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 × 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.

MCQs Answer

1. **Answer:** B
2. **Answer:** A
3. **Answer:** B
4. **Answer:** B.
5. **Answer:** C.
6. **Answer:** D.
7. **Answer:** B
8. **Answer:** A
9. **Answer:** A
10. **Answer:** C.
11. **Answer:** B.
12. **Answer:** B
13. **Answer:** B
14. **Answer:** D.
15. **Answer:** A.
16. **Answer:** A
17. **Answer:** B.
18. **Answer:** C
19. **Answer:** A.
20. **Answer:** B.
21. **Answer:** B.
22. **Answer:** D.
23. **Answer:** C.
24. **Answer:** A.
25. **Answer:** A
26. **Answer:** B
27. **Answer:** A
28. **Answer:** B
29. **Answer:** A.
30. **Answer:** C.
31. **Answer:** A.
32. **Answer:** A.
33. **Answer:** B
34. **Answer:** B
35. **Answer:** B.
36. **Answer:** D
37. **Answer:** D
38. **Answer:** A
39. **Answer:** C

40. **Answer:** A
41. **Answer:** B.
42. **Answer:** B
43. **Answer:** B
44. **Answer:** A
45. **Answer:** A
46. **Answer:** A
47. **Answer:** D.
48. **Answer:** A
49. **Answer:** A

Short Answer

1. It is based on the microsystem theory that the hand represents the entire body — each finger and region corresponds to specific body parts and organs.
2. It represents the head and brain area of the body.
3. Stimulating reflex points on the hand or foot to regulate Qi and blood circulation throughout the corresponding body regions.
4. The toes correspond to the head, the sole to internal organs, and the heel to the lower body and pelvis.
5. Headache, constipation, neck and shoulder pain, insomnia, and stress.
6. Because it uses superficial, small-area stimulation and avoids internal organs or large blood vessels.
7. A modern acupuncture microsystem using shallow needling around wrists and ankles to treat pain and internal disorders.
8. Prof. Zhang Xinshu, in China during the 1970s.
9. Six zones on each limb — three on each side of wrist and ankle, corresponding to specific vertical areas of the body.
10. It uses meridian pathways and segmental innervation to relieve pain through regulating Qi flow across body segments.
11. Headache, neck stiffness, limb pain, gastrointestinal disorders, and gynecological pain.
12. Because it uses thin needles inserted subcutaneously at shallow angles without eliciting strong “Deqi” sensations.
13. The face and nose are microcosmic maps of the entire body; specific facial zones correspond to internal organs and regions.
14. Facial paralysis (Bell’s palsy), cosmetic rejuvenation, sinusitis, and headaches.
15. The Lung — as the nose is considered the “orifice of the Lung” in TCM
16. It enhances blood and Qi circulation, increases collagen production, and tones facial muscles for anti-aging benefits.

17. Use shallow insertion to avoid bruising and avoid points near inflamed or infected skin areas.
18. Embryo Containing the Information of the Whole Organism.
19. Prof. Yingqing Zhang (Shandong University, China) in the 1970s.
20. Every part of the body contains the complete genetic and biological information of the whole organism — allowing any small area to represent the entire body.
21. The second metacarpal bone (dorsal aspect of the hand).
22. By identifying tender points or those with altered electrical resistance corresponding to diseased body areas.
23. Pain management (e.g., headache, backache) and internal organ dysfunctions (e.g., gastritis, hypertension).
24. It uses a holographic or microcosmic approach instead of the twelve-meridian system, focusing on localized areas that reflect the entire body.

Long Answer

1. **Answer / Explanation:**

   Chinese Hand & Foot acupuncture (including systems like Sujok and Korean Hand Therapy) is founded on the **microsystem concept**: the hand and foot are considered miniature maps of the whole body. Each finger/toe and distinct region of the palm, dorsum, sole and interdigital spaces correspond topographically to organs, limbs and body regions. Treatment involves stimulating these mapped reflex points (needling, pressing, seeds, laser) to modulate local and central nervous system activity, regulate Qi and Blood, and influence the corresponding distant structure. The rationale combines classical TCM ideas of meridians with modern reflexology and neurophysiology (somatotopic representation, segmental neural connections). Advantages include superficial needling, easy access, suitability for children/elderly, and rapid symptomatic relief in many pain and functional disorders.

