

QUESTIONNAIRE FOR PRACTICE
A104 -Meridians, Collaterals and Acupoints –2

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

Questions for Short Answer

- Q 1. Describe the general pathway of the Bladder Meridian of Foot-Taiyang (BL).
- Q 2. Mention the main physiological functions of the Bladder Meridian.
- Q 3. List important acupoints on the Bladder Meridian and their major actions.
- Q 4. Explain the relationship between the Bladder Meridian and internal organs.
- Q 5. Discuss the therapeutic indications of Bladder Meridian points.
- Q 6. Describe the course and pathway of the Kidney Meridian of Foot-Shaoyin (KI).
- Q 7. State the main physiological functions of the Kidney Meridian.
- Q 8. Name important Kidney Meridian acupoints and their functions.
- Q 9. Explain the relationship between the Kidney Meridian and other organs
- Q 10. Discuss clinical indications for Kidney Meridian acupoints.
- Q11. Describe the course and pathway of the Pericardium Meridian of Hand-Jueyin (PC).
- Q12. Explain the main physiological functions of the Pericardium Meridian.
- Q13. Mention important Pericardium Meridian acupoints and their functions.
- Q14. Describe the relationship between the Pericardium and Heart Meridians.
- Q15. Discuss clinical indications of the Pericardium Meridian. English:
- Q16. Describe the course and pathway of the Sanjiao (Triple Energizer) Meridian of Hand-Shaoyang (SJ).
- Q17. Explain the functions of the Sanjiao Meridian.
- Q18. List important Sanjiao acupoints and their therapeutic uses.
- Q19. Describe the internal pathway and organ connections of the Sanjiao Meridian.
- Q20. Discuss clinical indications for Sanjiao Meridian points.
- Q21. . Explain the Kidney Meridian of Foot-Shaoyin (KI) and its pathway.
- Q22. Describe the Pericardium Meridian of Hand-Jueyin (PC) and its significance.
- Q23. What is the function of the Sanjiao (Triple Energizer) Meridian (SJ)?
- Q24. Explain the Gallbladder Meridian of Foot-Shaoyang (GB).
- Q25. Describe the Liver Meridian of Foot-Jueyin (LR) and its major actions.
- Q26. Explain the Ren Meridian (Conception Vessel) and its role in the body.
- Q27. Explain the Du Meridian (Governor Vessel) and its functions.

- Q28. What are Extra Points in Acupuncture?
- Q29. Define Yuan Source Points and their importance.
- Q31. Explain Xi-Cleft Points and their clinical significance.
- Q32. What are Back Shu Points and how are they used in treatment?
- Q33. Explain the concept of Front Mu Points.
- Q34. What are the 5-Shu Points and their classification?
- Q35. Explain the Mother and Child Points according to the Five Element theory.
- Q36. What are Horary (Ben) Points and when are they used?
- Q37. Explain the concept of Influential (Hui-Meeting) Points.
- Q38. What are Confluent Points and how do they function?
- Q39. Describe the Lower He-Sea Points and their significance.
- Q40. Explain the concept of Windows of Heaven Points.
- Q41. Explain the concept of the Points of Four Seas.
- Q42. What are Ghost Points and their therapeutic applications?
- Q43. Describe the Entry and Exit Points of the Meridians.
- Q44. Explain the importance of the Ren (Conception) Meridian in acupuncture.
- Q45. Describe the function and pathway of the Du (Governor) Meridian.
- Q46. Explain the significance of the Extra Points in acupuncture.
- Q47. Explain how the 5-Shu Points relate to the Five Elements theory.
- Q48. Describe the relationship between Yuan Source and Luo-Connecting Points.
- Q49. Explain the concept and importance of Ghost Points in mental health therapy.
- Q50. What are the clinical uses of the Confluent Point LU7?