

# Acupuntura Auricular



# Auricular Acupuncture



0 Auricular acupuncture refers to the therapeutic method of using filiform needles, varia seeds, or other devices or procedures to stimulate the points of the ear to achieve the goal of healing. It is an important component of traditional Chinese acupuncture and moxibustion.

# Origins

## Canon of internal medicine

- 0 Yang Shang-Shan, a famous physician in the Sui Dynasty, wrote in the Great Collection of the Internal Canon, “the front of the ear (referring to the area around the lower A\*pex of the Tragus (MA-T2)) feels hot if The disease is related to the small intestine.”
- 0 “bleeding the Center of the Ear and Inner Nose with Chinese onion will treat cerebral bleeding and cerebral thrombosis and shock.”





- 0 In general auricular acupuncture has an effectiveness rate of 85%, and 60 different disorders can be treated with a 60% complete cure rate.
- 0 Clinical data show that auricular acupuncture is easy to learn, effective, and free of side effects. It can be used in the prevention, diagnosis, and treatment of many disorders.

# Theoretical Explanations of auricular acupuncture

- 0 According to traditional Chinese theories of the canals and vessels of the network, and of the viscera and entrances, the ears (and the other parts of the body) are connected and related to all the other parts of the body.
- 0 In fact, some practitioners consider specific parts of the body, such as the soles of the feet, as whole-body microsystems that can be used to treat the entire body. This still begs the question of a specific mechanism explaining how auricular acupuncture works.

- 0 In China, Professor Zhang Ying Ping is credited with having established the theory of Complete Embryonic Information of the Holistic Organ. One aspect of this is the theory of holism, which in holistic medicine means that a living organism is correctly viewed as a whole that is more than the sum of its constituent parts.
- 0 The other aspect of this theory is that 1) information from embryonic representations of an organism can reveal a complete diagnostic picture, and 2) applying treatments on such embryonic representations can supply the body with "information" it needs to heal itself. .

# Features of acupuncture handset

- 0 **Wide range of applications and rapid therapeutic effects**
- 0 **Easy to learn and practice**
- 0 **Safe and free of harmful side effects**
- 0 **Cheap and convenient**



# Primary indications for auricular acupuncture

- 0 Traumatic disorders
- 0 Inflammatory conditions
- 0 Post surgical pain
- 0 Neuralgia
- 0 Tumor pain
- 0 Inflammatory diseases
- 0 Allergies and collagen diseases
- 0 Disorders caused by disturbances of the nervous system and the endocrine system
- 0 Chronic diseases
- 0 Infectious diseases
- 0 Other diseases

# POINTS FOR ATTENTION AND CONTRAINDICATIONS

Strict sterilization procedures should be followed, it should not be performed if the patient has an empty stomach. In older adults and those who are particularly sensitive, strong stimulation from strong manipulations and invasive methods such as scooping therapy or bleeding should be avoided.

hypertension, coronary heart disease, and arteriosclerosis, you should rest adequately before applying auricular acupuncture.

Sensitive points should be detected before manipulation begins, as treating sensitive points is more effective.

# Contraindications

Avoid strong stimulation in patients with severe heart disease.

Only acupressure with seeds can be used for patients with severe, chronic illnesses, particularly those who tend to bleed or have severe anemia. auricular acupuncture should not be enhanced if the ear has skin disorders.

auricular acupuncture is contraindicated for at least the first trimester of pregnancy. After the 5th month, a medium stimulation can be used. Points O\* reproductive organs (MA-TF), Abdomen (MA-AH), and Endocrine (MA-IC3) are prohibited.

# Commonly seen reactions to treatment

## 0 Responses to ear treatment

- 0 Obvious pain in the ear will be felt in most cases when the stitches are treated.
- 0 Swelling, numbness, distension, and coldness may be felt in some cases.
- 0 **Afterwards**, congestion and heat will be felt in the treated points or even throughout the entire ear. These reactions are considered to obtain Qi in auricular acupuncture.
- 0 In general, patients who have this kind of response have received effective treatment.

# Treatment responses in the region of the disease

- 0 The area of the body or part that has the disease will sometimes feel hot and/or uncomfortable when the corresponding points are acupunctured;
- 0 sometimes spontaneous movements are induced. For example, when treating facial paralysis, tremors of the orbital eye muscle or the facial and frontal muscles may occur when acupuncture points are manipulated.

## Treatment responses in the canals and vessels of the network

- 0 A radiating sensation of pain, irritation, numbness, or an electrical sensation along one of the channels is sometimes felt when the ear points are treated, particularly in the Tai Yang channel of the bladder and the Yang channel. Ming of the stomach.
- 0 For example, when treating sciatica by acupuncture the Glutes (MA-AH5) and the Sciatic Nerves (MA-AH6), the sensation from the needle can radiate to the foot along the Tai Yang channel of the bladder.
- 0 This sensation is directly related to manipulation techniques. In general, stronger stimulation will induce a stronger radiation of needle sensation.



# Generalized responses to treatment

- 0 Some patients will find that after treatments they have an elevation in energy and immune function.
- 0 Others may experience more vigorous gastrointestinal peristalsis.
- 0 When skin disorders are treated, in some cases hot or cold sensations are felt on the skin.

- 0 Lightning responses to treatment**
- 0 Replies chain**
- 0 Residual responses**
- 0 Desensitized reactions**
- 0 Absence of response to treatment**
- 0 Negative treatment responses**

# Management of accidents acupuncture

- 0 **Fainting: Causes, Signs, Management, Prevention.**
- 0 **Skin infection:**
- 0 **Auricular cartilage infection**

## Features of selection

### ear points

- 0 The patient can be sitting or lying down. The basis for selecting ear points is that the precise location will be sensitive when pressed. The location must be carefully determined because the size of the ear points is smaller than that of the body points.

## Selection of points according to the corresponding areas or organs

- 0 Examples of this include using Heart (MA-IC) for heart disorders. Stomach (MA-IC) for gastric disorders. Kidney (MA-SC) for acute or chronic nephritis or pyelonephritis, and Neck (MA-AH10), Shoulder (MA-SF4), Ankle (MA-AH2), and Hip (MA-AH4) for neck, shoulder pain , ankle, or hip respectively.

# Selection of points according to theory of Traditional Chinese Medicine (TCM)

- 0 For example, Lung (MA-IC1) can be used for dermatological diseases because the lung governs the skin.
- 0 Eye (MA-L1) can be used for liver disorders because the liver opens into the eyes.
- 0 Kidney (MA-SC) can be used for tinnitus and deafness because the kidneys open into the ears.
- 0 Heart (MA-IC) can be used for insomnia because the heart governs the light of the spirit.
- 0 Liver (MA-SC5) can be used for menstrual disorders because the Liver Jue Yin channel runs along the medial side of the thigh, around the external genitalia, and into the abdomen.



|             | Wood        | Fire            | Land            | Metal           | Water   |
|-------------|-------------|-----------------|-----------------|-----------------|---------|
| Yin Organ   | Liver       | Heart           | spleen pancreas | Lung            | kidney  |
| Yang Organ  | Gallbladder | Small intestine | Stomach         | Large intestine | Bladder |
| Colors      | Green       | Red             | Yellow          | White           | Black   |
| Flavors     | Sour        | Bitter          | Sweet           | Spicy           | Salty   |
| Climate     | Wind        | Heat            | Humidity        | Dryness         | Cold    |
| sense organ | Eyes        | language        | Mouth           | Nose            | Ears    |
| Fabrics     | Tendons     | Blood vessels   | Muscles         | Fur             | Bones   |
| Emotions    | Anger       | Joy Enjoyment   | Thoughtfulness  | sadness         | Fear    |
| Sounds      | Shout       | Laughter        | Singing         | Cry             | Moan    |
| Seasons     | Spring      | Summer          | late summer     | Otonium         | Winter  |

# The functions of the Heart

- 0 Rules the blood.
- 0 Controls blood vessels.
- 0 It manifests itself in the complexion.
- 0 It houses the mind (shen).
- 0 It is related to enjoyment-joy.
- 0 It opens on the tongue.

# The functions of the Heart

0 Control sweat.

# The functions of the Liver

- 0 Stores blood.
- 0 Ensures smooth flow of Qi.
- 0 Control the tendons.
- 0 It manifests itself in the nails.
- 0 It opens in the eyes.
- 0 Control the tears.
- 0 It houses the ethereal soul.
- 0 He is affected by anger.

# The functions of the lungs

- 0 It governs Qi and breathing.
- 0 Controls the channels and blood vessels.
- 0 Controls the diffusion and descent of Qi and body fluids.
- 0 Regulates all physiological activities.
- 0 Regulates water passages.
- 0 controls the skin and the space between the skin and the muscles.
- 0 They manifest themselves in body hair.
- 0 It opens at the nose. Controls nasal mucus.
- 0 It houses the corporeal soul.
- 0 It is affected by worry, grief and sadness.

# The functions of the

## spleen

- 0 It governs transformation and transportation.
- 0 Controls the rise of Qi.
- 0 Control the blood.
- 0 Controls the muscles and all 4 limbs.
- 0 Control saliva.
- 0 It opens in the mouth and appears on the lips.
- 0 It houses the intellect.
- 0 It is affected by thoughtfulness.
- 0 Controls the elevation of Qi.

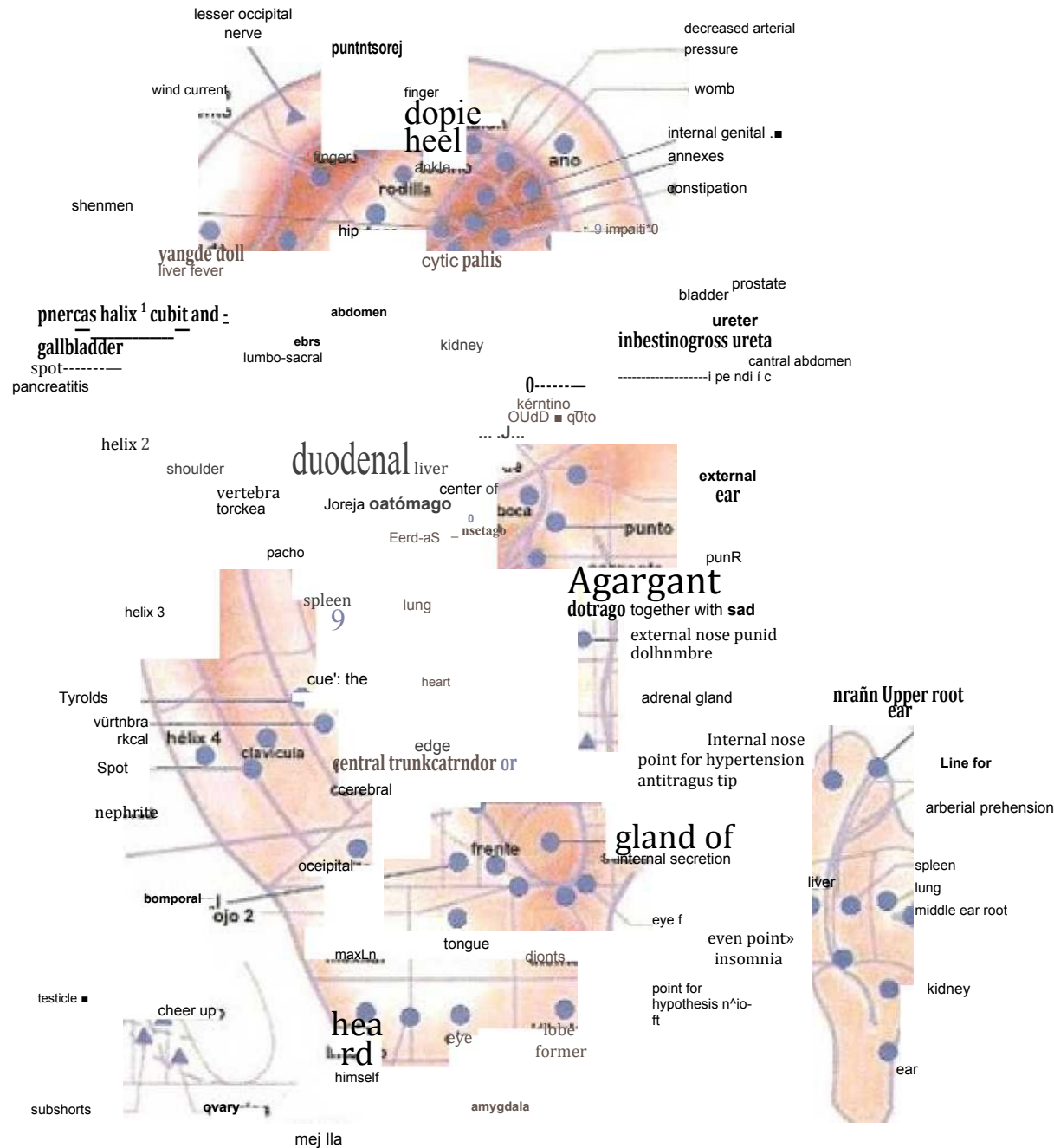


# The functions of the

**Kidneys** 0 They store the essence and govern birth, growth, reproduction and development.

- 0 It produces emulsion, fills the brain and controls the bones.
- 0 Rule the water.
- 0 Controls the reception of Qi. It opens in the ears.
- 0 It manifests itself in the hair.
- 0 Control saliva.
- 0 Control the 2 lower holes.
- 0 It houses will-power. Zhi.
- 0 Control the door of Life.

# MAPPING OF THE POINTS OF THE EAR



# **Selection of points according to modern medical theory (biomedicine )**

- 0 Adrenal Gland (MA-T) can be used to lower blood pressure, inflammation, allergic disorders, and rheumatoid arthritis because the adrenocortical hormone (ACH) has anti-inflammatory, anti-allergic, and analgesic functions.
- 0 Subcortex (MA-AT1) and Sympathetic (MA-AH7) are used for ulcers of the digestive tract that are caused by mental stress, melancholy, and excessive fatigue due to functional disturbances of the sympathetic and vagus nerves.
- 0 Pancreas/Gallbladder (MA-AT), Endocrine (MA-IC3), and Border Central (MA-AT) are used for diabetes, which is caused by a disturbance of endocrine functions.

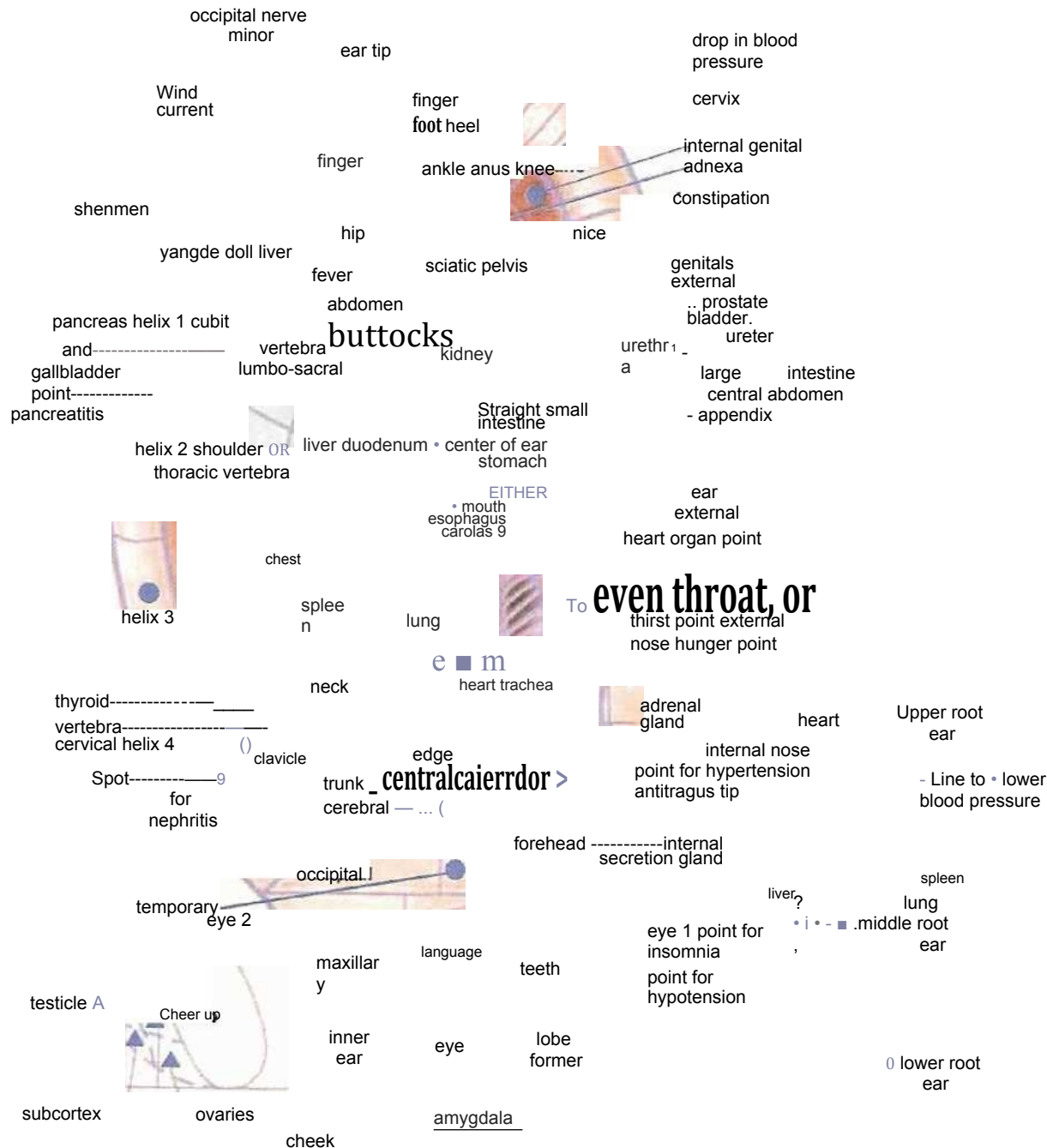
## Selection of points according to the point functions

- 0 Some points on the ear have their own functions. For example, Shen Men (MA-TF1) of the ear not only clears the mind and quiets the spirit but also serves as the primary point for relieving pain; It is used to treat almost all pain disorders.
- 0 Occiput (MA-AT) relieves dizziness, such that it is used to treat dizziness and headaches that can be aspects of several disorders.
- 0 A\* ear pex (MA-H6) has anti-allergy, anti-inflammation effects, drains fever, calms the spirit, and lowers blood pressure, so it is used to treat allergic disorders, fever, insomnia, and hypertension.

## Selection of points according to the clinical experience

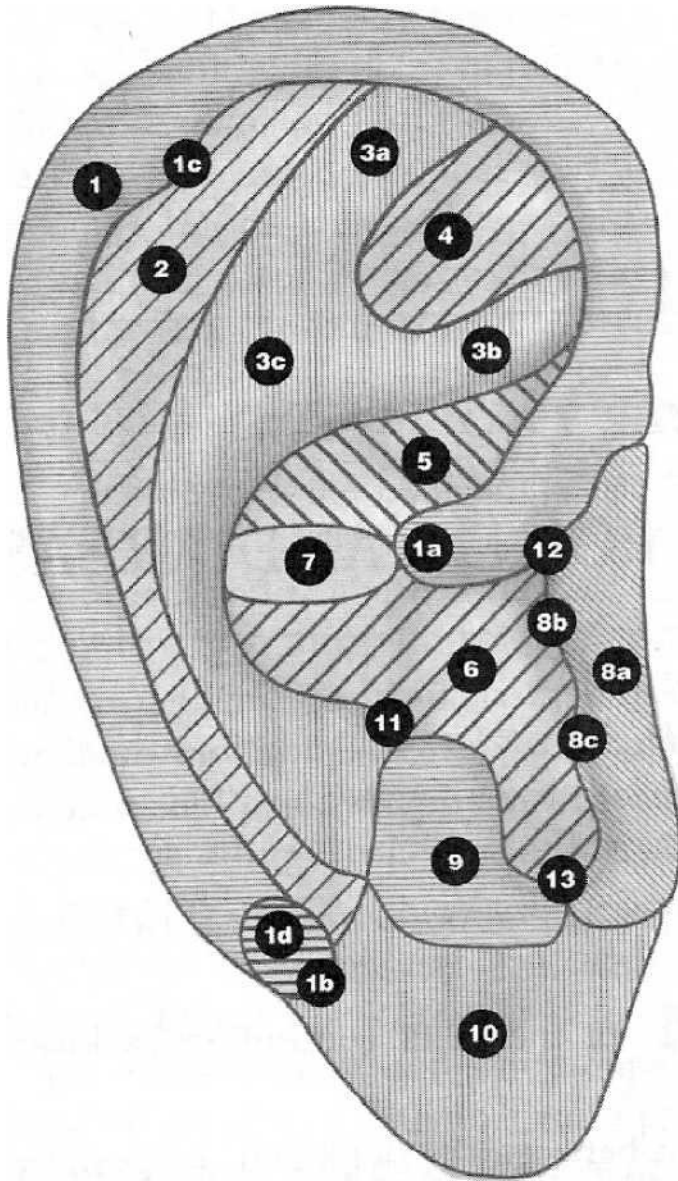
- 0 According to the Chinese experience of many acupuncturists, Shen Men (MA-TF1) of the ear in combination with Occiput (MA-AT) calms the mind and relieves pain and thus these points are used in the treatment of insomnia and various pain disorders.
- 0 Kidney (MA-SC), Spleen (MA-IC), Lung (MA-IC1), Triple Burner (MA-IC4), and Endocrine (MA-IC3) are regularly used to treat nephritis, ascites, and edema due to that the Kidney governs the water.
- 0 Bladder (MA-SC8) is effective in treating diabetes insipidus, enuresis, and frequent urination because the bladder governs water storage.

# MAPPING OF THE POINTS OF THE EAR





# The ear, the points and areas of the ear



1. helix
- 1a. Helix Root :
- 1 B. Helix-lobe notch:
- 1 C. Tubercle of the Helix (tubercle of Darwin):
- 1d. Helix Cauda:
2. Scaphoid fossa:
3. Antihelix: .
- 3a. Superior crus of the Antihelix
- 3b. Lower crus of the Antihelix
- 3c. Antihelix Body
4. Triangular Trench:
5. Upper Shell:
6. Lower Shell
7. Concha Ridge
- 8a. Drink:
- 8b. Upper Tragus Apex
- 8c. Inferior Apex of the Tragus
9. Anti-trago:
10. Lobe:
11. Antihelix-Antitrago notch:
12. Supratragic Notch:
13. Inter tragic notch :

# DISTRIBUTION PATTERN AND CLASSIFICATION OF

## THE POINTS OF THE EARS

# Anatomical areas on the surface posterior of the atrium

| Points located in:      | They are related to:   |
|-------------------------|------------------------|
| Earlobe                 | head and face          |
| scaphoid fossa          | Superior limbs         |
| Antihelix               | Trunk                  |
| Crus<br>antihelix       | bottom of<br>Buttocks  |
| Superior antihelix crus | Lower extremities      |
| helix root              | Diaphragm              |
| upper shell             | Abdomen                |
| lower shell             | Chest                  |
| Antitrago               | head and brain         |
| Drink                   | Adrenal gland and nose |
| Inter tragic notch      | Endocrine system       |
| triangular fossa        | Pelvis                 |

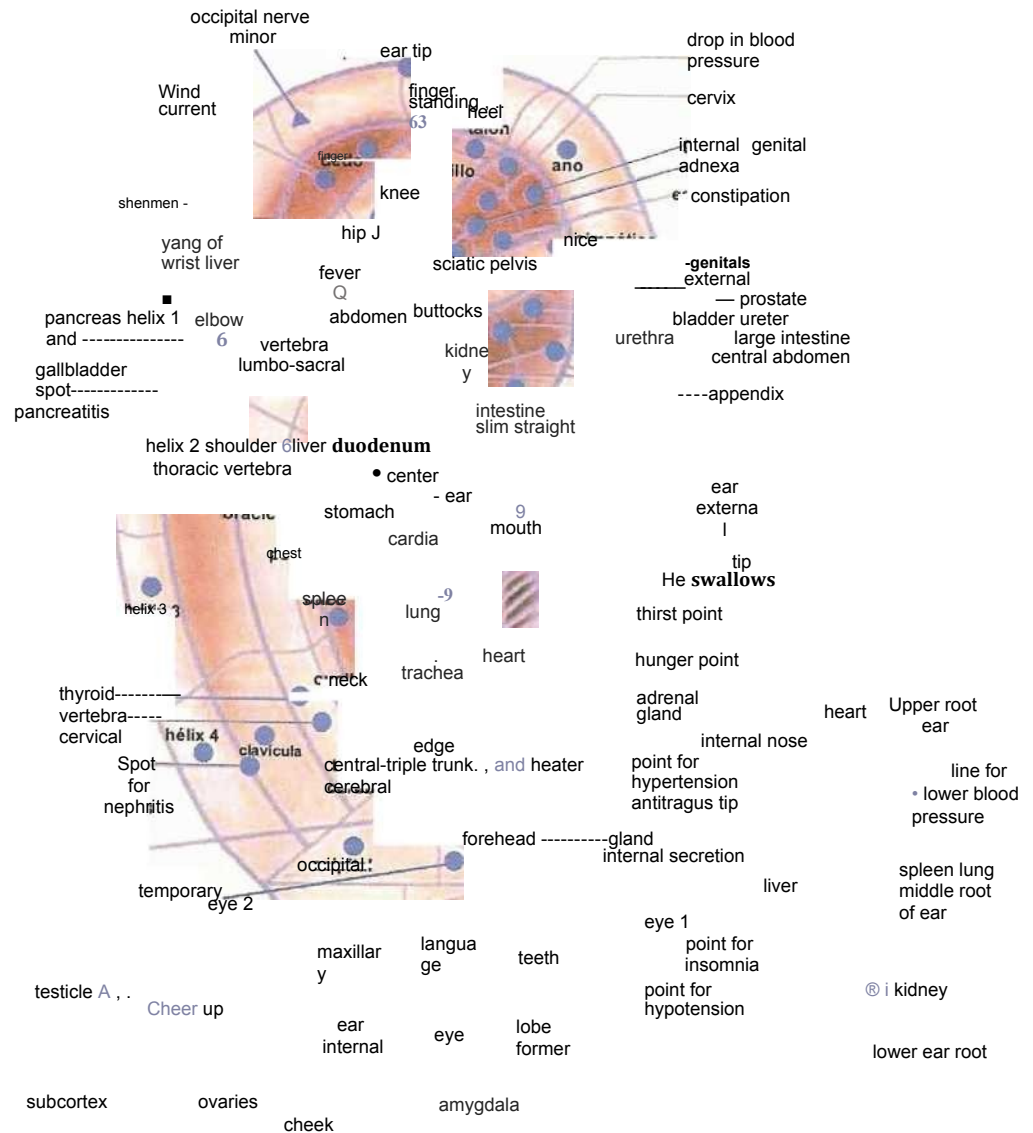
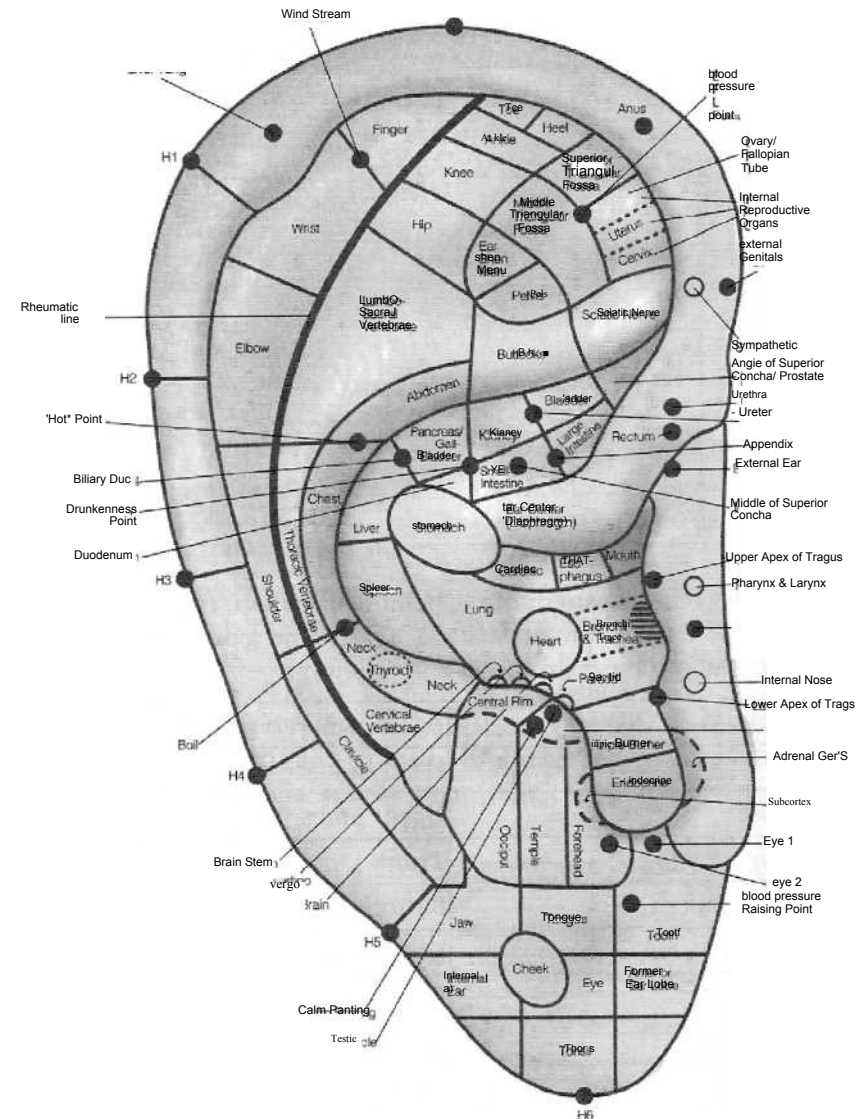
or surface of the Helix:  
 or surface of the Cauda Helix:  
 or surface of the Lobe:  
 or cleft of Antihelix (body):  
 left of the superior Crus of the  
 left of the inferior Crus of the  
 left of the Crest of the Shell:  
 to posterior slit:  
 or prominence of the scaphoid  
 or prominence of the Triangular  
 or prominence of the Superior  
 or prominence of the Inferior

Concha:





# MAPPING OF THE POINTS OF THE EAR



## **0 Points and areas named to correspond to anatomical regions**

- 0** Many of the points on the ear are regions of the ear that take their names from the anatomical regions to which they correspond. That is, when a specific organ or part is diseased, a positive reaction will be seen in its corresponding region in the ear, and this region in the ear will be used to treat the diseased part.



## **Points and Areas named by the 5 viscera and the 6 entrails**

The 11 areas named for the 5 viscera and the 6 entrances are: Heart, Large Intestine, Small Intestine, Liver, Spleen, Lung, Kidney, Bladder, Gallbladder, Stomach, and Triple Warmer. Their names refer to the TCM theories of the viscera and entrails, and the channels and vessels of the network.

These areas of the ear individually 1) reflect diagnostic signs for specific disorders and 2) can treat multiple disorders. For example, according to TCM, the lungs govern the body's skin and hair, opening into the nose, and the throat is the gateway to the lung. Thus, Lung (MA-IC1) is used to treat not only disorders related to the lung, but also disorders of the skin, nose and throat. The Bladder (MA-SC8) can be used to treat sciatica because the Tai Yang channel of the Bladder travels through the painful area.

## **0 Points and areas named for the nervous system**

- 0 Of the points and areas of the ear related to the nervous system, some points are named for corresponding parts of the nervous system, including the Sympathetic (MA-AH7), Forehead (MA-AT), Temples (MA-AT), Occiput (MA-AT), and Sciatic Nerve (MA-AH6), while Shen Men (MA-TF1) and Subcortex (MA-AT1) regulate excitation and inhibition of the cerebral cortex.
- 0 In addition, anterior ear lobe is used to treat neuroses, and Subcortex (MA-AT1) is an important point used to treat nervous system disorders.



## **0 Points and areas named for the endocrine system**

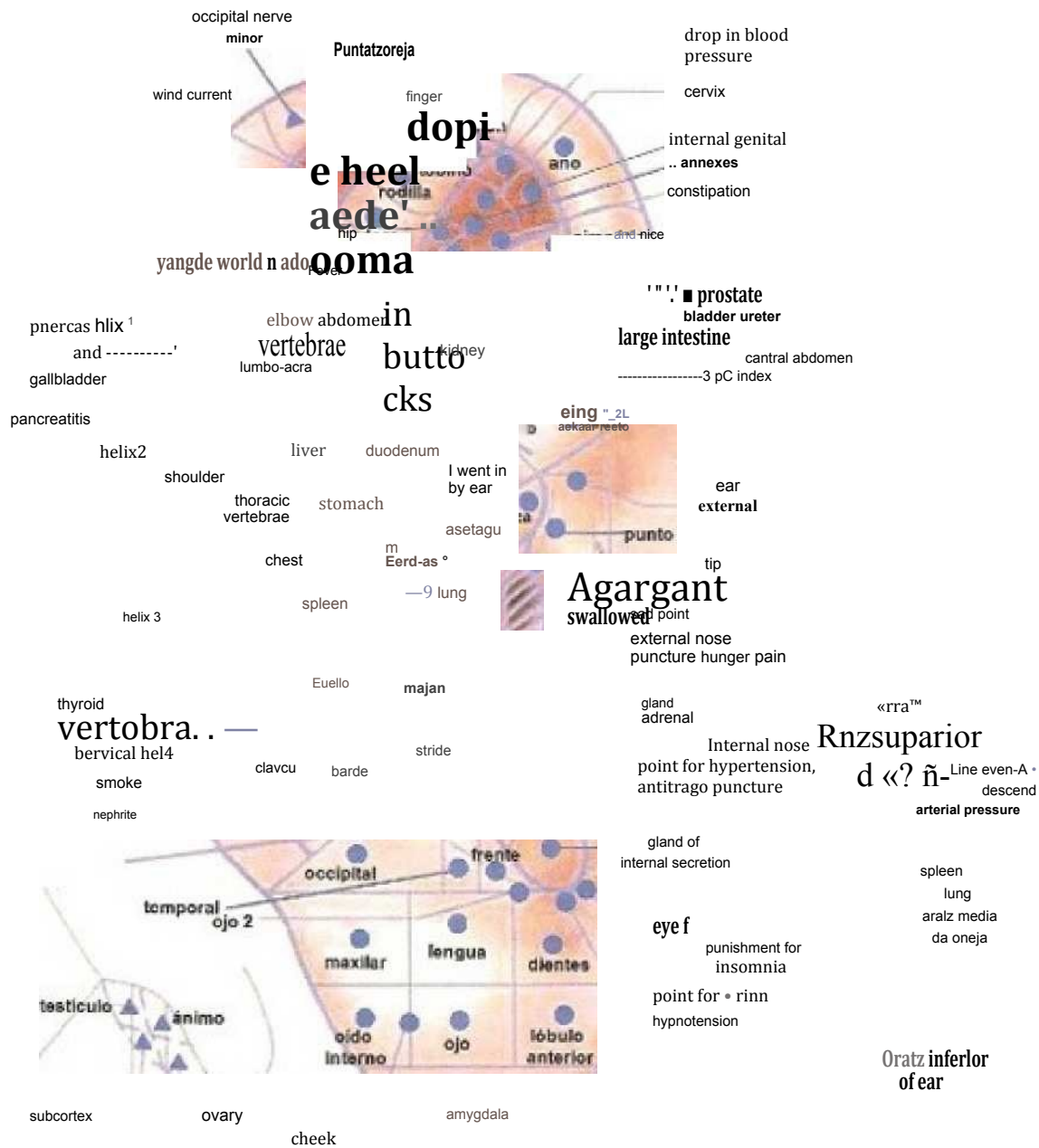
- 0 There are 8 areas named for the corresponding areas of the endocrine system:
- 0 Endocrine (MA-IC3), Central Border (MA-AT, Yuan Zhong) (the Aire corresponding to the Pituitary Gland), Thyroid (MA-AH, Jia, Zhuang Xian),
- 0 Testis (MA-AT, Gao Wan), Ovary (MA-AT, Luan Chao), Prostate/Superior Concha Angle (MA- SC, Qian Lie Xian),
- 0 Adrenal Gland (MA-T, Sheng Shang Xian), and Pancreas/Gallbladder (MA-SC6).

- 0 Usually several points are used to achieve the goal of regulating total endocrine function.
- 0 For example, amenorrhea can be treated with very strong effectiveness by the use of Endocrine (MA-IC3), Ovaries (MA-AT), Central Border (MA-AT), and Internal Reproductive Organs (MA-TF).
- 0 The combination of Endocrine (MA-IC3), Pancreas/Gallbladder (MA -SC6), and Central Border (MA-AT) can quickly improve certain symptoms, such as a dry mouth, poor appetite, and numbness and listlessness in the patient diabetics, which shows that they can effectively regulate insulin metabolism.

