

QUESTIONNAIRE FOR PRACTICE

A101-History & Fundamental of Acupuncture

Q.1. Short Answer Question (SAQ)

(4markseach)

- 1) What are the precautions required for safe acupuncture practice?
- 2) What are the advantages of Acupuncture?
- 3) What are the indications of Acupuncture?
- 4) Explain the human body structure according to Yin-Yang theory
- 5) Explain the principles of Yin and Yang
- 6) Explain Tai-Ji with its interdependence.
- 7) What are the functions of Lung as per Zang-Fu theory?
- 8) What are the functions of Spleen as per Zang-Fu theory?
- 9) What are the functions of Heart as per Zang-Fu theory?
- 10) What are the functions of Liver as per Zang-Fu theory?
- 11) What are the functions of Kidney as per Zang-Fu theory?
- 12) What are the functions of the Qi?
- 13) What are the directions of Qi movement? Explain with examples.
- 14) What are the pathologies of Qi?
- 15) What are the functions of Blood?
- 16) What are the functions of Channels?
- 17) What are the different levels of Jing-Luo (Channels and collaterals) System?
- 18) What are the functions of Divergent channels?
- 19) What are the functions of Extra-ordinary Vessels?
- 20) Explain Yin-Yang in context with four seasons
- 21) How do yin and yang relate to the four seasons?
- 22) When yin is deficient, what happens to yang ?
- 23) What are the functions of zang-fu ?
- 24) What is Chi.
- 25) What is Control Chakra
- 26) Functions of the Spleen & Stomach.

Q.2 . Short Answer Question (SAQ)(6marks each)

- 1) What are the side effects of Acupuncture?
- 2) What are the contra-indications of Acupuncture?
- 3) Explain the Generating cycle of 5-Element theory with examples.
- 4) Explain the Controlling cycle of 5-Element theory with examples.
- 5) Explain the Over-acting cycle of 5-Element theory with example
- 6) Explain the Insulting cycle of 5-Element theory in context with internal organs.
- 7) Explain the functions of Fu organs as per Zang-Fu theory.
- 8) Write a short note on Essence
- 9) Write a short note on Qi
- 10) Write a short note on Blood
- 11) Write a short note on Body Fluids
- 12) Write a note on divergent channels
- 13) Write a note on Luo-Connecting channels
- 14) Write a note on sinew channels
- 15) Write a note on seven internal causes of the diseases
- 16) Write a note on six external causes of the diseases
- 17) What are six Exogenous factors in Acupuncture
- 18) Write Indications & Contraindications of Acupuncture.
- 19) Brief on Application of theory of YIN and YANG
- 20) Elaborate on ESSENCE in Acupuncture theory.
- 21) Describe process of formation and circulation of Blood in Acupuncture theory.
- 22) Functions of the Kidney & Urinary bladder.

Q.3 & 4 Long Answer Question (LAQ) (10 marks each)

- 1) What are the effects of Acupuncture?
- 2) Explain the four pathologies of Yin and Yang.
- 3) Explain the Controlling, Overacting and Insulting cycle of 5-Element theory.
- 4) Explain acupuncture diagnosis according to 5-Element theory
- 5) Explain Organ Clock
- 6) Explain the different forms of Qi.
- 7) Explain three circuits of Jing-Luo
- 8) Explain primary and divergent channel pathway of the Lung meridian
- 9) Explain primary and divergent channel pathway of the Large Intestine meridian
- 10) Explain primary and divergent channel pathway of the Stomach meridian
- 11) Explain primary and divergent channel pathway of the Kidney meridian
- 12) Explain primary and divergent channel pathway of the Liver meridian
- 13) Write History of Acupuncture in brief.
- 14) Brief Note on Composition and Functions of Meridian system
- 15) Define the route/Pathway of Stomach Meridian with its important Points with location.
- 16) Describe eight Extra Meridians with their Properties and Functions

Q.5 MCQ Answer (1marks each)

1) Yuan Qi has a following function

- a) Provides the foundation/ for the production of Zhen Qi.
- b) Combines with Gu Qi
- c) Combines with Kong Qi
- d) Nourish the Heart and Lungs.