2. **Answer / Explanation:**

   Anatomy & Zones: WAA divides the wrist and ankle region into **six longitudinal zones** on each limb (three on the dorsal/ventral sides and medial/lateral as described by the system). Each zone corresponds to vertical segments of the body (head/neck, upper trunk, lower trunk, upper limb, lower limb, etc.).

   Needling technique & safety: Needles are inserted **subcutaneously and parallel to the skin** (very shallow) between tendons at standardized distances from the joint crease. Typical depth is only a few millimeters to subcutaneous tissue — not into muscle or major vessels. Manipulation is minimal (no heavy lifting-thrusting); stimulation is mild to produce slight distension/ warmth

rather than sharp pain. Safety considerations: avoid needling over inflamed skin, damaged tissue or where vascular/nerve structures are superficial; in pregnancy, avoid certain ankle points; always use aseptic technique. Because of superficial insertion and standardized zones, WAA is considered simple and low-risk.

3. **Answer / Explanation:**
   Similarities: Both are grounded in TCM concepts (meridians, Qi) and use needling to regulate physiological function and relieve disease.
   Differences:

- **Mapping:** Face–Nose acupuncture treats the face/nose as a **microsystem** where specific facial zones correspond to internal organs and body regions (e.g., nose ↔ Lung). Body acupuncture uses the 12-meridian network and distal points.
- **Indications:** Face–Nose is especially used for **facial paralysis (Bell's palsy), cosmetic rejuvenation, sinusitis, allergic rhinitis**, and localized craniofacial conditions. Body acupuncture treats systemic disease, deeper organ pathology, and a broad range of disorders.
- **Mechanism:** Facial needling works by **local reflex modulation** (facial nerve, trigeminal inputs), improved local blood flow, and neuromodulation that may trigger collagen synthesis (cosmetic uses). Body acupuncture often targets systemic regulation via meridian pathways and central nervous system modulation.

Technique: Face needling is **superficial and subcutaneous**, with careful attention to cosmetic outcomes; body acupuncture may include deeper needling and stronger manipulations. Face–Nose acupuncture is particularly useful where direct local neuromuscular or mucosal effects are desired.

4. Answer / Explanation:
Definition: ECIWO stands for *Embryo Containing Information of the Whole Organism*. The theory (developed by Prof. Yingqing Zhang) posits that tiny local areas of the body (e.g., on the hand—second metacarpal area) contain a **complete holographic map** of the entire organism; each micro-spot encodes information for whole-body structure and function.
Point location & detection: Practitioners locate ECIWO points by palpation for tenderness, palpatory changes, or altered electrical skin resistance. Some use tender-spot mapping or point-finder devices. The most commonly used area is on the dorsum of the hand near the second metacarpal.
Clinical use & mechanism: Stimulating ECIWO points (needling, pressure, low-level laser) is thought to activate biological holograms and trigger systemic regulatory responses — used for pain, organ dysfunction, and metabolic conditions. The proposed mechanism combines local neurogenic reflex arcs, segmental neuromodulation, and systemic release of

neuromodulators. Although promising in clinical practice, ECIWO remains more empirical and requires further rigorous research to fully validate mechanisms.

5. **Answer / Explanation:**

Primary indications: In pediatrics and geriatrics, hand & foot acupuncture is commonly used for **pain relief, digestive issues, sleep problems, behavioral disturbances, respiratory conditions (e.g., cough), fevers, and functional disorders** where superficial, minimally invasive treatment is preferred.

Advantages:

- **Superficial, gentle** stimulation suitable for sensitive populations.
- **Easier localization** and quicker training for practitioners.
- **Lower risk** of deep organ puncture or major bleeding.
- **Greater acceptability** to children (less intimidating) and frail elderly.

Rapid symptomatic relief often achievable with seeds, pressure, or short filiform needling. Clinical approach emphasizes gentle application, careful point selection, and patient comfort.

6. Answer / Explanation:

Mechanism of segmental analgesia: WAA targets **superficial points located near wrist/ankle** that correspond to vertical segments of the trunk and limbs. Stimulating these zones modulates afferent input to the spinal cord segments that innervate the painful region, producing a **segmental inhibitory effect** (gate-control mechanism) and normalizing local Qi flow. Neural pathways include modulation of dorsal horn nociceptive processing and endogenous opioid release.