## 0 Special Points

- 0 Special points of the ear are those that have specific functions in diagnosis and treatment. Generally speaking, a positive reaction at one point can reflect different disorders, and one disorder can lead to positive reactions at several points.
- 0 These phenomena must be interpreted with theoretical knowledge of TCM and/or biomedicine.
- 0 However, a positive reaction at one of the special points on the ear indicates a very specific disorder.
- 0 For example, Wind Flow (MA-SF) is an important point indicating an allergic constitution and allergic disorders, and Raising/Lowering Blood Pressure (MA-PS) can be used to diagnose and treat low blood pressure.
- 0 These points can clarify the diagnosis and treatment in some cases of the diseases to which they belong.
- 0

## MAPPING OF THE POINTS OF THE EAR



## Points and areas of the helix

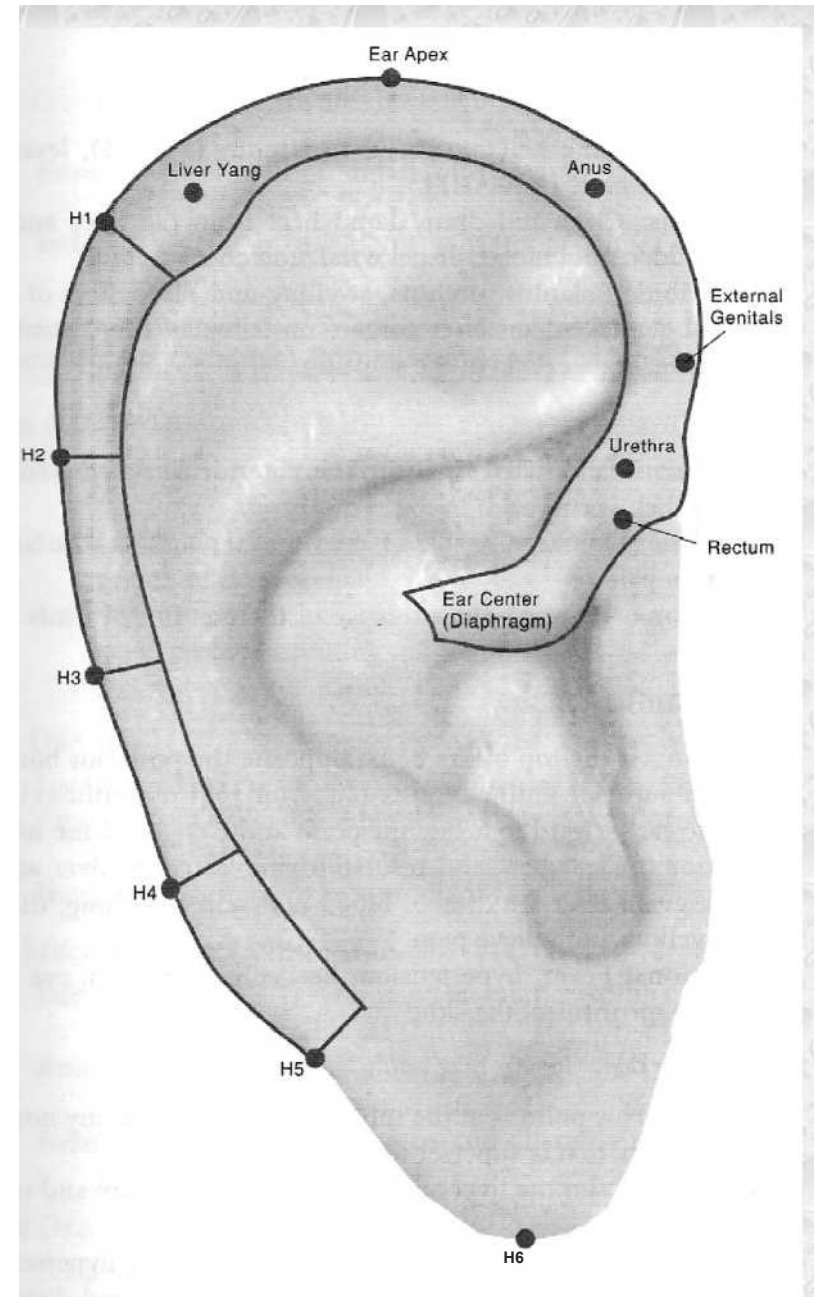
### Center of the Ear (Diaphragm) (MA-H1)

Location: on the root of the Helix.

Features:

- Resolves tetanus and restricts hiccups
- brings down the counterflow of stomach Qi and stops vomiting
- rectifies the blood and clears the wind

Indications: Hiccups, vomiting due to diaphragm spasm and other reasons; all diseases due to emptiness of blood; stasis of blood, and heat in the blood; bleeding such as hemoptysis, dripping-spotting of menstrual blood.



## 0 Straight (MA-H2)

0

0 **Location** : at the end of the helix near the supratragic notch, at the level of the Large Intestine (MA-SC4).

0 **Functions** : releases stool and stops diarrhea.

0 **Indications** : Constipation, diarrhea, prolapse of the rectum, hemorrhoids, tenesmus occurring in dysentery.

## 0 Urethra (MA-H3)

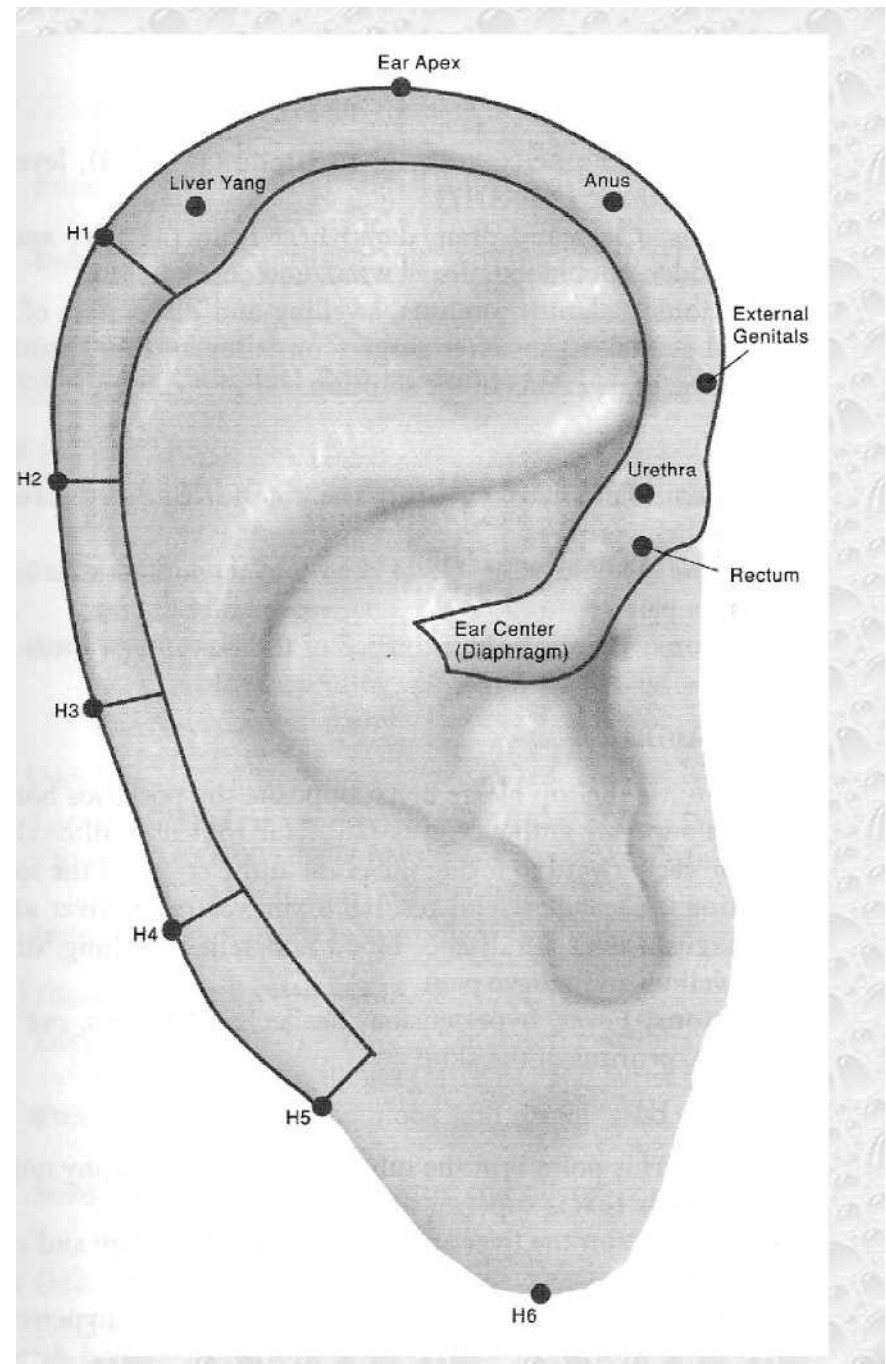
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0 **Location** : in the helix, superior to the Rectum (MA-H2), level with the point of the Urethra between the Kidney and Bladder areas.

0 **Features** :

0 clears heat and disinhibits urine.

0 **Indications** : Frequent, urgent and painful urination, frequent urination at night, urine retention.



## 0 External genitalia (MA-H4)

0

0 **Location** : in the helix, superior to the Urethra (MA-H3), at the level of the Sympathetic (MA-AH7).

0 **Features** :

0 clears and drains heat, moisture from the liver and gallbladder

0 cools the blood,

0 clears the wind and stops the itching.

0 **Indications** : Balanitis, orchitis, swelling and discomfort of the external genital organs after fallopian tube surgery, vulvar pruritus, and scrotal eczema.

0

## 0 Year (MA-H5)

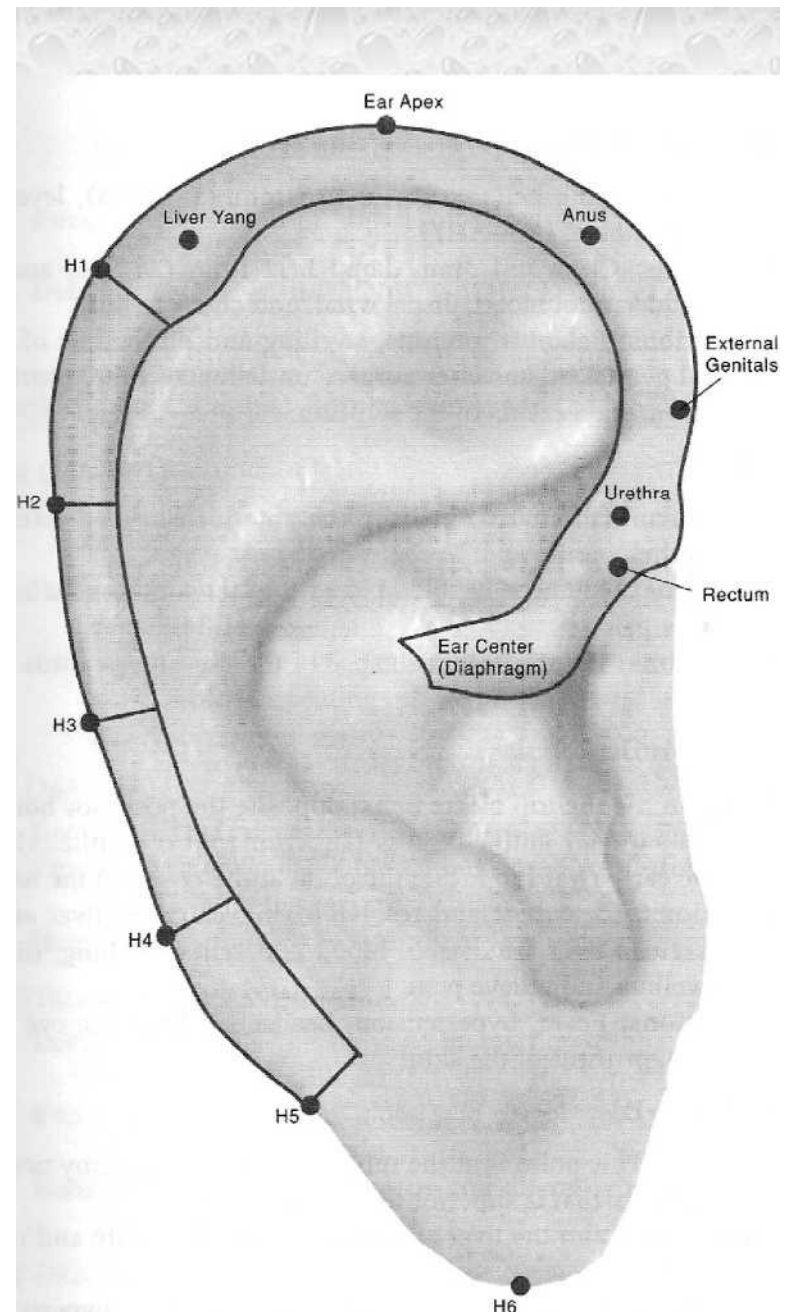
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0 **Location** : in the helix, opposite the anterior edge of the superior crus of the antihelix.

0 **Features** :

0 Speeds up blood, unclogs network vessels and relieves pain.

0 **Indications** : Hemorrhoids, prolapse of the rectum, itching of the anus.





## 0 **Apex (Tip) of the ear (MA-H6)**

0 **Location** : at the top of the helix, opposite the posterior edge of the superior Crus of the antihelix (superior root of the antihelix).  
Fold the ear forward to locate the point in the crease of the fold.

### 0 **Features** :

- 0 clears heat and resolves toxins
- 0 calms the liver and extinguishes the liver wind
- 0 cools the blood and relieves itching
- 0 disperses swelling and relieves pain
- 0 **Indications** : Fever, hypertension, headache, dizziness, eye disorders, skin itching.

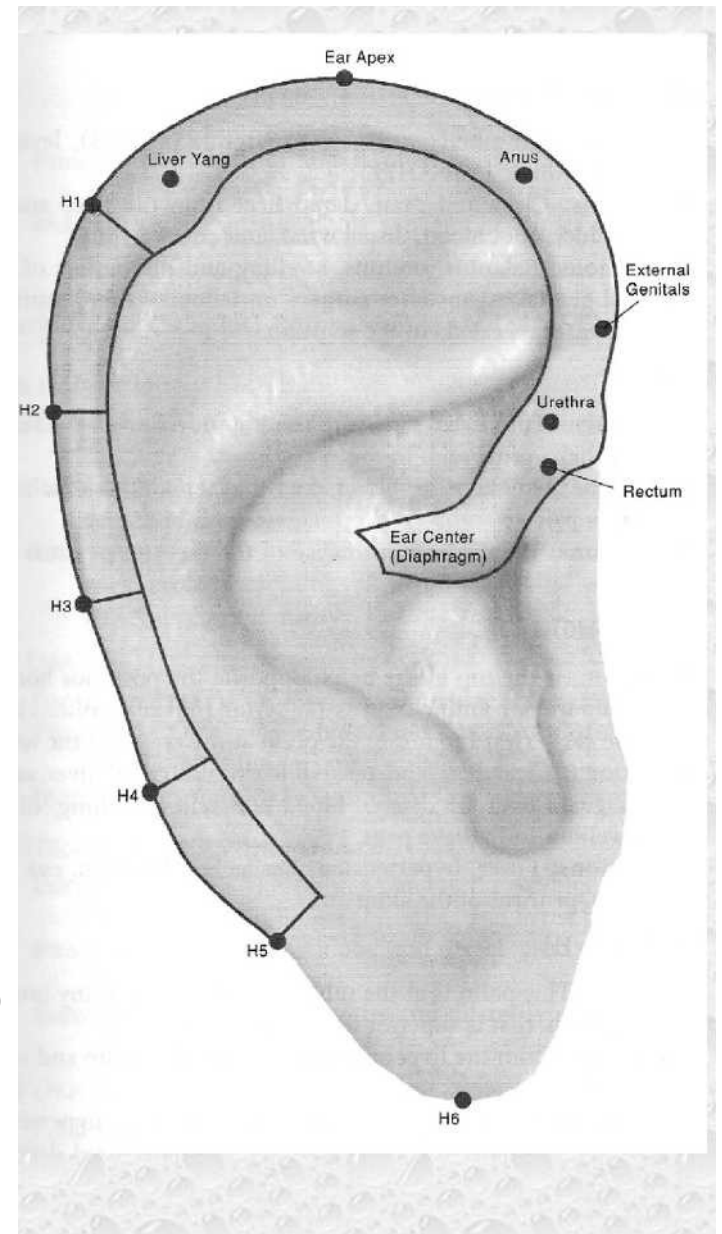
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## 0 **Liver Yang (MA-H)**

0 **Location** : This point is on the tubercle of the helix, a small notch on the helix that is superior to the wrist area.

### 0 **Features** :

- 0 calms the liver and subdues the yang
- 0 drains fire and resolves toxins
- 0 **Indications** : Headache, dizziness, bloody eyes, hypertension, acute and chronic hepatitis, pain in the ribs and distension due to ascending hyperactivity of the liver yang.





## 0 Helix 1-6 (H1, H2, H3, H4, H5, H6)

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0 **Location** : the area of the helix from the lower edge of the helix tubercle to the midpoint of the lower edge of the earlobe is divided into 5 equal parts (6 points).

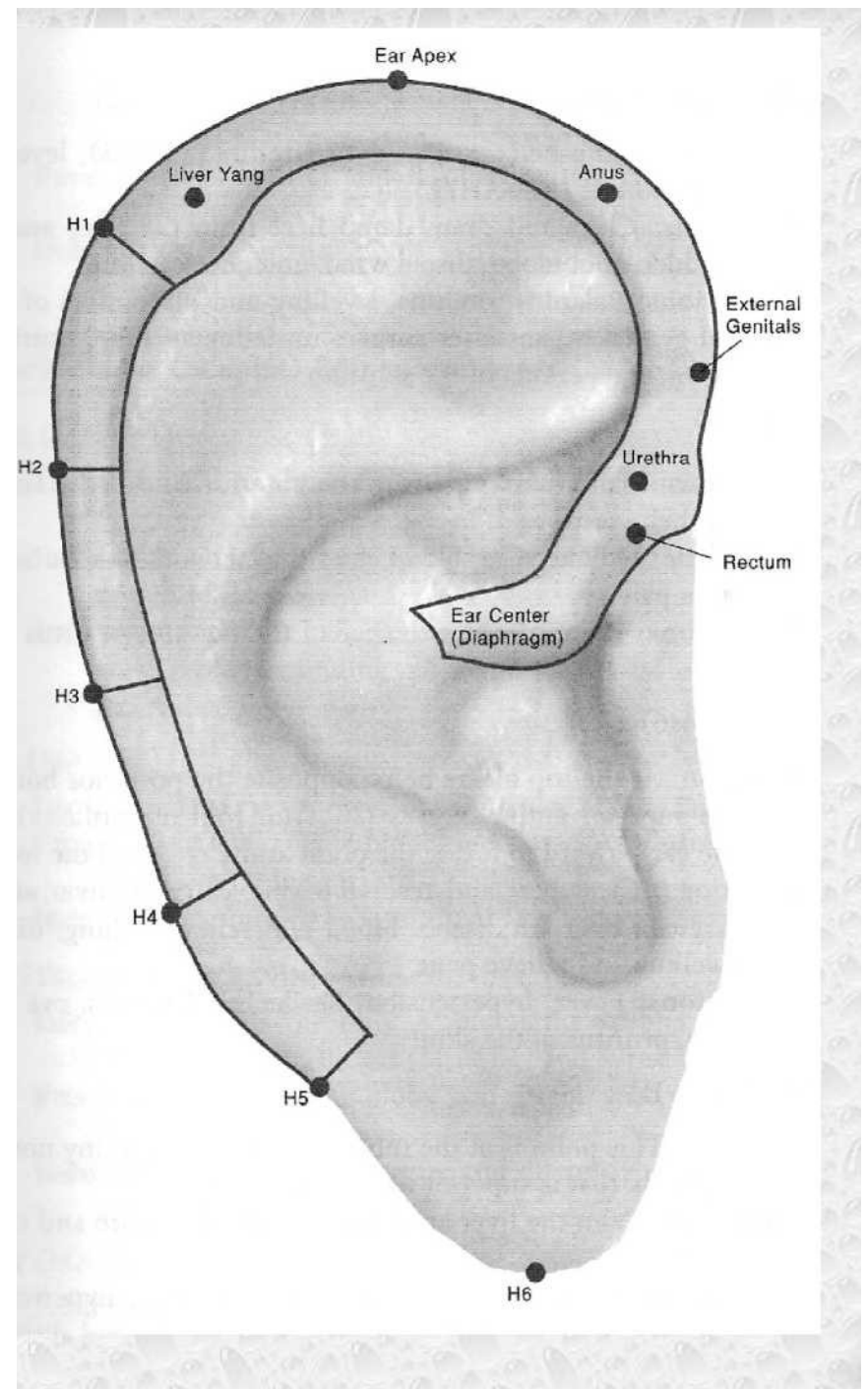
0 The points that mark the divisions are named H1, H2, H3, H4, H5, and H6, respectively. To locate them clinically, mark the lower edge of the helix tubercle as H1 and mark H6 (the lowest point of the earlobe). Divide the area between 5 equal parts. The remaining H points are on the division lines.

0 **Features** :

0 clear heat and resolve toxins

0 disperse swelling and relieve pain

0 **Indications** : Fever, tonsillitis, sore throat, upper respiratory tract infection.



## 0 Points and areas of the scaphoid fossa (MA-SF)

### 0 Fingers (MA-SF1)

#### 0 Finger

0 **Location** : divide the scaphoid fossa into 5 parts from the top to the bottom, this *area* is the first portion of the scaphoid fossa.

#### 0 Features :

0 quickens the blood and clears the wind

0 releases network vessels and relieves pain

0 **Indications** : Sprain and bruise of the finger joints, skin disorders, profuse sweating, pain and numbness of the fingers due to cervical spondylopathy.

### 0 Doll (MA-SF2)

#### 0 Wrist

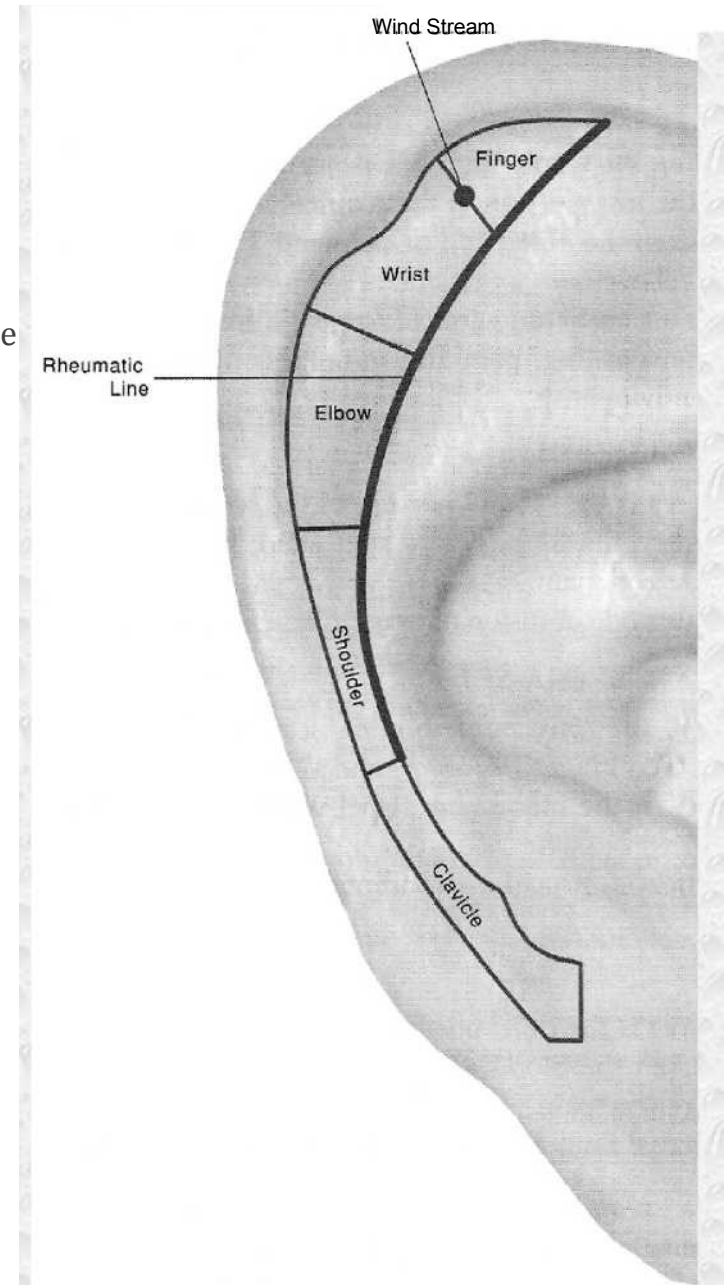
0 **Location** : This area is the second portion of the scaphoid fossa.

#### 0 Features :

0 accelerates the blood and clears the wind

0 unclogs collaterals and relieves pain

0 **Indications** : Sprain and bruise of the wrist, allergic skin disorders.



## 0 Wind Current (MA-SF)

### 0 Wind stream

0 **Location** : This is the only point on the scaphoid fossa, and is located halfway between Fingers (MA-SF1) and Mun<eca (MA-SF2).

### 0 Features :

0 accelerates the blood and clears the wind

0 unclogs collaterals and relieves pain

0 **Indications** : Urticaria, pruritus and allergic dermatitis, rhinoallergosis.

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## 0 Elbow (MA-SF3)

### 0 Elbow

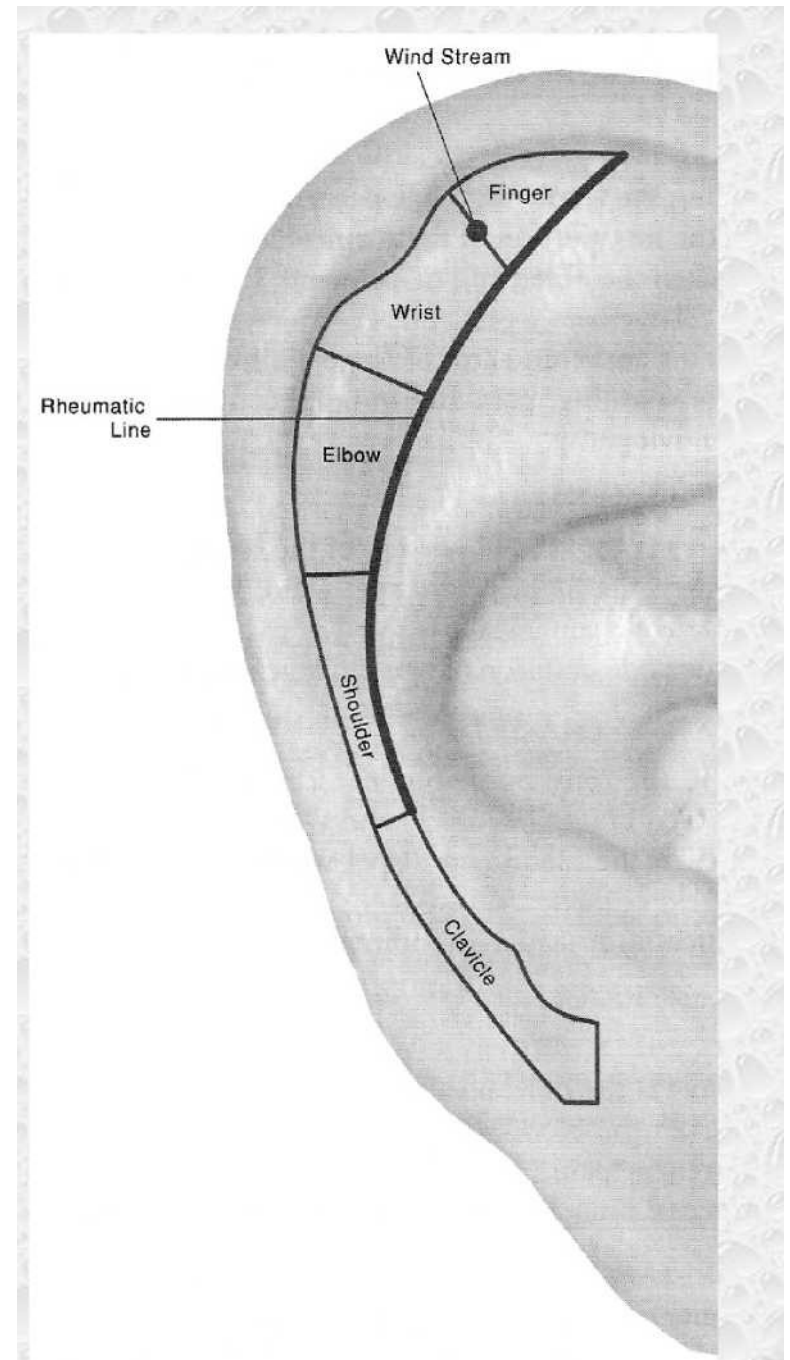
0 **Location** : This area is the third portion of the scaphoid fossa.

### 0 Features :

0 accelerates the blood and clears the wind

0 unclogs collaterals and relieves pain

0 **Indications** : External humeral epicondylitis and elbow pain.



## 0 Shoulder (MA-SF4)

### 0 shoulder

0 **Location** : This *area* is the fourth section of the scaphoid fossa.

### 0 Features :

0 accelerates the blood and clears the wind

0 unclogs collaterals and relieves pain

0 **Indications** : Periarthritis of the shoulder joint, crick in the neck, subacromial bursitis, and shoulder pain.

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## 0 Clavicle (MA-SF5)

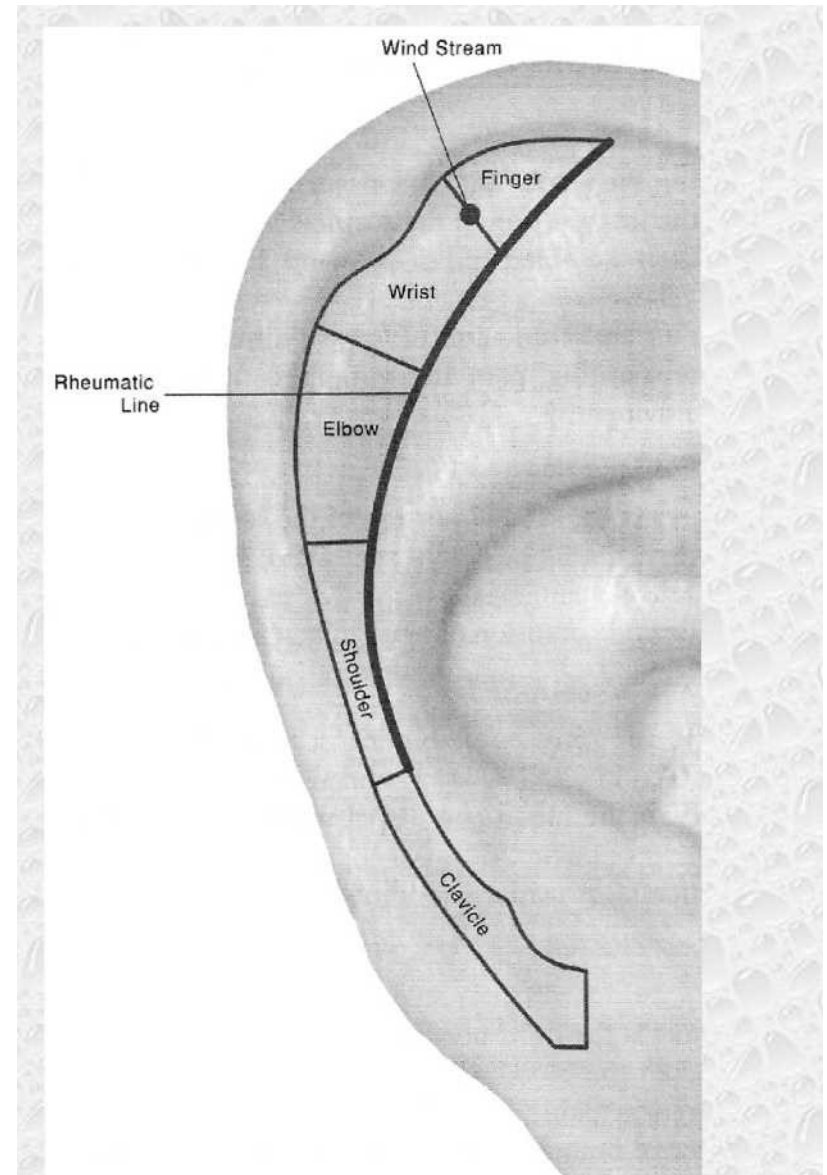
### 0 clavicle

0 **Location** : This area is the fifth portion of the scaphoid fossa.

### 0 Features :

0 clears the wind, unclogs collaterals and relieves pain

0 **Indications** : Shoulder pain resulting from any cause.



# Points and areas of the Antihelix

## 0 Toes (MA-AH)

0

0 **Location** : posterior upper corner of the crus superior of the antihelix, near the apex of the ear.

### 0 Features :

0 accelerates the blood and clears the wind

0 reduces swelling and relieves pain

0 **Indications** : Paronychia and pain in the fingers feet, Raynaud's syndrome and erythromelalgia.

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## 0 Heel (MA-AH1)

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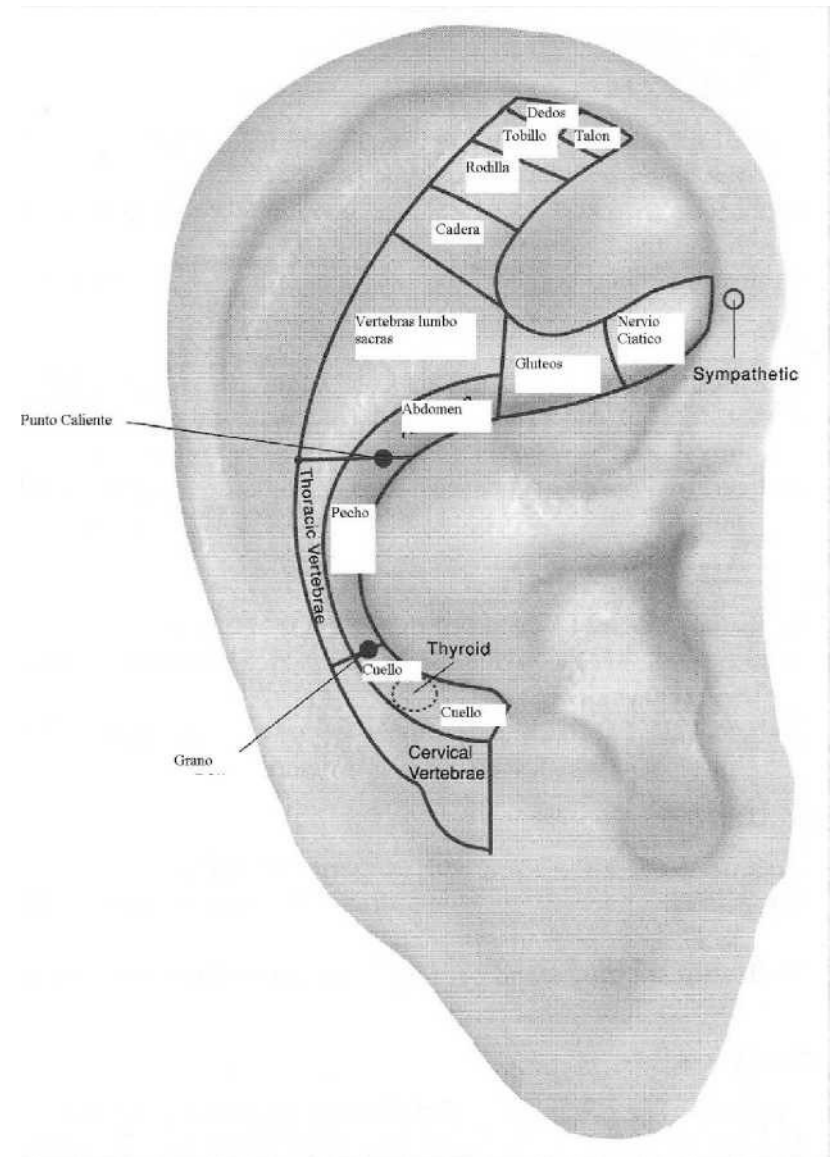
0 **Location** : anterior upper corner of the superior crus of the antihelix, near the upper end of the triangular fossa.

### 0 Features :

0 accelerates the blood and clears the wind

0 strengthens tendons and strengthens bones

0 **Indications** : Pain in the heels.





