

# Acupuncture Board Practice Exam (Sample)

## Study Guide



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## **Questions**

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- 1. Which meridian is often associated with quick emotional responses and is relevant in trauma treatments in acupuncture?**
  - A. Heart meridian**
  - B. Gallbladder meridian**
  - C. Pericardium meridian**
  - D. Lung meridian**
- 2. Which point is known for tonifying the lung channel?**
  - A. LU-9**
  - B. LU-10**
  - C. LU-7**
  - D. SP-10**
- 3. Where does the large intestine meridian start in the body?**
  - A. On the radial side of the second finger**
  - B. On the lateral aspect of the shoulder**
  - C. At the medial aspect of the foot**
  - D. At the center of the abdomen**
- 4. What is the time frame during which the liver is most active in the horary cycle?**
  - A. 3am-5am**
  - B. 1am-3am**
  - C. 11pm-1am**
  - D. 5am-7am**
- 5. Which meridian is linked to the gallbladder and is known for its role in digesting fat?**
  - A. Gallbladder meridian**
  - B. Liver meridian**
  - C. Heart meridian**
  - D. Stomach meridian**

- 6. The bladder is classified as what type of organ?**
- A. Solid organ**
  - B. Hollow organ**
  - C. Muscular organ**
  - D. Connective organ**
- 7. When is the spleen most active in the horary cycle?**
- A. 11am-1pm**
  - B. 9am-11am**
  - C. 5pm-7pm**
  - D. 11pm-1am**
- 8. What is the primary function of the kidney in Traditional Chinese Medicine?**
- A. Controls emotional activity and menstruation**
  - B. Stores essence and dominates reproduction**
  - C. Regulates blood and sweat**
  - D. Manages Qi and bile**
- 9. Where is the ying spring point of the fire element located?**
- A. On the palm between the 4th and 5th metacarpal bones**
  - B. On flexor carpi ulnaris radial side**
  - C. At the medial end of the capital crease**
  - D. At the medial aspect of the little finger**
- 10. What anatomical location does the spleen meridian begin?**
- A. Medial aspect of the ankle**
  - B. Medial aspect of the first toe**
  - C. Ulnar aspect of the forearm**
  - D. Lateral side of the shoulder**

## **Answers**

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1. C
2. A
3. A
4. B
5. A
6. B
7. B
8. B
9. B
10. B

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## **Explanations**

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**1. Which meridian is often associated with quick emotional responses and is relevant in trauma treatments in acupuncture?**

- A. Heart meridian**
- B. Gallbladder meridian**
- C. Pericardium meridian**
- D. Lung meridian**

The Pericardium meridian is particularly associated with quick emotional responses and plays a significant role in trauma treatments within the practice of acupuncture. This meridian is linked to the heart's emotional aspects, as it encases the heart and is thought to protect it from emotional disturbances. In Chinese medicine, the Pericardium is often viewed as the mediator between the heart and the external environment, which includes emotional stressors. Quick emotional responses are typically tied to the body's instinctual and immediate reactions to stress or trauma, making the Pericardium meridian critical in managing emotional health and stabilizing feelings of anxiety or panic that can arise from traumatic situations. Moreover, the treatment of trauma in acupuncture frequently focuses on calming the mind and regulating emotions, which the Pericardium meridian supports effectively. Acupuncturists may target points along this meridian to facilitate emotional balance and promote a feeling of safety, thereby assisting patients in processing their trauma positively. This understanding makes the Pericardium meridian a vital element when considering acupuncture treatments for quick emotional responses associated with trauma.

**2. Which point is known for tonifying the lung channel?**

- A. LU-9**
- B. LU-10**
- C. LU-7**
- D. SP-10**

LU-9, also known as Taiyuan, is recognized for its significant role in tonifying the lung channel. This point is located at the wrist, where it is easily accessible and is traditionally used to strengthen lung Qi and nourish the lung yin. Its function is pivotal in treating conditions related to lung deficiency, such as chronic cough, shortness of breath, and other respiratory conditions. In Traditional Chinese Medicine, LU-9 is considered the source point of the lung channel, which enhances its ability to support overall lung health by promoting the distribution of Qi and moisture throughout the respiratory system. Its tonifying properties make it essential when addressing issues of dryness, weakness, or deficiency that can affect lung function. In contrast, other points listed have different primary functions. For example, LU-10 primarily activates the throat and resolves heat, while LU-7 is known for its role in promoting the release of the exterior and directing Qi. SP-10 is associated with invigorating blood and cooling the blood, making each of these points useful in their own right but less effective than LU-9 for specifically tonifying the lung channel.

