



Ear Acupuncture Therapy

Wang Wei

Tianjin University of Traditional Chinese
Medicine

Brief

Introduction

Ear acupuncture therapy treats and prevents diseases by stimulating certain points on the auricles with needles or other methods.

- ❁ This therapy incorporates a wide-range of indications and it's a simple technique.
- ❁ It is also used as a **diagnostic indicator** for disease.

Brief

Introduction

- ❁ In many classic medical literary texts there are descriptions of stimulating the ears and certain auricular areas with needles, moxibustion, massage and herbal suppositories to treat and prevent diseases; as well as inspecting and palpating the auricles to assist in disease diagnoses.
- ❁ *“when pathogenic factors attack the liver, it will cause pain in the hypochondria... needle the blue vessels around the ear to relieve the dragging pain.” -----Chapter 20 of Ling Shu*
- ❁ *“for the deaf who can't hear, needle the center of the ear.” ---the 24th chapter of Ling Shu*

Ear

&

Meridian

❁ The ears are closely correlated to the meridians.



1. Hand and Foot-*Shaoyang* and Hand-*YangMing*, go into the ear; the meridians of Foot- *YangMing* and Foot-*Taiyang* are anterior and superior to the ear respectively.
2. All the *Yin* meridians don't go into the ear directly, but they are indirectly connected to the ear through their divergent channels, which converge with the corresponding *Yang* meridians.

Ear

&

Meridian

- ❁ all the twelve meridians either go directly or indirectly to the ear.
- ❁ Among the eight extra meridians, the *Yin heel vessel* and *Yang heel vessel* meridians are distributed over the posterior area to the root of the ear;
- ❁ the *Yin link vessel* meridian passes through the head and subsequently enters the ear.

“the ear is the confluent place of all the meridians.” --- Ling Shu

Ear

&

Zang-fu
Organ

❁ The physiological correlations between the ear the five *zang*-organs are recorded in many ancient classics.

“the qi of the kidney connects the ear, making the ear hear various kinds of sounds.” ---*Chapter 17 of Ling Shu*

“the lung dominates sound, making the ear hear the sound.” --- *Nan Jing* (Classic Medical Problem)

“the kidney is the master of the ear, and the heart is its guest.” ---*Zhen Zhi Zhun Sheng*(The Standards of Diagnosis and Treatment)



Ear

&

Zang-fu
Organ

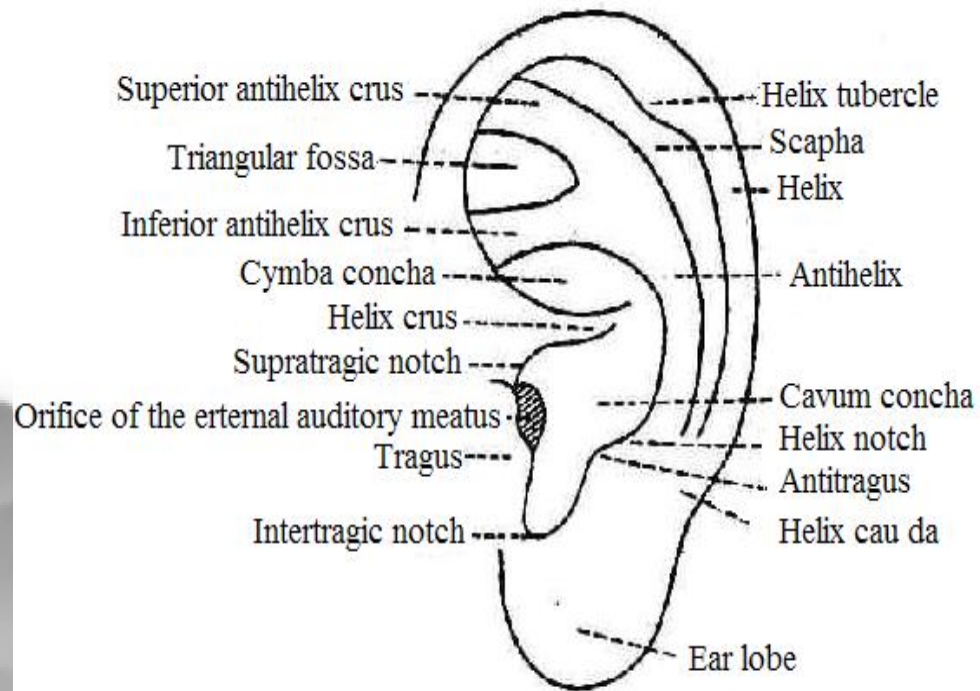
When diseases or disorders are present in the internal organs or tissues of the body, positive signs and characteristic changes in the electrical resistance of the skin may occur on corresponding areas of the auricles.