## 0 Ankle (MA-AH2)

0

0 **Location** : air between the Heel (MA-AH1) and the Knee (MA-AH3).

0 **Features** :

0 accelerates the blood and clears the wind

0 strengthens tendons and strengthens bones

0 reduces swelling and relieves pain

0 **Indications** : Sprain and bruise of the ankle joint, arthritis in the ankle joint.

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## 0 Knee (MA-AH3)

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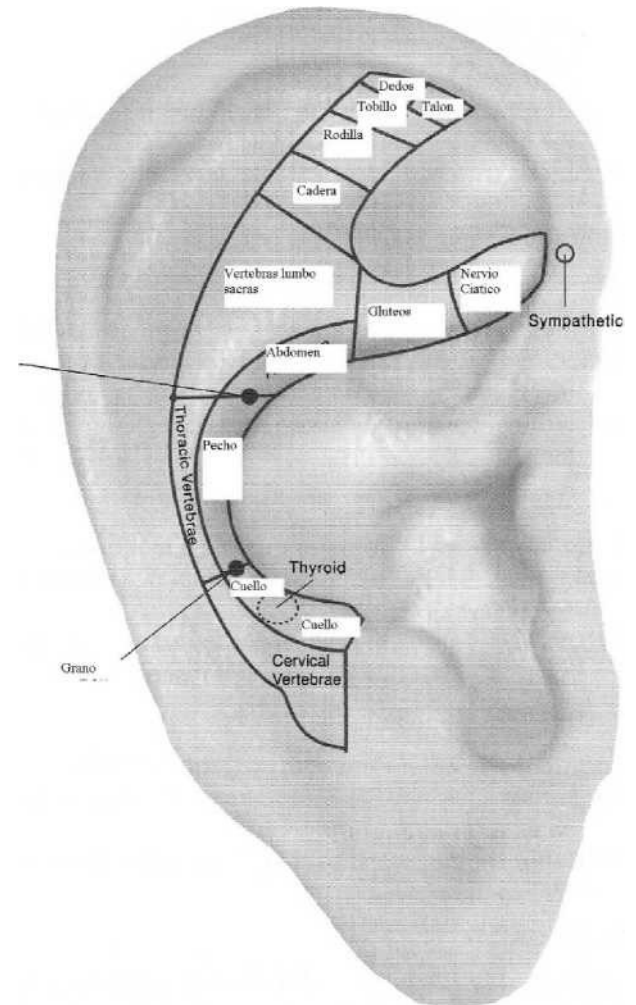
0 **Location** : the middle third of the superior crus of the antihelix.

0 **Features** :

0 clears wind, eliminates humidity

0 unclogs collaterals and relieves pain

0 **Indications** : Pain in the knee joint and limited range of movement of the lower extremities as seen in several disorders.



## 0 Hip (MA-AH4)

0

0 **Location** : the lower third of the superior crus of the antihelix.

0 **Features** :

0 accelerates blood, unclogs collaterals

0 clears the wind and relieves pain

0 **Indications** : Sciatica and pain in the lumbosacral area and around the hip joint.

0

0

## 0 Glutes (MA-AH5)

0

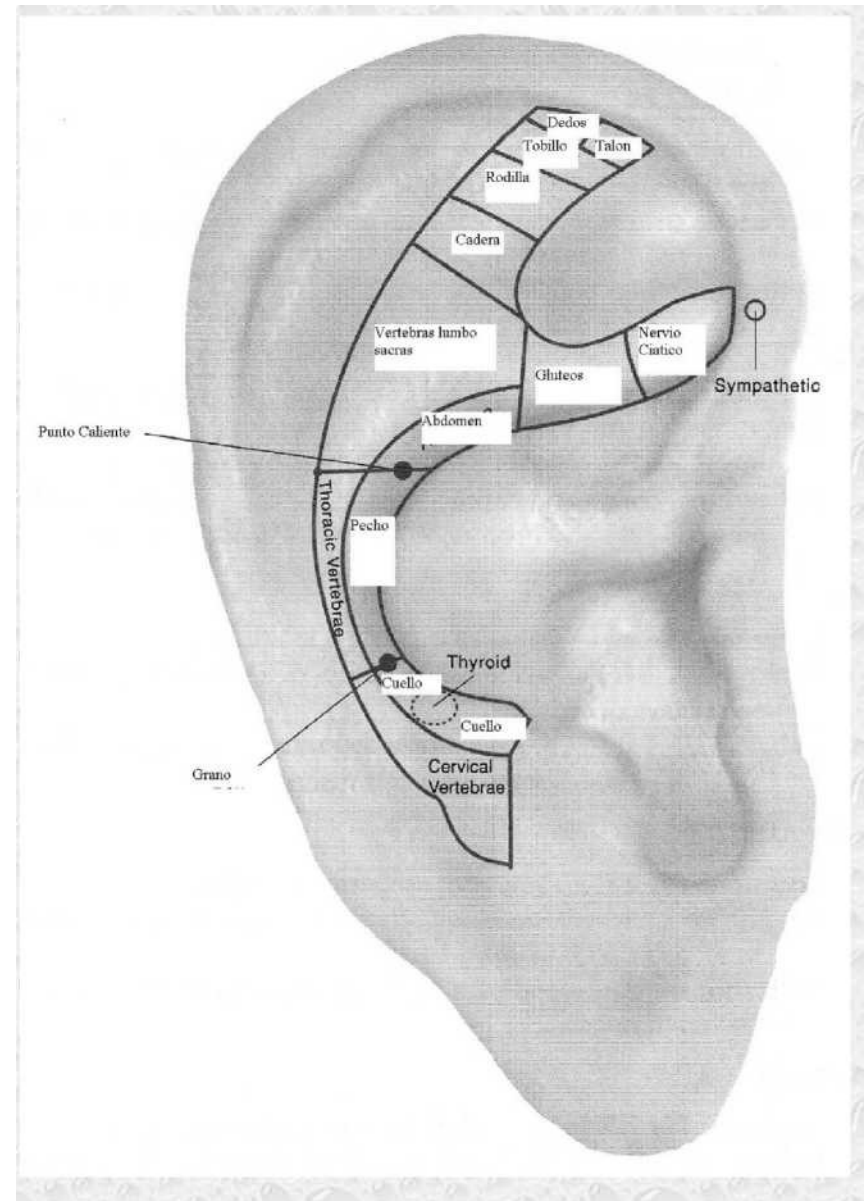
0 **Location** : the posterior third of the inferior crus of the antihelix.

0 **Features** :

0 accelerates blood, unclogs collaterals

0 clears the wind and relieves pain

0 **Indications** : Sciatica, pain in the sacral area and buttocks.



## 0 Sciatic Nerve (MA-AH6)

0

0 **Location** : the anterior two-thirds of the inferior crus of the antihelix.

0 **Features** :

0 strengthens tendons and strengthens bones,

0 accelerates blood and unclogs collaterals

0 reduces swelling and relieves pain

0 **Indications** : Sciatica, sagging of the lower extremities, painful impediment, paralysis.

0

0

## 0 Sympathetic (MA-AH7)

0

0 **Location** : a point on the interior aspect at the junction of the antihelix and the helix, at the level of the Sciatic Nerve (MA-Ah6). Clinically, the point is etched in the antihelix part, as close as possible to the cleft.

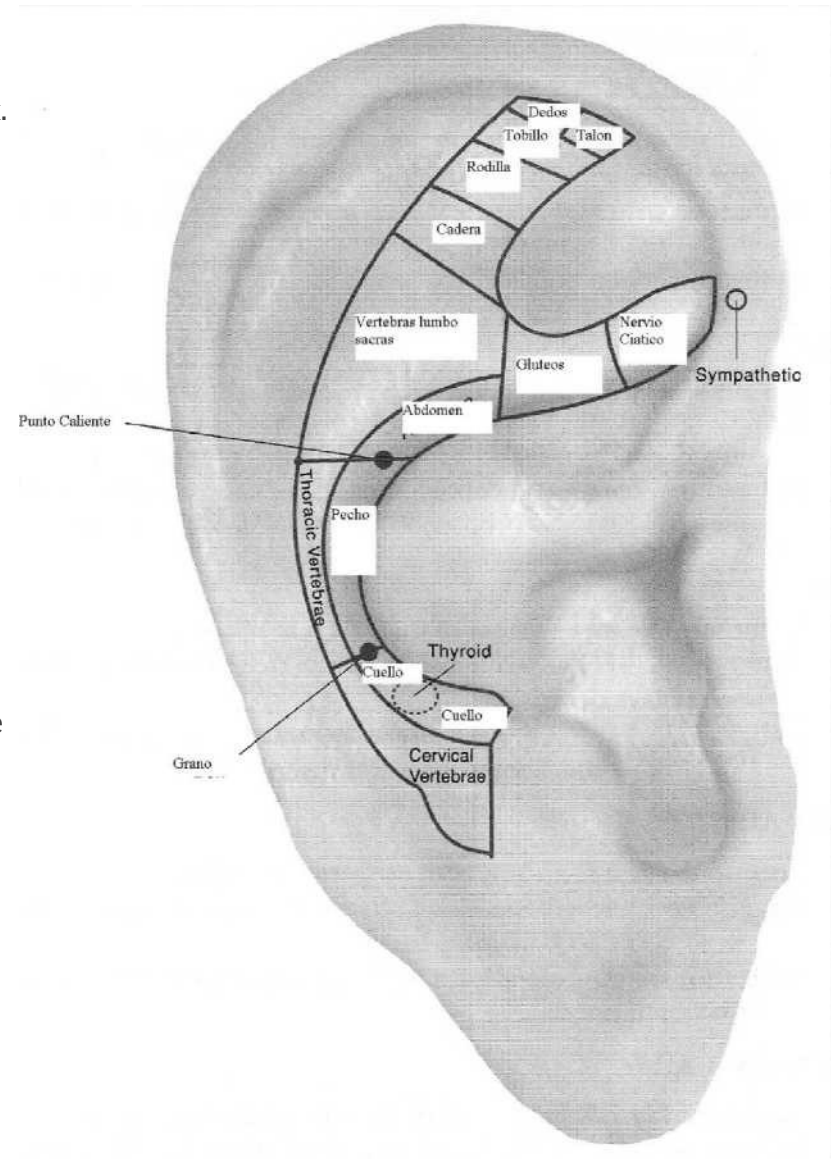
0 **Features** :

0 regulates the sympathetic and parasympathetic nervous systems

0 relieves spasm of smooth muscles

0 regulates vascular contraction and relieves pain in internal organs 0

**Indications** : Various disorders caused by disturbance of the autonomic nervous system, such as insomnia, profuse sweating, dysfunction of sympathetic nerves, colic of internal organs, sexual dysfunction, angina pectoris , pulseless syndrome, thrombophlebitis and Raynaud's syndrome.





## 0 Lumbosacral vertebrae (MA-AH)

0 **Location** : upper third of the body of the antihelix. The line of; intertragic notch until the antihelix crus is divided into three. The upper third are the Lumbosacral Vertebrae.

0 **Features** :

- 0 strengthens the lumbus and fortifies the kidney
- 0 unclogs and accelerates channels and collaterals
- 0 disperses swelling and relieves pain

0 **Indications** : Pain in the lumbosacral area, limited range of motion of the lower extremities as found in various disorders such as sprain and contusion of the lumbosacral vertebrae, hyperosteoecy of the lumbosacral vertebrae, sprain of the lumbar muscle, rheumatoid arthritis, pyelitis, and nephrole

0

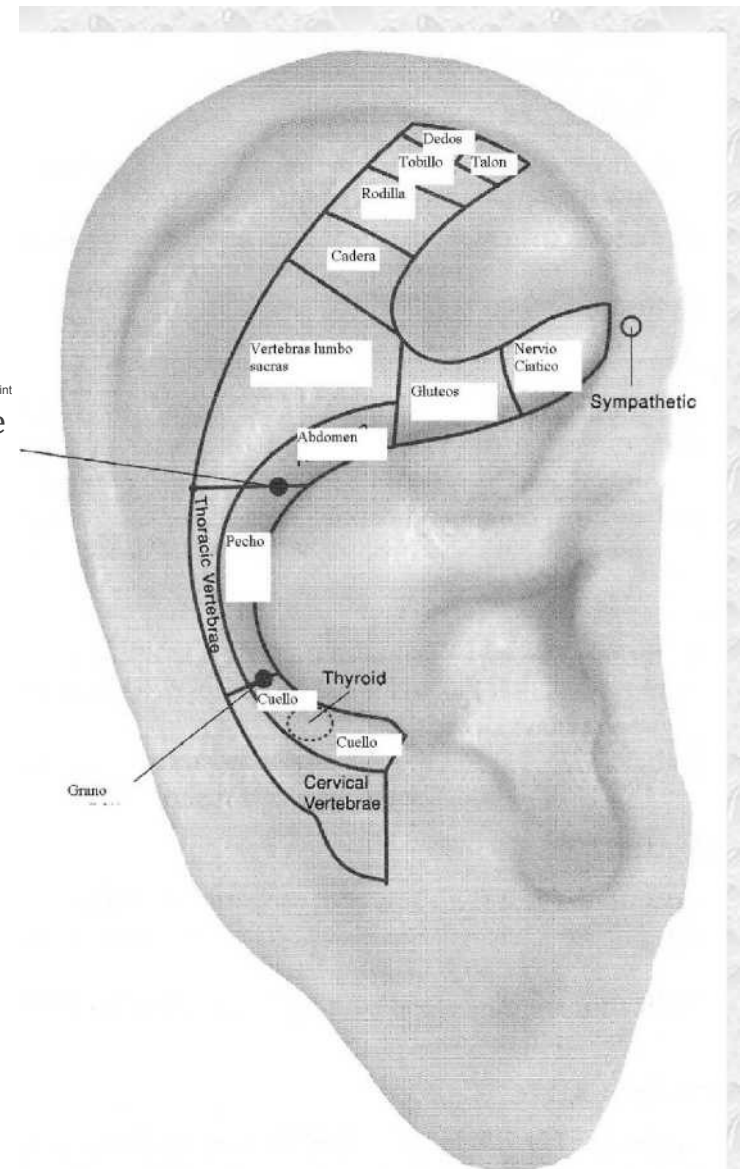
## 0 Abdomen (MA-AH)

0 **Location** : upper part of the body of the antihelix, in the anterior aspect of the Lumbosacral Vertebrae (MA-AH), near the edge of the upper concha.

0 **Features** :

- 0 unclogs channels and collaterals
- 0 softens muscles and resolves tetanus
- 0 disperses swelling and relieves pain

0 **Indications** : Acute or chronic colitis, abdominal pain, constipation, dysmenorrhea, pain in the lower abdomen after childbirth, muscle pain after surgery, weight loss.



## 0 Thoracic Vertebrae (MA-AH9)

0 **Location** : the middle third of the body of the antihelix.

0 **Features** :

0 accelerates channels and collaterals

0 disperses swelling and relieves pain.

0 **Indications** : Disorders in the thoracic vertebrae, pain in the back and chest due to sprain and bruise, mastitis.

0

## 0 Chest (MA-AH11)

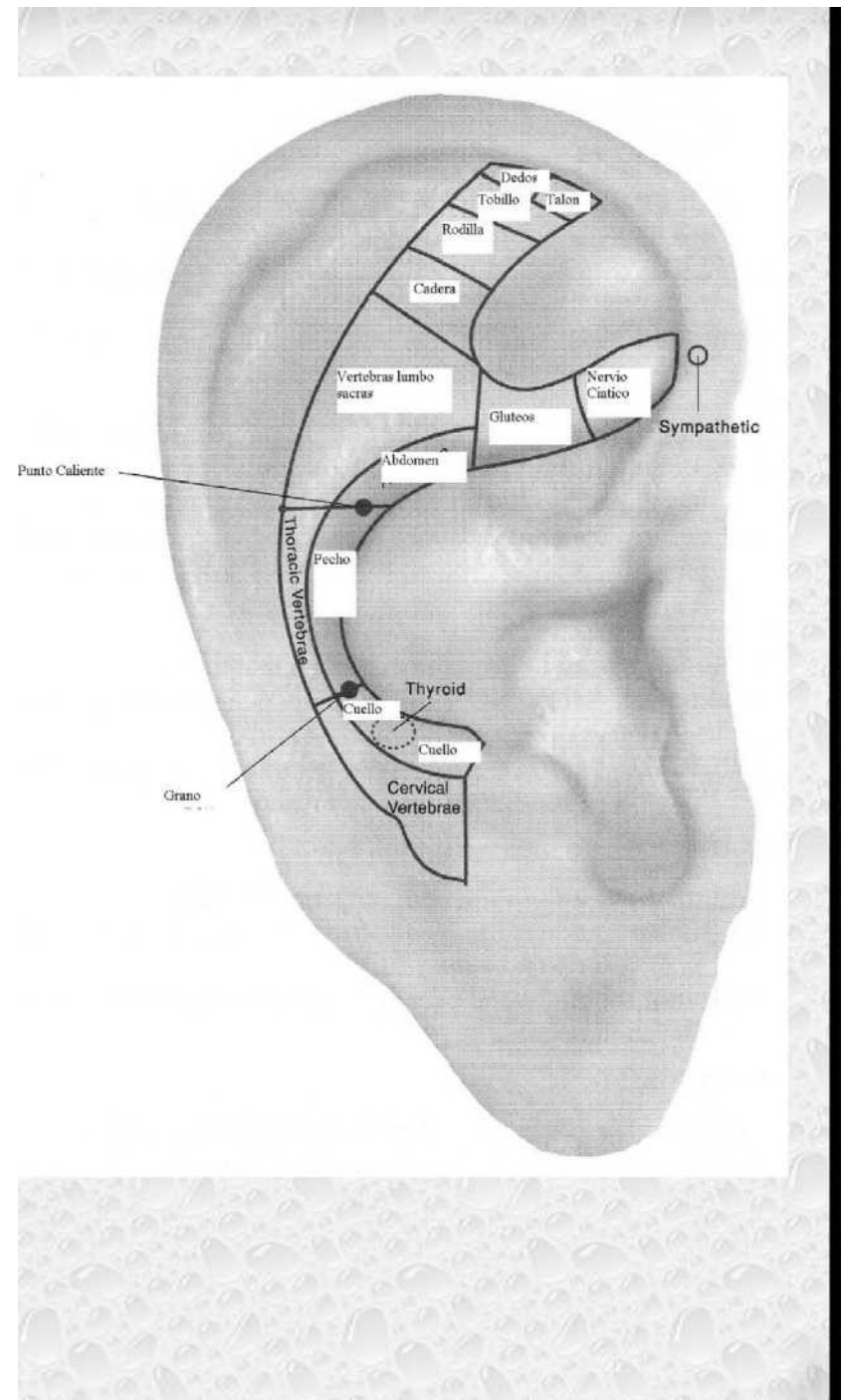
0 **Location** : The middle part of the antihelix on the anterior aspect of the Thoracic Vertebrae (MA- AH9), near the edge of the Inferior Concha.

0 **Features** :

0 Accelerate channels and collaterals

0 Disperses swelling and relieves pain.

0 **Indications** : Pain in the chest and hypochondria, tightness in the chest, mastitis, and disorders in the thoracic cavity.



## 0 Cervical Vertebrae (MA-AH8)

**0 Location :** on the body of the antihelix, the line from the inter-tragic notch to the bifurcation of the upper crus of the antihelix and the lower crus of the antihelix divided into 3 parts. The lower third are the Cervical Vertebrae (MA-AH8).

**0 Features :**

**0** strengthens tendons and bones

**0** Unclogs collaterals and relieves pain.

**0 Indications :** Cervical spondylopathy, neck pain of all causes (such as crick in the neck), rheumatoid arthritis, spondylitis, hypothyroidism and hyperthyroidism.

**0**

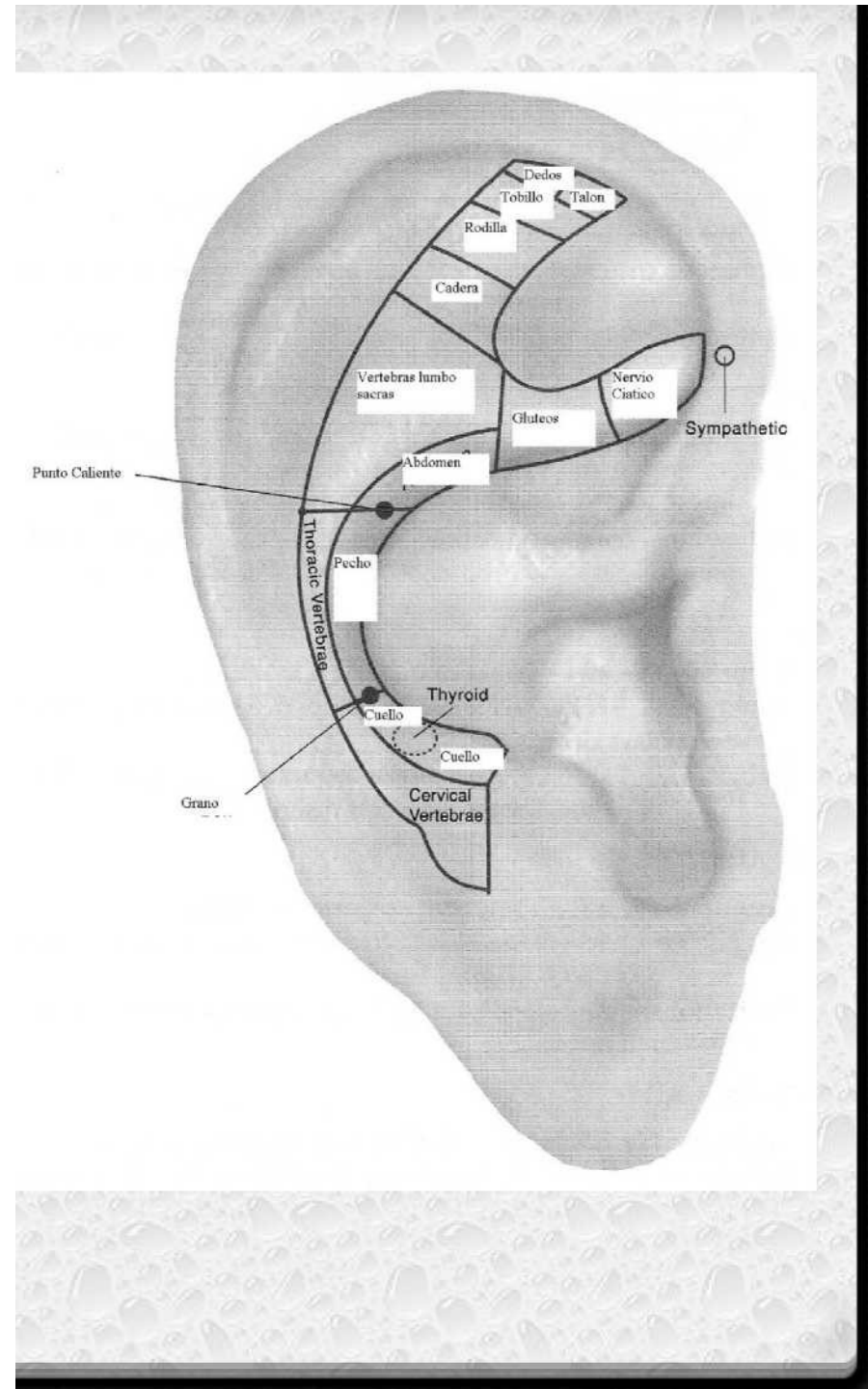
## 0 Neck (MA-AH10)

**0 Location :** the lower part of the antihelix on the anterior aspect of the Cervical Vertebrae (MA-AH8), near the edge of the Inferior Concha.

**0 Features :**

**0** accelerates the channels and collaterals relieves pain.

**0 Indications :** Cervical spondylopathy, sprain and bruise of the neck, stiff neck, hypothyroidism and hyperthyroidism.



## 0 Ear Shen Men (MA-TF1)

0 **Location** : above the triangular fossa in the superior aspect of the bifurcation point of the branches of the antihelix (superior and inferior).

0 **Features** :

0 quiet the spirit

0 resolves tetanus and relieves pain

0 clears heat and resolves toxins

0 clears the wind and relieves itching

0 **Indications** : Insomnia, disturbed sleep, dysphoria, hysteria, various inflammations and pain occurring in the face, head, body and internal organs, neuralgia, hypertension, and allergic disorders.

0

## 0 Internal Reproductive Organs (MA-TF)

0 **Location** : the lower half of the anterior third of the triangular fossa. The upper portion of this area relaxes the adnexa (Fu Jiang), the ovaries and the fallopian tubes. The middle portion corresponds to the uterus, and the lower portion to the cervix (Gong Jing).

0 **Features** :

0 supplements kidney and stimulates-increases essence

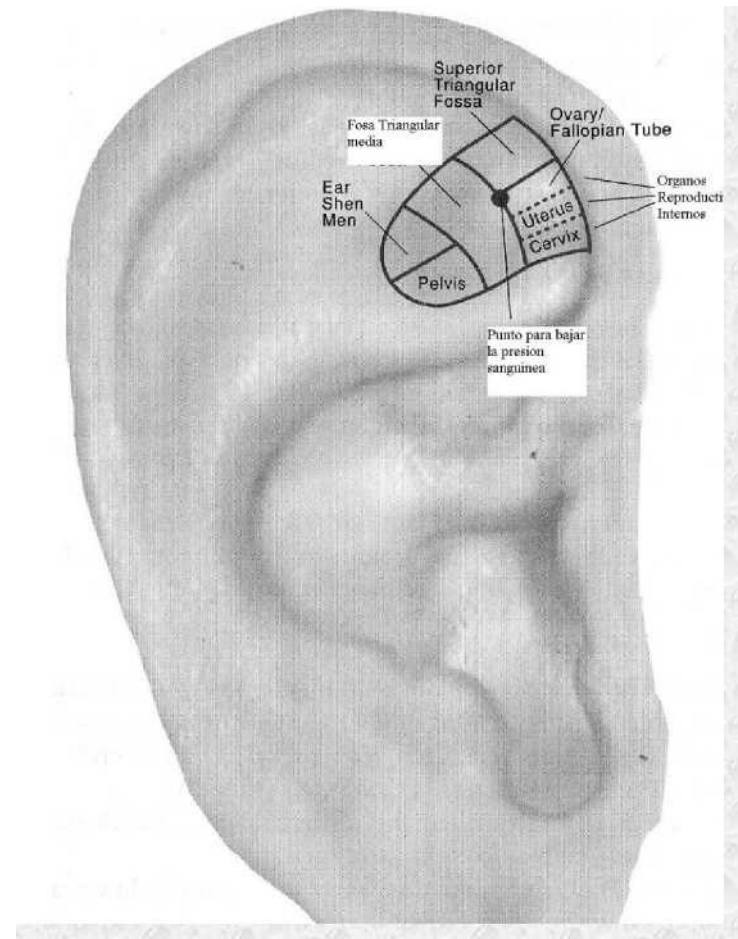
0 regulates menstruation and stops vaginal discharge

0 unclogs collaterals and relieves pain

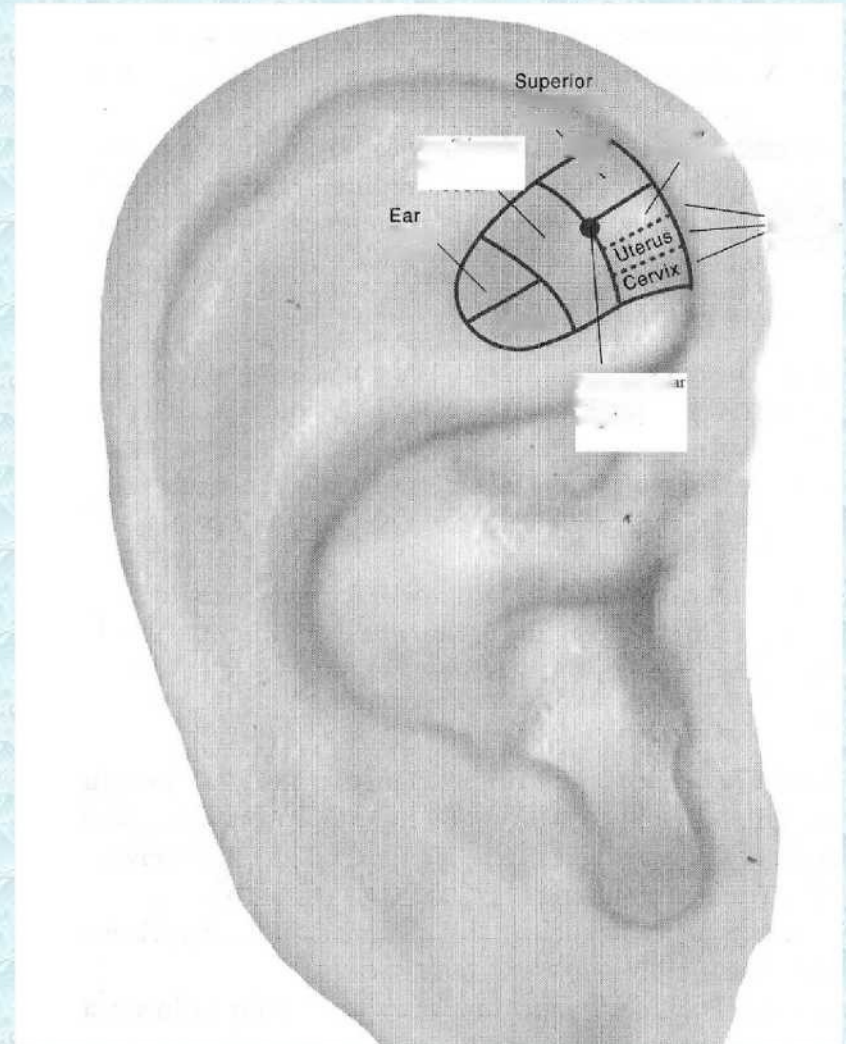
0 **Indications** : Irregular menstrual cycle, dysmenorrhea, amenorrhea,

dysfunctional uterine bleeding, profuse vaginal discharge, pelvic inflammation, impotence, prostatitis, sexual dysfunction\_

## Points and areas of the Trench







# 0 Pelvis (MA-

0

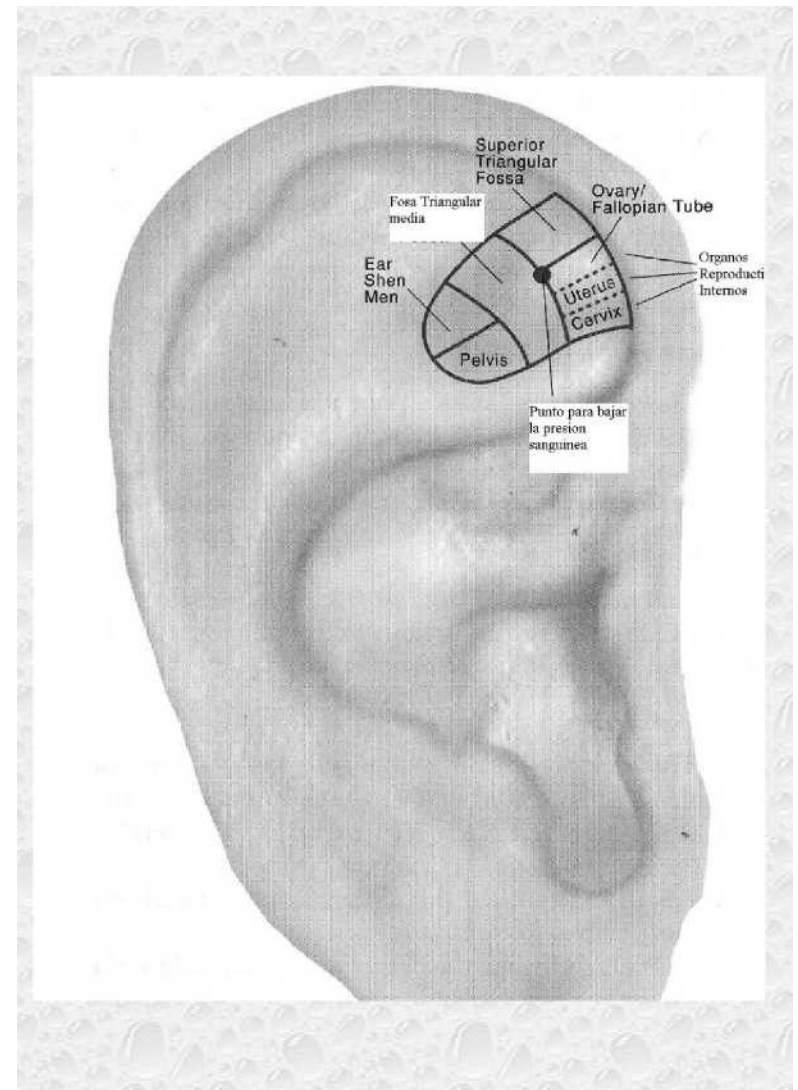
0 **Location** : posterior third of the triangular fossa, at the point of the bifurcation of the crus of the superior and inferior antihelix, is shared by Shen Men of the ear (MA-TF1) and Pelvis (MA-TF). The lower half is Pelvis (MA-TF).

0 **Features:**

0 unclogs and accelerates the channels and collaterals and relieves pain

0 **Indications:** Pelvic inflammation, prostatitis, pain in the lower abdomen and dysmenorrhea.

0



# 0 Drink Points (MA-T)

0

## 0 External nose (MA-T1)

0 **Location** : anterior to the middle of the lateral aspect of the tragus, on the external surface.

### 0 **Features:**

0 clears stasis and unclogs collaterals

0 blows the wind and relieves the pain

0 **Indications:** Nasal disorders such as Rhinoallergosis.

## 0 Inferior apex of the Tragus (MA-T2)

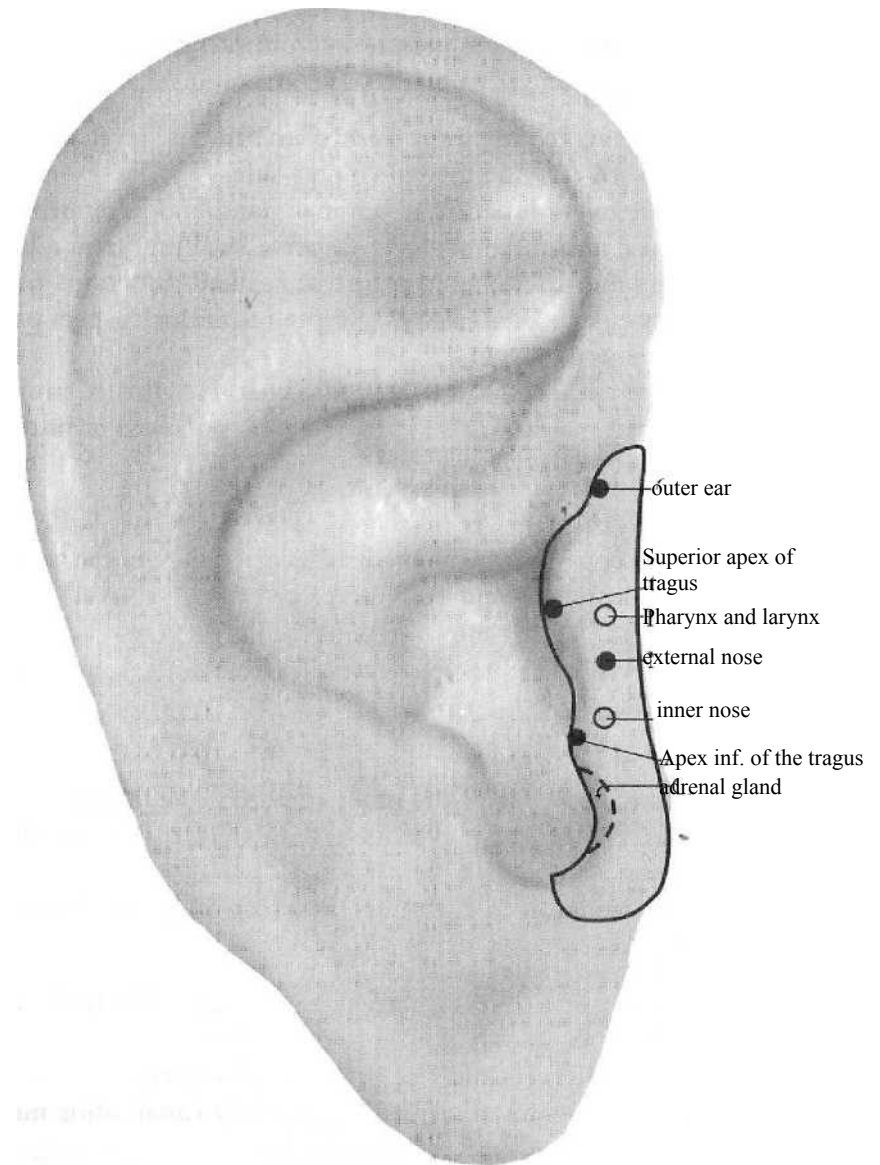
0 **Location** : tip of the inferior prominence of the tragus.

