

A104 Meridians, Collaterals, Acu Points 2

Multiple Choice of Questions -

1. The Urinary Bladder meridian begins at:

- A. Inner canthus of the eye
- B. Bladder
- C. Heel
- D. Lower back

2. The UB meridian belongs to which element?

- A. Wood
- B. Fire
- C. Water
- D. Metal

3. UB meridian is paired with which Zang organ?

- A. Kidney
- B. Liver
- C. Spleen
- D. Heart

4. The UB meridian travels along the:

- A. Lateral leg
- B. Anterior leg
- C. Posterior leg
- D. Medial leg

5. A major function of the UB meridian is:

- A. Storing essence
- B. Regulating water passages
- C. Governing digestion
- D. Nourishing blood

6. The Kidney meridian begins at:

- A. Little toe
- B. Great toe
- C. Heel
- D. Perineum

7. Kidney meridian belongs to which element?

- A. Fire
- B. Earth
- C. Metal
- D. Water

8. Kidney meridian governs:

- A. Qi circulation
- B. Blood
- C. Essence and reproduction
- D. Digestion

9. Kidney meridian connects internally with the:

- A. Heart
- B. Spleen
- C. Liver
- D. Lungs

10. A key pathway feature of Kidney meridian is that it ascends to the:

- A. Diaphragm
- B. Brain
- C. Tongue root
- D. Eyes

11. TB meridian begins at:

- A. Ring finger
- B. Index finger
- C. Little finger
- D. Thumb

12. TB meridian belongs to which element?

- A. Wood
- B. Fire
- C. Metal
- D. Water

13. TB is internally–externally paired with:

- A. Heart
- B. Liver
- C. Pericardium
- D. Kidney

14. TB governs:

- A. Blood
- B. Water metabolism
- C. Essence
- D. Digestion

15. The TB pathway goes to all regions except:

- A. Upper burner

- B. Middle burner
- C. Lower burner
- D. Brain

16. PC meridian begins at:

- A. Chest
- B. Hand
- C. Foot
- D. Abdomen

17. PC meridian belongs to which element?

- A. Metal
- B. Fire
- C. Water
- D. Wood

18. PC meridian is paired with the:

- A. Liver
- B. Triple Burner
- C. Gall Bladder
- D. Kidney

19. A major function of the PC meridian is:

- A. Protecting the Heart
- B. Nourishing the Blood
- C. Moving Qi in the limbs
- D. Regulating digestion

20. PC meridian travels on which aspect of the arm?

- A. Lateral
- B. Posterior
- C. Anterior
- D. Medial

21. The Liver meridian begins at:

- A. Big toe
- B. Little toe
- C. Finger
- D. Heel

22. Liver meridian belongs to which element?

- A. Fire

- B. Wood
- C. Earth
- D. Metal

23. Liver meridian is internally paired with:

- A. Spleen
- B. Heart
- C. Gall Bladder
- D. Kidney

24. Liver meridian governs:

- A. Water metabolism
- B. Smooth flow of Qi
- C. Digestion
- D. Blood clotting

25. Liver meridian connects to:

- A. Eyes
- B. Nose
- C. Tongue
- D. Kidney

26. GB meridian begins at:

- A. Eye
- B. Foot
- C. Ear
- D. Hip

27. GB meridian belongs to which element?

- A. Wood
- B. Fire
- C. Water
- D. Earth

28. GB meridian is internally paired with:

- A. Liver
- B. Lung
- C. Spleen
- D. Kidney

29. A major function of GB meridian is:

- A. Regulating Qi
- B. Transforming food
- C. Storing blood
- D. Storing bile

30. GB meridian travels along the:

- A. Side of the head and body
- B. Midline of abdomen
- C. Posterior back
- D. Medial leg

31. The Conception Vessel begins at:

- A. Tailbone
- B. Perineum
- C. Big toe
- D. Chest

32. CV is primarily associated with:

- A. Yang meridians
- B. Yin meridians
- C. Tendon channels
- D. Collaterals

33. CV controls:

- A. Kidney essence only
- B. All Yin meridians
- C. Yang Qi
- D. Triple Burner Qi