The auricle is classified into the concave part of the anterior ear, and the convex part, of the posterior aspect of the ear.

Auricular

Surface

Anatomy



Auricular

Surface

Anatomy



Helix

Helix: The portion of the auricular border that bends inward.



Helix Cauda

Helix Cauda: The inferior part of the helix, at the junction of the helix and the lobule.

Auricular

Surface

Anatomy



Helix Tubercle

Helix Tubercle: The nodular process on the postero-superior portion of the auricle.



Helix Crus

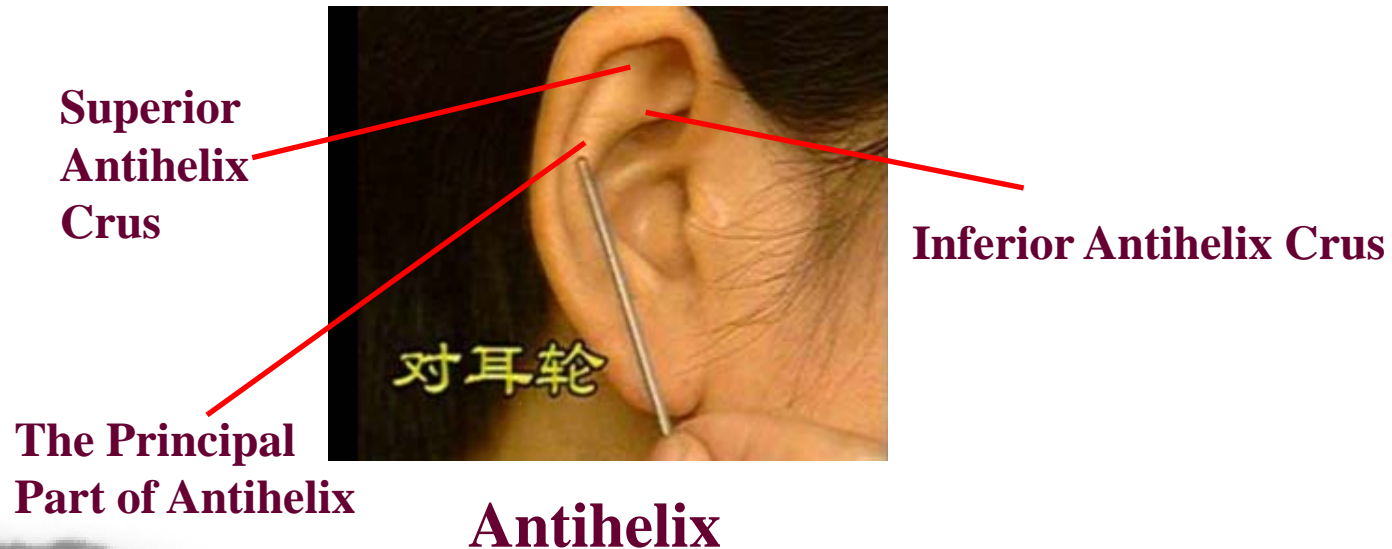
Helix Crus: The portion of the helix which extends into the auricular concha.