### 0 **Features:**

0 clears heat and resolves toxins

0 calms the spirit and relieves pain

0 **Indications:** Fever and toothache as seen in various disorders.





## 0 Adrenal Gland (MA-T)

0 **Location** : inferior to the inferior apex of the tragus, at the level with Endocrine (MA-IC3) on the medial (internal) side.

### 0 **Features:**

- 0 regulates the function of the adrenal gland and adrenocortical hormones
- 0 anti-inflammatory, disperses swelling, treats allergic disorders and rheumatoid arthritis
- 0 regulates the functions of the cardiovascular system and excites the respiratory aspect of the central nervous system
- 0 **Indications:** High fever, medium fever, rheumatoid arthritis, mumps, cough, asthma, pruritus, hypertension, pulseless syndrome, coma, angitis.

0

## 0 Pharynx and Larynx (MA-T3 )

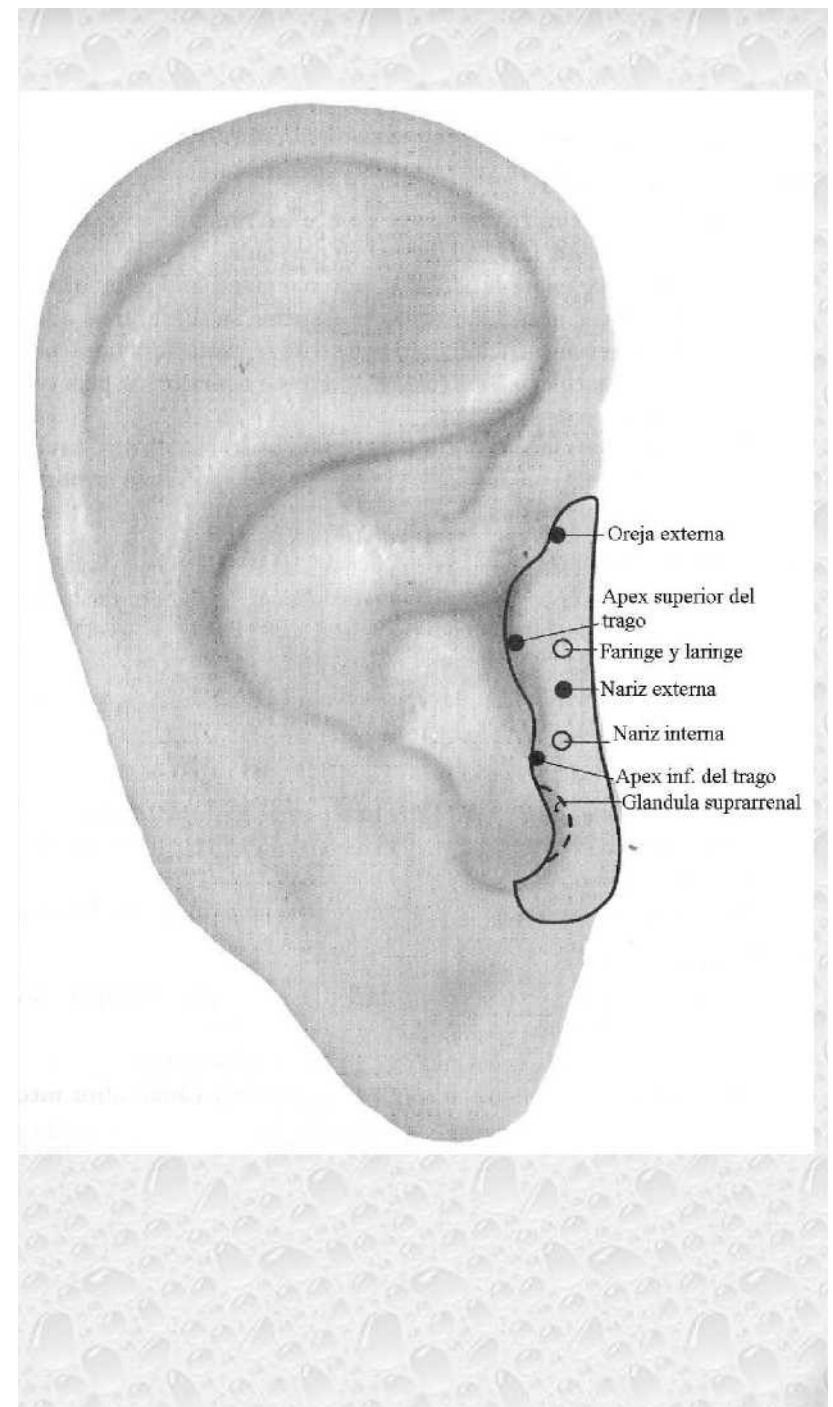
0 **Location** : the upper half of the medial (inner) surface of the tragus.

### 0 **Features:**

- 0 clears heat and resolves toxins
- 0 disperses swelling and relieves pain

0 **Indications:** Acute and chronic pharyngitis, tonsillitis, loss of voice, bronchitis.

---





## Internal Nose (MA-T)

**Location :** the lower half of the inner surface of the tragus.

**Features:**

blows away the wind and resolves the outside, unclogs and uninhibits the nose.

**Indications:** Common cold, rhinitis, nasal sinusitis, nasal bleeding.

**Location :** superior to the supratr notch

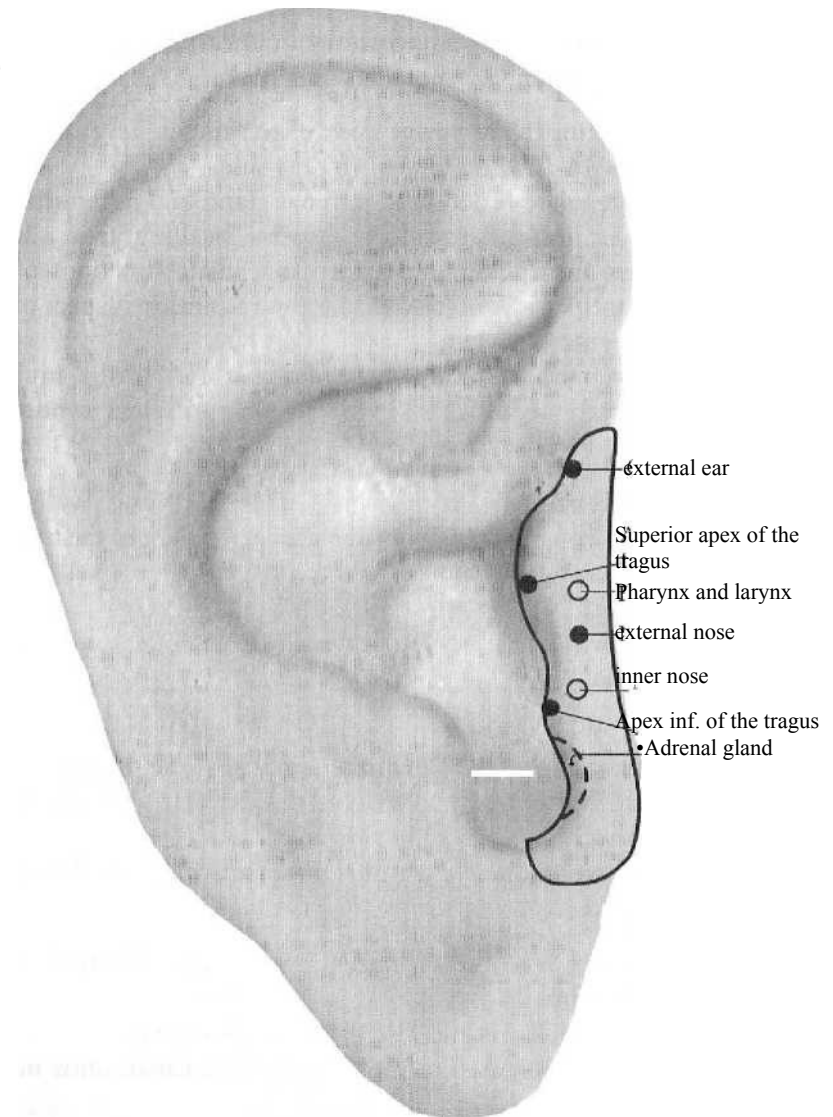
## External ear (MA-T)

near the helix, inferior to the Rectum (MA-H2).

**Features:**

clears stasis and unclogs collaterals

**Indications:** Inflammation of the external auditory canal, otitis media, tinnitus.



## 0 Antitrigo Points (MA- AT)

0

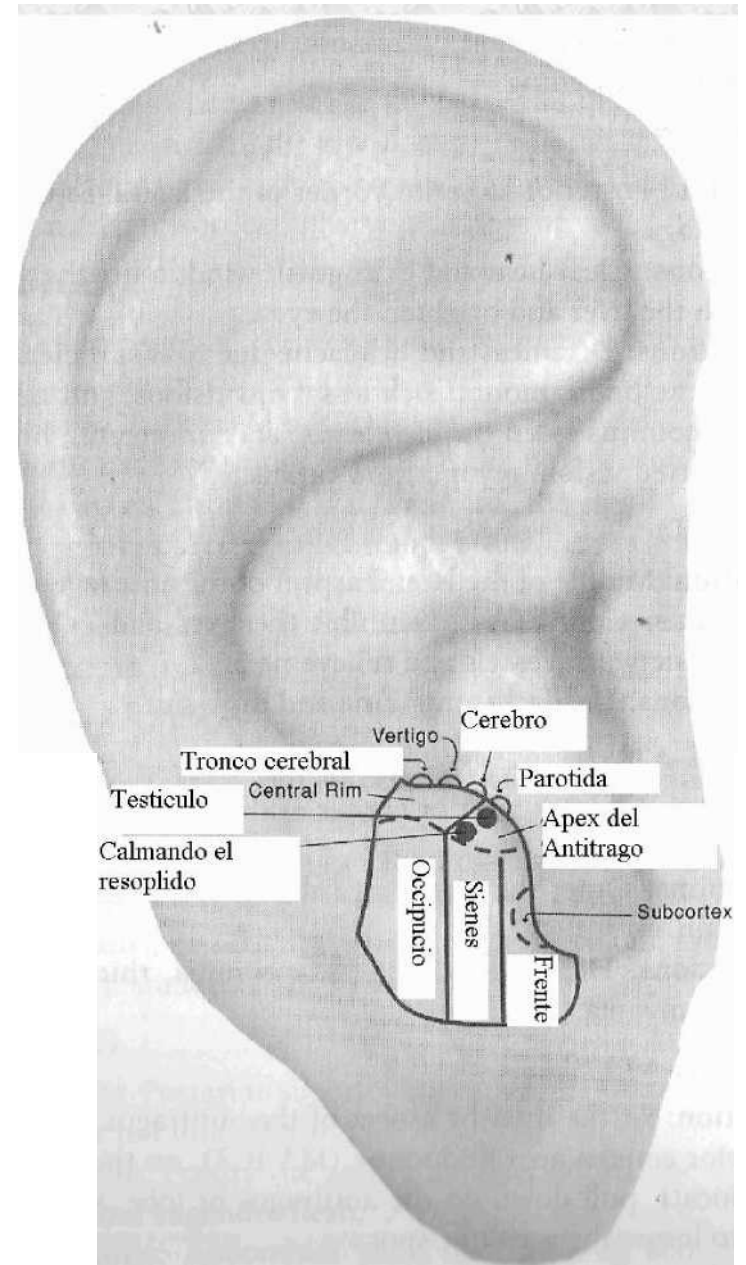
## 0 Antitrigo Apex (MA-AT)

0 **Location** : A\* pex of the antitrigo. According to the WHO International Standard Scheme, the apex of antitragus includes Ping Chuan (Calming Snorting), Sai Xian (Parotidal), and Gao Wan (testicle). The Parotid is located within the antitragus line. Testicle is located by visualizing a line running diagonally and posteriorly, slightly outside the prominence of the apex on the anterior aspect. Calming Snort is located along the same diagonal line and about the same distance from Testicle as Testicle is from Parotid.

### 0 Features:

- 0 stops coughing and calms wheezing
- 0 ride the wind and unlock the collaterals

0 **Indications:** Cough, asthma, difficult breathing, mumps, orchitis.



## 0 Central Rim (MA-AT) Pituitary

0

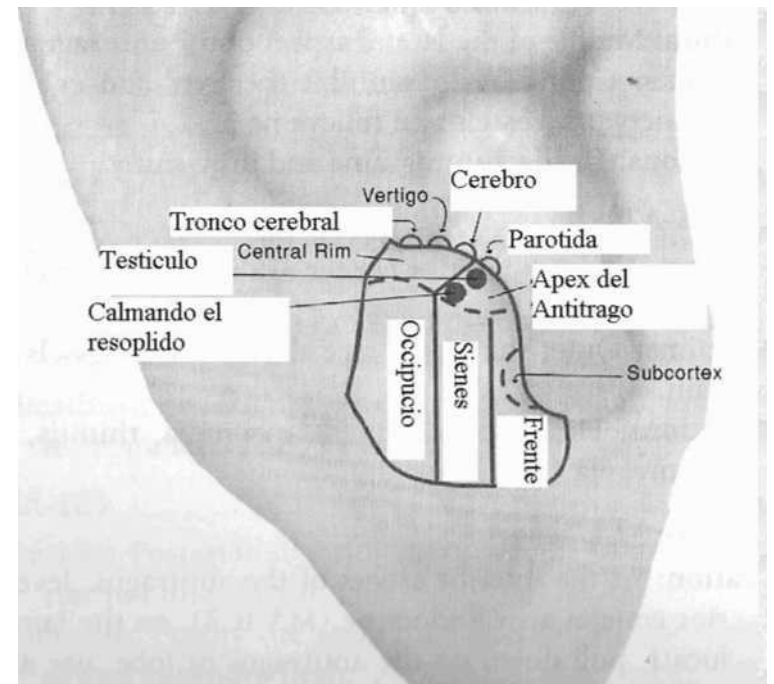
0 **Location** : along the upper line of the antitragus, posterior to the A\* pex of the antitragus. There is a 1cm curve above and inside the Center Edge. This area includes Brain Stem (upper part), Vertigo (middle part), Brain (lower part).

0 **Features:**

0 regulates the functions of the brainstem and pituitary gland

0 stimulates the brain and calms the spirit

0 **Indications:** Cerebritis, post-concussion syndrome, poor brain development, dizziness, dysmenorrhea, dysfunctional uterine bleeding.



## 0 Occiput (MA-AT)

0

0 **Location** : upper-posterior corner of the lateral aspect of the antitragus.

0 **Features:**

0 clears heat and extinguishes wind

0 still the spirit,

0 nourishes the liver and brightens the eyes

0 **Indications:** Dizziness and headache due to insufficient blood in the brain; movement sickness, seizures, stiff neck, and opisthotonos seen in cerebritis and traumatic brain injury; blurred vision, myopia, and cataracts.

0

## 0 Temples (MA-AT)

0

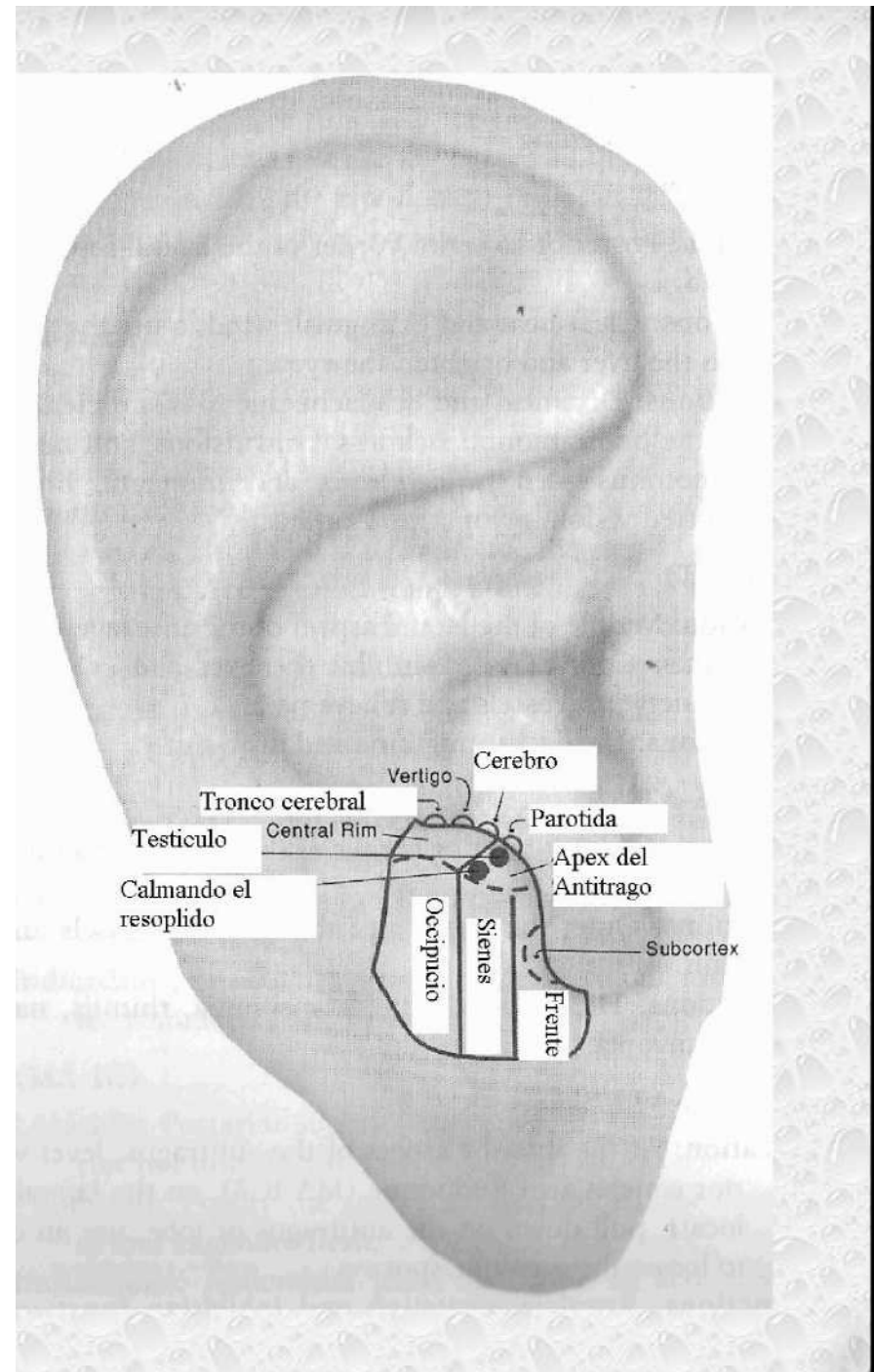
0 **Location** : in the middle of the lateral aspect of the antitragus.

0 **Features:**

0 courses and disinhibits the liver and gallbladder

0 unblocks collaterals and relieves pain

0 **Indications:** Headache, migraine, drowsiness.



## 0 Front (MA-AT)

0 **Location** : in the anterior-inferior corner of the lateral aspect of the antitragus.

0 **Features:**

0 still the spirit,

0 unclogs collaterals and relieves pain

0 **Indications:** Headache, dizziness, insomnia, rhinitis, nasal sinusitis, myopia.

## 0 Subcortex (MA-AT1)

0 **Location** : on the lower aspect of the antitragus, at the level of the Endocrine area (MA-IC3) of the lower concha, on the lateral side. To locate, pull down on the antitragus or lobe; Use an ear tester to locate the sensitive spot.

0 **Features:**

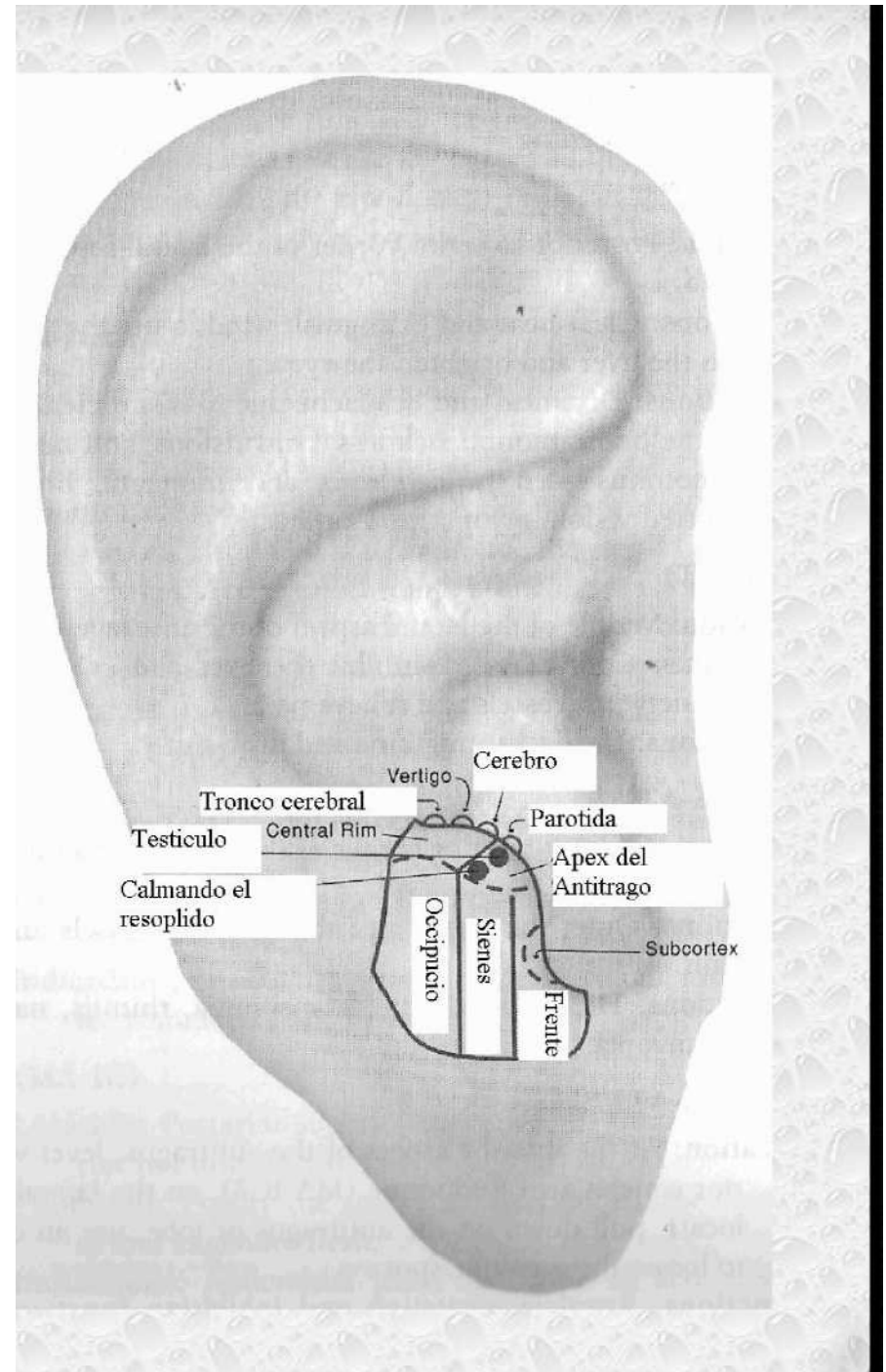
0 regulates the excitatory and inhibitory functions of the cerebral cortex

0 still the spirit,

0 relieves pain

0 stops vomiting and ensures desertion

0 **Indications:** Insomnia, sleeping with or disturbed sleep, forgetfulness, prolonged inflammation, pain, vomiting, hiccups, headache, hysterical paralysis, pseudo myopia, state of shock.





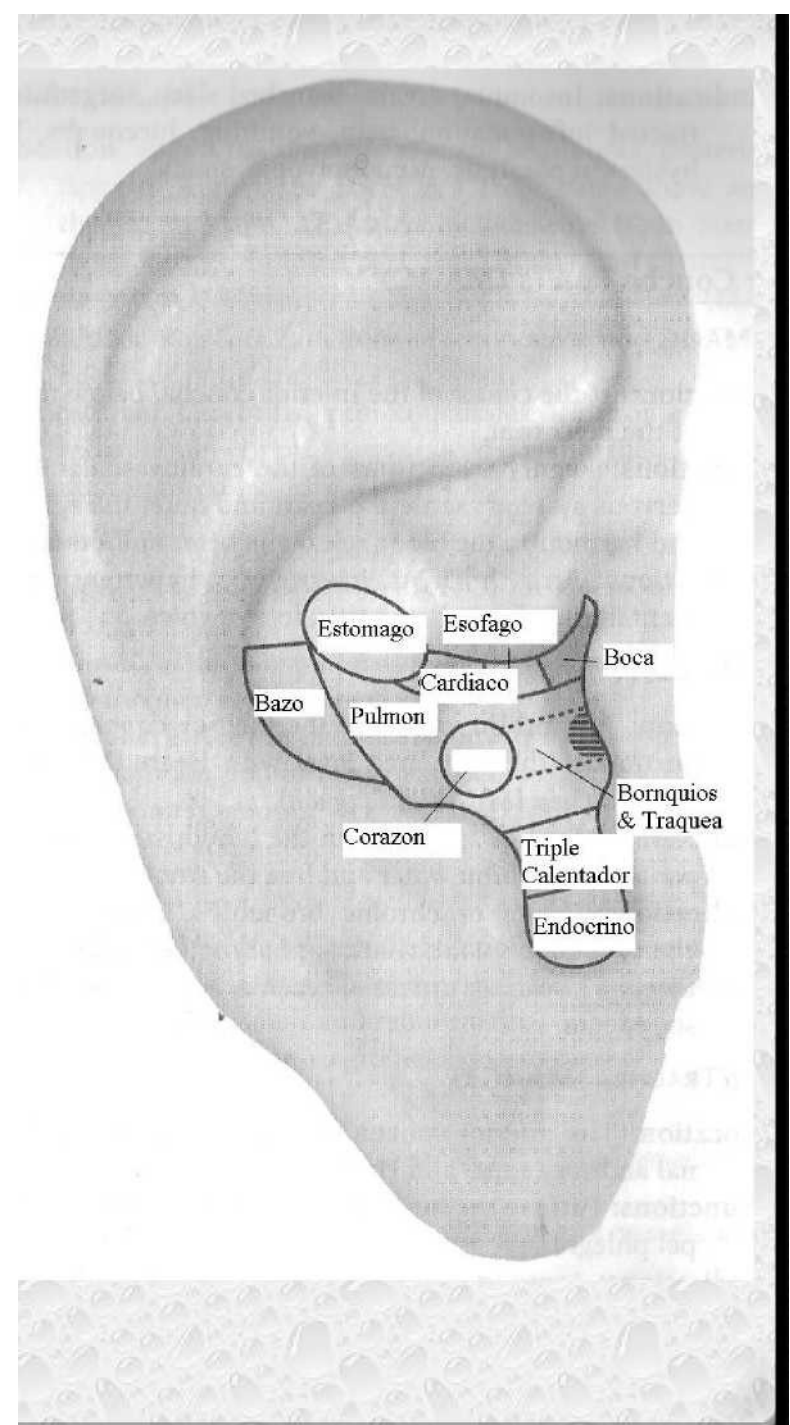
## 0 Lower Shell Points (MA-IC)

### 0 Heart (MA-IC)

- 0 **Location** : in the center of the lower concha, below the end of the root of the helix.
- 0 **Features:**
  - 0 Regulates the functions of the cardiovascular and central nervous system
  - 0 Stabilizes the heart and calms the spirit
  - 0 Regulates and harmonizes blood
  - 0 Clear heart and drain fire
- 0 **Indications:** Arrhythmia, angina pectoris, hypertension, neurosis, mental disorders, pharyngitis, loss of voice.

### 0 Lung (MA-IC1)

- 0 **Location** : around the center of the lower shell. The anterior portion of the lung area at the level of the Heart (MA-IC) is Bronchi/Trachea (MA-IC2) (Qi guan).
- 0 **Features:**
  - 0 Moves Qi and accelerates blood
  - 0 Stops coughing and calms wheezing
  - 0 Disinhibits water and unclogs stool
- 0 **Indications:** Acute and chronic bronchitis, asthma, chest pain; common cold; rhinitis, pharyngitis, night sweats, spontaneous sweating; hives, eczema, acne; constipation, diuresis, edema.



## 0 Bronchi/Trachea (MA-IC2)

0

0 **Location** : the lower concha between the opening of the external auditory canal and the Heart (MA-IC).

0 **Features:**

0 Diffuses the lung and disinhibits Qi,

0 Stops cough and clears phlegm

0 **Indications:** Acute and chronic bronchitis, cough, asthma, pharyngitis, common cold.

0

## 0 Spleen (MA-IC)

0

0 **Location** : superior-posterior aspect of the inferior concha, posterior to the Lung (MA-IC1).

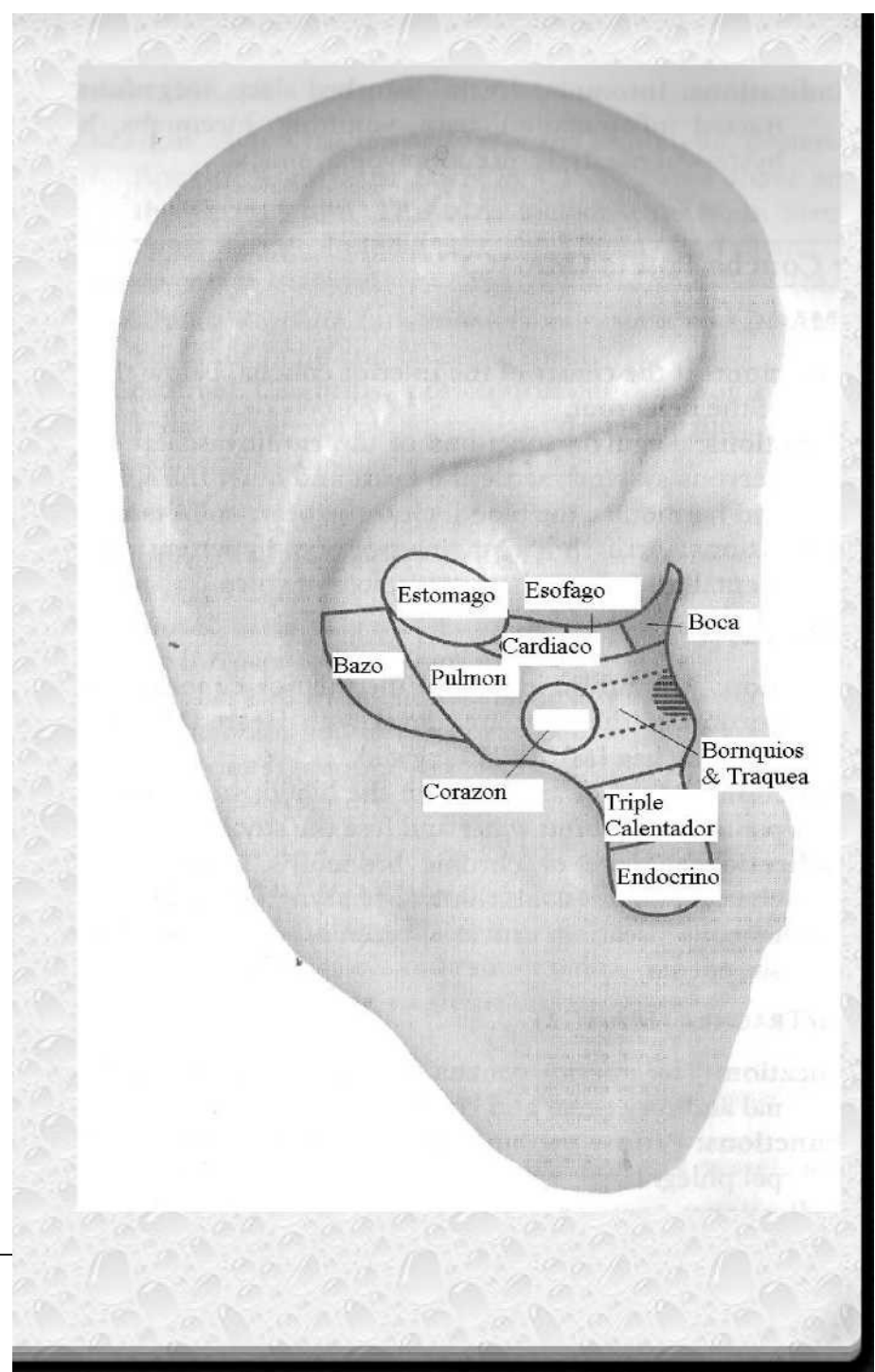
0 **Features:**

0 strengthens the spleen and harmonizes the stomach

0 stimulates Qi and engenders flesh

0 **Indications:** Abdominal pain, distention in the abdomen, diarrhea, stools containing blood, epistaxis, atrophy, progressive myodystrophy; prolapse of the rectum and uterus.

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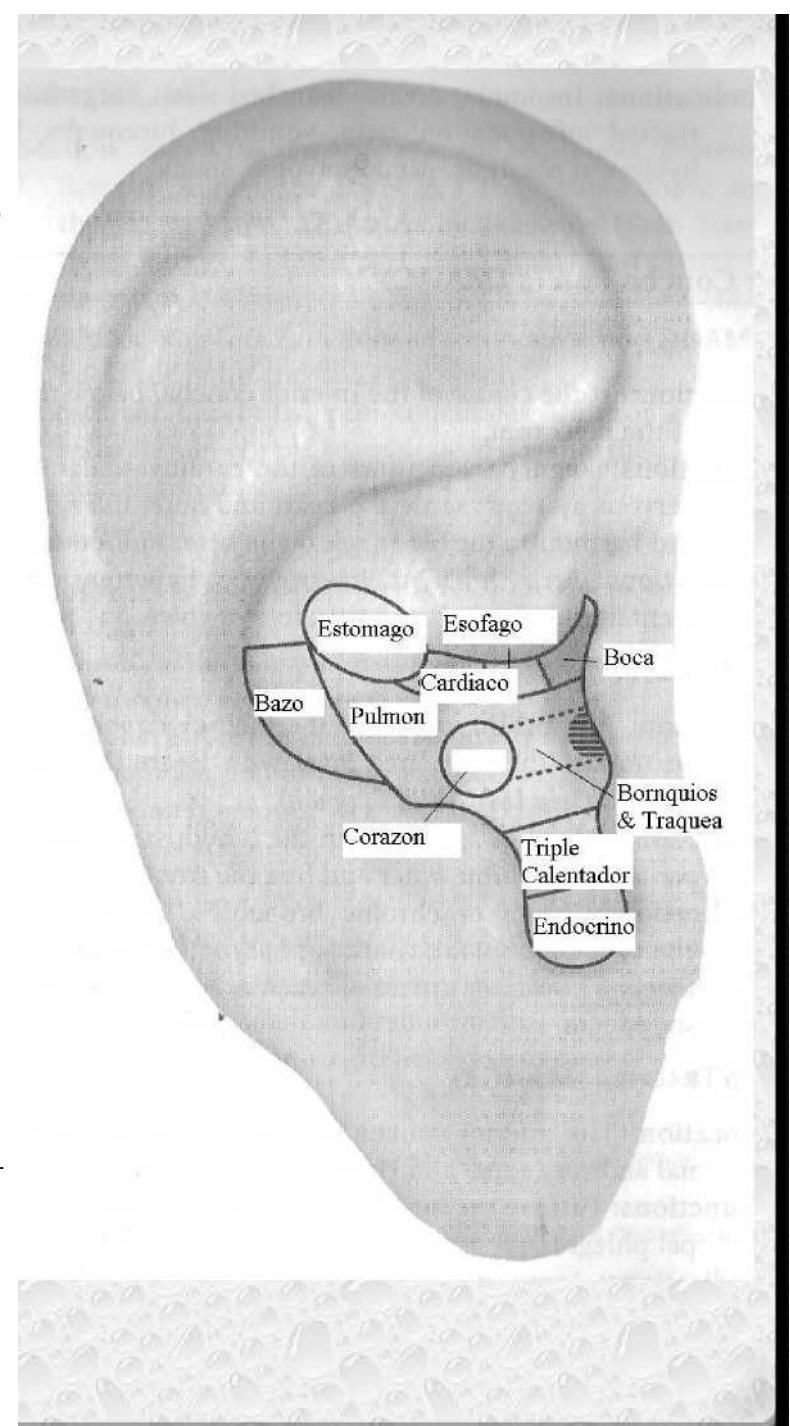


## 0 Endocrine (MA-IC3)

- 0 Location: bottom of the lower shell, in the inter-tragic notch.
- 0 Features:
  - 0 ■ regulates the functions of the endocrine system
- 0 anti-inflammatory, anti-allergy, anti-rheumatoid arthritis.
- 0 Indications: Hyperthyroidism, obesity, irregular menstrual cycle, dysmenorrhea, amenorrhea, premenstrual syndrome, climacteric syndrome, prostatitis, seminal emission, sterility, urticaria, rhinoallergosis, rheumatoid arthritis.

