

QUESTIONNAIRE FOR PRACTICE

A103, Meridians, Collaterals and Acu Points no: 1 (SET-2)

Multiple Choice Questions

1. The plane that divides the body into right and left halves is called:

- A. Frontal plane B. Sagittal plane C. Transverse plane D. Oblique plane

2. The plane that divides the body into equal right and left halves is the:

- A. Parasagittal plane C. Coronal plane B. Mid-sagittal plane D. Horizontal plane

3. The plane that divides the body into anterior and posterior parts is the:

- A. Coronal plane B. Sagittal plane C. Transverse plane D. Median plane

4. The transverse plane divides the body into:

- A. Right and left C. Front and back
B. Top and bottom D. Proximal and distal

5. A plane that is not parallel to the major anatomical planes is called:

- A. Median plane C. Oblique plane
B. Frontal plane D. Transverse plane

6. The plane parallel to the mid-sagittal plane but lies to the side is called:

- A. Coronal plane C. Transverse plane
B. Parasagittal plane D. Oblique plane

7. The coronal plane is also known as the:

- A. Frontal plane C. Median plane
B. Horizontal plane D. Transverse plane

8. The plane that divides the body into superior and inferior parts is the:

- A. Frontal plane C. Sagittal plane
B. Horizontal plane D. Parasagittal plane

9. The body plane most commonly used in CT and MRI axial imaging is the:

- A. Sagittal plane B. Coronal plane C. Transverse plane D. Median plane

10. The word “median” in anatomy refers to a structure located:

- A. Towards the side of the body
- B. At the front
- C. Near the midline
- D. Towards the back

11. The term “anterior” refers to:

- A. Back side of the body
- B. Front side of the body
- C. Toward the midline
- D. Away from the midline

12. The term “lateral” means:

- A. Toward the midline
- B. Toward the side of the body
- C. Toward the head
- D. Toward the feet

13. “Proximal” refers to a point:

- A. Closer to the trunk
- B. Farther from the trunk
- C. Above another structure
- D. Below another structure

14. The movement that decreases the angle between two bones is called:

- A. Flexion
- B. Extension
- C. Abduction
- D. Rotation

15. The movement of a limb away from the midline is:

- A. Flexion
- B. Adduction
- C. Abduction
- D. Pronation

16. Turning the palm upward is known as:

- A. Pronation
- B. Supination
- C. Inversion
- D. Eversion

17. The term “superior” means:

- A. Below
- B. Toward the front
- C. Toward the head
- D. Toward the midline

18. Moving the foot so the sole faces inward is:

- A. Eversion
- B. Inversion
- C. Plantar flexion
- D. Dorsiflexion

19. “Posterior” refers to the:

- A. Front side of the body
- B. Back side of the body
- C. Toward the head
- D. Toward the feet

20. Bending the foot upward at the ankle joint is:

- A. Plantar flexion
- B. Dorsiflexion
- C. Inversion
- D. Extension

21. The cun is primarily used in acupuncture to:

- A. Measure pulse quality
- B. Locate acupoints on the body
- C. Determine herbal dosage
- D. Diagnose organ imbalance

22. One cun is traditionally defined as the width of:

- A. Two fingers
- B. Three fingers
- C. The patient's thumb
- D. The practitioner's thumb)

23. The length between the sternocostal angle and the umbilicus is measured as:

- A. 6 cun
- B. 8 cun
- C. 9 cun
- D. 10 cun

24. The cun measurement system is based on:

- A. A universal fixed unit
- B. The patient's own body proportions
- C. Standard ruler measurement
- D. Practitioner's finger length

25. The eight extra meridians are also known as:

- A. Divergent meridians
- B. Extraordinary vessels
- C. Tendino-muscular meridians
- D. Luo-connecting vessels

26. Which meridian is known as the "Sea of Yang"?

- A. Conception Vessel
- B. Governing Vessel
- C. Spleen Meridian
- D. Kidney Meridian

27. Luo-connecting channels mainly function to:

- A. Store Qi
- B. Connect paired Yin–Yang meridians
- C. Regulate blood supply
- D. Control organ function