Auricular

Surface

Anatomy

Antihelix: The Y-shaped prominence opposite to the helix, that composes the principal part of antihelix and the superior inferior crus of the antihelix.



The Principal Part of Antihelix: The inferior section of antihelix; parallel to the helix.

Superior Antihelix Crus: The superior branch of the upper portion of the antihelix.

Inferior Antihelix Crus: The inferio-anterior branch of the upper portion of the antihelix.

Auricular

Surface

Anatomy



Triangular Fossa

Triangular Fossa:
The triangular depression between the two branches (superior & inferior) of the antihelix crus.



Scapha

Scapha:
The groove between the helix and the antihelix.

Auricular

Surface

Anatomy

Tragus:

The cartilaginous projection or rounded flap in front of the auricle anterior to the ear opening.

Supratragic Notch: The depression between the upper tragus and the helix crus.

Intertragic Notch: The depression between the tragus and antitragus.



Supratragic Notch

Intertragic Notch

Tragus

Auricular

Surface

Anatomy

Helix Notch



Antitragus

Antitragus: The projection superior to the lobe and opposite to the tragus.

Helix Notch: The depression between the antitragus and antihelix.



Lobe

Lobe: The lowest portion of the auricle where there is no cartilage.

Auricular

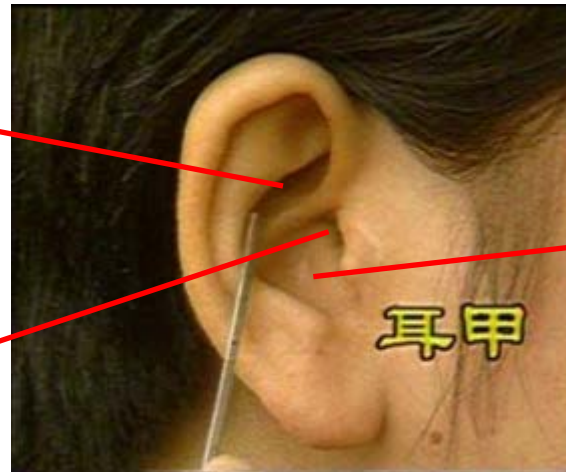
Surface

Anatomy

Concha: The depression between part of the helix, antihelix, antitragus, tragus and orifice of the external auditory foramen, which consists of cymba concha and cavum concha.

**Cavum
Concha**

**Orifice of
the External
Auditory
Meatus**



**Cymba
Concha**

Concha

Cavum Concha: The cavum (cavity) inferior to the helix crus.

Cymba Concha: The cavum (cavity) superior to the helix crus.

Orifice of the External Auditory Meatus: The opening in the cavum concha.

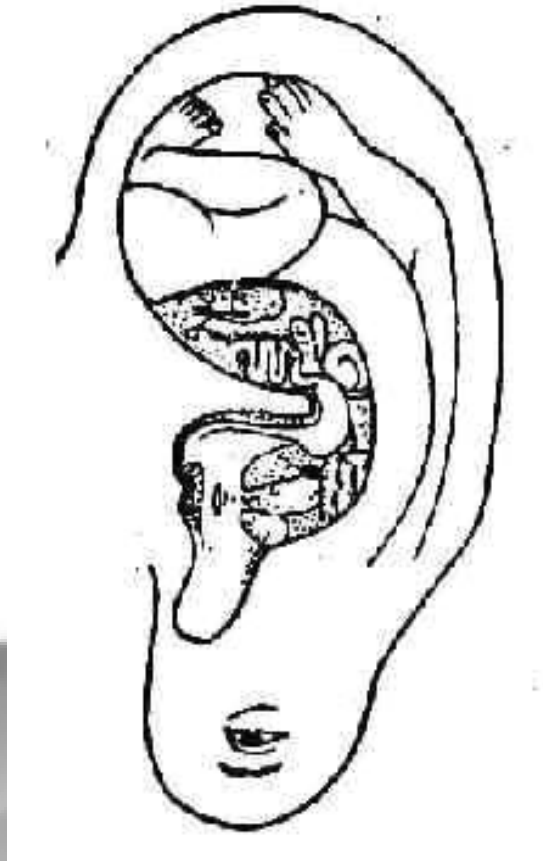
The distribution of auricular points and areas resemble the shape of *an upside-down fetus*