## 0 Triple Heater (MA-IC4)

- 0 Location: bottom of the inferior concha, superior to Endocrine (MA-IC3) in the inter tragic notch.
  - 0 Features:
    - 0 ■ diffuses the dynamics of Qi
    - 0 ■ unclogs and regulates water paths
  - 0 Indications: Edema, diuresis, deafness, tinnitus, painful impediment.
- 





## 0 Mouth (MA-IC5)

0

0 **Location** : anterior third of the upper portion of the inferior concha, posterior to the supratragic notch.

0 **Features:**

0 clears stasis and unclogs collaterals,

0 relieves pain and stops cough.

0 **Indications:** Disorders occurring in the mouth and throat such as ulcers, pharyngitis, bronchitis, tracheitis.

0

0

## 0 Esophagus (MA-IC6)

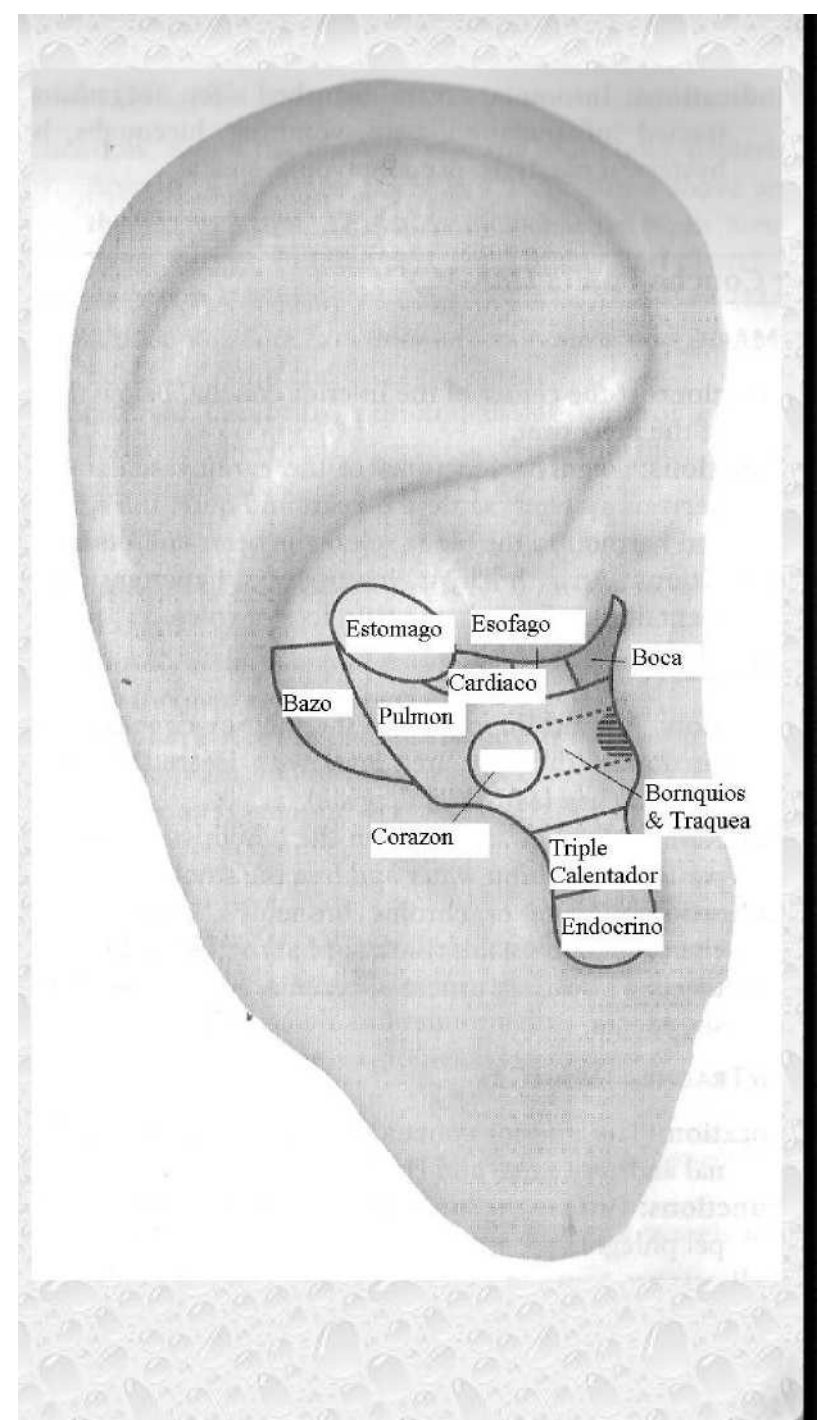
0

0 **Location** : Middle third of the upper portion of the inferior concha, between Mouth (MA-IC5) and Cardiac (MA-IC7).

0 **Features:**

0 releases the chest and disinhibits the diaphragm

0 **Indications:** Inflammation in the esophagus, tightness in the chest, difficult breathing.



## 0 Cardiac (MA-IC7)

0 **Location** : posterior third of the upper portion of the inferior concha, inferior to the root of the helix.

### 0 **Features:**

0 accelerates Qi, resolves tetanus and relieves pain

0 **Indications:** Pain in the upper abdomen, nausea, vomiting, chest tightness, poor appetite, distention in the upper abdomen.

0

## 0 Stomach (MA-IC)

0

0 **Location** : posterior to the root of the helix, on the crest of the concha.

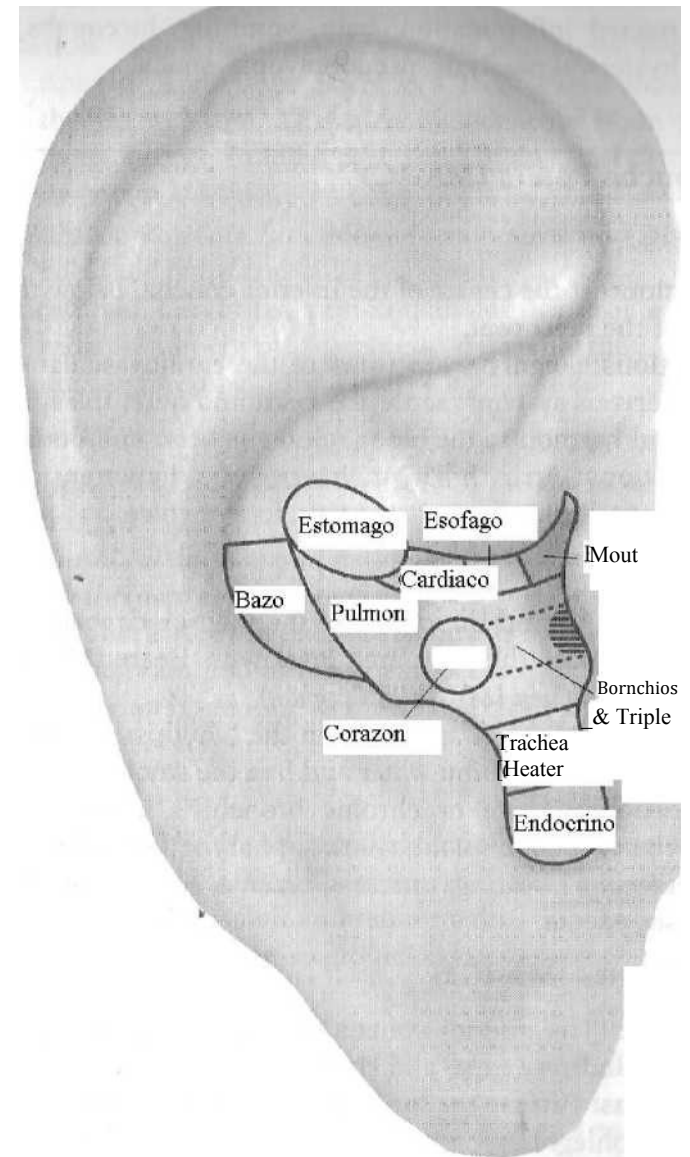
### 0 **Features:**

0 harmonizes the stomach and brings down the counterflow

0 resolves tetanus and relieves pain.

0 **Indications:** Gastric ulcer, gastritis, poor digestion, hiccups, vomiting, headache, tooth pain.

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## 0 Duodenum (MA-SC1)

0

**0 Location :** superior concha, the superior and posterior aspect of the root of the helix.

**0 Features:**

0 resolves tetanus and relieves pain

**0 Indications:** Duodenal ulcer, cholecystitis, cholelithiasis, pylorus spasm.

0

## 0 Small intestine (MA-SC2 )

0

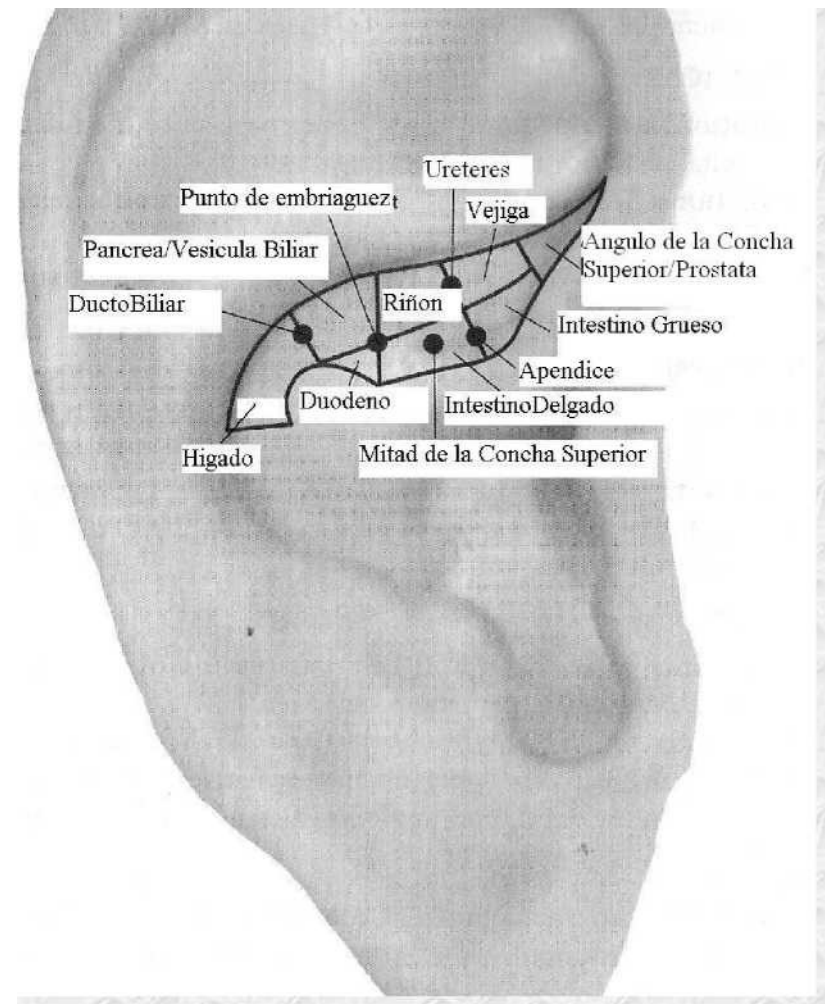
**0 Location :** on the superior concha in the superior and middle aspect of the root of the helix.

**0 Features:**

0 disperses accumulations and transforms food.

**0 Indications:** Poor digestion, abdominal distension, diarrhea, sore throat, mouth sores.  
Supplementary point to treat arrhythmia.

## Higher (MA-SC)



## 0 Appendix (MA-SC3)

0

0 **Location** : a point on the upper concha, between the Large Intestine (MA-SC4) and the Small Intestine (MA-SC2).

0 **Features:**

0 clears stasis and unclogs collaterals

0 resolves tetanus and relieves pain.

0 **Indications:** Appendicitis, loose stools.

0

0

## 0 Large Intestine (MA-SC4)

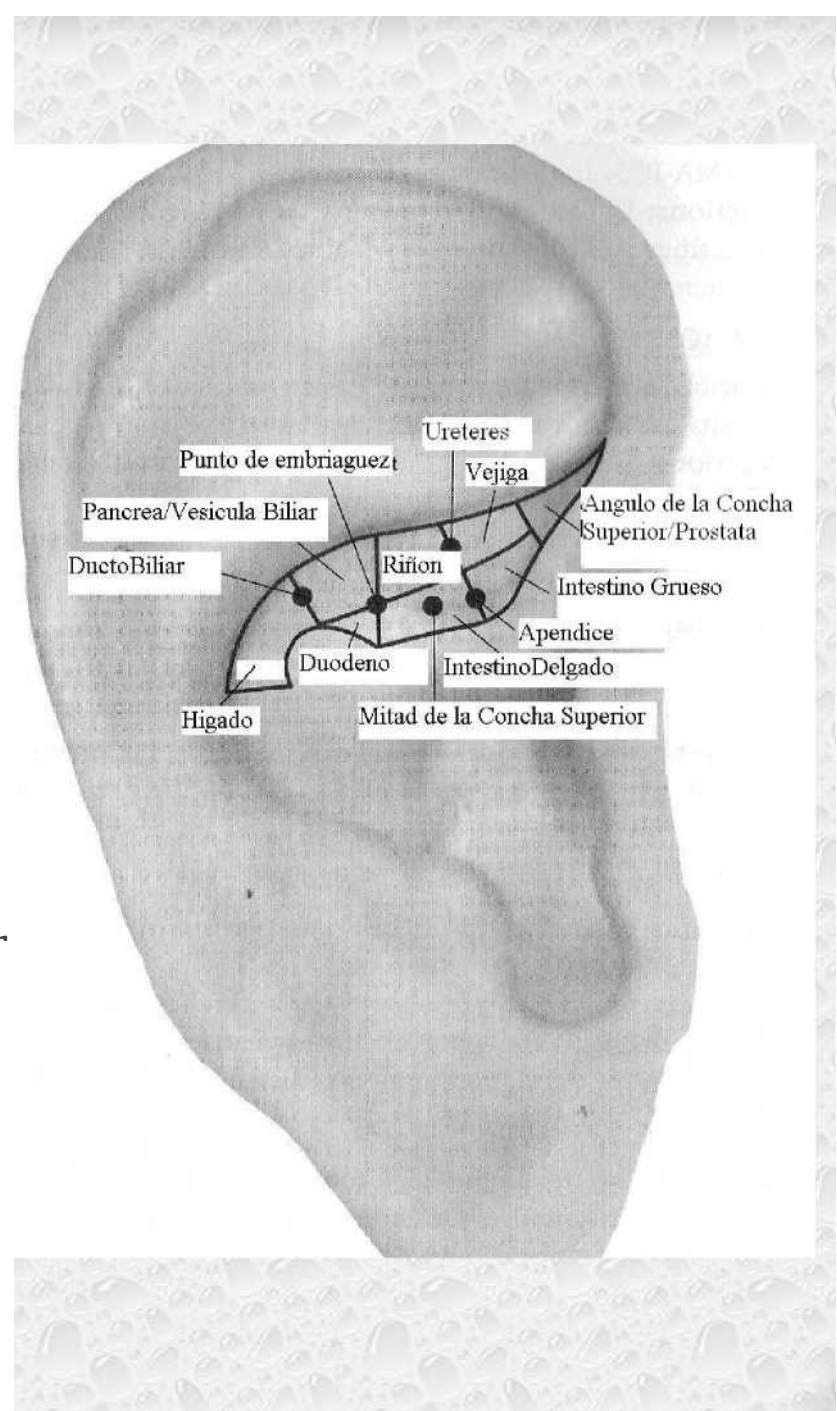
0

0 **Location** : superior concha, superior and anterior aspect of the root of the helix.

0 **Features:**

0 clears the wind, clears the heat, and unclogs the intestines.

0 **Indications:** Loose stools, constipation, cough, toothache, acne.





## 0 Liver (MA-SC5)

0 **Location** : posterior portion of the inferior aspect of the superior concha, anterior to the Chest (AM-AH11) and superior to the Spleen (MA-IC).

### 0 Features:

0 cursa-treats the liver and rectifies the Qi

0 brightens the eyes and extinguishes the wind.

0 **Indications:** Acute and chronic hepatitis, cholecystitis, cholelithiasis, distention and pain in the upper abdomen, repeat and acid regurgitation, dizziness, convulsion, hemiparesis; myopia, acute conjunctivitis.

0

## 0 Pancreas/Gallbladder (MA-SC6)

0

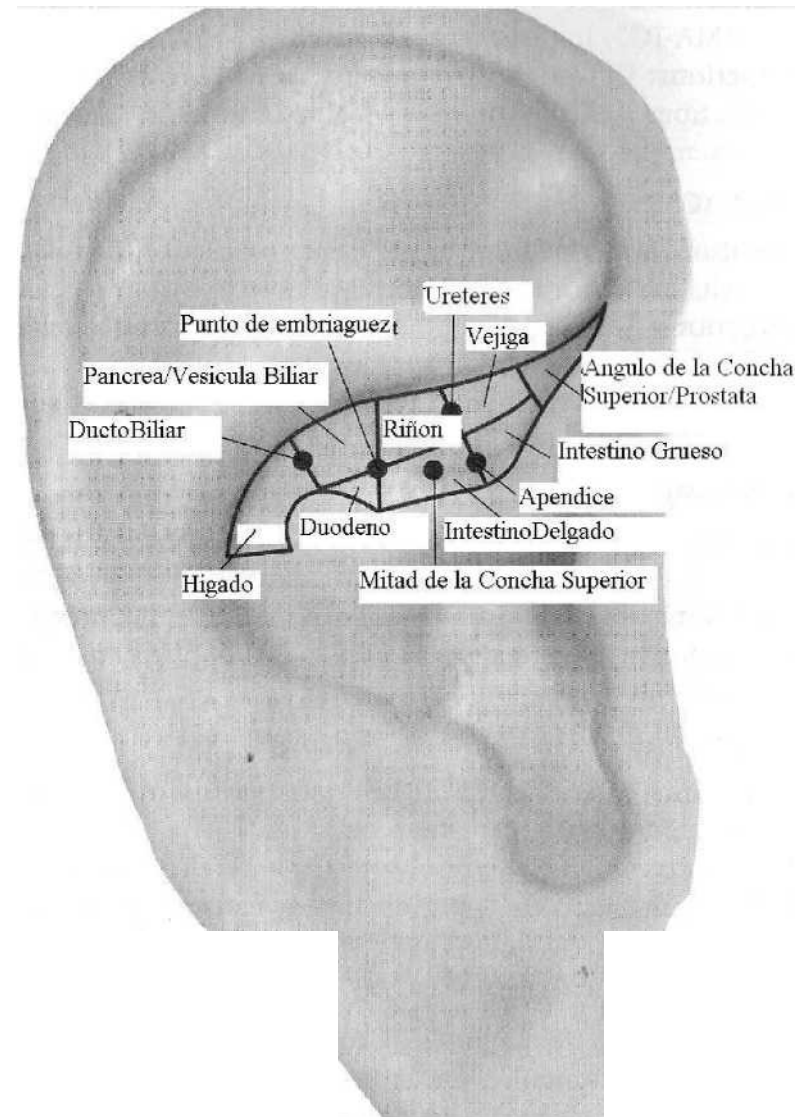
0 **Location** : Superior shell, between the Liver (MA- SC5) and Kidney (MA-SC).

### 0 Features:

0 courses and disinhibits the liver and gallbladder

0 unclogs collaterals and relieves pain.

0 **Indications:** Cholecystitis, cholelithiasis, parasitic diseases of the biliary tract, acute and chronic pancreatitis; migraine, deafness and tinnitus.



## 0 Kidney (MA-SC)

0

0 **Location** : superior shell, inferior to the Glutes (MA- AH5) and posteriorly at the level of the Bladder (MA-SC8).

0 **Features:**

0 supplements the kidney and stimulates the essence

0 strengthens the lumbus and invigorates the bones.

0 **Indications:** Disorders of the urinary and reproductive systems such as nephritis, cystitis, impotence, seminal emission; dysmenorrhea, amenorrhea; deafness, tinnitus, hearing loss, hair loss; nervous system disorders such as poor brain development, headache, retrograde degeneration of the spine, pain in the lower back, rheumatoid arthritis, chronic diarrhea, frequent urination at night, bedwetting.

0

## 0 Ureters (MA-SC7)

0

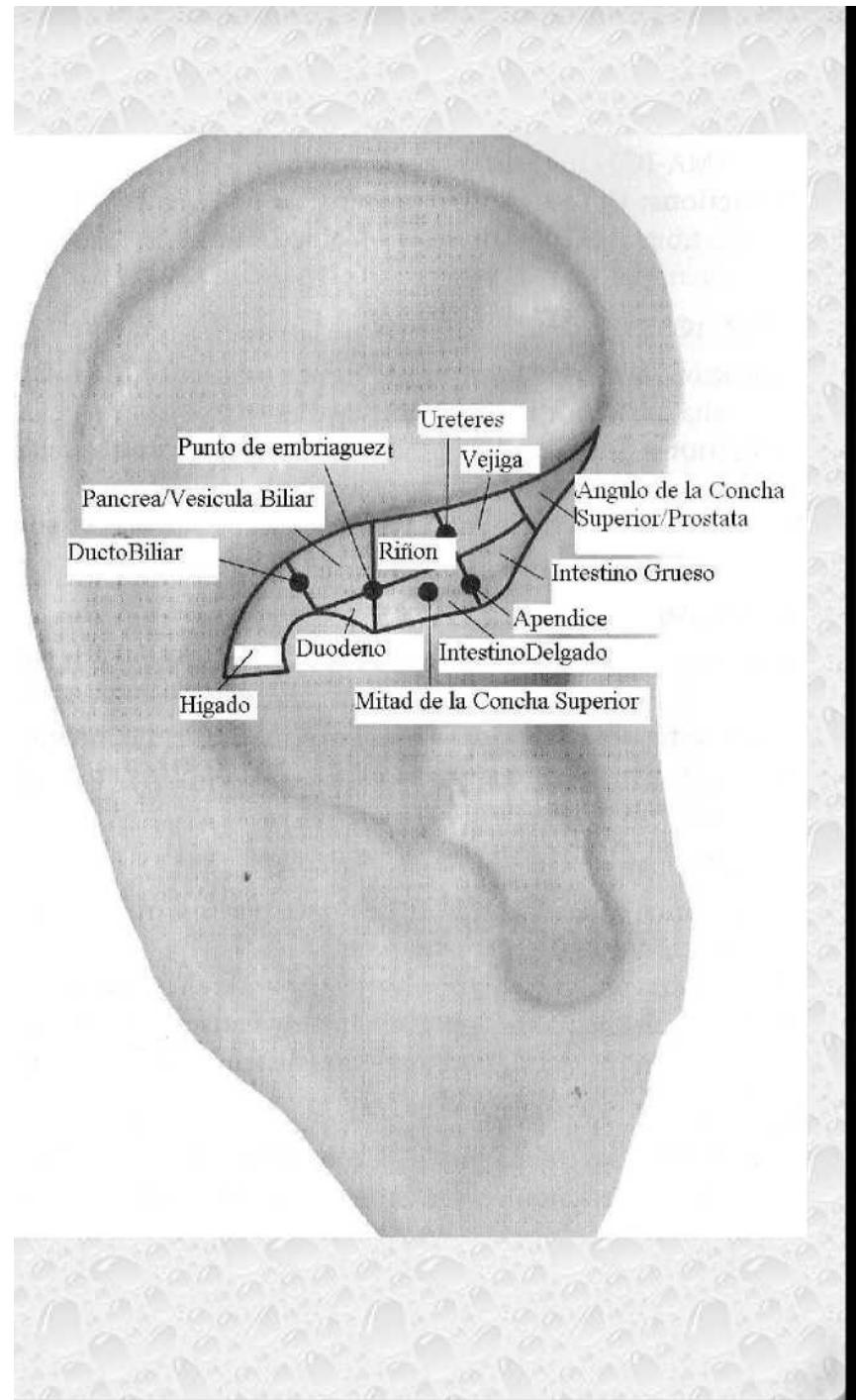
0 **Location** : a point on the superior aspect of the superior concha between Kidney (MA-SC) and Bladder (MA-SC8).

0 **Features:**

0 clears heat, disinhibits urine and unclogs stranguria

0 **Indications:** Urinary infection , colic due to

☿ ♠♦□■⌚ ⌘■ ♠⌘⌚ ureters



## 0 Bladder (MA-SC8)

0

0 **Location** : an area on the superior aspect of the superior concha between Kidney (MA-SC) and Angle of the Superior Concha/Prostate) (MA-SC).

0 **Features:**

0 clears heat and disinhibits urine

0 unclogs collaterals and relieves pain.

0 **Indications:** Acute cystitis, pyelonephritis, prostatitis, bed-wetting, urine retention, urinary incontinence, headache, pain in the lower back and spinal area, sciatica.

0

0

## 0 Upper Half Shell (MA- SC)

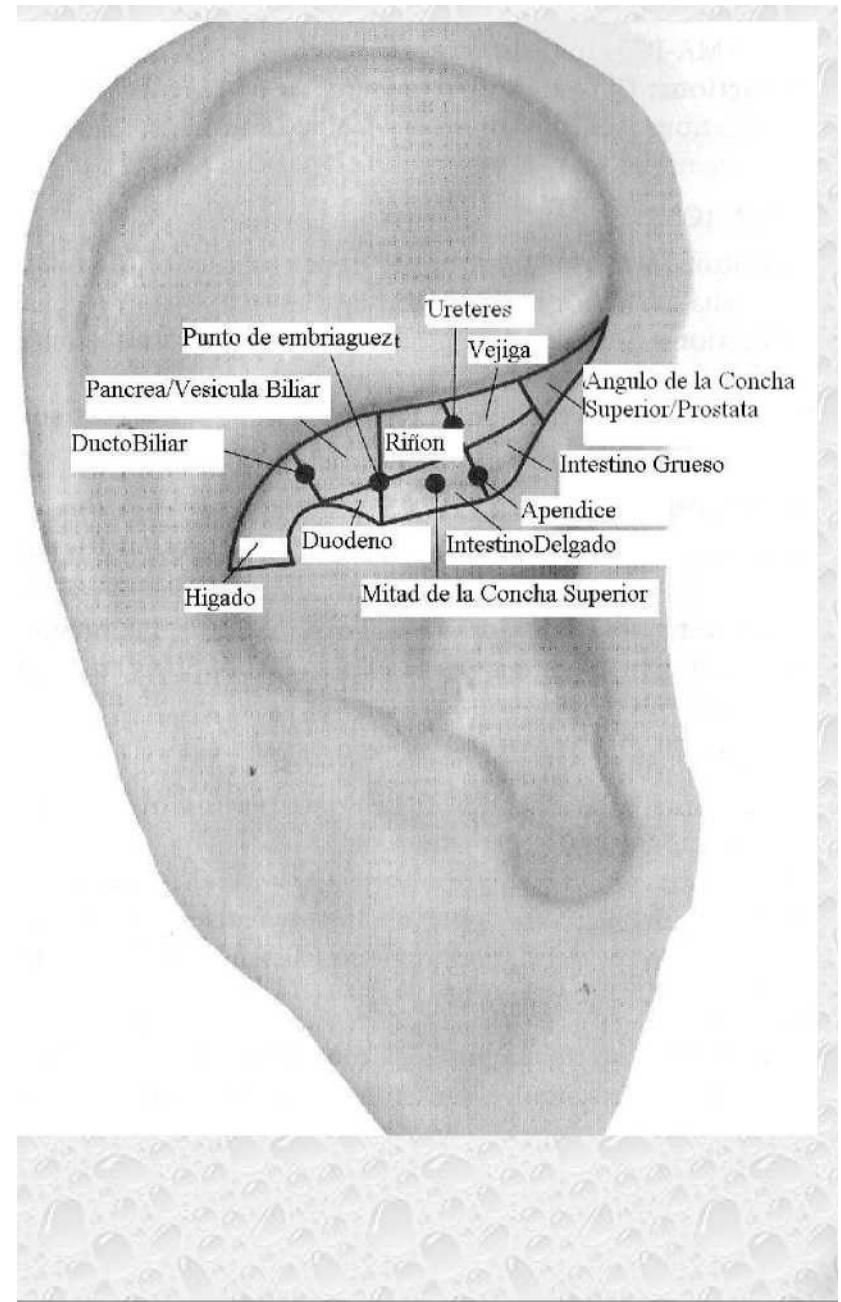
0

0 **Location** : in the center of the upper concha, a point in the Small Intestine area.

0 **Features:**

0 regulates the flow of Qi and relieves pain.

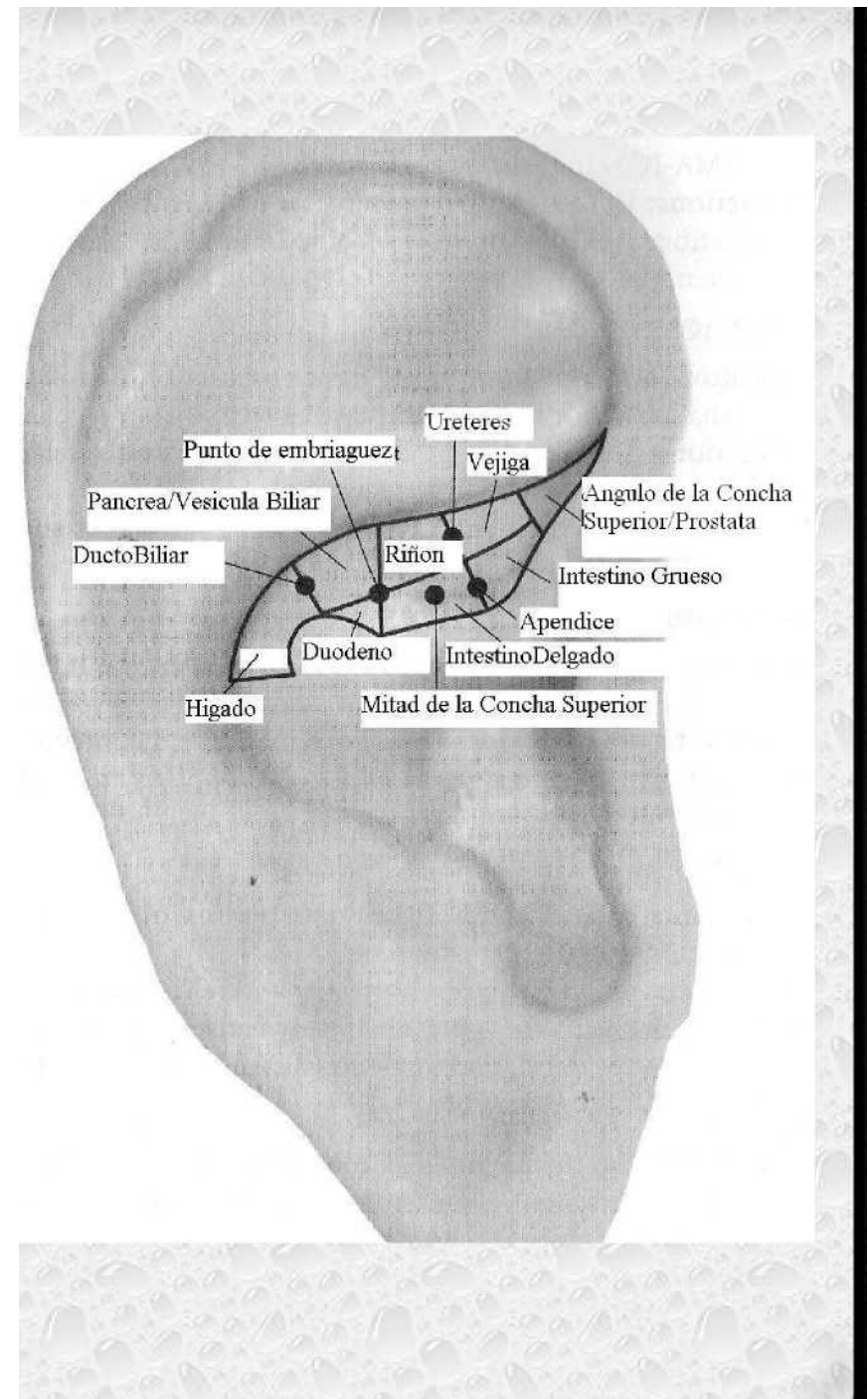
0 **Indications:** Pain around the navel, abdominal pain, dysmenorrhea, parasitic diseases of the biliary tract, prostatitis, urinary system calculus.





## 0 Superior Concha/Prostate Angle (MA-SC)

- 0 **Location** : in the narrow upper corner of the upper shell.
- 0 **Features:**
- 0 treats prostate disorders.
- 0 **Indications:** Prostate disorders including prostatitis, urethritis, UTI, prostatic hypertrophy, and prostate cancer.
- 0

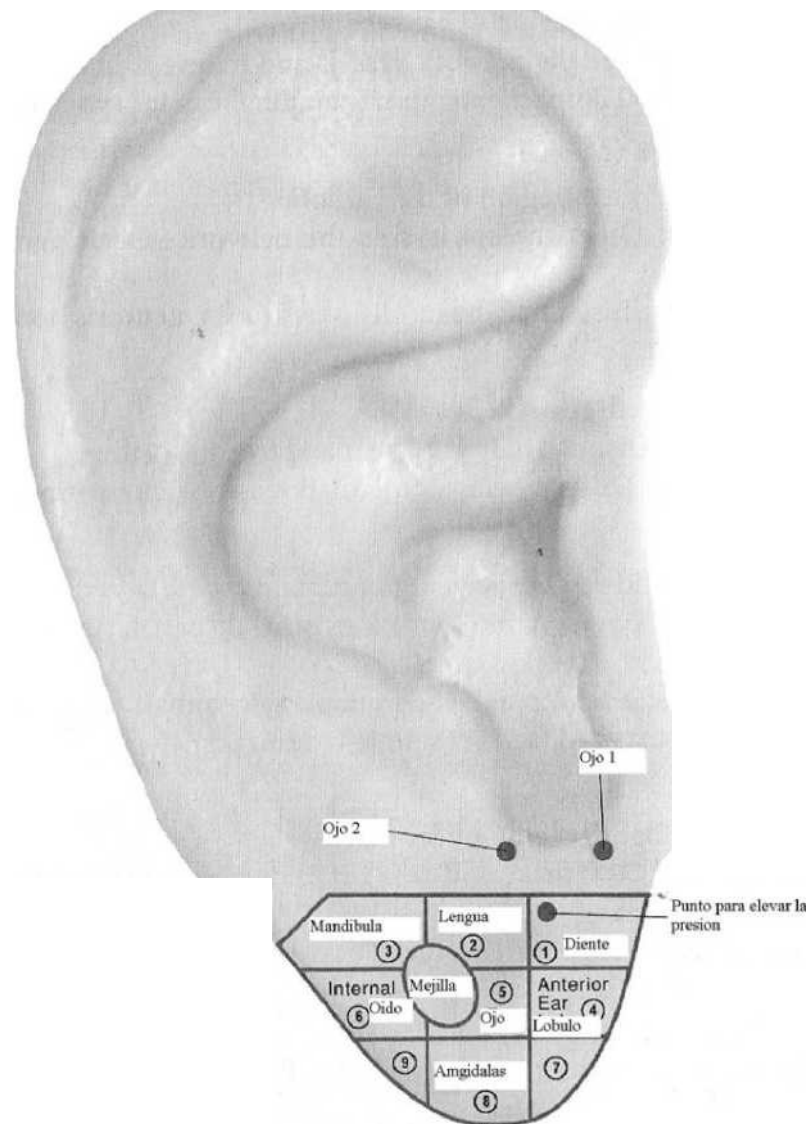


yes,



## 0 Lobe Points (MA-L)

- 0 On the earlobe, draw 3 horizontal proportional lines from the lower edge of the cartilage of the inter tragic notch, to the lower edge of the earlobe and another 2 vertical and proportional lines from the second horizontal line. This divides the earlobe into 9 regions from front to back and top to bottom.
- 0 It is worth noting that there are 2 points above regions 1 and 2 on the lobe. The point before is called Eye 1 and the point after is called Eye 2. They are useful for all kinds of eye disorders.



## Eye (MA-L)

**Location :** Fifth region of the ear lobe.

**Features:**

clears the liver, drains the fire, and brightens the eyes.