34. CV is mainly used in disorders of:

- A. Back
- B. Lower limbs
- C. Abdomen and reproductive system
- D. Head

35. CV travels along the:

- A. Back midline
- B. Chest only
- C. Abdominal midline
- D. Arms

36. The Governing Vessel begins at:

- A. Perineum
- B. Coccyx
- C. Brain
- D. Upper lip

37. GV controls:

- A. All Yin channels

- B. All Yang channels
- C. All Luo vessels
- D. All Divergent channels

38. GV enters the:

- A. Heart
- B. Uterus
- C. Kidneys
- D. Brain

39. GV is primarily used to treat disorders of:

- A. Abdomen
- B. Chest
- C. Spine and brain
- D. Liver

40. GV travels along the:

- A. Front midline
- B. Back midline
- C. Sides
- D. Limbs

41. Which meridian is known as the “Sea of Yang”?

- A. CV
- B. GV
- C. GB
- D. TB

42. Which meridian is known as the “Sea of Yin”?

- A. UB
- B. CV
- C. ST
- D. LV

43. The organ associated with storing the Jing (essence) is:

- A. GB
- B. Kidney
- C. Liver
- D. UB

44. The meridian that governs decision-making is:

- A. Liver
- B. Gall Bladder

- C. Heart
- D. Pericardium

45. Which meridian controls dispersing and draining of Qi?

- A. UB
- B. Liver
- C. TB
- D. CV

46. The point where all Yang meridians meet is on the:

- A. GV
- B. CV
- C. UB
- D. KI

47. Which meridian influences menstruation, fertility, and pregnancy?

- A. UB
- B. CV
- C. GB
- D. TB

48. The meridian most associated with emotional stress and constraint is:

- A. Liver
- B. Kidney
- C. UB
- D. GB

49. The meridian known to “open into the eyes” is:

- A. Heart
- B. Kidney
- C. Liver
- D. GB

50. The meridian responsible for regulating protective Qi (Wei Qi) is:

- A. UB
- B. LI
- C. TB
- D. GV

1. Xi-Cleft points are located where:**
 - A. Qi surfaces
 - B. Qi and Blood gather deeply
 - C. Meridians begin
 - D. Meridians end
2. Xi-Cleft points are most effective for treating:**
 - A. Heat

- B. Chronic pain
 - C. Acute conditions & pain
 - D. Cold
3. Xi-Cleft point of the Lung meridian is:**
- A. LU5
 - B. LU7
 - C. LU9
 - D. LU6
4. Xi-Cleft point of the Heart meridian is:**
- A. HT6
 - B. HT5
 - C. HT4
 - D. HT7
5. Xi-Cleft point of Stomach meridian is:**
- A. ST34
 - B. ST36
 - C. ST40
 - D. ST25
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6. Yuan-Source points of Yin meridians primarily tonify:**
- A. Yang
 - B. Qi & Yin Organs
 - C. Blood
 - D. Jing
7. Yuan-Source point of Large Intestine meridian is:**
- A. LI4
 - B. LI5
 - C. LI10
 - D. LI11
8. Yuan-Source point of Spleen meridian:**
- A. SP3
 - B. SP4
 - C. SP6
 - D. SP21
9. Which Yuan-Source point is famous for releasing exterior conditions?
- A. LI1
 - B. LI4
 - C. LU7
 - D. ST44
10. Yuan-Source point of Kidney meridian is:**
- A. KI3
 - B. KI1
 - C. KI6
 - D. KI7

11. Jing-Well points are used to treat:**
 - A. Chronic disorders
 - B. Mental/emotional disorders
 - C. Digestive disorders
 - D. Bone disorders
12. Jing-Well points are located:**
 - A. At elbows
 - B. At knees
 - C. On fingers & toes
 - D. On abdomen
13. Jing-Well point of Liver meridian is:**
 - A. LV2
 - B. LV1
 - C. LV3
 - D. LV8
14. Jing-Well point of the Heart meridian is:**
 - A. HT9
 - B. HT5
 - C. HT7
 - D. HT8
15. Jing-Well points treat fullness below the:**
 - A. Chest
 - B. Throat
 - C. Heart
 - D. Stomach
16. Horary point refers to:**
 - A. Element point on any meridian
 - B. Element point when used in its own element time
 - C. Jing-Well point of Yin meridians
 - D. Luo-connecting point
17. For the Lung meridian, the Horary point is:**
 - A. LU5
 - B. LU7
 - C. LU9
 - D. LU10
18. For the Stomach meridian, the Horary point is:**
 - A. ST44
 - B. ST36
 - C. ST41
 - D. ST43
19. Horary points work best when used during:**
 - A. Morning
 - B. Evening
 - C. Meridian's peak timing
 - D. Before meals

