- A) C5 level
- B) Below spinous process of C7
- C) T1 level
- D) Between scapulae

40. DU 20 (Baihui) is used for:

- A) Headache, dizziness, prolapse, calming spirit
- B) Constipation
- C) Eye pain
- D) Backache

41. Yintang (Extra point) is located:

- A) Between the eyebrows
- B) At the temple
- C) On vertex
- D) Between nose and lip

42. Taiyang (Extra point) is useful for:

- A) Stomach pain
- B) Headache and eye disorders
- C) Arm pain
- D) Neck stiffness

43. The Yuan-source point of Lung meridian is:

- A) LU 6
- B) LU 9 (Taiyuan)
- C) LU 7
- D) LU 10

44. The Luo-connecting point of Stomach meridian is:

- A) ST 40
- B) ST 40 (Fenglong)
- C) ST 36
- D) ST 25

45. The Xi-cleft point of Heart meridian is:

- A) HT 7
- B) HT 6 (Yinxi)
- C) HT 4
- D) HT 5

46. The Back-Shu point of Liver is:

- A) BL 18
- B) BL 18 (Ganshu)
- C) BL 20
- D) BL 23

47. The Front-Mu point of Lung is:

- A) RN 12
- B) LU 1 (Zhongfu)
- C) RN 17
- D) ST 25

48. The Influential point of Blood is:

- A) BL 17
- B) BL 17 (Geshu)
- C) SP 10
- D) LR 8

49. The Window of Heaven point DU 16 (Fengfu) is mainly for:

- A) Digestive disorders
- B) Headache, dizziness, mental disorders
- C) Leg pain
- D) Nausea

50. The Confluent point of Ren Mai is:

- A) BL 62
- B) LU 7 (Lieque)
- C) SI 3
- D) PC 6