2) Which of the following Qi is derived from Jing?

- a) Gu Qi
- b) Kong Qi
- c) Yuan Qi
- d) Wei Qi

3) Which of the Qi originates from the air and received by the Lungs

- a) Gu Qi
- b) Kong Qi
- c) Yuan Qi
- d) Wei Qi

4) What is Zong Qi

- a) Zong Qi is the combination of Gu Q and Food Q
- b) Zong Qi is the combination of Air Qi and King Qi
- c) Zong Qi is the combination of Gu Qi and Kong Qi
- d) Zong Qi is the combination of Gu Qi and Yuan Qi

5) Which of the Qi Originates from the action of the Spleen on the food in the Stomach!

- a) Gu Qi
- b) Kong Qi
- c) Yuan Qi
- d) Wei Qi

6) Which of the Qi is combines with Kong Qi to form Zong Qif

- a) Kong Qi
- b) Yuan Qi
- c) Gu Qi
- d) Wei Qi

7) Zong Qi is also known as

- a) Air Qi
- b) Food Qi
- c) Gathering Qi
- d) Primary Qi

8) Which of the Qi nourishes Heart and Lungs!

- a) Air Qi
- b) Food Qi
- c) Gathering Qi
- d) Primary Qi

9) Which of the Qi is stored in the chest!

- a) c) Air Qi
- b) Food Qi
- c) Gathering Qi
- d) Primary Qi

10) Zong Qi has a combination of following Qi

- a) Kong Qi and Air Qi
- b) Food Q and GQ
- c) Food Qi and Kong Q
- d) Air Qi. Primary Qi and Food Q

11) Zhen Qi is the combination of

- a) Kong Qi and Air Qi
- b) Food Qi and Gu Qi
- c) Air Qi. Primary Qi and Food Qi
- d) Food Qi, Yuan Qi and Gu Qi

12) Which of the Qi nourishes the organs?

- a) Air Qi
- b) Food Qi
- c) Ying Qi
- d) Primary Qi

13) Which of the Qi circulates in the main meridians?

- a) Ying Qi
- b) Air Qi
- c) Food Qi
- d) Primary Qi

14) Which of the Qi flows with the Blood in the main meridians and within the Blood v

- a) Air Qi
- b) Food Qi
- c) Ying Qi
- d) Primary Qi

15) Which of the Qi helps to protect the body?

- a) Air Qi
- b) Food Qi
- c) Ying Qi
- d) Wei Qi

16) Which of the Qi warms the surface of the body?

- a) Air Qi
- b) Wei Qi
- c) Food Qi
- d) Ying Qi

17) Which of the Qi regulates body temperature by opening and closing the pores

- a) Air Qi
- b) Wei Qi
- a) Food Qi
- b) 4) Ying Qi

18) Which of the Qi moves on the surface of the body and within the muscles and skin, and the meridians!

- a) Air Qi
- b) Wei Qi
- c) Food Qi
- d) Ying Qi

- 19) Circulation is Wei Qi dependent on which organ?
- a) Heart
 - b) Lung
 - c) Spleen
 - d) Kidney
- 20) Which of the following function do not belong to Wei Qi?
- a) Helps to protect the body.
 - b) Warms the surface of the body.
 - c) Regulates body temperature by opening and/or closing the pores.
 - d) Nourishes the organs.
- 21) What is timidity?
- a) Yin
 - b) Yang
 - c) Both
 - d) None of all
- 22) What is shivering?
- a) Yin
 - b) Yang
 - c) Both
 - d) None of all
- 23) What is fever?
- a) Yin
 - b) Yang
 - c) Both
 - d) None of all
- 24) What is burning?
- a) Yin
 - b) Yang
 - c) Both
 - d) None of all
- 25) What is freezing?
- a) Yin
 - b) Yang
 - c) Both
 - d) None of all
- 26) What is spicy food?
- a) Yin
 - b) Yang
 - c) Both
 - d) None of all
- 27) What is moon?
- a) Yin
 - b) Yang
 - c) Both
 - d) None of all

28) What is water?