20. Horary point of Liver meridian is:**
A. LV1
B. LV2
C. LV3
D. LV8
21. Influential point of Qi is:**
A. ST36
B. CV17
C. LU7
D. SP21
22. Influential point of Blood is:**
A. UB17
B. SP10
C. LV8
D. CV4
23. Influential point of Sinews is:**
A. GB34
B. GB39
C. ST38
D. KI7
24. Influential point of Bones is:**
A. GB34
B. GB39
C. LV13
D. LU9
25. Influential point of Vessels is:**
A. LU9
B. GB20
C. UB11
D. KI3
26. Front-Mu points are located on the:**
A. Back
B. Chest & Abdomen
C. Limbs
D. Head
27. Front-Mu point of Lung is:**
A. UB13
B. LU1
C. LI18
D. CV17
28. Front-Mu point of Liver is:**
A. LV14
B. LV13

- C. UB18
- D. GB24
- 29. Front-Mu point of Stomach is:**
 - A. CV12
 - B. ST25
 - C. ST21
 - D. CV10
- 30. Front-Mu point of Small Intestine is:**
 - A. ST25
 - B. CV4
 - C. CV13
 - D. CV12

A. Urinary Bladder (UB) – 8 SAQs

1. Describe the pathway of the Urinary Bladder meridian.
2. State the main physiological functions of the UB meridian.
3. What is the significance of the Back-Shu points found on the UB meridian?
4. Describe the location and clinical uses of UB-40.
5. Explain the role of the UB meridian in Qi transformation.
6. Write short notes on UB's connection with the Kidney.
7. What are the major symptoms of UB channel pathology?
8. Describe the characteristics of the UB sinew channel.

B. Kidney (KI) – 8 SAQs

9. Describe the pathway of the Kidney meridian.
10. What are the major functions of the Kidney meridian according to TCM?
11. Explain the concept of Kidney essence (Jing) and its connection to the KI meridian.
12. Describe the location and significance of KI-3.
13. What are the signs of Kidney meridian imbalance?
14. Explain the role of the KI meridian in reproductive health.
15. What is the internal-external relationship between KI and UB?
16. Describe the KI Luo-connecting vessel.

C. Triple Warmer / Triple Burner / San Jiao (TB/SJ) – 6 SAQs

17. Describe the pathway of the Triple Burner meridian.
18. What are the three divisions of the Triple Burner and their functions?
19. Explain the role of the SJ meridian in fluid metabolism.

20. List symptoms of SJ meridian dysfunction.
21. Describe the significance of SJ-5.
22. Explain the connection between TB/SJ and Pericardium.

D. Pericardium (PC) – 6 SAQs

23. Describe the pathway of the Pericardium meridian.
24. Explain the functions of the PC meridian in TCM.
25. What are the clinical applications of PC-6?
26. Discuss the Pericardium's relationship with the San Jiao.
27. List common symptoms of PC channel pathology.
28. Describe the role of the PC meridian in regulating emotions.

E. Liver (LV) – 6 SAQs

29. Describe the pathway of the Liver meridian.
30. Explain the major functions of the Liver meridian.
31. What are signs of Liver Qi stagnation?
32. Describe the significance of LV-3.
33. Explain the role of the Liver meridian in blood regulation.
34. Describe the connection between LV and GB meridians.

F. Gall Bladder (GB) – 6 SAQs

35. Describe the pathway of the Gall Bladder meridian.
36. Explain the primary functions of the GB meridian.
37. Describe the clinical uses of GB-34.
38. What are typical symptoms of GB channel disorders?
39. Explain the GB's relationship with decision-making (TCM theory).
40. Describe the importance of the GB divergent and sinew channels.

