

QUESTIONNAIRE FOR PRACTICE

A106- Microsystems of Acupuncture

Multiple Choice Questions.

1. In Chinese hand acupuncture, the hand is considered a microcosm of the:

- A. Head only
- B. Entire body
- C. Spine only
- D. Lower limbs

2. In hand acupuncture, the tip of the middle finger corresponds to the:

- A. Head region
- B. Chest region
- C. Abdomen
- D. Pelvis

3. The palm of the hand in Korean hand therapy represents the:

- A. Posterior aspect of the body
- B. Anterior aspect of the body
- C. Right lateral aspect
- D. None of the above

4. In Chinese foot acupuncture, which part represents the head?

- A. Heel
- B. Toes
- C. Midfoot
- D. Ankle

5. The principle of hand and foot acupuncture is based on:

- A. Energy meridian theory
- B. Reflex zone correspondence
- C. Both A and B
- D. Only anatomical resemblance

6. Which of the following conditions responds well to hand acupuncture?

- A. Common cold
- B. Paralysis
- C. Digestive disorders
- D. All of the above

7. The most commonly used needle in hand acupuncture is:

- A. Long intramuscular needle
- B. Filiform fine needle (0.25 mm x 13 mm)
- C. Plum blossom needle
- D. Triangular needle

8. In foot acupuncture, the medial arch corresponds to which part of the body?

- A. Spine
- B. Upper limbs
- C. Head
- D. Abdomen

9. Hand acupuncture therapy is especially suitable for:

- A. Infants and elderly patients
- B. Only young adults
- C. Surgical patients
- D. None of the above

10. Which hand meridian corresponds to the Stomach Meridian of the body?

- A. H1
- B. H3
- C. H5
- D. H6

11. Hand acupuncture differs from body acupuncture mainly because:

- A. It uses larger needles
- B. It has micro-system correspondence
- C. It is used only for pain
- D. It is not based on meridians

12. In foot acupuncture, which point area is useful for treating lumbar pain?

- A. Toes
- B. Heel
- C. Dorsum of foot
- D. Ball of foot

13. The reflex area for the lungs in hand acupuncture is located on:

- A. Thumb
- B. Palm below index and middle fingers
- C. Wrist joint
- D. Little finger

14. Which method can be combined with hand acupuncture for better results?

- A. Moxibustion
- B. Cupping
- C. Laser stimulation
- D. All of the above

15. Wrist–Ankle acupuncture (WAA) was developed by:

- A. Prof. Zhang Xinshu
- B. Dr. Jiao Shunfa
- C. Dr. Paul Nogier
- D. Dr. Yamamoto

16. Wrist–Ankle acupuncture uses how many treatment zones on each limb?

- A. 6
- B. 12
- C. 8
- D. 4

17. The needling sites in WAA are located:

- A. Near joints only
- B. Between tendons and skin near wrist and ankle
- C. Over large muscles
- D. Along scalp lines

18. WAA is mainly used for:

- A. Local pain syndromes
- B. Internal organ disorders
- C. Both A and B
- D. Only neurological diseases

19. Wrist zones mainly correspond to the:

- A. Head and upper body
- B. Abdomen
- C. Lower limbs
- D. Internal organs

20. Ankle zones mainly treat disorders of:

- A. Upper body
- B. Lower body
- C. Hands
- D. Neck

21. How many zones are there in total on both sides of the body in WAA?

- A. 6
- B. 12
- C. 24
- D. 18

22. The depth of insertion in WAA is approximately:

- A. 1–2 cm
- B. 0.5–1 cun obliquely
- C. 2–3 cun deep
- D. Subcutaneous and parallel to skin

23. Which of the following is *not* an indication for WAA?

- A. Sciatica
- B. Migraine
- C. Bone fracture
- D. Gastric pain

24. Main advantage of WAA is:

- A. Simplicity and safety
- B. Requires deep insertion
- C. Strong “Deqi” sensation
- D. Complex localization

25. In WAA, Zone 1 of the wrist is used to treat:

- A. Head and neck disorders
- B. Chest disorders
- C. Abdominal disorders
- D. Lower limb disorders

26. Which needle sensation is preferred in WAA?

- A. Strong pain and soreness
- B. Mild distending or warm feeling
- C. Sharp pain
- D. Electric shock-like sensation

27. Which of the following is a contraindication for WAA?

- A. Pregnancy (ankle points)
- B. Chronic headache
- C. Functional dyspepsia
- D. Frozen shoulder

28. What type of needle manipulation is used in WAA?

- A. Heavy twirling
- B. Gentle insertion without lifting or thrusting
- C. Deep stabbing
- D. Electrical stimulation only

29. The theoretical basis of WAA lies in:

- A. Segmental innervation and Qi flow
- B. Reflexology
- C. Auricular microsystem
- D. Somatotopy

30. Face–Nose acupuncture is based on the theory of:

- A. Reflex zones on the face
- B. Qi and Blood circulation
- C. Both A and B
- D. None of the above

31. Facial acupuncture areas correspond to:

- A. Internal organ systems
- B. Musculoskeletal system only
- C. Cranial nerves only
- D. Reflex points of the hand