**Indications:** Acute conjunctivitis, retinitis, sty, pseudo myopia, electric ophthalmia.

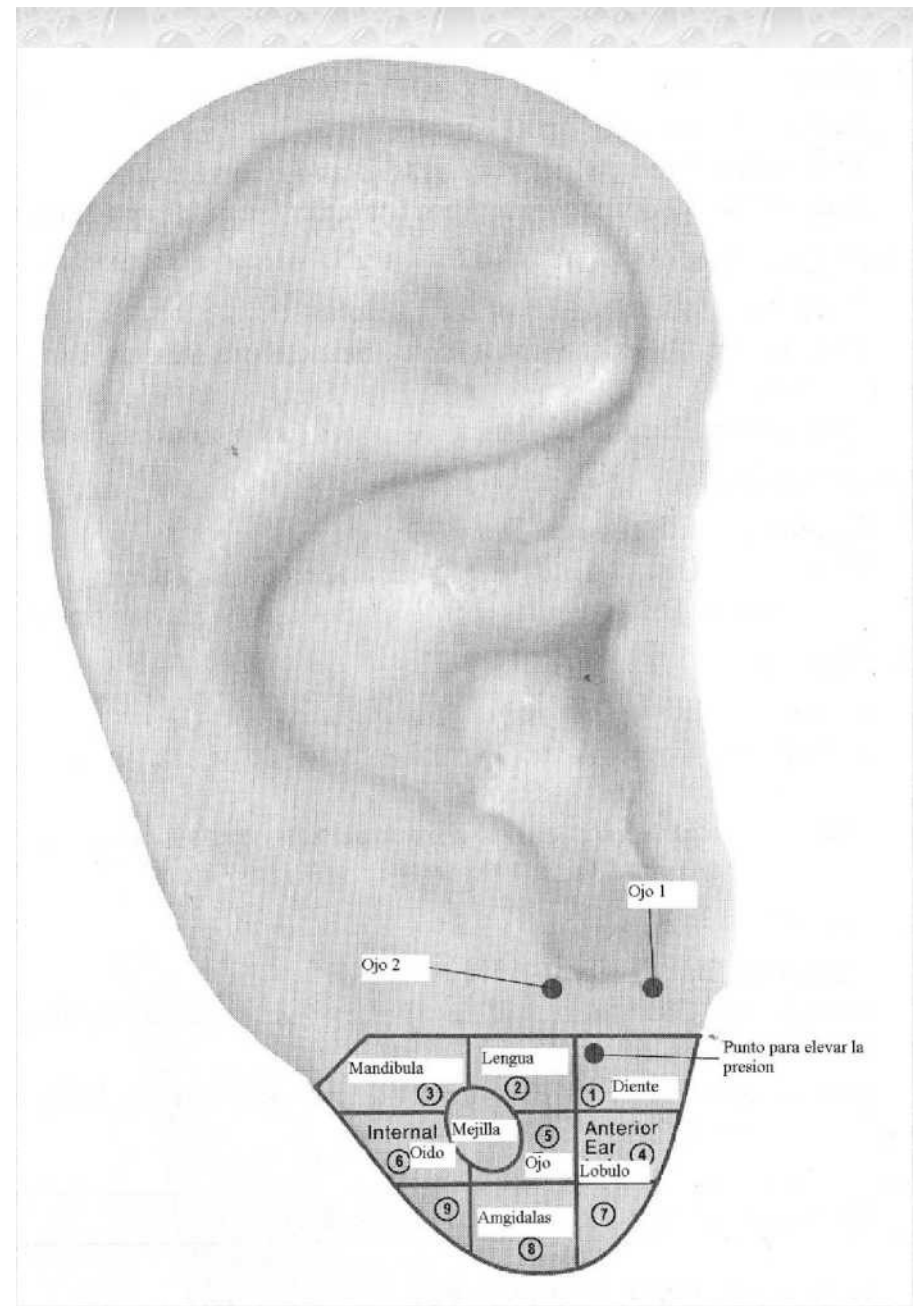
## Tooth (MA-L)

**Location :** First region of the ear lobe.

**Features:**

nourishes the liver and brightens the eyes

**Indications:** Glaucoma, retinitis, sty, optic atrophy, iridocyclitis, myopia.



# Language

**Location:** Second region of the ear lobe.

**Features:**

clears heat and resolves toxins, clears stasis and unclogs collaterals.

**Indications:** Inflammation of the mouth and tongue

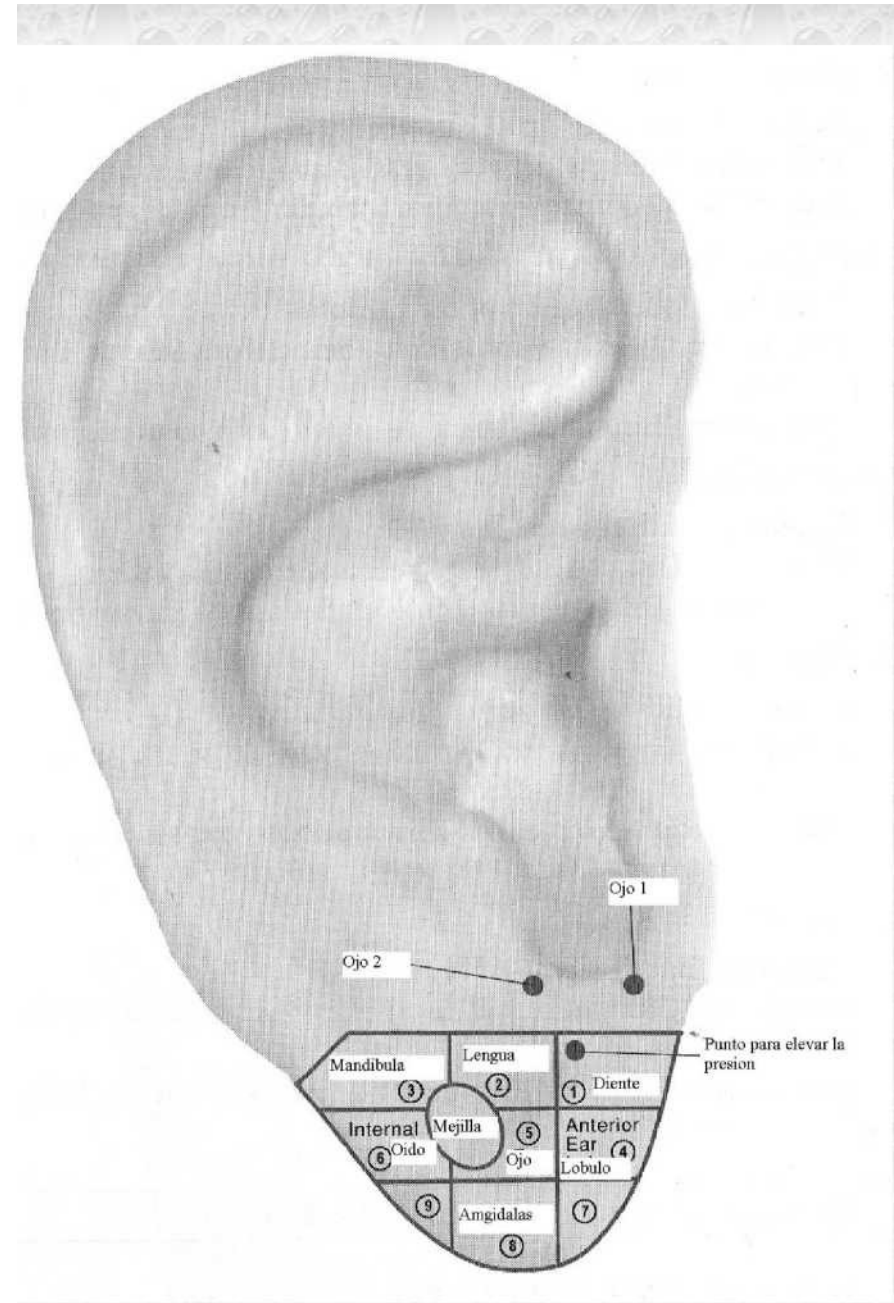
## Mandible (MA-L)

**Location :** third region of the ear lobe.

**Features:**

unclogs collaterals and relieves pain.

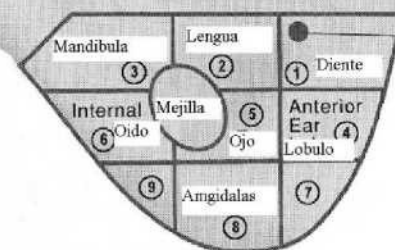
**Indications:** Tooth pain, temporomandibular joint syndrome.





Ojo 2

Ojo 1



Punto para elevar la  
presion

# **Anterior ear lobe**

## **(EVIL)**

**Location :** fourth region of the ear lobe.

### **Features:**

calms the spirit, unclogs the channels and relieves pain.

**Indications:** Insomnia, sleeping with disturbed sleep, neurosis, tooth pain.

## **Inner Ear (MA-L)**

**Location :** Sixth region of the ear lobe.

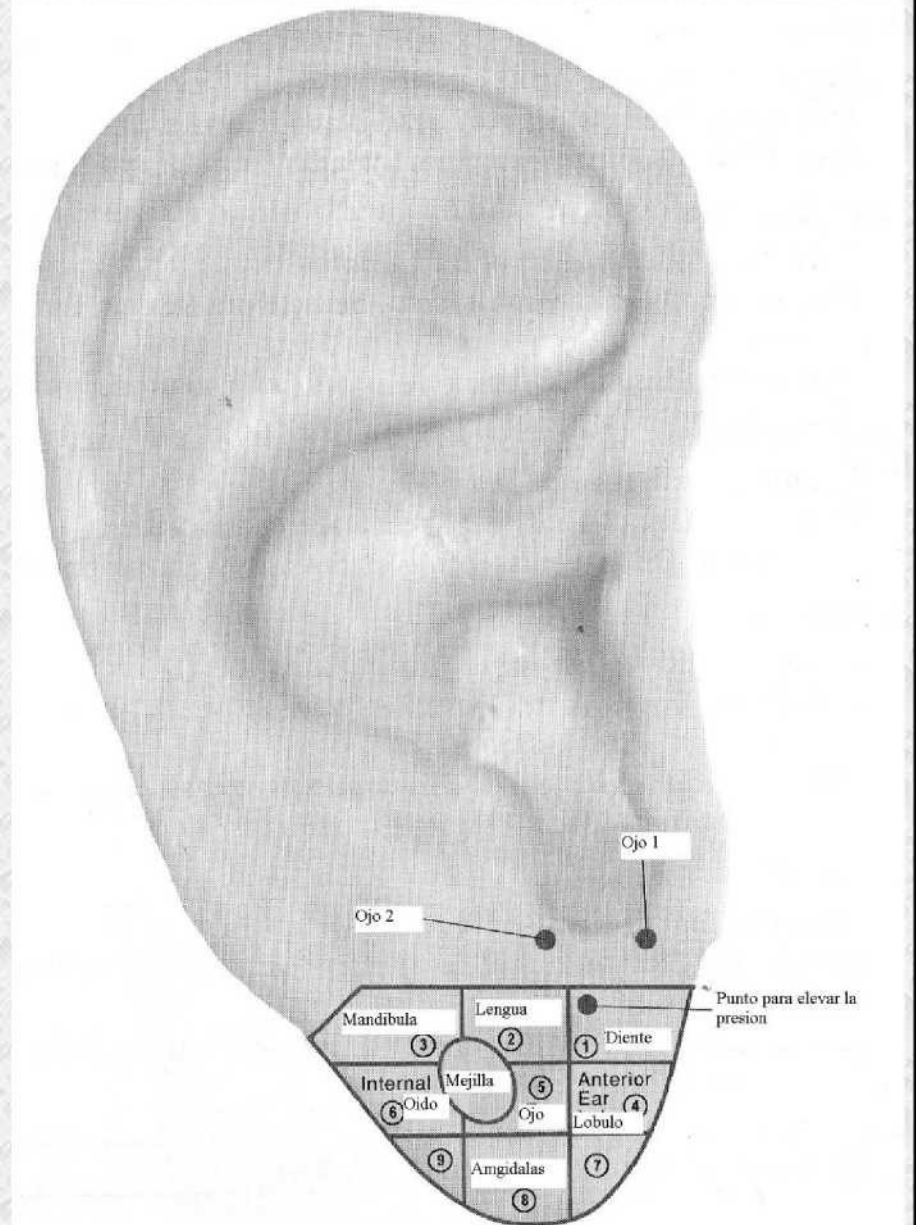
### **Features:**

clears the wind, clears the heat and unclogs the hole.

**Indications:** Otitis media, Meniere's disease, deafness, tinnitus.

**Cheek (MA-L)**

**Amygdala (MA-**



**Location** : halfway between regions 5 and 6.

**Features:**

The wind blows and the heat clears; clears stasis and relieves pain.

**Indications:** Facial paralysis, mumps, trigeminal neuralgia, acne, chloasma, cosmetic facial treatments.

**Location** : Eighth region of the ear lobe.

**Features :**

Clears heat and resolves toxins; disperses swelling and relieves pain.

**Indications** : Acute or chronic tonsillitis, sore throat, fever in various disorders.

# Points and areas of the Posterior Surface (MA PS)

## Heart of the Posterior Surface (MA PS)

**Location** : top of the back of the ear.

**Features** :

Nourish the heart and calm the spirit.

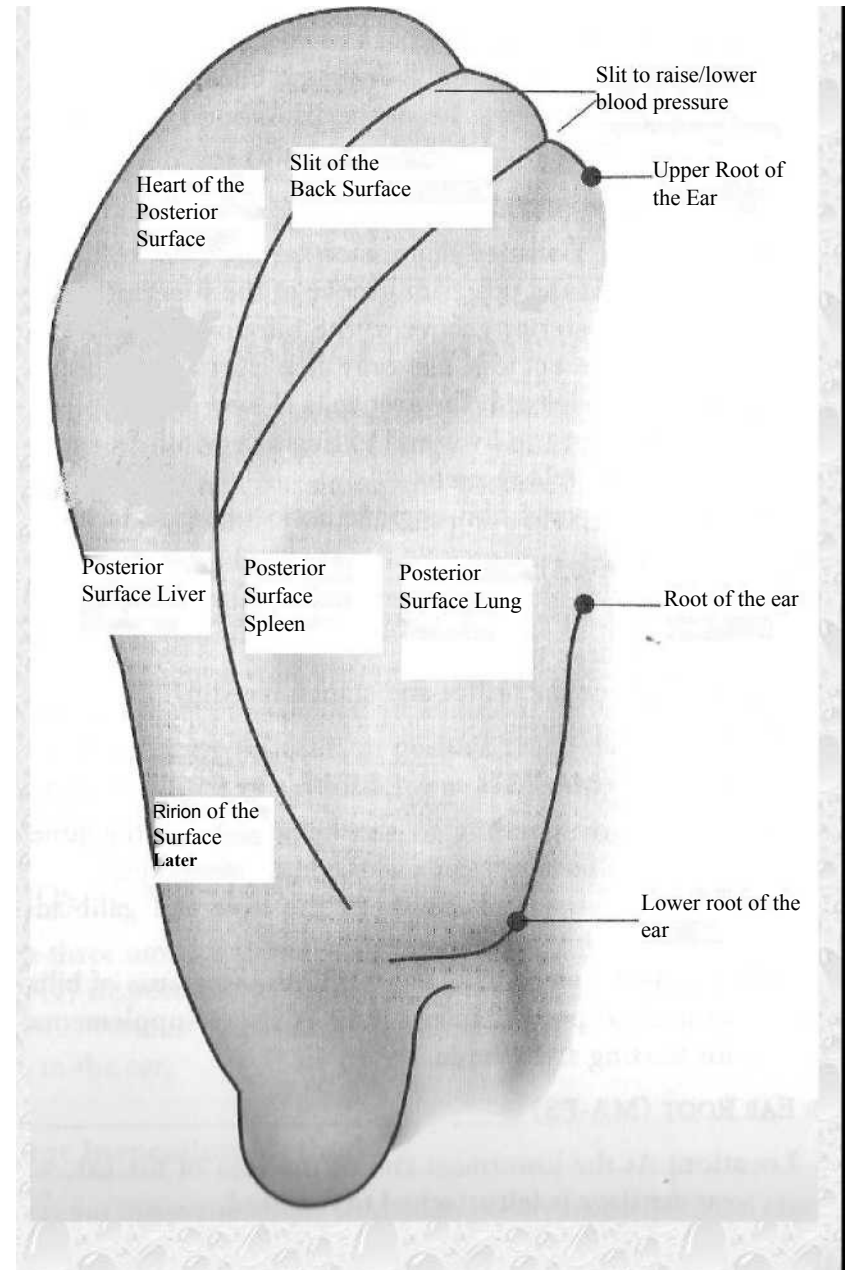
**Indications** : Palpitations, insomnia, sleeping with disturbed sleep, headache.

## Posterior Surface Lung (MA PS)

**Location** : from the area of the Posterior Surface Spleen (MA-PS) to the Inferior Root of the Ear.

**Features** :

Diffuses the lung and disinhibits Qi, stops coughing and calms wheezing





## Posterior Surface Spleen (MA-PS)

**Location :** the posterior ear, in the *area* where the root of the helix ends (anterior to the Posterior Surface Lung).

### Features :

- Strengthens the spleen and harmonizes the stomach.

**Indications :** Gastritis, pain and distension of the abdomen, poor digestion, poor appetite as in gastroduodenal ulcer.

## Surface Liver

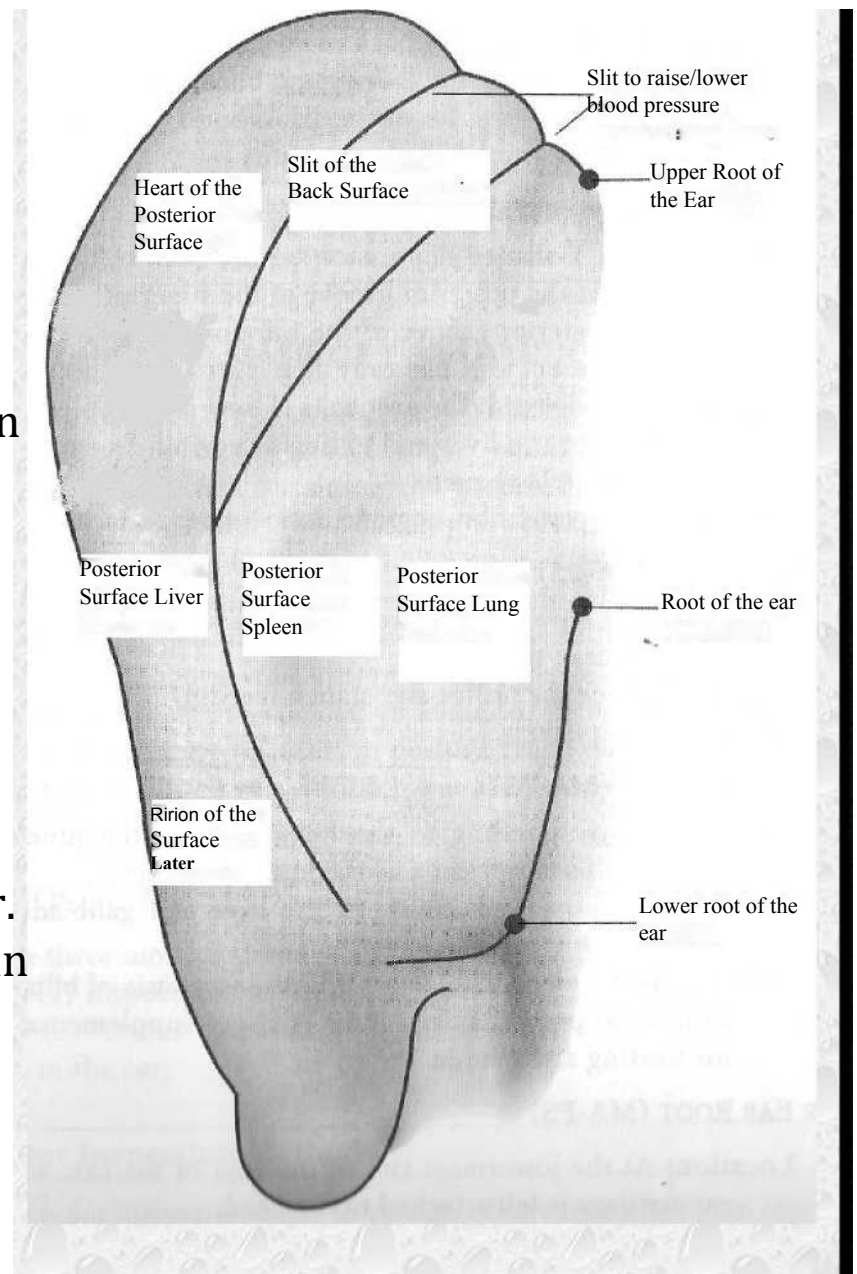
### Posterior (MA-PS)

**Location :** from the Posterior Surface Spleen (MA-PS) to the helix area.

### Features:

- Cures the liver and disinhibits the gallbladder.

**Indications :** Cholecystitis, cholelithiasis, pain in the upper abdomen, distension in the hypochondrium, eye disorders.



**Posterior Surface Kidney (MA-PS) Location :** bottom of the back of the ear.

**Features :**

Supplements kidney and stimulates-increases essence. **Indications :** Dizziness, headache, dysphoria, insomnia, sleeping with disturbed sleep due to kidney failure.

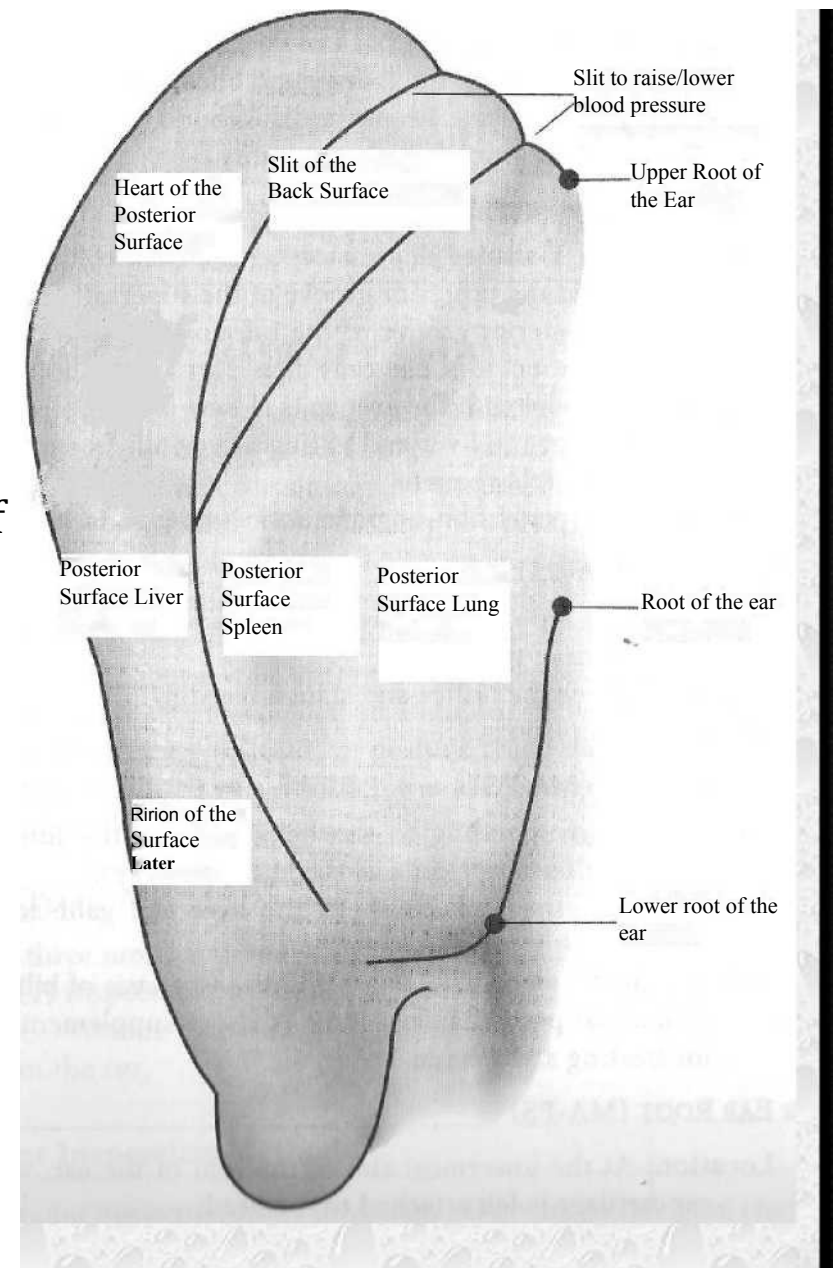
**Posterior Surface Cleavage (MA PS)**

**Location :** in a Y-shaped depression on the back of the ear that is surrounded by the superior groove of the superior crus of the antihelix and the posterior groove of the inferior crus of the antihelix.

Clinically, many acupuncturists use only that portion of the depression that is parallel to the cleft closest to the helix.

**Features :**

Calms the liver and extinguishes the wind; unclogs collaterals and relieves pain **Indications :** Hypertension, angioneurotic headache, facial paralysis.



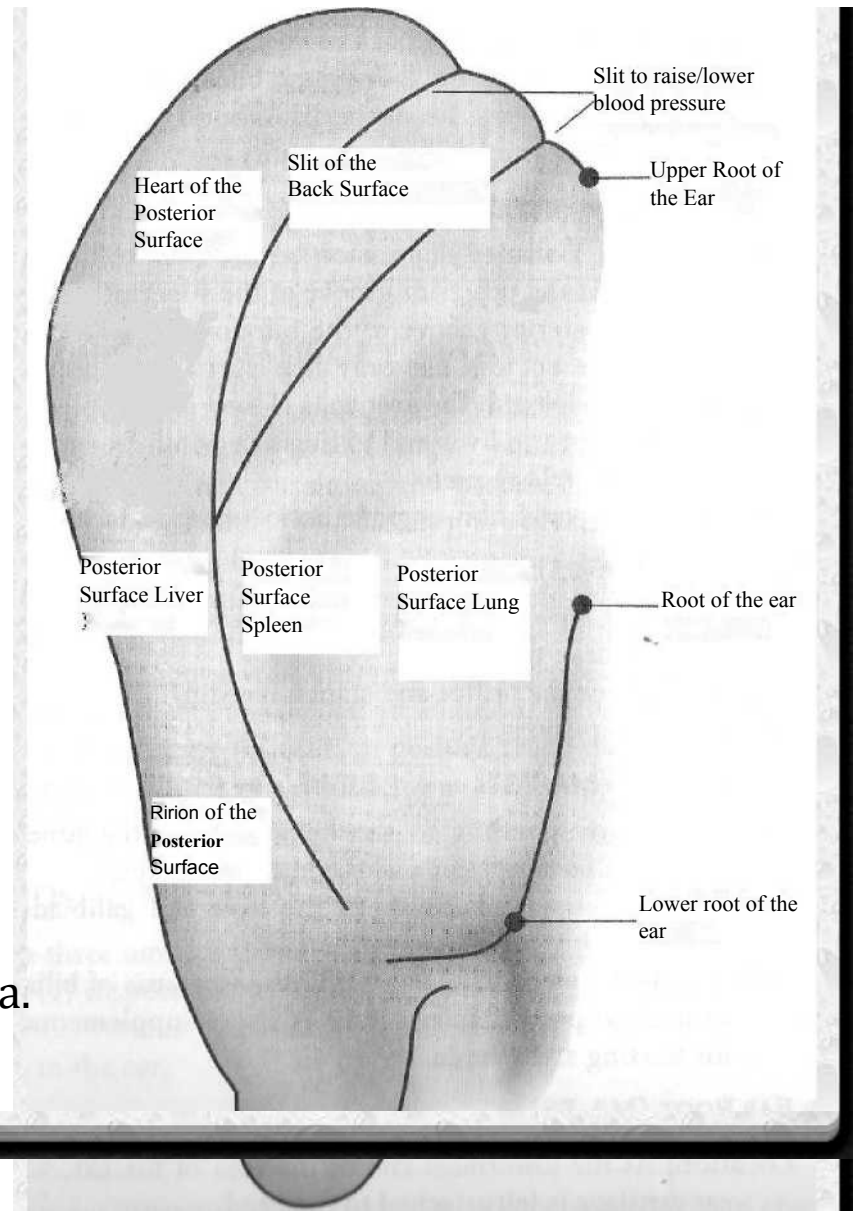
## Upper ear root (MA-PS)

**Location** : the tip of the ear root that marks the upper insertion point of the ear. **Features** : It unclogs the hole and stops the bleeding.  
**Indications** : Epistaxis.

## Vagus root of the ear (MA-PS)

**Location** : corresponding to the root of the helix, at the junction between the posterior ear and the mastoid process.

**Features** : It heals and disinhibits the liver and gallbladder; unclogs collaterals and relieves pain.  
**Indications** : Cholecystitis, cholelithiasis, ascariasis of the biliary tract, abdominal pain, diarrhea. Supplementary point to treat arrhythmia.



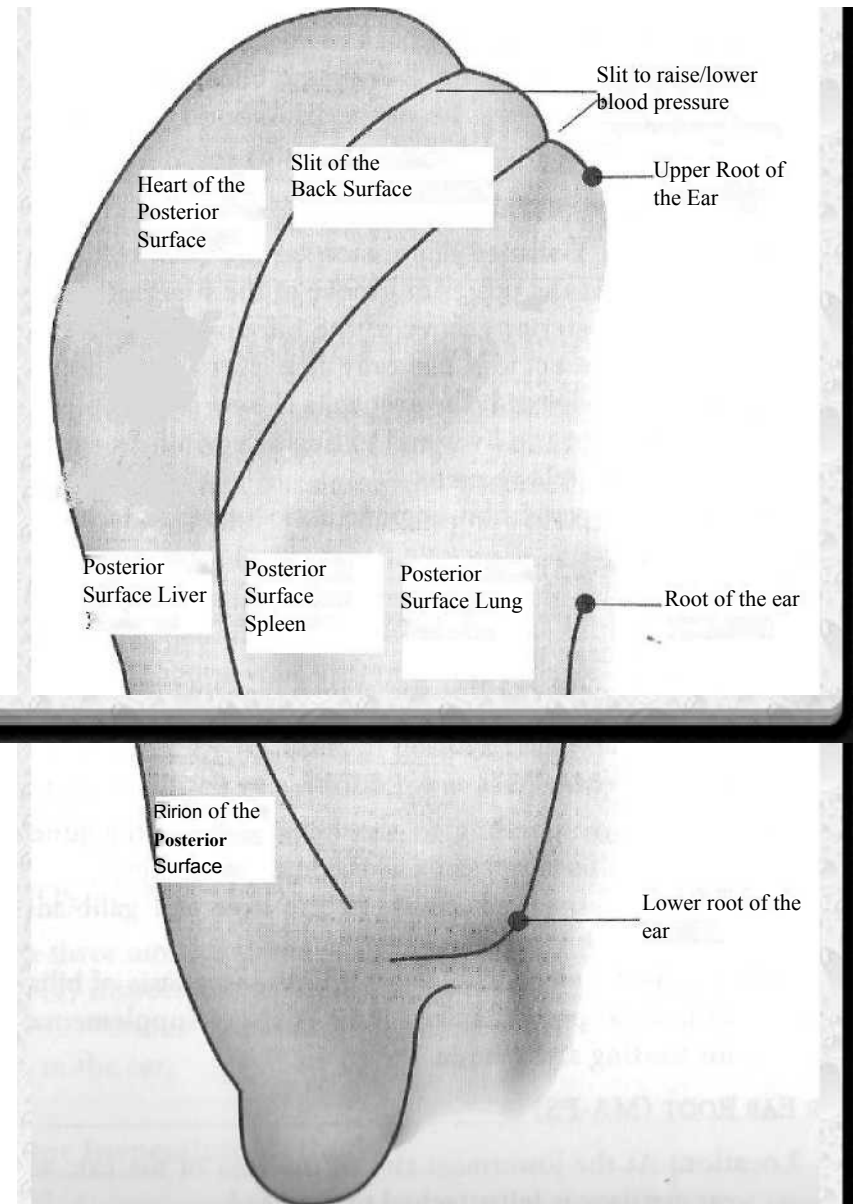
# Inferior root of the ear (MA PS)

**Location :** at the lower edge of the root of the ear, where the ear cartilage feels attached to the head.

**Features:**

Regulates endocrine functions.

**Indications :** Low blood pressure, endocrine disruption.



# Auricular Acupuncture part II

## The theoretical bases of ear diagnosis

- The ear can be considered a complete microcosmic representation that manifests the physiological and pathological information of the entire body.
  - Thus, when certain organs, tissues, or extremities are diseased, one can find positive reactions (that is, show the presence of a specific condition) in the corresponding points of the ear.
  - These positive reactions may present as low electrical resistance, low pain threshold, changes in color or appearance, peeling, papular rash, or congestion.
  - Such positive reactions can be found even before a disease appears; They may disappear after treatment or remain forever. Furthermore, such reactions change over the course of a disease.
  - In general, positive reactions not only identify the location and properties of a disorder, but also predict the onset of diseases and their dynamic changes.
-

# Diagnostic Methods

The three most commonly used diagnostic methods in auricular acupuncture are

- 1) inspection , or visual observation, of changes in skin color and texture,
- 2) various palpation procedures, and
- 3) electrical detection of changes in the ear .



## **Ear point inspection methods**

Ear spot inspection refers to visually observing the pathological changes in the ear in terms of □ color, □ appearance, □ scaling, □ papular rash, and □ congestion

## Application

- ☐ Under natural light, pinch the ear; Look inside first, then outside. Always look at the ear by looking from the top of the ear to the bottom.
- ☐ When a positive reaction is found, use the index finger or middle finger to support the indicated area on the back surface and completely expose the position of the positive reaction to clearly observe its shape, size, color, hardness, and location.
- ☐ Observe both ears for comparison.
- ☐ If a bead or notch is found, you can use your thumb, index finger, or feeler bar to feel around it and determine its hardness, mobility, boundary, and sensitivity.
- ☐ A detection bar or finger can be used to better expose the areas around the root of the helix or crus of the antihelix.

# **Clinical significance of positive reactions**

## **Color change**

### **Red reaction :**

- ☐ bright red, light red, or dark red, which may be in spots or spots, or have an irregular shape.
- ☐ Bright Red is seen in acute and painful disorders;
- ☐ Light or dark red is usually seen in recovery stages, chronic disorders, or prolonged cases.
- ☐ For example, the area around the Kidney (MA-SC) may present as a bright red spot in acute sprain of the lumbar area;
- ☐ Redness with peeling can be found in the area around the uterus (MA-SC) in endometrial hyperplasia, cervicitis, and leucorrhoea.

## **White reaction :**

- white papular spots, shiny spots, or white spots with a red border.
- A white reaction is commonly seen in chronic diseases such as chronic superficial gastritis.
- White dots with red border are seen in chronic diseases with acute onset, such as gastritis and rheumatic heart disease.

## **Gray reaction :**

- gray, light gray, or dark gray.
- Gray is mostly seen in chronic diseases or various cancers.

# Physical shape changes

## Projections:

- ☐ the projections can be as small as sesame seeds, as large as a bean, or as hard as a soybean;
- ☐ they all project from the skin. Multiple projections can be linked together.
- ☐ Notched projections are most commonly seen in hypertrophic arthritis;
- ☐ cord-like projections are seen in arthritis or myofibrositis;
- ☐ Spot-like projections are seen in abdominal distention.

## **Holes:**

- ☐ holes, linear, like points, or areas.
- ☐ Hole-points are seen in tinnitus, or astigmatism;
- ☐ pit-areas are seen in duodenal or gastric ulcers;
- ☐ Linear pits are seen in coronary heart disease, tinnitus, deafness, tooth decay, and tooth loss.

## **Rough, abnormally thickened, or wrinkled ear skin:**

- ☐ seen in dermatological disorders.



## Papular rash:

- ☐ Papular eruptions may be red, white, white with red border, or dark gray eruptions, which are seen in acute or chronic organic disorders, or in allergic dermatitis.
- ☐ For example, papular dot-like eruptions are seen in cholelithiasis, bronchitis, or diarrhea;
- ☐ A flat, clustered rash is seen in nodular prurigo.

# Peeling

- ☐ With peeling there is shedding of straw-white, flake-like skin.
- ☐ For example, peeling occurring in
  - ☐ a) the triangular fossa indicates obstetric inflammation or leucorrhoea;
  - ☐ b) in the esophagus (MA-IC6) and cardiac (MA-IC7) indicates poor digestion;
  - ☐ and c) in the entire ear it indicates seborrheic dermatitis.