28. The Spleen meridian belongs to which element in Five Element theory?

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

29. How many Luo-connecting collaterals exist in the meridian system?

- A. 10
- B. 12
- C. 15
- D. 18

30. The meridians are responsible for transporting:

- A. Oxygen only
- B. Qi and Blood
- C. Nutrients only
- D. Body fluids only

31. Which meridian begins at the inner canthus of the eye?

- A. Lung meridian
- B. Heart meridian
- C. Bladder meridian
- D. Liver meridian

32. The Conception Vessel (Ren Mai) runs mainly along the:

- A. Back midline
- B. Front midline
- C. Lateral body
- D. Arms

33. The collaterals (Luo vessels) run:

- A. Close to the skin surface
- B. Deep inside the organs
- C. Only along the arms
- D. Only in the legs

34. Which of the following is *not* a component of the meridian system?

- A. Primary meridians
- B. Extraordinary vessels
- C. Luo-connecting collaterals
- D. Lymphatic ducts

35. How many primary (regular) meridians form the essential framework of the meridian system?

- A. 8
- B. 10
- C. 12
- D. 14

36. The eight extraordinary meridians mainly function to:

- A. Connect internal organs directly
- B. Regulate and store Qi and Blood
- C. Control muscle contraction
- D. Carry oxygen in the body

37. The collaterals (Luo vessels) are responsible for:

- A. Linking Yin and Yang paired meridians
- B. Storing Qi for long-term use
- C. Controlling digestion
- D. Regulating hormones

38. The composition of the meridian system includes meridians and collaterals. Together, they are known as:

- A. Jing-Luo system
- B. Zang-Fu system
- C. Wei-Qi system
- D. Extraordinary organ system

39. Acupoints are defined as:

- A. Areas where bones meet
- B. Specific locations where Qi can be accessed and regulated
- C. Only points found on the hands and feet
- D. Random points on the skin

40. Acupoints are primarily located on:

- A. Muscles only
- B. Blood vessels only
- C. Meridians and collaterals
- D. Internal organs

41. Which of the following is *not* a characteristic of an acupoint?

- A. Lower electrical resistance
- B. Higher tenderness on palpation
- C. Found exactly at the same location in all individuals
- D. Physiological reactivity

42. The main function of acupoints is to:

- A. Strengthen bones
- B. Regulate Qi and Blood flow
- C. Provide lubrication to joints
- D. Produce hormones

43. Acupoints are used in acupuncture and acupressure because they:

- A. Directly stimulate brain tissue
- B. Influence physiological and energetic functions of the body
- C. Are the largest muscles in the body
- D. Represent fractures and injuries

44. How many points are on the Lung meridian?

- A. 9
- B. 10
- C. 11
- D. 12

45. The Lung meridian is a:

- A. Foot-Yangming channel
- B. Hand-Taiyin channel
- C. Foot-Taiyin channel
- D. Hand-Shaoyin channel

46. The Lung meridian begins internally at the:

- A. Stomach
- B. Heart
- C. Large Intestine
- D. Middle burner

47. LU-1 is located at the:

- A. Cubital crease
- B. Delto-pectoral triangle
- C. Wrist crease
- D. Lateral arm

48. The element associated with the Lung meridian is:

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

49. The Luo-connecting point of the Lung meridian is:

- A. LU-5
- B. LU-7
- C. LU-9
- D. LU-1

50. LU-9 is the:

- A. Yuan-Source point
- B. Jing-Well point
- C. Xi-Cleft point
- D. He-Sea point

51. The Lung meridian connects with which Zang-Fu organs?

- A. Lung, Heart
- B. Lung, Large Intestine, Stomach
- C. Lung, Stomach
- D. Lung only

52. LU-5 is a:

- A. He-Sea point
- B. Jing-Well point
- C. Shu-Stream point
- D. Yuan-Source point