G. Conception Vessel (CV/Ren Mai) – 5 SAQs

41. Describe the pathway of the Conception Vessel.
42. Explain the functions of the Ren Mai in TCM.
43. What is the clinical significance of CV-4?
44. Describe how the Ren Mai interacts with Yin meridians.
45. Explain the symptoms related to Ren Mai imbalance.

H. Governing Vessel (GV/Du Mai) – 5 SAQs

- 46. Describe the pathway of the Governing Vessel.
- 47. Explain the functions of the GV in regulating Yang energy.
- 48. Describe the clinical significance of GV-20.
- 49. How does the Du Mai influence the spine and brain?
- 50. List symptoms of Du Mai dysfunction.

I. Special Point Categories – 10 SAQs

Xi-Cleft Points – 2 SAQs

- 51. Define Xi-Cleft points and explain their general clinical uses.
- 52. List three Xi-Cleft points and describe their indications.

Yuan-Source Points – 2 SAQs

- 53. Explain the significance of Yuan-Source points in balancing Zang-Fu organs.
- 54. Describe the functions of one Yin and one Yang Yuan-Source point.

Jing-Well Points – 2 SAQs

- 55. Describe Jing-Well points and their therapeutic functions.
- 56. Explain why Jing-Well points are important for clearing heat and revival from fainting.

Horary Points – 1 SAQ

- 57. Explain the meaning of Horary points and their role in the meridian clock.

Influential Points – 1 SAQ

- 58. What are Influential (Hui) points and what is their importance?

Front-Mu & Back-Shu Points – 1 SAQ

- 59. Compare Front-Mu and Back-Shu points in terms of location and function.

Ghost Points – 1 SAQ

- 60. Describe the concept of Ghost Points and their use in treating mental/emotional disorders.

LAQs

A. Urinary Bladder (UB) Meridian – 8 LAQs

1. Describe in detail the full external and internal pathway of the Urinary Bladder meridian, including its connection to the Zang-Fu organs.
2. Explain the physiological functions of the UB meridian in Qi transformation and fluid metabolism.
3. Discuss the significance of the two UB meridian pathways along the back and their relationship with the Back-Shu points.
4. Write an essay on UB channel pathology, including symptoms, pain patterns, and urinary disturbances.
5. Explain the role of UB-40, UB-60, and UB-67 in clinical practice with examples of their indications.
6. Discuss the UB divergent and sinew channels and their relevance in musculoskeletal disorders.
7. Explain the internal–external relationship between the UB and KI meridians and how it influences treatment principles.
8. Describe the therapeutic significance of the UB meridian in emotional, neurological, and pain-related conditions.

B. Kidney (KI) Meridian – 8 LAQs

9. Describe the Kidney meridian pathway, including its internal branches and connections to the Zang-Fu organs.
10. Discuss the major physiological functions of the Kidney system in TCM, including essence, reproduction, bone health, and water metabolism.
11. Explain Kidney Jing (essence) and its role in growth, development, fertility, and aging.
12. Describe in detail the importance of KI-3, KI-6, and KI-7 in clinical practice.
13. Explain pathological manifestations of Kidney Yin deficiency, Yang deficiency, and Qi deficiency in relation to the KI meridian.
14. Discuss the relationship between the KI meridian and the Conception & Governing Vessels.
15. Describe the role of the Kidney meridian in regulating the respiratory system, especially its connection to grasping Qi.
16. Write an essay on the KI Luo-connecting, divergent, and sinew channels.

C. Triple Warmer / Triple Burner / San Jiao (SJ/TB) Meridian – 6 LAQs

17. Describe the pathway of the Triple Warmer meridian and its division into upper, middle, and lower burners.
18. Explain the physiological functions of each burner (Upper, Middle, Lower) in relation to Qi, fluids, and digestion.
19. Discuss the role of the SJ meridian in regulating water pathways and its relationship with the Kidney and Spleen.
20. Explain the clinical significance of SJ-5 and SJ-6 in treating channel and organ-related disorders.
21. Describe the SJ channel pathologies and their manifestations in sensory organs, head, and limbs.
22. Explain the paired relationship between the Pericardium and Triple Burner meridians and its clinical implications.