# Vascular filling or filling

- ☐ The filling or shapes of blood vessels have several meanings. a) Net-like filling indicates acute inflammation, such as pharyngitis, tonsillitis, or mastitis;
- ☐ b) Vascular filling like a star indicates ulcer;
- ☐ c) circular or curved vascular filling indicates rheumatic heart disease;
- ☐ d) vascular interruption indicates cardiac infarction.

# Classification of positive reactions and their regularity

- ☐ **Acute inflammation** : a red, irregular congestion with seborrhea and luster, or red with white borders in some cases.
- ☐ **Chronic organic diseases** : projections such as spots or moles or holes, white papular eruption without seborrhea and luster. There may be swelling.

- **Various types of dermatitis** : straw-like scaling, papular rash, dark brown, rough skin.
  
- **Cancer** : nodular or dot-like projection, dark gray millet.
  
- **Surgical scar:** Linear or crescent-shaped marks that are white or dark gray.

## **The principles for inspection of ear points can be summarized as follows:**

- ☐ A red color indicates an acute condition while a white color with a hole or projection indicates a **chronic condition**.
- ☐ Scaling indicates inflammation and tuberculous scaly disorders on the skin.
- ☐ Linear or semilunar white color or a dark gray color indicates surgical scar;
- ☐ Nodular projections that are dark gray indicate cancer.

# Primary points for attention

- ☐ Acupuncturists should be familiar with the location and distribution pattern of points, and should fully understand the theories of TCM and Western medicine (biomedicine).
- ☐ The inspection must be done with natural lighting.
- ☐ The ear should not be washed before inspection to avoid disturbing any positive reaction. If necessary, use a cotton swab to clean the ear, sliding it in one direction, but do not scrub.
- ☐ Visual inspection should be done in combination with palpation.



- ❑ Pseudopositive reactions, such as may occur with nevi (moles) or frostbite, should be excluded. If the points visually appear to present a positive reaction, but pressure with a detection bar does not register any sensation of irritation, pain, or numbness, the appearance should be considered a pseudo-positive reaction.
- ❑ Individual constitution, race, skin color, sex, age, and season of the year should be taken into account during the inspection.
- ❑ Identification of the pattern according to the theory of organs and viscera should be applied when a positive reaction is found.

**Methods of palpation of the ear points** Palpation should be done on the basis of inspection. It can be done with fingers, a detector bar, or an electrical detector.

## **Palpation of sensitive points**

- ☐ Palpating sensitive points is useful in diagnosing the location and properties of acute illnesses and painful disorders.
- ☐ Sensitive points should also be used for treatment. The severity of pain in degrees for ease of comparison; The severity of the pain is determined by the patient's reaction when the point is pressed. In general, the stronger the pain, the more severe the disease.

## Pressing external elements

- ☐ Pressing an external element is useful in diagnosing the location and properties of chronic diseases during follow-up of a patient's visits, as well as for monitoring health.
- ☐ Screening should be done in an orderly manner, such as according to anatomical areas (as described below).
- ☐ Projections, pits, nodes, cords, cartilage hyperplasia, and edema should be inspected with this method.

## Rubbing

- ☐ Rubbing is suitable for the diagnosis of chronic and organic diseases. Using your index finger and thumb, palpate deeply within the auricular tissue to find subdermal pathological changes.
- ☐ Hyperplasia of the cartilage, nodes, projections, and cords, and the size, hardness, and sensitivity of each, can be identified by touch.

## Electrical detection

- ☐ A variety of electrical sensing devices can be used to determine electrical resistance at points on the ear.
- ☐ Because information about the body is collected in the ear, when an organ or part of the body is getting sick, the electrical resistance at the corresponding points in the ear will change significantly.

## **Exam order**

When diagnosing the ear, the convention is to work through the different areas in the following sequences.

### **According to anatomical areas:**

- ☐ triangular fossa
- ☐ shell
- ☐ helix root
- ☐ antitragus
- ☐ inter tragic notch
- ☐ drink
- ☐ lobe
- ☐ antihelix
- ☐ superior antihelix crus
- ☐ inferior antihelix crus
- ☐ scaphoid fossa
- ☐ helix

☐ posterior surface of the ear.



## According to the physiological systems:

- ☐ blood pressure
- ☐ obstetric and reproductive system
- ☐ urinary system
- ☐ liver and gallbladder
- ☐ stomach and intestines
- ☐ cardiovascular and respiratory system
- ☐ nervous system
- ☐ face and eye, nose, mouth, tongue, and throat
- ☐ trunk and extremities.

## Positive reaction

Beeps will be heard when the electrical detector is located over areas where electrical resistance is low. Positive reactions are divided into 3 degrees:

**Medium (+) positive reaction:** the beeps occur slowly, with low sound, low tone, and low frequency, there is no specific pain in the tested area.

**Positive reaction (++):** beeps occur quickly with high sound, low pitch, and unchanged frequency; There is a sensitivity in the tested area.

**Strong positive reaction (+++):** beeps occur quickly with loud sound and the pitch changes from low to high; There is pain in the tested area.

## Auricular diagnosis in commonly seen disorders

### Internal diseases

#### **ACUTE GASTRITIS**

**Inspection** : red spot with gloss on Stomach (MA-IC).

**Palpation** : sensitivity in the stomach (MA-IC).

**Electrical detection** : positive reaction in the stomach (MA-IC).\*

# CHRONIC GASTRITIS

## *Superficial gastritis*

**Inspection** : white projection of a spot without clear edges on the stomach.

**Palpation** : projection like a spot, hard and cord-like, in the Stomach.

**Electrical detection** : positive reaction in the stomach.

## *Hypertrophic Gastritis*

**Inspection** : large projection with clearly defined borders on Stomach.

**Palpation** : large projection with hardness in the Stomach.

**Electrical detection** : positive reaction (++) in the stomach.

## *Atrophic gastritis*

**Inspection** : flat on or a hole with wrinkles in red alternating with white on Stomach.

**Palpation** : sensitivity in the stomach.

**Electrical detection** : positive reaction in the stomach.

## **CHRONIC GASTRITIS WITH ACUTE ATTACK**

**Inspection** : white projection like a spot alternating with a shiny red spot.

**Palpation** : sensitivity in stomach.

**Electrical detection** : positive to strong reaction (+ to +++).

# GASTRIC ULCER

## *Active phase*

**Inspection** : Congestion like spot or spot with clearly defined border and gloss, sometimes with a millet-like hole in the middle of Stomach.

**Palpation** : hole caused by touching, tenderness in the stomach.

**Electrical detection** : positive reaction in the stomach.

## *Rest phase*

**Inspection** : Holes like dark purple spots or dots on Stomach.

**Palpation** : hole caused by touching the stomach.

**Electrical detection** : medium positive reaction (+) in the Stomach.

## *Recovery Phase*

**Inspection** : projection like spot or point with clearly defined borders on Stomach.

**Palpation** : cord-like projection in the stomach.

**Electrical detection** : medium positive reaction (+) in the Stomach.

# DUODENAL ULCER

## *Active Phase*

**Inspection** : millet-like pit in red, with clearly defined edges in Duodenum; a defect occurring in the lateral third of the upper border of the root of the helix; vascular filling radiating towards Pancreas/Gallbladder.

**Palpation** : severe sensitivity in Duodenum.

**Electrical detection** : strong positive reaction (+++) in Duodenum.

## *Rest Phase*

**Inspection** : Dark purple millet-like pit with clearly defined edges in Duodenum, vascular filling radiating towards the upper edge of the Root of the Helix.

**Palpation** : sensitivity in Duodenum.

**Electrical detection** : positive reaction (++) in Duodenum.

## *Recovery Phase*

**Inspection** : dark brown millet-like pit, with clearly defined edges in Duodenum, vascular filling radiating towards the upper edge of Helix Root.

**Palpation** : cord-like projection without sensitivity in the Duodenum.

**Electrical detection** : medium positive reaction (+) in Duodenum.

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## **DUODDENAL BULBAR INFLAMMATION**

**Inspection** : Redness like spots with defined edges are in Duodenum.

**Palpation** : middle pit in Duodenum.

**Electrical detection** : positive reaction (++) in the Duodenum.

## **ACUTE ENTERITIS**

**Inspection** : vascular filling as a red spot with luster and seborrhea in the large intestine. Sometimes papular eruptions can be found in the area.

**Palpation** : plane or hole, sensitivity in the large intestine.

**Electrical detection** : positive reaction (++) in the Large Intestine.

## **CHRONIC DIARRHEA**

**Inspection** : dark red pit like spot with seborrhea in the large intestine.

**Palpation** : hole like spot, sensitivity in the large intestine.

**Electrical detection** : positive reaction (++) in the Large Intestine.



## **ALLERGIC COLITIS**

It is indicated if a positive reaction is found in Current of the Wind, and Endocrine along with large intestine.

## **CONSTIPATION**

**Inspection** : projection like a cord or spot with flaking like straw in the Large Intestine.

**Palpation** : cord-like projection, hard, in the Large Intestine.

**Electrical detection** : medium positive reaction (+) in the Large Intestine.

## **INTESTINAL FUNCTIONAL DISTURBANCE**

**Inspection** : projection as a white patch in the Small Intestine. Dark red or purple flat or pit in the Large Intestine.

**Palpation** : projection as a spot in the Small Intestine, flat or hole in Large intestine without sensitivity.

**Electrical detection** : positive reaction (++) in Large Intestine, Small Intestine, Wind Current, Spleen and Subcortex.

## **CHILD MALNUTRITION**

**Electrical detection** : Positive reaction (++) in Spleen, Endocrine and Subcortex.

## **ACUTE HEPATITIS**

**Inspection** : redness like a spot or shiny spot on the Liver.

**Palpation** : red hole after pressing, sensitivity in the Liver.

**Electrical detection** : positive reaction (++) in the Liver.

## **CHRONIC HEPATITIS**

**Inspection** : white projection like spot on the Liver.

**Palpation** : projection like a spot, sensitivity in the Liver.

**Electrical detection** : positive reaction (++) in the Liver.

## **LIVER CIRRHOSIS**

**Inspection** : dark color in Liver; projection as a spot on the Spleen.

**Palpation** : no sensitivity in the Liver but cord-like projection in the Spleen and Esophagus.

**Electrical detection** : positive reaction (++) can be found in Subcortex, Endocrine, Spleen, Esophagus, and Liver.

## **HEPATOMEGALY**

**Inspection** : white projection with clearly defined borders on the Liver.

**Palpation** : cord-like projection in the Liver.

**Electrical detection** : medium positive reaction (+) in the Liver.

## **ACUTE CHOLECYSTITIS**

**Inspection** : redness like shiny patch on Pancreas/Gallbladder Bile.

**Palpation** : Obvious sensitivity in the Gallbladder.

**Electrical detection** : positive reaction (++) in Pancreas/Gallbladder.

## CHRONIC CHOLECYSTITIS

**Inspection** : projection like a cord or white spot on the Pancreas/Gallbladder.

**Palpation** : projection like a cord or spot, hard, in the Pancreas/Gallbladder, sensitivity.

**Electrical detection** : average positive reaction in Pancreas/Gallbladder.

## CHOLELITHIASIS

**Inspection** : one or more papular eruptions or nodes in Posterior Surface Liver; projection as a white spot on the Pancreas/Gallbladder.

**Palpation** : round nodes or cords in the Pancreas/Gallbladder and Liver of the Posterior Surface.

**Electrical detection** : positive to strong positive reaction (++ to +++) in Pancreas/Gallbladder and Liver of the Posterior Surface.

## CHRONIC CHOLANGITIS

**Inspection** : Redness like spot, or a dark purple pit or capillary filling in Pancreas/Gallbladder and Duodenum.

**Palpation** : a pit, projection like a spot or cord, sensitivity in the Pancreas/Gallbladder.

**Electrical detection** : positive reaction to strong positive reaction (+ + to +++) in Pancreas / Gallbladder.

## **SPLENOMEGALY**

**Inspection** : dark red projection on Spleen in left ear.

**Palpation** : cord-like projection, pit when pressing in the area above Spleen.

**Electrical detection** : positive reaction (++) in Spleen.

## **COMMON COLD**

**Electrical detection** : positive reaction (++) in the Lung, Pharynx and Larynx, Internal Nose and Bronchus/Trachea.

## **CHRONIC BRONCHITIS**

**Inspection** : spot-like projection, white on Bronchi/Trachea, dull papular eruptions in some cases.

**Palpation** : projection like a cord or spot in the bronchus/trachea, no obvious sensitivity.

**Electrical detection** : positive reaction (++) in Bronchi/Trachea.

## **BRONCHIAL ASTHMA**

**Inspection** : flat, white projection in Bronchi/Trachea; dull white rash in the same area in some cases.

**Palpation** : linear or flat projection in Bronchi/Trachea, slightly sensitive.

**Electrical detection** : positive reaction (++) in Bronchi/Trachea, Lung, Wind Current, Endocrine, and A\*pex of Antitragus.

## **BRONCHIOSTASIS**

**Inspection** : projection like a dark red cord, without luster, on Down and Trachea; a capillary refill can be found in Lung.

**Palpation** : several projections like cords in the Lung and Trachea.

**Electrical detection** : positive reaction (++) in Bronchi/Trachea.

# PULMONARY TUBERCULOSIS

## *Active Phase*

**Inspection** : papular eruptions, red, spot-like, with luster on Lung.

**Palpation** : bump on lung.

**Electrical detection** : strong positive reaction (+++) in the area around Lung.

## *Calcification Phase*

**Inspection** : one or several areas of pits alternating with dark gray dots or spot-like eruptions (patches), with clearly defined borders, in the creditor area of the Lung.

**Palpation** : projection as a cord or node in the Lung.

**Electrical detection** : positive reaction (++) in the Lung.

# HYPERTENSION

**Inspection** : plane (-) or projection (+) at Point to Raise Pressure

Sanguine (Sheng Ya Dian, on the lower edge of the root of the ear, in the Teeth area).

**Electrical detection** : strong positive reaction (+++) at Point to Lower Blood Pressure (in the Upper Triangular Fossa).

## **CORONARY HEART DISEASE**

Palpation is mainly performed on the left ear for this disease.

**Palpation** : edema with pit in Heart; undulating edema when pressure is applied to the area around the Heart: cord or patch-like projection on the Heart; thin, easily brittle skin in Corazon.

**Electrical detection** : positive reaction to strong positive reaction (++ to +++) in Corazon.

## **PAROXYSMAL TACHYCARDIA**

**Palpation** : cord or patch-like projection in the lower quarter of the heart, sensitivity.

**Electrical detection** : positive reaction (++) in Heart, Posterior Surface Heart, and Subcortex.

## **BRADYCARDIA**

**Inspection** : the normal physiological hole disappears in the Heart, which appears flat or with a slight bulge.

**Palpation** : lump in heart.

**Electrical detection** : positive reaction (++) in Corazon.



## **VENTRICULAR ATRIUM BLOCK**

**Inspection** : Red, papular eruptions, the size of the tip of the needle on Heart are seen on an incomplete block of a bunch.

## **PREMATURE HEARTBEAT**

**Palpation** : edema with a pit, like a ring in the heart.

**Electrical detection** : positive reaction (++) in the Heart and Subcortex.

## **RHEUMATIC HEART DISEASE**

**Inspection** : hard change of an irregular shape and dark color and capillary filling with a clear border in the Heart involving the lower edge of the root of the helix and Spleen.

**Palpation** : hard change of irregular shape in Heart, sharp pain (stab). **Electrical detection** : strong positive reaction (+++) in Heart.

## **HEART ENLARGEMENT**

**Inspection** : wrinkled, red, round or ellipsoid shape of 0.5 x 0.5 cm near the Heart.

**Palpation** : undulation in heart.

**Electrical detection** : positive reaction (++) in Heart.

## **FRONT HEADACHE**

**Inspection** : Front projection.

**Palpation** : projection like cord or patch, round, soft in quality in Forehead.

**Electrical detection** : positive reaction (++) in Front.

## **MIGRAINE HEADACHE**

**Inspection** : projection as a patch on the temples.

**Palpation** : Sensitivity in temples.

**Electrical detection** : positive reaction (++) in Temples.

## **OCCIPITAL HEADACHE**

**Inspection** : projection as a patch on Occiput.

**Palpation** : projection, soft in quality, in Occiput.

**Electrical detection** : positive reaction (++) in Occiput.

## **HEADACHE IN THE WHOLE HEAD**

**Inspection** : patch-like projection on the lateral surface of the Antitragus, Occiput, Temples, and Forehead.

**Palpation** : undulation, unevenness, on the lateral surface of the antitragus, or cord-like projection.

## **DIZZINESS**

**Inspection** : hole like stain, cord, red with luster on Occiput.

**Palpation** : Hole in Occiput.

**Electrical detection** : positive reaction (++) in Occiput.

## **NEUROSIS**

**Inspection** : irregularly shaped projection between Cervical Vertebra and Occiput.

**Palpation** : patch-like thickening or hardened cord of cartilage that can be felt by pinching the area between the Cervical Vertebra and Occiput.

**Electrical detection** : positive reaction to strong positive reaction (++ to +++) in the Heart, Subcortex and in the area between the Cervical Vertebra and Occiput.

## **FUNCTIONAL DISTURBANCE OF THE NERVOUS SYSTEM AUTONOMOUS**

**Electrical detection** : positive reaction (++) in Sympathetic, Heart, Kidney, Occiput, Forehead, and Subcortex.

## **TRIGEMINAL NEURALGIA**

**Palpation** : severe sensitivity in the jaw, tongue, eye, and cheek; The pain threshold in the ear on the affected side is obviously lower than on the healthy side.

**Electrical detection** : positive reaction (++) on Cheeks, Mouth, and Triple Warmer.

## **CHRONIC NEPHRITIS**

**Inspection** : projection as a white patch or papular rash, with luster on Kidney.

**Palpation** : stabbing pain in Kidney, Endocrine, Wind current, and Posterior Surface Kidney; Edema with hole in Kidney.

**Electrical detection** : positive reaction (++) in Kidney, Endocrine, Wind Current and Posterior Surface Kidney.

## **CHRONIC PYELONEPHRITIS**

**Palpation** : sensitivity in Kidney and Urethra; projection as a cord in the urethra.

**Electrical detection** : positive reaction (++) in Kidney and Urethra.

## **CHRONIC CYSTITIS**

**Palpation** : sensitivity in the Bladder and Urethra; projection as a cord in the urethra.

**Electrical detection** : moderate positive reaction (+) in the Bladder and Urethra.

# DIABETES

**Inspection** : white swelling in Pancreas/Gallbladder.

**Palpation** : pit edema in Pancreas/Gallbladder.

**Electrical detection** strong positive reaction (+++) in Pancreas/Gallbladder and Endocrine.

# CHRONIC PROSTATITIS

**Palpation** : sensitivity in Prostate/Upper Concha Angle and Urethra.

**Electrical detection** : positive reaction (++) in Prostate/Upper Concha Angle and Urethra.

# PROSTATIC HYPERTROPHY

**Inspection** : Bulging and dull change of Prostate/Upper Concha Angle.

**Palpation** : hardened projection in Prostate/Superior Concha Angle; cord-like projection in urethra.

**Electrical detection** : positive reaction (++) in the Urethra and Prostate/Upper Concha Angle.

# URINARY TRACT INFECTION

**Palpation** : sensitivity in Urethra, Bladder, and Prostate/Upper Concha Angle; cord-like projection in urethra.

**Electrical detection** : positive reaction (++) in the Urethra, Bladder, and Prostate/Upper Concha Angle.

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# EXTERNAL DISEASES

## ACUTE TRAUMATIC INJURY OF THE JOINT AND SOFT FABRIC

**Inspection** : red spot with swelling in the corresponding points.

**Palpation** : pit edema with sensitivity in the corresponding points.

**Electrical detection** : positive reaction to strong positive reaction (++ to +++) in the corresponding points (e.g., shoulder disorder – shoulder point; heel disorder – heel point).

## OLD TRAUMATIC INJURY OF THE JOINT AND SOFT FABRIC

**Inspection** : projections at the corresponding points.

**Palpation** : projection like a cord or patch at the corresponding points.

**Electrical detection** : moderate positive reaction to positive reaction (+ to + +) at the corresponding points.

## **CHRONIC ARTHRITIS**

**Inspection** : projections as dots, targets at the corresponding points.

**Palpation** : undulations on the surface of the corresponding points; cord-like projections.

**Electrical detection** : positive reaction (++) at the corresponding points.

## **ACUTE ARTHRITIS**

**Inspection** : spot-like redness, bright red capillary filling at corresponding points.

**Palpation** : red patch or spot or edema with a point pit, severe sensitivity in the corresponding points.

**Electrical detection** : positive reaction to strong positive reaction (++ to +++) at the corresponding points.

## **LUMBAR MUSCLE SPRAIN**

**Inspection** : for chronic sprain, irregularly shaped white projections are observed on Lumbosacral Vertebrae; For acute sprains, red projections with luster and capillary filling are seen.

**Palpation** : deformation in Lumbosacral Vertebrae.

**Electrical detection** : strong positive reaction (+++) in Lumbosacral Vertebrae.



## **HYPERPLASIA OF LUMBOSACRAL VERTEBRAE**

**Inspection** : nodule or bead-like projection in Lumbosacral Vertebrae.

**Palpation** : cord-like projection in Lumbosacral Vertebrae.

**Electrical detection** : positive reaction (++) in Lumbosacral Vertebrae.

## **MYOFIBROSITIS OF THE SHOULDER AND BACK**

**Inspection** : white projection on the lateral edge of the antitragus.

**Palpation** : hyperplasia and deformation of cartilage, hard in quality.

**Electrical detection** : positive reaction (++) in the corresponding area in the atrium.

## **CALCANEUS HYPERPLASIA**

**Palpation** : sensitivity, cord-like projection on the heel.

**Electrical detection** : positive reaction (++) on Talon.

## **CALF SPASM**

**Electrical detection** : positive reaction (++) at the corresponding point in the atrium.

## **SCIATICA**

**Electrical detection** : positive reaction (++) in Hip, Buttocks, Knee, Ankle, Heel, and Finger.

## **SPONDYLOPATHY**

**Inspection** : nodules or bead-like deformation in Cervical Vertebrae. **Palpation** : cartilage hyperplasia, cord-like projection on Cervical Vertebrae.

**Electrical detection** : moderate positive reaction (+) to positive reaction (++) in Cervical Vertebrae.

## **CHRONIC APPENDICITIS**

**Inspection** : projection as white patch in Appendix.

**Palpation** : cord-like projection in Appendix.

**Electrical detection** : moderate positive reaction (+) in Appendix.

## HEMORRHOIDS

**Inspection** : Ripples on the surface around the Anus, redness like spot or spot or capillary filling in Anus is observed in cases of thrombotic external hemorrhoids.

**Palpation** : cord-like projection in the anus in external hemorrhoids.

**Electrical detection** : moderate positive reaction (+) in the Anus in cases of thrombotic external hemorrhoids.

## ANAL FISSURE

**Inspection** : red or serrated nodular change in Anus.

**Palpation** : projection like cord or nodular in Anus.

**Electrical detection** : positive reaction (++) in Anus.

## SEXUAL HYPOFUNCTION

**Electrical detection** : positive reaction (++) in Internal Reproductive Organs, Pelvis, Prostate/Upper Concha Angle, Urethra, Testicle, Kidney, and Endocrine.

# Gynecological and Obstetric Diseases

## PELVIC INFLAMMATION

**Inspection** : patch-like projection and point-like redness in Pelvis.

**Palpation** : cord-like projection in Pelvis.

**Electrical detection** : positive reaction (++) in Pelvis.

## ANNEXITIS

**Inspection** : projection as a cord or patch and redness as a point in the Annexes (Fu Jiang) (corresponding to the annexes of the Uterus), located in the portion of the upper third of the Internal Reproductive Organs.

**Palpation** : projection like cord or patch on Fu Jiang, the corresponding point of the adnexa of the uterus on the ear. Inflammation may be occurring in both adnexa (ovaries) if the changes are in both ears.

**Electrical detection** : positive reaction (++) in Fu Jiang.

## CERVICITIS

**Inspection** : pits like spot, redness, seborrhea, peeling, and papular rash on Cervix (Gong Jing).

**Palpation** : the skin on the cervix becomes thinner, breaks easily, or has capillary filling and sensitivity.

**Electrical detection** : positive reaction (++) in Cervix.

# MENSTRUAL DISORDERS

## *Advanced, profuse menstruation*

**Inspection** : edge with redness with gloss due to white swelling in Uterus.

**Palpation** : edema with pit in U\*tero.

**Electrical detection** : positive reaction to strong positive reaction (++ to +++) in U\*tero.

## *Delayed, scant menstruation*

**Inspection** : flat change in the Triangular Trench.

**Palpation** : projection like a cord or hardened patch in the Uterus.

**Electrical detection** : positive reaction (++) in the Uterus.

# DYSFUNCTIONAL UTERINE BLEEDING

**Inspection** : white, spot-like swelling in the triangular fossa.

**Palpation** : pit edema involving the Triangular Fossa.

**Electrical detection** : strong positive reaction (+++) in Uterus; moderate positive reaction (+) to positive reaction (++) in Liver, Spleen, and Kidney.

## **HYSTEROMYOMA**

**Palpation** : hyperplasia like cord or node in Uterus; cord-like projection in internal reproductive and endocrine organs.

**Electrical detection** : positive reaction (++) in the Uterus.

## **LEUKORRHEA**

**Inspection** : redness, seborrhea, and peeling or spot-like papular rash in the triangular fossa.

**Palpation** : red hole in the Triangular Fossa.

**Electrical detection** : positive reaction (++) in the Triangular Trench.

## Dermatological diseases

### ACUTE HURTICARIA

**Inspection** : redness in Wind Current.

**Palpation** : pit edema, red, in Corriente del Viento.

**Electrical detection** : positive reaction to strong positive reaction (++ to +++) in Wind Current.

### CHRONIC HURTICARIA

**Inspection** : redness in Wind Stream; bran-like peeling in lung.

**Palpation** : pit edema, white, in Corriente del Viento.

**Electrical detection** : positive reaction (++) in Wind Current.

### NEURODERMATITIS

**Inspection** : bran-like peeling in Lung; rough, dark brown change on the surface in this area.

**Palpation** : sensitivity in the lung.

**Electrical detection** : moderate positive reaction (+) in the Lung.

## **SEBORRHEIC DERMATITIS**

**Inspection** : seborrheic desquamation in the entire auricle; Occasionally, redness as a shiny spot may be found.

**Electrical detection** : positive reaction (++) in Lung and Endocrine.

## **SKIN ITCH**

**Inspection** : dry skin and dull peeling in the entire atrium, particularly in the Lung and Windstream.

**Electrical detection** : positive reaction (++) in Lung and Wind Current.



## Eye, Nose, Ear, Mouth and Throat Disorders

### **CHRONIC PHARYNGITIS**

**Inspection** : Edema in the Mouth and Bronchi/Trachea.

**Palpation** : pit like point in Bronchus/Trachea.

**Electrical detection** : positive reaction (++) in the Pharynx and Larynx, Bronchus/Trachea, and Mouth.

### **CHRONIC TONSILLITIS**

**Inspection** : projection as dark red or purple patch on Tonsil.

**Palpation** : cord-like projection in Tonsil.

**Electrical detection** : positive reaction (++) in the Mouth, Pharynx, Larynx, and Tonsil.

### **CHRONIC RHINITIS**

**Inspection** : no deformation or color change on Inner Nose.

**Electrical detection** : positive reaction (++) in the Inner Nose.

## **ALLERGIC RHINITIS**

**Inspection** : white patchy projection resembling edema in the inner nose.

**Palpation** : pit edema in the inner nose and wind current.

**Electrical detection** : positive reaction (++) in the Inner Nose and Wind Current.

## **NASO SINUSITIS**

**Inspection** : patch-like projection on the Inner Nose, irregularly shaped projection on the Front.

**Palpation** : hardened projection in the inner nose.

**Electrical detection** : positive reaction (++) in the Inner Nose, Lung, and Forehead.

## **GINGIVAL BLEEDING**

**Inspection** : patch-like projection and edema in the Mandible and Mouth involving the Bronchus/Trachea.

**Palpation** : pit edema in Bronchus/Trachea and Mouth; soft projection in mandible.

**Electrical detection** : positive reaction (++) in the Mouth and Jaw.

## **GINGIVITIS**

**Inspection** : patch-like projection and edema in the mouth and jaw.

**Palpation** : projection like a cord or patch, soft, in the mouth and jaw.

**Electrical detection** : positive reaction (++) in the Mouth and Jaw.

## **DENTAL CARIES**

**Inspection** : hole like point or filament with wrinkled skin on Jaw.

**Palpation** : a hole is made when the jaw is pressed.

**Electrical detection** : positive reaction (++) in the Mandible.

## **ULCERS IN THE MOUTH**

**Inspection** : projection in Mouth and Tongue.

**Palpation** : projection like a cord or patch in the mouth and tongue.

**Electrical detection** : positive reaction (++) in the Ear Lobe.

## **MYOPIA**

**Inspection** : patch-like projection on the back of the inter-tragic notch.

**Palpation** : smooth, irregular projection, in the posterior part of the inter tragic notch.

**Electrical detection** : positive reaction (++) at the back of the inter-tragic notch.

## **ASTIGMATISM**

**Inspection** : irregular hole or spot between the back of the inter tragic notch and the forehead.

**Palpation** : hole between the back of the inter tragic notch and the forehead.

**Electrical detection** : positive reaction (++) in Front, Eye, and the back of the inter tragic notch.

# **Therapeutic Methods**

## Acupressure with seeds

- ☐ In seed acupressure (which is sometimes called pill acupressure or bead acupressure), plant seeds, medicinal pills, or magnetic beads are attached to ear points with adhesive tapes as an alternative to using needles.
- ☐ This method is simple to use, widely applicable, and has a superior effect because it provides continuous stimulation. It is also safe, free of side effects, and affordable. Its popularity in the clinic has grown steadily, especially in the treatment of the elderly and infants.

## SEEDS, PILLS AND OTHER MATERIALS FOR PRESSURE

- ☐ Any seed or pill that has a smooth surface, a suitable size and hardness can be used for seed acupressure, including cow seed (wang bu liu), radish seed (lai fu zi), white mustard seed ( bai jie zi), dodder seed (tu si zi), colsa (canola) seed (you cai zi), stink cassia seed (jue ming zi), jujuba seed (suan zao ren), alpine seed (yi Zi ren), rice grain (chi xiao dou), and mung bean (lu dou).
- ☐ Choose mature seeds (or beans) with a diameter of 1.0 to 1.5 mm. Boil them in water for two minutes, then dry them for use. Magnetic beads and borneol are also commonly used for this treatment method.
- ☐ Certain medicinal pills can also be used, such as Liu Shen Wan (Six Spirit Pills) and Hou Zheng wan (sore throat pills).
- ☐ Of all these materials, the most used are vacaria seeds and magnetic beads.

## **EQUIPMENT**

- ☐ Duct tapes, cut into pieces approximately 14mm by 14mm;
- ☐ alcohol 75%,
- ☐ tincture of iodine 2.5%;
- ☐ dry, sterilized cotton swabs;
- ☐ a surgical knife; and tweezers.

## **Points for attention**

- ☐ Do not allow the adhesive tapes to become wet, as this may cause skin infection. For those who have an allergic reaction to adhesive tapes and present with red, itchy papular rashes on the ear, perform ear apex bleeding or provide allergy medication.
- ☐ Use fewer points in summer. The course of treatment should also be shorter to avoid infection of the skin in the ear.



- ☐ Do not use acupressure with seeds on patients with dermatological disorders such as frostbite and eczema.
- ☐ If pain occurs in the treated ear while sleeping, the adhesive tape with the seed can be released or even removed according to the patient's desire.
- ☐ Handle seeds gently for infants and pregnant women.
- ☐ Patients with hypertension, coronary heart disease, and arteriosclerosis should obtain adequate rest before treatments. Careful observation should be made after treating such patients to prevent accidents .

# Procedure

## **IDENTIFICATION OF SENSITIVE POINTS**

First, determine the prescription according to the ear diagnosis; Next, identify the sensitive points in the selected areas of the point according to the inspection, sensitivity, and electrical detection.

## **STERILIZATION OF THE AREA TO BE TREATED**

Sterilize the area to be treated or, if necessary, the entire ear with 75% alcohol.

## **APPLY THE BANDAGE**

Place the seed in the center of a small piece of masking tape. Hold the ear gently using your thumb, middle finger and index finger, then fix the prepared bandage over the selected point on the ear with the tweezers. Press the seed firmly into place.

## ACUPRESSION

- ☐ Gradually apply increasing pressure to the seeds until the patient's tolerance level is reached.
- ☐ Continue pressing until warmth, distension, or a rush of blood is felt in the atrium.
- ☐ In general, use moderate stimulation for weaker patients, older adults, pregnant women, and infants; Use stronger pressure for acute, febrile, or painful disorders. For painful disorders, maintain pressure until the pain is relieved.

## COURSE OF TREATMENT

- ☐ In general, the treatment is performed on only one ear in 3 to 5 points, changing every 5 to 7 days. Both ears can be treated when necessary.
- ☐ Following the treatment done by the acupuncturist professional, the patient should press the seeds 3 to 5 times each day, holding the pressure for 2 to 3 minutes each time.

## **Seeds commonly used for acupressure**

### **COW SEED**

- ☐ The most commonly used seed for acupressure is the cow seed with a diameter of 2mm. Most disorders can be treated with cow seed acupressure.

### **MUNGO BEANS**

- ☐ Mung beans clear heat and resolve toxins and summer heat; They are used to treat diseases of a hot nature. Due to their large size, mung beans should be cut in half; Apply the smooth surface to the ear point.

### **CASSIA FETIDA SEEDS**

- ☐ Cassia seeds clear heat and brighten the eyes, moisten the intestines and release stool; Thus, acupressure with Cassia seeds is used to treat eye and head disorders as well as constipation.

## **WHITE MUSTARD SEEDS**

- White mustard seeds have a pungent and acrid nature. They warm the lungs, sweep away phlegm, and disinhibit Qi; They also disperse what is imprisoned, frees the vessels from the network (clears the collaterals), and relieves pain. It is used to treat coughing and snorting due to cold phlegm, distension and pain of the ribs and chest, ulcers spilling phlegm-dampness, pain and numbness of the joints, swelling of toxins, yin flat abscesses, and other phlegm disorders.

## **COLSA (CANOLA) SEEDS**

- With a mild flavor and warm nature, canola seeds move blood and break Qi, disperse swelling and dispel bondage. They are used in the treatment of postpartum disorders, hemorrhoids, bloody dysentery, and toxin bloating.

## **DODDER SEEDS**

- Dodder seed is pungent and slightly bitter; warms the spleen, controls diarrhea and contains saliva. And it warms the kidney, secures the essence, and reduces urine. It is used to treat diarrhea due to cold-spleen with abdominal pain due to cold, copious drool, enuresis due to empty kidneys, frequent urination, cloudy white leucorrhoea, and seminal emission.

## **THINNY JUJUFFEA SEEDS**

- They are sour and sweet in taste and hot in nature, Prickly Jujube seed supplements the liver, quiets the spirit, restrains sweat, and engenders fluids. It is used to treat agitation, emptiness and insomnia, palpitations of terror and profuse sleep, general emptiness and profuse sweating, and dry mouth due to damaged fluids. The seed should be cut in half, then worn with the smooth surface against the ear point.

## **BORNEOL SEED**

- Borneol is a pungent-cooling medicinal; It opens the orifices and awakens the brain, clears heat and relieves pain. It is used to treat heat illnesses marked by darkened spirit, tetanic inversion, embolism (stroke) with phlegm inversion, coma, mouth ulcers, bloody eyes, and sore throat. Switch treatment to the opposite ear every 3 days as borneol can dissolve and be absorbed during this time.

## **ACUPRESSURE WITH MAGNETIC BEADS-PEARLS**

- Pressing with a 500 Gauss (500G) magnetic ball or bead can stimulate a point on the ear and achieve the function of magnetic therapy.

## **ACUPRESSURE WITH 6 SPIRITS PILLS (Liu Shen Wan)**

- As a prepared medicine, 6 Spirit Pills (Liu Shen Wan) is effective in treating sore throat and tonsillitis. It is composed of bovine bezoar, musk, pearl, borneol, realgar, toad venom; clears heat and resolves toxins, opens orifices and moves blood, and disperses swelling and relieves pain. Acupressure with 6 Spirit Pills is used to treat various heat and inflammation illnesses.

## Acupuncture with filiform needles

For this method, use 30 gauge (0.30mm) or 32 gauge (0.25mm) half inch needles.

## Procedure

### IDENTIFICATION OF SENSITIVE POINTS

- ☐ First, determine the prescription according to the ear diagnosis; Next, identify the sensitive points in the selected areas of the point according to the inspection, sensitivity, and electrical detection.