### 3. Where does the large intestine meridian start in the body?

**A. On the radial side of the second finger**

**B. On the lateral aspect of the shoulder**

**C. At the medial aspect of the foot**

**D. At the center of the abdomen**

The large intestine meridian begins on the radial side of the second finger, specifically at the point known as LI 1 or Shangyang. This meridian follows a specific pathway that travels up the arm, over the shoulder, and across the neck, eventually connecting to the large intestine organ. The pathway's initiation at the second finger is significant because it reflects the relationship between the meridian's endpoint and its function in terms of energy flow and connection to the body's overall balance. Since the large intestine is associated with functions related to elimination and transformation, this starting point emphasizes its connection to the hand's dexterity and sensitivity in managing both physical and energetic waste. Other options, such as locations at the lateral aspect of the shoulder, the medial aspect of the foot, or the center of the abdomen, represent different meridians in traditional Chinese medicine. Each meridian has a unique starting point that aligns with its specific functions and interactions in the body's system. Understanding where the large intestine meridian starts is crucial for both acupuncture practice and the overall study of meridians in holistic healing.

### 4. What is the time frame during which the liver is most active in the horary cycle?

**A. 3am-5am**

**B. 1am-3am**

**C. 11pm-1am**

**D. 5am-7am**

The liver is most active in the horary cycle from 1am to 3am. This period is significant in Traditional Chinese Medicine as it reflects the time when the liver is believed to engage in vital restorative functions, including detoxification and blood regulation. During these early morning hours, the body is in a state of rest and regeneration, aligning with the liver's role in maintaining the smooth flow of Qi (energy) and blood throughout the body. Understanding the horary cycle enhances the practice of acupuncture and gives insight into optimal treatment times for various conditions. The liver's peak activity period indicates that any treatments aimed at supporting liver function may be particularly effective if administered around this time. Moreover, knowledge of these cycles helps practitioners better understand their patients' physiological rhythms and tailor their therapies accordingly.

**5. Which meridian is linked to the gallbladder and is known for its role in digesting fat?**

**A. Gallbladder meridian**

**B. Liver meridian**

**C. Heart meridian**

**D. Stomach meridian**

The gallbladder meridian is indeed directly associated with the functionality of the gallbladder organ, which plays a critical role in the digestion of fats. In traditional Chinese medicine (TCM), the gallbladder is responsible for storing bile produced by the liver and releasing it into the small intestine to aid in the emulsification and absorption of dietary fats. As such, the gallbladder meridian is integral to this process, influencing the smooth flow of bile and thus the digestion of fatty substances. The liver meridian also plays a supportive role in digestive health, particularly related to overall digestion and the flow of Qi (energy) in the body, but its primary function is not specifically focused on fat digestion. The heart and stomach meridians do not have a direct connection to the gallbladder and its specific role concerning fats. The heart meridian is more involved with circulation and emotional health, while the stomach meridian is primarily concerned with the processing of food and its reception, without a direct link to fat digestion. Overall, the gallbladder meridian is distinctly recognized for its association with fat digestion and the overall processing of bile necessary for this function.

**6. The bladder is classified as what type of organ?**

**A. Solid organ**

**B. Hollow organ**

**C. Muscular organ**

**D. Connective organ**

The bladder is classified as a hollow organ because it is structured to store fluids, specifically urine in this case. Hollow organs are characterized by having a lumen or cavity that allows them to hold substances. The bladder's ability to expand and contract is essential for its function, enabling it to store urine and release it during urination. In contrast, solid organs like the liver or spleen have a more fixed structure and are not designed to hold fluids. Muscular organs can describe various structures that are primarily composed of muscle tissue, but the bladder's defining feature is its hollow nature. Connective organs are not a standard classification in anatomy, as connective tissue serves a different purpose in the body by supporting and connecting other tissues and organs rather than characterizing the organ's overall structure or function.