Clinical examples:

- **Sciatica / lumbar radiculopathy:** ankle zones corresponding to lower limb segments relieve radiating leg pain.
- **Migraine / tension headache:** wrist zones representing head and neck segments can reduce headache frequency/intensity.

  WAA is valued for quick pain control, minimal side effects, and ease of bedside application.

7. **Answer / Explanation:**

Needle size: Small, fine needles (e.g., 0.20–0.25 mm diameter, 13–25 mm length) or short intradermal/press needles, to minimize trauma and bruising.

Insertion depth & angle: Superficial/subcutaneous insertion — typically 1–5 mm depending on area and tissue thickness. Angle is shallow and parallel to the skin surface to avoid deep structures.

Retention time: Often **10–30 minutes** for filiform needles; intradermal seeds/press needles may remain for days.

Rationale: The face has thin skin, rich vascularity and cranial nerve branches (facial & trigeminal). Shallow needling reduces risk of hematoma, nerve injury, or scarring while still providing effective neuromodulation, improving local blood flow, and stimulating collagen remodeling for cosmetic benefits. For mucosal/nasal applications, sterilization and minimal depth prevent mucosal damage.

8. Answer / Explanation:

Point selection: In ECIWO, identify tender or reactive points on the second metacarpal area (or other selected holographic zones) that correspond to the lumbar region. Use palpation, patient feedback on tenderness, or an electrical point finder to localize reactive micro-spots.

Treatment workflow:

1. **Assessment:** Confirm low-back pain pattern and history; perform physical exam.
2. **Point detection:** Palpate the ECIWO hand-map; identify most sensitive point(s) that reproduce patient's pain.
3. **Sterilization:** Clean area and prepare equipment.
4. **Stimulation:** Insert a fine needle into the reactive point (shallow), or apply pressure, small seed, or laser.
5. **Manipulation & retention:** Provide gentle stimulation (twirling/electric microstimulation) for several minutes; retain needle 15–30 minutes.
6. **Re-evaluation:** Assess pain relief; repeat sessions as clinically indicated.
   The approach leverages localized holographic representation to elicit systemic analgesic responses and promote tissue healing.

9 . **Answer / Explanation:**

Common contraindications:

- Local **infection**, cellulitis, or inflamed/ulcerated skin at or near treatment site.
- **Open wounds** or recent surgery in the area.
- **Severe bleeding disorders** or anticoagulant therapy without precautions.
- Significant **allergy** to adhesives (for seeds/press needles).
- **Unstable medical conditions** (uncontrolled hypertension, severe cardiac arrhythmia) — proceed cautiously.

Special precautions:

- In **pregnancy**, avoid specific points (e.g., certain ankle/wrist points in WAA, uterine points in auricular/hand maps).
- Use **smaller needles** and superficial technique on face, hands, and feet to avoid nerve or vascular injury.
- For **children/elderly**, reduce stimulation intensity and needle retention time.
- Maintain **aseptic technique** and monitor for vasovagal syncope.
- If unexpected pain, paresthesia, bleeding, or signs of infection occur, stop treatment and manage accordingly.

  These measures protect patient safety while preserving therapeutic benefit.

10. **Answer / Explanation:**

Evidence: There is a growing body of clinical case series and controlled trials suggesting benefits of microsystem acupuncture for pain, functional neurological recovery (e.g., Bell's palsy, stroke rehab adjunct), and certain ENT or dermatologic conditions. WAA has been studied for analgesia and shows promise for rapid symptom relief. Hand and foot protocols are widely used in integrative clinics because of safety and accessibility. ECIWO and face–nose acupuncture have supportive clinical reports and mechanistic hypotheses (neurophysiologic modulation, segmental reflexes).

Limitations:

Heterogeneity of studies: Variable methodologies, small sample sizes, inconsistent controls, and variable outcome measures make definitive conclusions difficult.

- **Mechanistic uncertainty:** While plausible neurophysiological mechanisms exist, precise pathways and standardized protocols need stronger experimental validation.
- **Placebo and practitioner effects:** Difficulty designing true placebo controls and blinding may influence outcomes.

Standardization: Differences in point maps and techniques across schools reduce reproducibility.

Conclusion: Microsystems acupuncture offers a **practical, low-risk** adjunct to care with encouraging clinical utility, particularly for pain and functional conditions. However, wider acceptance in mainstream medicine requires larger, well-designed randomized controlled trials, standardized protocols, and mechanistic studies to confirm efficacy and optimize clinical guidelines.