### STERILIZATION OF THE AREA TO BE TREATED

- ☐ Sterilize the area to be treated or, if necessary, the entire ear with 75% alcohol, particularly the Triangular Fossa, the Upper and Lower Concha, and the External Auditory Canal.



## PATIENT POSITION

- ☐ The patient will usually be seated. Lying supine is acceptable for patients who feel nervous or weak.
- ☐ Fix the auricle with the thumb and index finger of one hand. Place your middle finger on the back surface of the ear, behind the area to be acupunctured, to control the depth of the needle and relieve pain.
- ☐ Hold a needle between the thumb and index finger of the other hand, and insert it into the sensitive point.

- ☐ Two methods can be used for needle insertion:

**Quick Insertion:** Using force, quickly insert the needle into the sensitive point in the ear cartilage.

**Quick Insertion** – Slowly insert the needle while rotating it with uniform force in a clockwise direction.

## INTENSITY OF STIMULATION AND MANIPULATIONS

- ☐ The intensity of stimulation for ear needle manipulations is determined by the individual condition of the patient, including the severity of the disease, age, constitution, and pain tolerance.

## Intensity of acupuncture application

**Strong Stimulation** : It is also called drainage method. It is used regularly to treat acute cases, heat patterns, excess patterns, and patients with strong constitutions.

**Moderate stimulation** : This is also called the supplementation method. It is primarily used to treat chronic conditions, emptiness patterns, and patients with weak constitutions.

**Medium stimulation** : it is also called the equal supplementation and drainage method. As the most commonly used method, it can be used in the treatment of almost all disorders.

# Manipulations

The 4 most commonly used manipulations are:

**Simple acupuncture** : insert the needles into the sensitive points and hold them. This is used for older adults, the frail, infants, and chronically ill patients.

**Scraping** : insert the needles into the sensitive points, fix the inserted needles with the thumb and index finger; then quickly scrape up and down the handle of the needle with the nail of your thumb or finger; scrape for 20 to 30 seconds. This is commonly used for chronic illnesses, a weakened constitution, or for children.

**Rotation** : Insert the needle into the selected sensitive point, then rotate the needle with your thumb and index finger. The rotation should be done with medium intensity. Continue rotating for 20 to 30 seconds. This is suitable for treating commonly seen chronic disorders.

**Lift and stab** : Insert the needle into the sensitive point, and forcefully lift and stab the needle in a pumping action for 10 to 20 seconds. This is used to treat acute disorders and painful disorders.

## Insertion Depth

- ❑ The depth of **insertion depends on the thickness of the patient's atrium** . In general, insert the needle until it reaches the ear cartilage and can stand on its own.
- ❑ Most acupuncturists think that **cartilage should be punctured to treat patterns of heat or excess pain** , as well as to achieve strong stimulation; but the needle should be inserted only far enough to reach the ear cartilage for those who are weak or whose illness is long-term.
- ❑ However, **the needle should not pass completely through the atrium** , or infection may result.
- ❑ In some cases, the discomfort will be relieved immediately as the needle is inserted and there is a sensation from the needle indicating that Qi has been obtained; If there is no needle sensation, the direction of the needle tip should be gently adjusted until needle sensation is induced.

## **Needle retention**

- ☐ Retention refers to keeping the needle inserted in the ear point for a period of time, usually 30 to 60 minutes.
- ☐ Needle retention may be longer in chronic and painful disorders.
- ☐ Repeated manipulation while retaining the needle reinforces the therapeutic effect. When treating older adults or infants, hold the needle for a shorter time.

## **Drainage and Supplementation**

- ☐ Drainage and supplementation is achieved by the duration of needle retention and the intensity of stimulation.
- ☐ Drainage refers to inserting the needle deeply while rotating, and retaining the inserted needles for a longer time.
- ☐ Supplementation refers to inserting the needle superficially without rotation and retaining the needles for a shorter time or none at all.
- ☐ Drainage is generally used to treat patterns of heat and excess, or to treat pain;
- ☐ Supplementation is used for cold emptiness patterns, weak patients, older adults, women, and infants.

## **NEEDLE REMOVAL**

The needles must be removed after treatment. There are two methods to remove needles.

### **Direct needle removal**

- ☐ Fix the auricle with one hand and hold the needle handle with the thumb and index finger of the other hand, then remove the needle directly. Because this method does not cause pain, it is frequently used in the clinic.

### **Removal of the needle by rotating it**

- ☐ Fix the auricle with one hand and hold the needle handle with the thumb and index finger of the other hand; rotate the needle as you remove it.
- ☐ Because stimulation is continued while the needle is withdrawn, this method is generally used for heat and excess patterns and painful disorders that require drainage methods.
- ☐ Press a sterile cotton swab on the point where the needle was removed to prevent bleeding and infection.

## **COURSE OF TREATMENT**

- ☐ Treatments are generally carried out every day or every other day.
- ☐ Allow 7 to 10 days for each treatment course with a 2 to 3 day interval between treatment courses.

# **Needle implantation**

Intradermal needles are implanted into points that treat a specific disorder. With its persistent and weak stimulation, this method is suitable for treating chronic and painful disorders, or for patients who for some reason cannot return to the clinic.

## **Procedure**

### **IDENTIFICATION OF SENSITIVE POINTS**

First, determine the prescription according to the ear diagnosis; Next, identify the sensitive points in the selected areas of the point according to the inspection, sensitivity, and electrical detection.

### **STERILIZATION OF THE AREA TO BE TREATED**

Sterilize the area to be treated or, if necessary, the entire ear with 75% alcohol, particularly the Triangular Fossa, the Upper and Lower Concha, and the External Auditory Canal.



## NEEDLE INSERTION

Fix the auricle with one hand, stretch the *area* to be treated. Gently insert an intradermal needle with the forceps, then secure the inserted needle with an adhesive tape.

## COURSE OF TREATMENT

One ear is treated first in 3 to 5 points. The patient will need to press the implanted needles 3 to 5 times each day, maintaining the pressure for 2 to 3 minutes each time. Switch to the opposite ear every 5 to 7 days. A treatment should last 10 days.

## Points for attention

- ☐ Carefully sterilize the atrium before treatment to avoid infection.
- ☐ This method cannot be used on patients with ear infection or frostbite of the ear.
- ☐ Following the treatment, the patient should press the implanted needles 3 to 5 times each day to improve the therapeutic effect.
- ☐ For those who have difficulty sleeping due to pain in the area where the needle was implanted, the direction of the needle tip and the depth of insertion should be adjusted until the patient feels comfortable.
- ☐ Keep the implantation area dry to avoid infection. The duration of implantation should be shorter in the summer to avoid infection.
- ☐ Local swelling and discomfort in the implantation area should be treated immediately. The needle should be removed and anti-inflammatory treatment given if redness and swelling occur at the point where the intradermal needles were implanted.

## Electro acupuncture

- ☐ Electro acupuncture combines electrical stimulation with the insertion of needles in order to reinforce the therapeutic effect.
- ☐ Almost all disorders that can be treated with ear needling can be treated with electroacupuncture, particularly psychological disorders, nervous system disorders, spasms of internal organs, and asthma.

## Procedure

### **NEEDLE INSERTION**

- ☐ Insert filiform needles into the selected points in the same manner as standard acupuncture with filiform needles.

### **CONFIGURE THE EQUIPMENT**

- ☐ Connect the inserted needles to an electrical stimulator. Select the prescribed wave type and frequency, then turn on the machine and gradually increase the current to the patient's tolerance. Each treatment generally lasts 10 to 20 minutes.

### **COURSE OF TREATMENT**

- ☐ Treat daily or every other day for 7 to 10 days. The treatment course can be repeated after 2 to 3 days interval.
-

# Points for attention

- ❑ The patient's condition determines the intensity of the stimulation. In general, medium stimulation is used to the patient's tolerance. Stronger stimulation is used for those with severe and prolonged pain.
- ❑ Connect both electrodes of one cable to the same ear, place and pair the electrodes separately when more than 2 or 3 needles are inserted.
- ❑ During the treatment, ensure that the inserted needles are not touching each other, to avoid a short circuit, which would decrease the therapeutic effect and even damage the electroacupuncture device. If only one needle is used, a separate electrode can be fixed over the edge of the atrium or held by the patient.
- ❑ Prior to treatment, inform the patient of possible sensations that may occur such as drowsiness, heaviness, irritation, distension, or pain.
- ❑ Start with a low current for several minutes, then gradually increase it.
- ❑ If the output is intermittent, it could indicate poor cable connection. Stop treatment and check the electroacupuncture device and repair it if necessary before use.
- ❑ Regularly check the battery and other parts of the electro acupuncture device to ensure that it is working properly.

## **Plum Blossom Acupuncture**

Plum blossom acupuncture originated as a treatment in standard body acupuncture and was later adapted to auricular acupuncture. It courses and frees the channels and collaterals, clears heat and eliminates toxins, clears stagnation and generates new blood, and regulates the organs and entrails.

## **INDICATIONS**

Facial paralysis, neuritis of the lateral cutaneous nerve of the thigh, dermatological disorders such as acne, acne rosacea, brandy nose, flat warts, seborrheic dermatitis, chloasma, leucoderma, neurodermatitis, skin pruritus, and cosmetic facial treatments.

## **Procedure**

## **PREPARATION OF THE NEEDLES**

Plum blossom ear needles are made by grouping 5 0.5 inch needles. Intradermal needles can also be used to make plum blossom ear needles. Plum blossom needles for auricular acupuncture can also be purchased ready to use.

## **NEEDLE INSERTION**

- ☐ The patient should massage both ears until the capillaries are full.
- ☐ After sterilizing the ear, fix the auricle with one hand and hold the plum blossom needles with the other. Peck the selected points like a bird pecking. Gradually increase the force of the pecking until the atrium feels warm and a few drops of blood can be seen.
- ☐ Clean the atrium with 75% alcohol after treatment.

## **COURSE OF TREATMENT**

- ☐ Treatments should be done every other day or once every 3 or 4 days. A course of treatment lasts 7 to 10 days; Allow 5 days between courses of treatments.

## **Points of attention**

- ☐ Examine the needles before treatment. Do not use needles with damaged tips.
- ☐ The points on the earlobe can be used with the body points on the face and cheeks for facial beauty treatments.

# Bleeding

- Bleeding can be done with a 3-edged needle or a surgical blade on the veins on the back surface of the ear. This procedure courses and frees the channels and collaterals, clears stasis and engenders new blood, extinguishes wind and controls tetanus, calms the patient and discharges heat, and relaxes tension and relieves pain.
- It is also used to treat pain patterns due to blood stasis, high fever and convulsion caused by exuberant and intense malignant heat, or dizzy head and dizzy vision produced by ascending hyperactivity of liver yang.

## Procedure

### **SELECTION OF THE AREA TO BE TREATED**

Bleeding is usually done on the earlobe, the apex of the ear, or on the bulging veins in the atrium.

### **STERILIZATION**

Sterilize the atrium with 75% alcohol, first on the medial side, then on the lateral side, paying particular attention to the bleeding areas.

### **METHOD**

Massage the auricle until redness or warmth is felt. Fix the auricle with your hand while holding the 3-edged needle or surgical blade with the other hand; pick or cut the skin to draw 3 to 5 drops of blood, then stop the bleeding with pressure.



# **COURSE OF TREATMENT**

In general, a treatment is done every other day (one day if not one day). However, it should be done once a day for acute febrile illnesses. Allow 5 to 7 days for each treatment course with a 2 to 3 day interval between courses.

## **Points of attention**

- ☐ Massage the auricle before treatment to reinforce the therapeutic effect.
- ☐ Carefully control the depth of the cuts to avoid damaging the ear cartilage.
- ☐ In the patient who was bled from the posterior surface veins, use the distal veins first. Apply pressure after drawing blood to prevent subcutaneous hematoma formation.
- ☐ This method cannot be used for hemophilia patients, pregnant women, or anyone using blood-thinning medications.
- ☐ Careful sterilization is necessary to avoid infection.
- ☐ In general, if bleeding is performed on the veins on the back surface of the ear, the treatment is performed on one ear only and is changed to the other ear in the next session.

# Medicine injection

The combination of inserting needles and injecting small amounts of drugs into the ear points can achieve a good therapeutic result.

## Medicine selection

Choose medicines that (1) are moderate stimulants, (2) do not cause thermal tissue necrosis, and (3) are easily absorbed.

## COMMONLY USED MEDICINES

**Surface anesthetic agents** : Novocaine and Lidocaine.

**Vitamins** : Vitamin B1, B12 and Vitamin E.

**Sedatives** : Phenobarbitol and chlorpromazine hydrochloride.

**Antibiotics** : penicillin and Gentamicin.

- ☐ **Analgesics** : Petidine hydrochloride and anadolum.
- ☐ **Antispasmodics** : atropine sulfate and scopolamine hydrobromide.
- ☐ **Antiasthmatics** : epinephrine and aminophylline bitartrate.
- ☐ **CNS stimulants** : lobeline hydrochloride, niketamide, strychnine, and securininum.
- ☐ **Hormones** : Hydrocortisone and insulin.
- ☐ **Hemostatics**: Adrenaline, salicylates, and vitamin K.
- ☐ **Biological products** : placenta tissue fluid and brain tissue fluid.
- ☐ **Medicinal Herbal Products** : Huang Qi Zhu She Ye (Astragalus Fluid Injection), Dang Gui Zhu She Ye (Tangkuei Fluid Injection), Chai Hu Zhu She Ye (Bupleuro Fluid Injection) and Ban Lan Gen Zhu She Ye ( Isatis Root fluid injection).
- ☐ Distilled water and normal saline can also be used in injections.

# Procedure

## **SELECTION OF THE AREA TO BE TREATED**

Determine the prescription for acupuncture points and medications according to the diagnosis.

## **STERILIZATION**

Sterilize the atrium with 75% alcohol.

## **MEDICINE INJECTION**

Put the selected medicine into a syringe. Hold the atrium with one hand to stretch the area to be treated, then inject the drug with the other hand. Inject 0.1 to 0.5ml of the medicine into each point until a bladder is seen in the injected area. This may induce redness, swelling, heat, or local pain.

Gently wipe spills from around the injected area. Avoid pressing hard.

# TREATMENT COURSE

Inject the points into alternate ears every other day (every other day).

Allow 5 to 7 treatments per course with a 2 to 3 day interval between courses.

## Points of attention

- ☐ Only a small amount of the drug is needed.
- ☐ Careful sterilization is needed to avoid infection.
- ☐ Do a skin test for any medicine that may cause an allergic reaction.
- ☐ Adequate attention to the pharmacological functions of the drug and its contraindications. Avoid medicines that have severe side effects or drugs that are stimulants.
- ☐ Start with a small dose and gradually increase, particularly for older adults, those who are weak, or those who have never been treated with this method.
- ☐ Use points alternately to benefit drug absorption.

# Ear moxibustion

Ear moxibustion achieves an effect of warm and hot nature. This method warms the channels and dissipates cold, and courses and frees the channels and collaterals. It is recommended to treat patterns of cold emptiness and impediment syndrome.

## Procedure

### MOXIBUSTION WITH INCENSE

Light a stick of incense. Two or three points are selected for treatment. Hold the incense stick close to the skin for 2 or 3 minutes, until the patient feels a moderate burning pain. Treat one ear at each session, and alternate ears every other day.

Allow 7 to 10 treatments for each course. This method is used to treat conditions such as pain in the lower back and legs, popping in the neck, and periarthrititis of the shoulder joint.

## **MOXIBUSTION WITH REED**

Cut the rush into 1cm segments and soak it in canola oil to prepare it for use. Light the soaked reed and quickly apply moxibustion to the selected spot until the “pah” sound has been heard. This counts as one cone. Treat daily or every other day, using 3 to 9 cones for each treatment. Treating one or both ears at the same time will be determined by whether the disease involves one or both sides of the body. This method is used to treat mumps, conjunctivitis, and shingles.

## **MOXIBUSTION WITH MATCHES**

Light a matchstick and then quickly press the lit match on the selected spot for 1 to 2 seconds. Treat one or two points over the ears, alternating them.

## **MOXIBUSTION WITH PURE MOXA**

Use a puree of moxa over the entire auricle until it is red and a sensation of heat is induced. This method is used to treat painful impediment, withering pattern, discomfort and pain in the lower back area and knees.

## Points of attention

- ☐ Take care that the hair does not catch fire.
- ☐ In order to avoid burns, continue moxibustion only until redness of the auricle, a sensation of heat, or moderate burning pain is induced.
- ☐ Treat all selected points in turn.
- ☐ Moxibustion is not recommended for patients with nervousness or severe heart disease, or for infants or pregnant women.



## **ear massage**

Ear massage is another method to treat ear spots. A variety of massage techniques can be applied to the entire ear or to specific points. The purpose of this therapy may be either general prevention of the disease or specific remedy for the disease.

## **Procedure**

Various rubbing, pinching, and kneading techniques are performed with the fingers or palms on different areas in the ear. This method works for the treatment and prevention of diseases.

## **Complete ear massage**

- ☐ The acupuncturist should vigorously rub his palms until heat is induced, then press his palms on the patient's auricles, rubbing up and down as well as back and forth over the anterior and outer surfaces of the ears; This should continue until heat and redness are induced in the patient's ears.
- ☐ This method is used to treat disorders of the channels and collaterals and the organs and bowels. Continuous daily treatments will prevent diseases and strengthen the body.

## **Rubbing the helix with the palms**

- ☐ This method was practiced in ancient China. According to ancient longevity methods, “use your hands to rub the helix, rub as much as you can^.” “This supplements kidney Qi to prevent deafness.”
- ☐ The actual method is to make loose fists with the hands, then rub up and down along the outer helix of both ears with the thumb and index finger until heat and redness of the helix is induced.
- ☐ To strengthen the brain, brighten the eyes, supplement the kidneys, sharpen the hearing, and strengthen general health, this method can be used to treat and prevent withering of yang, frequent and urgent urination, hemorrhoids, pain in the area. lumbar and legs, diarrhea, spondylosis, chest tightness, dizziness, and headache.

## **Lift and pinch the earlobe**

- ☐ Use both hands to lift while pinching both earlobes, gradually increasing the strength of the manipulation. Treat 2 times per day, once in the morning and once at night, for 3 to 5 minutes per treatment.
- ☐ This method can be used to treat headache, dizziness, high fever, and convulsions in infants, as well as for eye disorders and prevention of the common cold, improvement of vision and hearing, and for physical beauty.

## **Massage on the ear points**

There are 3 methods for ear point massage commonly used.

### **Point pressure**

With a detection wand, press on the points related to the disorder. Using gradually increasing force, continue point pressure for 1 to 2 minutes until distension, heat, or a painful sensation is induced in the treated area.

## **Press pinching**

- ☐ Place your thumb on a selected point on the anterior surface of the ear with your index finger on the posterior surface and pinch pressure, gradually increasing the strength of the pressure. Select 1 to 3 points per treatment.
- ☐ This method is mainly used to treat pain disorders and to prevent the common cold.

## **Pressure with kneading**

- ☐ Knead in a clockwise direction, using the tip of your index finger or a sensing wand, until distension and heat is induced in the selected area.
- ☐ This method is suitable for treating pain disorders and poor digestion in infants, as well as for those with a sensitive constitution.

## **Points of attention**

- ☐ Increasing the duration of the ear massage improves the therapeutic effect. Do not use ear massage on patients with inflammation or frostbite in the atrium.
-

# **Plasters with medicine**

In this method, medicated bandages, or plasters, are attached to the ear such that stimulation of the medicine over the contacted points of the ear will treat the disease.

This method is used to treat laryngopharyngitis, cough, asthma, bronchitis, headache, dizziness, hypertension, pain in the upper abdomen, lumbar area and legs, and coronary heart disease.

## **TYPES OF PLASTERS**

Medicinal plasters can be purchased ready-made.

### **Plasters that resolve toxins**

These include Da Ping Gao (Blue Green Major Plaster), Da Jiao Gao (Simple Horn Plaster), Da Bu Gao (Toxin Removing Plaster). These plasters have the following functions of clearing heat and resolving toxins, and are suitable for the treatment of various febrile disorders and inflammatory conditions, particularly those that occur in infants.

## **Plasters that accelerate blood**

- These include Dong Fang Huo Xue Gao (Oriental Blood-Invigorating Plaster) and Zhen Jiang Gao (Zhen Jiang Plaster). With the functions of activating channels and collaterals, and accelerating bleeding and transforming stasis, they are suitable for treating arthritis. DO NOT treat pregnant women with these plasters.

## **Plasters that relieve pain**

- Pain-relieving plasters include Shan Shi Zhi Tong Gao (Moisture Damage Pain Relieving Plaster), and Zhi Tong Gao (Pain Relieving Plaster). With the functions of draining inflammation and relieving pain, these are suitable for treating arthritis. Pregnant women and patients who are allergic to these plasters should not be treated with them.

## **Plasters to lower blood pressure**

Jiang Ya Gao (Blood Pressure Lowering Plaster) is used to treat hypertension.

### **Procedure**

- ☐ First, determine the prescription according to the ear diagnosis; Next, identify the sensitive points in the selected areas of the point according to the inspection, sensitivity, and electrical detection.
- ☐ Sterilize the area to be treated or, if necessary, the entire ear with 75% alcohol. Cut the plasters into 0.6 centimeter square pieces, and apply them to the selected points.

### **COURSE OF TREATMENT**

- ☐ The ears can be treated together or alternately. Change the plaster every 3 days. Treatment courses should be shorter during summer time.

## Points of attention

- ☐ Choose plasters according to their functions and the patient's conditions.
- ☐ Keep plasters dry and clean.



# Magnet Therapy

- ☐ A magnetic bead or small magnetic pad is attached to the ear points to treat diseases by the effect of magnetic force on the points.
- ☐ This method calms pain, relieves itching, controls panting, and regulates autonomic nervous function.

## Procedure

Sterilize the atrium with 75% alcohol to remove oils.

### **DIRECT MAGNETO THERAPY**

Place a bead or pad in the center of a sticky tape. Then fix the prepared tape to the selected point. A second bead or pad should be attached to the opposite side of the ear, with the opposite pole facing the first bead or pad.

## **INDIRECT MAGNET THERAPY**

- ❑ Wrap a magnetic bead or pad in a thin layer of absorbent cotton and place it in the center of an adhesive tape. The prepared tape is then attached to the selected point and a second bead or pad is positioned on the opposite side of the ear, just as in direct magnet therapy. The cotton layer prevents unpleasant stimulation and local skin necrosis that can be caused by direct contact.
- ❑ Treat deafness and tinnitus by placing a wrapped magnetic ball in the outer ear canal.

## **NEEDLE IMPLANTATION IN COMBINATION WITH MAGNETO THERAPY**

- ❑ Implant the needles at the points described, then join or adhere the magnetic beads to the needle handles to conduct a magnetic field into the patient's body via the needle. Treat once a day.
- ❑ This method is effective in treating dermatological diseases and pain disorders.

## **MAGNETIC ELECTROACUPUNCTURE**

- Use magnetic beads or pellets. Solder or attach pellets to both positive and negative poles of a lead wire. Attach the soldered magnetic beads or pellets to the selected points and then connect them to an electrical stimulator. The pulsed current is conducted into the body through the magnetic beads. Select a pair of electrical poles for each treatment, every other day, for 10 to 30 minutes each treatment.
- This method is effective in relieving pain and calming the spirit.

## **MAGNETIC CLAY THERAPY**

- Grind a prepared mixture of magnetic rock powder, hyoscyamine, menthol, sulfamehoxypyridazine, and berberine into powder, then add Chinese holy leaf oil to make a paste. Apply the paste to selected spots in the day, and wash it off at night.

## Points of attention

- Dizziness, nausea, languor, drowsiness, or a burning or itching sensation in the treated areas may occur in 5-10% of patients who are treated with magnet therapy. They may also occur in very few cases: palpitations, excitement, or insomnia. Discontinue treatment if the patient experiences persistent discomfort.
- Depending on the patient's condition, a combination of 2 or 3 magnetic therapy methods can be used to increase the therapeutic effect. Only a few points are used.
- The positive and negative poles should be placed on opposite sides of the atrium to make a line of magnetic force through the intended point of the ear.
- Continue treatment for up to 2 weeks after symptoms disappear to strengthen the therapeutic effect.

## Other treatment methods

- Since 1950 there has been much research in China considering effective ways to treat ear spots. In addition to the methods already explained, work has been done with laser therapy, radioisotope therapy, the use of ear clips, scraping therapy, and a compound therapy method.
- Briefly, laser and radio isotope therapies attempt to apply these modern forces to the ear to restore health.
- Some doctors, especially pediatricians, bend a paper clip-like device into a shape that applies constant pressure to a point on the ear.
- In scraping therapy, selected points are physically scraped.
- In a version of compound therapy, the ears are first massaged, then bled, and finally the blood is reinjected into certain acupuncture points on the body. These therapies are mentioned only in passing as we believe they have limited use.

# Treatments for common disorders

## Infectious disorders

## Primary points

## Supplementary points

1

**Common cold**

Lung, Inner  
nose, Kidney,  
Shen Men

Fever: Apex of the ear  
and Helix 1-6 Headache  
and discomfort: Kidney  
and Spleen Sore throat:  
Pharynx and larynx  
Cough:  
Bronchus/Trachea and  
Calms panting Diarrhea  
and vomiting: Stomach  
and Spleen

2

**Epidemic  
Parotitis/Mumps**

Tx1: Apex of the  
antitragus, Cheeks,  
Adrenal gland and  
Apex of the ear

Endocrine, Subcortex,  
Stomach,  
Pancreas/Gallbladder  
and Shen Men

Tx2: Parotid Gland,  
Apex of the ear and  
Shen Men

Tx3: Apex of the ear

|   |                                      |  |  |
|---|--------------------------------------|--|--|
| 3 | Hepatitis<br>pertussis               | <p>           Tx1: Liver,<br/>           Pancreas/Gallbladder,<br/>           Spleen, Stomach MT:<br/>           A, IN, VB + novocaine         </p>  | <p>           Poor appetite:<br/>           abdomen and pancreas<br/>           Pain in the upper right<br/>           abdomen: Shen Men<br/>           and Subcortex<br/>           Abdominal distension:<br/>           Large intestine and<br/>           Pancreas Insomnia:<br/>           Shen Men and<br/>           Subcortex Liver<br/>           functions affected:<br/>           Yang of the liver and<br/>           Apex of the ear         </p> |
| 4 | Tuberculosis                         | <p>           Tx2: Liver,<br/>           Pancreas/Gallbladder,<br/>           Spleen, Stomach, San<br/>           Jiao and Center of the<br/>           Ear<br/>           MT: EA, S.         </p> | <p>           Bleed: Apex of ear<br/>           Distension of the<br/>           abdomen: Yang of the<br/>           Liver and Abdomen Pain<br/>           near the liver: Bladder,<br/>           Shen Men, Chest         </p>  |
| 6 | Dysentery/<br>Bacillary<br>Dysentery | <p>           Large, Straight and<br/>           Sympathetic Intestine<br/>           MT: A, IN VB,<br/>           novocaine, IA.         </p>   | <p>           High fever: Apex of the<br/>           ear and Adrenal Gland<br/>           Severe abdominal pain<br/>           and diarrhea: Spleen and<br/>           Stomach         </p>  |





|   |   |  |  |
|---|---|--|--|
| 7 | <b>Malaria</b>  | <b>Adrenal Gland,<br/>Subcortex, Endocrine</b>   |  |
| 8 | <b>Bronchitis</b>                                     | Tx1: Lung,<br>Bronchus/Trachea<br>and Shen Men   | Acute bronchitis:<br>Adrenal gland and<br>Vagus root of the ear<br>Chronic bronchitis:<br>Spleen and Kidney<br>Pulmonary<br>emphysema: Calm<br>panting |
| 9 | <b>Bronchial asthma/<br/>wheezing and<br/>gasping</b> | Tx2: Lung, Kidney,<br>Calm Gasping,<br>Bronchus/Trachea<br>Lung, Kidney, Shen<br>Men, Adrenal Gland<br>and Sympathetic | Severe cough:<br>Bronchi/Trachea<br>Severe wheezing:<br>Chest, Subcortex   |

|    |                        |  |  |
|----|------------------------|--|--|
| 12 | Sequence of stroke     | Subcortex, Liver, Kidney, Spleen           | Affected shoulder muscles:<br>San Jiao, Large Intestine, Lung<br>Affected muscles of the upper extremity:<br>Clavicle, Shoulder, Elbow<br>Muscles of the lower extremity: Hip, Knee, Ankle<br>Aphasia: Heart, Spleen<br>Difficulty swallowing: Mouth, Pharynx and Larynx |
| 13 | Post Stroke Edema Wind | Spleen, Liver, San Jiao, Wrist and Fingers |  |

|  |   |  |   |
|--|---|--|---|
| 14   | Transient ischemic attack                 | Liver, Kidney, Spleen, Occiput and Temporal  | Difficulty speaking: Heart and Tongue<br>Motor problems and limited range of motion: Shoulder, Elbow, Knee and Hip<br>Sensory disturbance: Shen Men and Subcortex |
| 15   | Coronary heart disease<br>Angina Pectoris | Tx1:<br>Group 1: Sympathetic, Shen Men, Heart, Subcortex, Kidney<br>Group 2: Lung, Spleen, Endocrine and Adrenal Gland | Irregular heartbeat: Nei Guan 6PC<br>MT: Yes, A   |
| Tx2: Heart, Chest, MT: L Shen Men, Sucrotos, Adrenal Gland |   |  |   |

|    |                          |  |  |
|----|--------------------------|--|--|
| 16 | Myocardial ischemia      | Heart, Lung, Liver, Kidney, Shen Men   | MT: Yes  |
| 17 | Arrhythmia               | Heart, Friendly, Shen Men<br>MT: IA, S, L  | Organic pathological changes: Small intestine, Root of the ear vagus<br>Insomnia: Kidney, Subcortex<br>Endocrine dysfunction: Endocrine, Subcortex<br>Hypertension: SP cleft |
| 18 | Rheumatism heart disease | Group 1: Small Intestine, Subcortex, Heart, Shen Men<br>Group 2: Heart, Adrenal Gland, Chest, Rheumatic Line | MT: A, S   |

|    |                     |  |   |
|----|---------------------|--|---|
| 19 | Viral Myocarditis   | Heart, Shen Men, Adrenal Gland, Small Intestine, Endocrine, Chest                            | MT: A, S, L   |
| 20 | Hyperlipidemia      | Stomach, San Jiao, Small Intestine, Heart  | Pancreas/Gallbladder Biliary, Liver<br>MT: Yes  |
| 21 | Gastritis           | Tx1: Stomach, Shen Men, Apex of the ear  | Spleen, Large intestine<br>TM: A  |
|    |                     | Tx2: Stomach, Spleen, Lung, Sympathetic MT: S, INB12   | Apex of the Ear, Kidney, San Jiao, Pancreas/Gallbladder, Liver, Shen Men, Subcortex   |
| 22 | Sore Gastroduodenal | Tx1: Stomach, Duodenum, Sympathetic, Shen Men<br>MT: A, S<br>T: severe pain in upper abdomen | Emptiness Cold Spleen<br>Stomach: Mouth, Liver, Kidney, Vagus Root<br>Liver Disharmony<br>Stomach: San Jiao, Subcortex<br>Bleeding in the Stomach: SP Cleft |

|    |                    |   |  |
|----|--------------------|---|--|
| 27 | Diarrhea           | <p><b>Tx1: Intestine Large, Intestine Thin, Spleen</b></p> <p><b>MT: A, S</b></p>   | <p><b>Abdominal pain: Sympathetic, Shen Men</b></p> <p><b>Acute diarrhea: Apex of the ear</b></p> <p><b>Chronic diarrhea: Liver, Kidney, Endocrine</b></p> |
| 28 | Biliary Ascariasis | TX2: Large Intestine, Shen Men, Spleen, Sympathetic                                 | MT: INB12  |
|    |                    | Pancreas/Gallbladder, Liver, Shen Men, Sympathetic                                  | Duodenum, Root of Lazy, Stomach MT: A  |
| 29 | Threw up           | <p>Stomach, Center of the ear, Subcortex, Shen Men, Sympathetic</p> <p>MT: A, S</p> | Occiput, Cervical Vertebra, Liver, Spleen  |

|           |                      |  |   |
|-----------|----------------------|--|---|
| <b>30</b> | <b>Hiccup</b>        | <b>Tx1: Diaphragm<br/>(center of the ear),<br/>Stomach</b>             | <b>MT: EA</b>   |
|           |                      | Tx2: Center of the ear, Stomach, Shen Men                              | Nice, Subcortex, Kidney, Spleen<br>MT: M. IA  |
| <b>31</b> | <b>Esophagitis</b>   | Esophagus, Cardiac, Stomach, Shen Meen, Duodenum                       | MT: A, S  |
| <b>32</b> | <b>Cholecystitis</b> | Liver, Pancreas/Gallbladder, Sympathetic, Shen Men<br><br>MT: A, S, EA | Fever: Apex of the ear, Poor digestion and abdominal distension: Stomach, Large Intestine + +Small Intestine, San Jiao, Endocrine, Duodenum |







|                               |                             |  |   |
|-------------------------------|-----------------------------|--|---|
| <b>36</b>                     | <b>Excess waste urine</b>   | <b>Ureters, Kidney, Bladder</b>            | <b>Sympathetic, Subcortex, Shen Menu<br/>MT: Yes, A</b>   |
| <b>37</b>                     | <b>Urinary incontinence</b> | Tx1: Bladder, Shen Men, Subcortex, Kidney  | MT: A, S  |
| Tx2: Kidney, Bladder MT: INB1 |                             |  |   |
| <b>38</b>                     | <b>Frequent Urine</b>       | Bladder, Kidney, Subcortex<br><br>MT: A, S | Kidney-Bladder<br>Emptiness: Adrenal Gland, Endocrine, Spleen<br>Heat Humidity: Sympathetic, Shen Men, San Jiao ++<br>Central Edge, |
| <b>39</b>                     | <b>Urinary retention</b>    | Kidney, Bladder, Subcortex                 | Ureters, San Jiao, Shen Men, Urethra MT: EA, S  |

|    |                 |   |   |
|----|-----------------|---|---|
| 43 | Diabetes        | Tx1:<br>Right ear:<br>Endocrine, Lung,<br>Stomach,<br>Pancreas/Gallbladder,<br>Central Border,<br>Adrenal Gland<br>Left Ear: Endocrine,<br>Lung, Spleen,<br>Kidney, San Jiao,<br>Antitrago Apex | MT:<br>Spleen,<br>Endocrine, Spleen,<br>Stomach,<br>Sympathetic, Heart<br>MT: A, S  |
| 41 |                 |   | Adrenal Gland, San Jiao, Liver, Spleen,<br>Endocrine, Internal reproductive organs  |
| 42 |                 | Tx2:<br>Pancreas/Gallbladder,<br>Endocrine MT: S, IN<br>Insulin   | Acute prostatitis:<br>Kidney, San Jiao, Helix<br>Vagus Root, Shen Men, Heart, Liver,<br>Spleen, Stomach,<br>Bladder, Hoarse:<br>Subcortex, Adrenal<br>Gland, Lung,<br>Kidney, Spleen,<br>Sympathetic,<br>Adrenal Gland,<br>Vagus Root |
| 44 | Hyperthyroidism | Endocrine, Subcortex,<br>Shen Men<br><br>MT: A, S   |   |



lesser occipital nerve

Wind current

tip

finger

\*heel length

finger

rodilla

hip

scia

tic

kidney

ureta

prostate

ureter

large intestine

central abdomen

appendix

liver

duodenum

stomach

center

ear

external

tip

He swallows

thirst point

hunger pain point

euprarrerul gland

Narz Internal

point for hypertension

anti-trago tip

internal secretion gland

eye 1 point stop insomnia

point for hypotension

new

diontes

lobe

anterior

amygdala

ovary

check

temporal

eye 2

maxillary

occipital

brain stem border

triple calentador

trachea

lung

asofago

cerdías

pecho

clavícula

hélix 4

neck

lato

thoracic vertebra

shoulder

disconso do

prestón liter til

cutio deuterus

Internal genital - annex

constipation

ano

simpático

prostate

ureter

large intestine

central abdomen

appendix

ureta

kidney

scia

tic

liver

duodenum

stomach

center

ear

external

tip

He swallows

thirst point

hunger pain point

euprarrerul gland

Narz Internal

point for hypertension

anti-trago tip

internal secretion gland

eye 1 point stop insomnia

point for hypotension

new

diontes

lobe

anterior

amygdala

ovary

check

temporal

eye 2

maxillary

occipital

brain stem border

triple calentador

trachea

lung

asofago

cerdías

pecho

clavícula

hélix 4

neck

lato

thoracic vertebra

shoulder