**7. When is the spleen most active in the horary cycle?**

- A. 11am-1pm
- B. 9am-11am**
- C. 5pm-7pm
- D. 11pm-1am

The spleen is most active in the horary cycle during the period of 9am to 11am. According to traditional Chinese medicine, each organ has a specific time frame during which it is believed to be most energetically active, which is known as the horary cycle. The spleen plays a critical role in digestion and transformation of food into energy and nourishment. During the morning hours, particularly from 9am to 11am, the spleen is energized to support the body's metabolic processes after the overnight rest. This is a time when the digestive functions are particularly enhanced, allowing for optimal assimilation of nutrients when meals are consumed. Therefore, understanding this timing is essential for practitioners when planning treatments that seek to boost digestion and overall energy levels in their patients. The other time periods mentioned do not correspond to the spleen's peak activity according to the horary cycle, which is why identifying the correct 9am to 11am window is crucial for understanding the practice of acupuncture and its alignment with bodily functions.

**8. What is the primary function of the kidney in Traditional Chinese Medicine?**

- A. Controls emotional activity and menstruation
- B. Stores essence and dominates reproduction**
- C. Regulates blood and sweat
- D. Manages Qi and bile

In Traditional Chinese Medicine (TCM), the kidneys are considered vital organs that play a crucial role in various bodily functions. The primary function of the kidneys is to store essence, known as "Jing," which is fundamental for growth, development, reproduction, and overall vitality. The concept of essence in TCM encompasses genetic inheritance and the foundational energy necessary for sustaining life. Additionally, the kidneys dominate reproduction, influencing sexual health, fertility, and hormonal balance. They also play a significant role in the production of marrow and the health of the bones, linking them to various physiological processes beyond mere reproductive functions. This perspective highlights the kidneys' central importance in maintaining balance and health throughout life's stages. The other options, while they reflect important functions in TCM, do not capture the primary focus of the kidneys as accurately. Emotional activity and menstruation are more closely associated with the spleen and liver. Regulating blood and sweat aligns with the spleen's role in blood production and the lungs' function in fluid regulation. Managing Qi and bile primarily involves the liver and the overall energy dynamics of the body. Therefore, the emphasis on the kidneys storing essence and dominating reproduction aligns more closely with their most pivotal role in TCM.

**9. Where is the ying spring point of the fire element located?**

**A. On the palm between the 4th and 5th metacarpal bones**

**B. On flexor carpi ulnaris radial side**

**C. At the medial end of the capital crease**

**D. At the medial aspect of the little finger**

The ying spring point of the fire element, which corresponds to the heart channel, is located on the radial side of the flexor carpi ulnaris muscle. This point is known as Heart 8 (Hebin) and is significant in acupuncture for its ability to promote the flow of Qi and blood in the heart meridian. Ying spring points are the points where the Qi is more dynamic and increased, making them effective for treating conditions related to their corresponding organ systems. The location at the radial side of the flexor carpi ulnaris is also beneficial for accessing deeper structures and influencing related physiological functions. Understanding where this point is located is essential for acupuncturists, as it allows for more precise treatments focusing on heart health and emotional well-being, characteristic of the fire element. The other options do not correspond to the correct anatomical location of the ying spring point of the fire element and relate to different points or aspects of different channels, which is why they are not suitable answers.

**10. What anatomical location does the spleen meridian begin?**

**A. Medial aspect of the ankle**

**B. Medial aspect of the first toe**

**C. Ulnar aspect of the forearm**

**D. Lateral side of the shoulder**

The spleen meridian begins on the medial aspect of the first toe. This starting point is significant in Traditional Chinese Medicine (TCM) because it connects to the spleen's functions, which include the transformation of food and drink into Qi and blood, and the management of bodily fluids. The spleen meridian is also associated with the earth element, which signifies nourishment and support, fittingly reflecting its role in digestion and energy production. The pathway of the spleen meridian continues throughout the body, following a specific route that links to various organs and functioning in relation to other meridians. Understanding the correct location is crucial for practitioners as it informs needling techniques and therapy effectiveness. Starting at the first toe allows practitioners to tap into the energy of the spleen and its related processes effectively.