- a) Yin
- b) Yang
- c) Both
- d) None of all

29) What is fire?

- a) Yin
- b) Yang
- c) Both
- d) None of all

30) What is cold food?

- a) Yin
- b) Yang
- c) Both
- d) None of all

31) What is hot food?

- a) Yin
- b) Yang
- c) Both
- d) None of all

32) What is superficial?

- a) Yin
- b) Yang
- c) Both
- d) None of all

33) What is deep?

- a) Yin
- b) Yang
- c) Both
- d) None of all

34) What is upper body?

- a) Yin
- b) Yang
- c) Both
- d) None of all

35) What is lower body?

- a) Yin
- b) Yang
- c) Both
- d) None of all

36) What is front of body?

- a) Yin
- b) Yang
- c) Both
- d) None of all

37) What is back of body?

- a) Yin
- b) Yang
- c) Both
- d) None of all

38) What is positive?

- a) Yin
- b) Yang
- c) Both
- d) None of all

39) What is light?

- a) Yin
- b) Yang
- c) Both
- d) None of all

40) What is active?

- a) Yin
- b) Yang
- c) Both
- d) None of all

41) What are qualities of fire element?

- a) Fear
- b) Bitter
- c) Sadness
- d) None of these

42) What are qualities of wood element?

- a) Cold
- b) Anger
- c) Sweet food
- d) Summer

43) What element has red colour?

- a) Water
- b) Wood
- c) Metal
- d) Fire

44) What element has yellow colour?

- a) Fire
- b) Earth
- c) Wood
- d) Metal

45) Fear is linked to which element?

- a) Fire
- b) Water
- c) Wood
- d) Metal

46) Grief is linked to which element?

- a) Fire
- b) Water
- c) Wood
- d) Metal

47) Spicy food belong to which element!

- a) Fire
- b) Water
- c) Wood
- d) Metal

48) Sour flavour belongs to which element!

- a) Fire
- b) Water
- c) Wood
- d) Metal

49) Which is extreme yin element!

- a) Fire
- b) Water
- c) Wood
- d) Metal

50) Which element is mother of earth!

- a) Fire
- b) Earth
- c) Wood
- d) Metal

53) Which element is mother of metal!

- a) Fire
- b) Earth
- c) Metal
- d) Wood

52) Which element is mother of water?

- a) Fire
- b) Earth
- c) Metal
- d) Wood

53) What element controls wood?

- a) Fire
- b) Water
- c) Metal
- d) Wood

54) What element controls fire?

- a) Fire
- b) Water
- c) Metal
- d) Wood

55) Nose is the organ of?

- a) Kidneys
- b) Lungs
- c) Liver
- d) Spleen

56) Ear is the organ of?

- a) Kidneys
- b) Lungs
- c) Heart
- d) Spleen

57) Dampness pertains to which element?

- a) Wood
- b) Fire
- c) Earth
- d) Metal

58) Wind pertains to which element?

- a) Wood
- b) Fire
- c) Earth
- d) Metal

59) Which of the following statement is not correct?

- a) Wood promotes Fire
- b) Fire promotes Wood
- c) Earth promotes Metal
- d) Metal promotes Water

60) Which of the following statement is not correct?

- a) Wood promotes Fire
- b) Fire promotes Earth
- c) Earth promotes Fire
- d) Metal promotes Water

61) Shao yang meridians of lower limb is

- a) Bladder
- b) Gall bladder
- c) Stomach
- d) Large Intestine

62) The back or to dorsal aspect of body is attributed to.

- a) yang
- b) Qi
- c) Zang-Fu
- d) None

63) Heart and Pericardium belongs to which element.

- a) Metal
- b) Water
- c) Fire
- d) Earth

64) The main meridians are -----

- a) 24
- b) 6
- c) 18
- d) 12