32. The nose region mainly corresponds to which organ?

- A. Lung
- B. Heart
- C. Liver
- D. Stomach

33. Which facial area corresponds to the kidney region?

- A. Forehead
- B. Chin
- C. Cheek
- D. Upper lip

34. Facial acupuncture is most commonly used for:

- A. Pain relief
- B. Facial paralysis and cosmetic therapy
- C. Only headaches
- D. Only nasal congestion

35. What is the direction of needle insertion in facial acupuncture?

- A. Deep vertical
- B. Subcutaneous and shallow
- C. Perpendicular and deep
- D. Oblique downward

36. Nose acupuncture therapy can help treat:

- A. Allergic rhinitis
- B. Sinusitis
- C. Headache
- D. All of the above

37. In face–nose acupuncture, the forehead region relates to:

- A. Liver and gallbladder
- B. Bladder and intestine
- C. Spleen and stomach
- D. Heart and lung

38. Cosmetic acupuncture on the face promotes:

- A. Skin rejuvenation and Qi circulation
- B. Muscle paralysis
- C. Hair growth
- D. None of these

39. The primary nerve influenced in facial acupuncture is:

- A. Trigeminal nerve
- B. Vagus nerve
- C. Facial nerve
- D. Optic nerve

40. ECIWO stands for:

- A. Embryo Containing Information of the Whole Organism
- B. Energetic Correspondence in Whole Organs
- C. Electrical Circuit of Integrated Whole Organism
- D. Energy Control Inside Whole Organ

41. The concept of ECIWO acupuncture was proposed by:

- A. Prof. Zhang Xinshu
- B. Prof. Yingqing Zhang
- C. Dr. Yamamoto
- D. Dr. Nogier

42. According to ECIWO theory, each part of the body contains:

- A. A reflection of one organ only
- B. The complete biological information of the whole body
- C. Only nerve endings
- D. No correlation to other parts

43. The most commonly used ECIWO area is located on the:

- A. Forearm
- B. Second metacarpal region
- C. Foot dorsum
- D. Spine

44. The ECIWO theory integrates concepts of:

- A. Traditional meridian theory and embryology
- B. Modern psychology
- C. Ayurvedic concepts
- D. Reflexology only

45. ECIWO acupuncture points are also known as:

- A. Bio-holographic points
- B. Energy meridians
- C. Local trigger points
- D. None of the above

46. ECIWO therapy is especially effective in:

- A. Pain management and organ dysfunction
- B. Mental disorders only
- C. Cosmetic therapy
- D. Trauma care

47. The ECIWO biological holographic theory resembles which other system?

- A. Auriculotherapy
- B. Scalp acupuncture
- C. Hand and foot acupuncture
- D. All of the above

48. The second metacarpal bone in ECIWO corresponds to:

- A. The whole body micro-map
- B. Only head and neck
- C. Only spine
- D. Only lower limb

49. The main mechanism of action of ECIWO acupuncture is:

- A. Stimulation of corresponding biological holograms in body cells
- B. Blocking pain receptors
- C. Increasing muscle tension
- D. None of these

Short Answer Questions

1. What is Chinese Hand Acupuncture based on?
2. What does the tip of the middle finger represent in hand acupuncture?
3. What is the main therapeutic principle of Hand & Foot acupuncture?
4. How does Foot Acupuncture represent the body?
5. Name two common indications for hand acupuncture.
6. Why is hand acupuncture considered safer than body acupuncture?
7. What is Wrist–Ankle Acupuncture (WAA)?
8. Who introduced WAA and when?
9. How many zones are there in WAA?
10. What is the principle behind WAA?
11. What are the main indications of WAA?
12. Why is WAA considered painless and simple?
13. What is the basic concept of Face–Nose Acupuncture?
14. What is the main indication for facial acupuncture?
15. Which organ corresponds to the nose area?.
16. How does facial acupuncture improve appearance?
17. What are two precautions in face–nose acupuncture?
18. What does ECIWO stand for?
19. Who developed ECIWO theory?
20. What is the core idea of ECIWO theory?
21. Where is the most common ECIWO area used for therapy?
22. How are ECIWO points detected?
23. Name two clinical applications of ECIWO acupuncture.
24. How does ECIWO acupuncture differ from traditional meridian acupuncture?

Question for Long Answer

1. Explain the theoretical basis of Chinese Hand & Foot Acupuncture (microsystems).
2. Describe the anatomy and safe needling technique for Wrist–Ankle Acupuncture (WAA).
3. Compare and contrast Face–Nose acupuncture with traditional body acupuncture in terms of indications and mechanism.
4. Define ECIWO theory and explain how ECIWO points are located and used clinically.
5. Outline the primary indications and clinical advantages of using Hand & Foot acupuncture for pediatric and geriatric patients.
6. Explain how Wrist–Ankle Acupuncture (WAA) achieves segmental analgesia and give two examples of conditions where it is effective.
7. Describe the common needling parameters (needle size, insertion depth, angle, retention time) for Face–Nose acupuncture and the rationale behind them.
8. How is point selection performed in ECIWO therapy for treating chronic low-back pain? Provide a typical treatment workflow.
9. List main contraindications and special precautions common to Hand/Foot, WAA, Face– Nose, and ECIWO acupuncture.
10. Critically evaluate the current evidence and limitations for microsystems acupuncture (hand/foot, WAA, face, ECIWO) in mainstream clinical practice.