D. Pericardium (PC) Meridian – 6 LAQs

23. Describe the full pathway of the Pericardium meridian and its internal organ connections.
24. Discuss the major physiological and emotional functions of the Pericardium system.
25. Explain the clinical applications of PC-6, PC-7, and PC-3 with reference to their actions and indications.
26. Describe the pathology of the PC channel, including symptoms affecting the chest, spirit, and circulation.
27. Discuss in detail the Pericardium's role in protecting the Heart from external and internal pathogenic factors.
28. Explain how the Pericardium meridian influences the Liver and emotional regulation.

E. Liver (LV) Meridian – 6 LAQs

29. Describe the pathway of the Liver meridian, including its internal branches to the genitals and eyes.
30. Discuss the primary functions of the Liver meridian in regulating Qi, Blood, menstruation, and emotions.
31. Explain the concept of Liver Qi stagnation, its causes, symptoms, and treatment principles.
32. Describe LV-3, LV-14, and LV-8 and their importance in treating Liver-related disorders.
33. Discuss the Liver's relationship with the Gall Bladder and how this affects decision-making and courage.
34. Explain the Liver divergent and sinew channels and their connection to musculoskeletal problems.

F. Gall Bladder (GB) Meridian – 6 LAQs

35. Describe the pathway of the Gall Bladder meridian, especially its zig-zag pattern on the head and sides of the body.
36. Discuss the physiological functions of the GB in digestion, bile secretion, and decision-making.
37. Explain the clinical significance of GB-34, GB-20, and GB-30 with examples.
38. Describe pathologies of the GB meridian, including pain patterns, headaches, and emotional symptoms.
39. Discuss the Gall Bladder's role as an extraordinary Fu organ and how this affects its clinical interpretation.
40. Explain the GB divergent and sinew pathways in relation to musculoskeletal disorders.

G. Conception Vessel (CV/Ren Mai) – 5 LAQs

41. Describe the pathway of the Conception Vessel and its role as the Sea of Yin meridians.
42. Discuss the physiological functions of the Ren Mai in reproductive health, menstruation, digestion, and Yin regulation.
43. Explain the importance of CV-4, CV-6, and CV-17 in regulating Qi and Blood.
44. Discuss Ren Mai pathologies and their manifestation in gynecological, digestive, and respiratory disorders.
45. Explain the interaction between the Ren Mai and Kidney meridian, especially through Yin Qiao Mai.

H. Governing Vessel (GV/Du Mai) – 5 LAQs

46. Describe the pathway of the Governing Vessel and its role as the Sea of Yang meridians.
47. Discuss the physiological functions of the Du Mai in regulating Yang energy, spine health, and brain activity.
48. Explain the clinical significance of GV-4, GV-14, and GV-20.
49. Describe Du Mai pathologies and their influence on mental, neurological, and musculoskeletal functions.
50. Discuss the interaction between the Du Mai and Kidney, Bladder, and Brain (Shen).

I. Special Point Categories – 10 LAQs

Xi-Cleft Points – 2 LAQs

51. Explain in detail the location, function, and clinical uses of Xi-Cleft points, including differences between Yin and Yang channels.
52. Describe the Xi-Cleft points of the Extraordinary Vessels and their importance in acute disorders.

Yuan-Source Points – 2 LAQs

53. Discuss the theory behind Yuan-Source points and their role in regulating organ function and Original Qi.
54. Compare Yuan-Source points of Yin and Yang meridians with clinical examples.

Jing-Well Points – 2 LAQs

55. Describe Jing-Well points, their energetic properties, and their role in reviving consciousness and clearing heat.
56. Discuss the Jing-Well points of the five-element system and their diagnostic & therapeutic applications.

Horary Points – 1 LAQ

57. Explain Horary points within the meridian clock theory and how time-based treatments are applied in TCM.

Influent Points – 1 LAQ

58. Describe the Eight Influential (Hui) Points and their clinical significance in blood, organs, marrow, and Qi disorders.

Front-Mu & Back-Shu Points – 1 LAQ

59. Discuss the anatomical locations, functions, and diagnostic importance of Front-Mu and Back-Shu points.

Ghost Points – 1 LAQ

60. Describe the classical 13 Ghost Points, their history, and their use in treating emotional, psychiatric, and Shen disorders.