

## **QUESTIONNAIRE FOR PRACTICE**

### **A102- Acupuncture and Moxibustion Technique**

#### **A) Long Answer Questions**

1. What is "CUN" measurement unit, and what are the anatomical terms used for describing the points of surface anatomy and for referring to the body planes or sides or surface areas or landmarks?
2. What are meridians and collaterals?
3. What are the aspects of anatomy and physiology we need to understand for ear acupuncture?
4. What are the anatomy and physiology aspects we need to understand for scalp acupuncture?
5. What is the classification of moxibustion?
6. *What are the cupping types in detail?*
7. What are other ways of stimulating acupoints if needling is not possible or available?
8. Define moxibustion. Describe its types, indications, contraindications, and precautions.
9. Explain the materials used in moxibustion and their therapeutic effects.
10. Describe the procedure of indirect moxibustion in detail.
11. Explain the mechanism of action of moxibustion according to Traditional Chinese Medicine (TCM).
12. Discuss the clinical applications of moxibustion with examples.
13. Compare direct and indirect moxibustion.
14. Describe the role of moxibustion in cold and deficiency syndromes.
15. *Explain contraindications and adverse effects of moxibustion.*
16. Write a detailed note on moxa stick moxibustion.
17. Describe the importance of safety and hygiene in moxibustion practice.

#### **B) Short Answer Questions**

1. What are contraindications for needling in acupuncture?
2. What are auricular zones or areas for acupuncture?
3. What are precautions in auriculotherapy?
4. What is scalp acupuncture and its applications?
5. Contraindications and precautions for scalp acupuncture.
6. Identification of patterns according to Eight Principles of acupuncture.
7. The Liver Meridian of Foot.
8. The Ren Meridian (Conception Vessel)
9. Define moxibustion. Which herb is used in moxibustion?
10. What is the main(function) of moxibustion?
11. What are the types of moxibustion?
12. What is direct moxibustion? What is indirect moxibustion?
13. Name two materials used in indirect moxibustion.
14. When is moxibustion contraindicated?
15. Mention two indications of moxibustion.
16. What precautions should be taken during moxibustion?

### C) Multiple choice of Questions

1) Needle manipulation includes-----

- a) Twisting only      b) Twisting or electro-stimulation      c) Cutting      d) Burning

2) Sensation from needling feels like:-----

- a) Sharp pain      b) Numbness, tingling      c) Itching      d) Cold

3) Cupping creates:-----

- a) Vacuum suction      b) Heat burn      c) Injection      d) Electricity

4) Pregnancy precaution for needling-----

- a) All points safe      b) Better to avoid      c) Increase depth      d) Daily sessions

5) Bleeding modality is used for-----

- a) Excess conditions      b) Deficiency      c) Cold only      d) Heat tonify

6) Plum blossom therapy-----

- a) Tapping with needles      b) Single needle      c) Moxa      d) Seeds

7) Breech presentation-----

- a) BL 67 point moxibustion works      b) No effect of moxibustion      c) Surgery only      d) Cooling

8) Twisting direction of needling -----

- a) Clockwise only      b) Either      c) Counter only      d) None of the above

9) Needling thrusting for-----

- a) Excess      b) Deficiency      c) Cold      d) Heat

10) Reducing method for needling-----

- a) Lift-thrust      b) Rotate slow      c) Pluck      d) All

11) Tonifying method for needling-----

- a) Slow twist      b) Fast thrust      c) Both      d) None of the above

12) Deqi feels like-----

- a) Pain      b) Soreness / numbness      c) Itch      d) Heat

13. Moxibustion mainly uses ..... Herb.

- a) Ginseng      b) Ginger      c) Mugwort      d) Turmeric

14. The main purpose of moxibustion is to -----

- a. Cool the body      b. Remove blood      c. Warm meridians      d. Increase pressure

15. ----- condition is most commonly treated with moxibustion.

- a. Heat syndromes      b. Cold syndromes      c. Infections      d. Fractures

16. Indirect moxibustion means:-----

- a. Burning moxa directly on skin      b. Using needles only  
c. Using a medium like ginger or salt      d. No heat involved

17. ----- sensation indicates effective acupuncture treatment.

- a. Sharp pain      b. Numbness or heaviness      c. Bleeding      d. Itching