53. Pathway of Lung meridian ends at:

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

54. How many points does the Large Intestine meridian have?

- A. 11
- B. 18
- C. 20
- D. 21

55. LI meridian is:

- A. Foot-Yangming
- B. Hand-Yangming
- C. Hand-Taiyin
- D. Foot-Taiyin

56. The Large Intestine meridian begins at the:

- A. Thumb
- B. Index finger

- C. Middle finger
- D. Nose

57. LI-4 is a:

- A. Jing-Well point
- B. Yuan-Source point
- C. He-Sea point
- D. Luo-connecting point

58. LI-20 is located near the:

- A. Nose
- B. Wrist
- C. Foot
- D. Spine

59. The element associated with LI is:

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

60. LI-11 is widely used for:

- A. Constipation
- B. Fever and heat
- C. Asthma
- D. Poor memory

61. The pathway of LI channel ends at:

- A. Upper gum B. Lower gum C. Nose D. Ear

62. LI-7 is a:

- A. Xi-Cleft point B. Yuan-Source point C. Jing-Well point D. Shu-Stream point

63. LI organ pair in Yin-Yang relation is:

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

64. How many points does the Stomach meridian have?

- A. 30 B. 35 C. 45 D. 50

65. The Stomach meridian is a:

- A. Foot-Taiyin B. Foot-Yangming C. Hand-Yangming D. Hand-Shaoyin

66. ST-36 is located on the:

- A. Thigh B. Lower leg C. Chest D. Abdomen

67. ST-36 (Zusanli) is best known for:

A. Headache B. Immunity & digestion C. Cough D. Palpitations

68. ST-1 is located at the:

A. Cheek B. Infraorbital region C. Lower jaw D. Forehead

69. The element associated with the Stomach meridian is:

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

70. The pathway of Stomach meridian ends at:

A. Big toe B. Second toe C. Fourth toe D. Fifth toe

71. ST-40 is the:

A. Jing-Well point B. Luo-connecting point C. Xi-Cleft point D. He-Sea point

72. ST-45 is a:

A. Jing-Well point B. Yuan-Source point C. Back-Shu point D. Front-Mu point

73. The Stomach meridian connects with:

A. Heart & Lung B. Stomach & Spleen C. Kidney & Bladder D. Liver & Gallbladder

74. How many points does the Spleen meridian have?

A. 18 B. 20 C. 21 D. 25

75. SP meridian is a:

A. Foot-Taiyin channel B. Foot-Yangming C. Hand-Taiyin D. Hand-Shaoyang

76. SP-6 is a meeting point of:

A. Kidney, Liver, Spleen B. Lung, Spleen, Heart C. Stomach, Spleen, LI D. Liver, Lung, KI

77. SP-3 is the:

A. Yuan-Source point B. Xi-Cleft point C. Jing-Well point D. Jing-River point

78. SP meridian begins at the:

A. Great toe B. Second toe C. Heel D. Knee

79. The element of Spleen meridian is:

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

80. SP-10 (Xuehai) is known for treating:

A. Phlegm B. Blood disorders C. Headache D. Palpitations

81. SP-9 is located on the:

A. Upper arm B. Lower leg C. Abdomen D. Back

82. SP meridian connects mainly with:

- A. Spleen & Liver B. Spleen & Heart C. Spleen & Stomach D. Spleen, Heart, Liver

83. SP-1 is a:

- A. Jing-Well point B. Yuan-source C. Luo-connecting D. He-sea point

84. The Heart meridian has how many points?

- A. 6 B. 7 C. 8 D. 9

85. HT meridian is classified as:

- A. Hand-Taiyin B. Hand-Shaoyin C. Foot-Shaoyin D. Hand-Yangming

86. HT-7 is the:

- A. Jing-Well B. Yuan-Source C. Xi-Cleft D. He-Sea

87. HT meridian begins in the:

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

88. HT-9 is located on the:

- A. Elbow B. Palm C. Little finger D. Wrist crease

89. Number of points in SI meridian:

- A. 15 B. 17 C. 19 D. 21

90. SI meridian is a:

- A. Hand-Shaoyang B. Hand-Taiyang C. Foot-yangming D. Foot-taiyin

91. SI-3 is a key point for treating:

- A. Digestive problems B. Neck pain & spine disorders C. Hypertension D. Toothache

92. SI meridian begins at the:

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

93. SI meridian pairs with which organ?

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