**Auricular
Point
Distribution**



**Auricular
Point
Distribution**

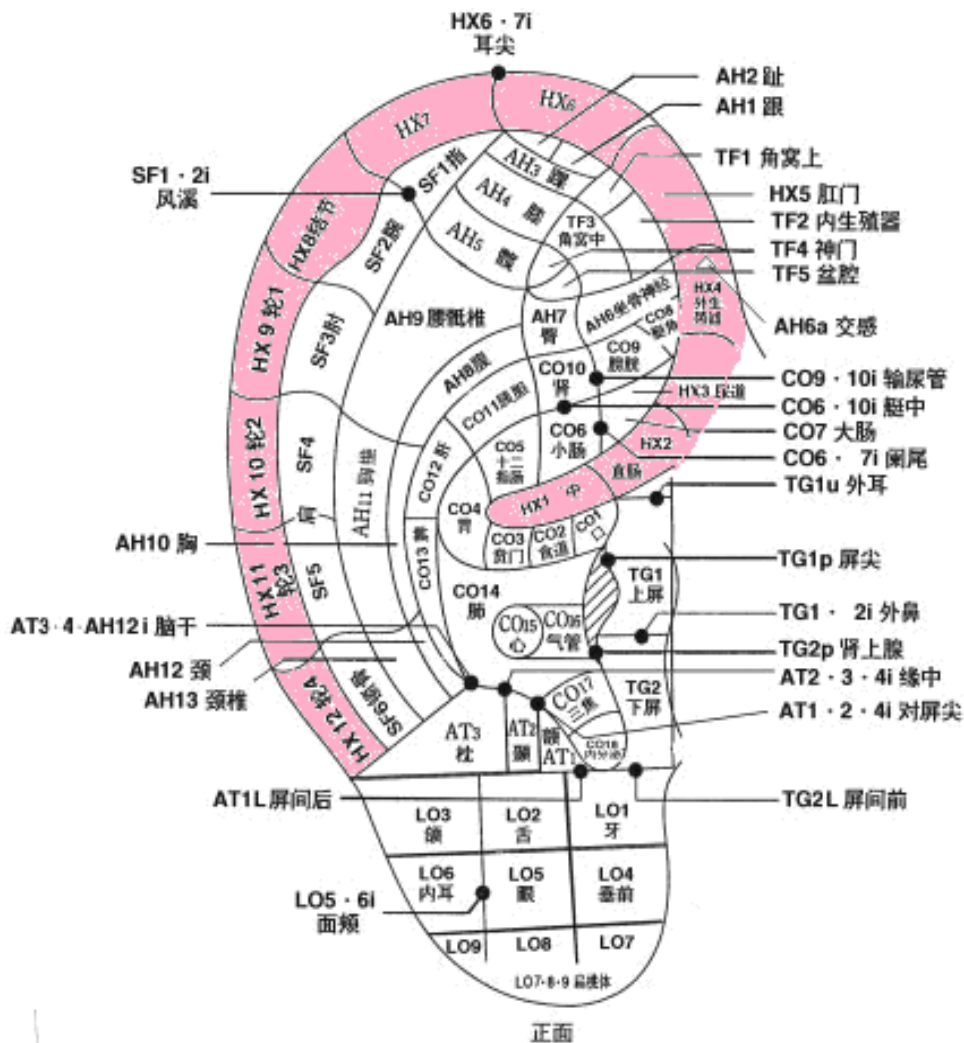
The rule is as follows:

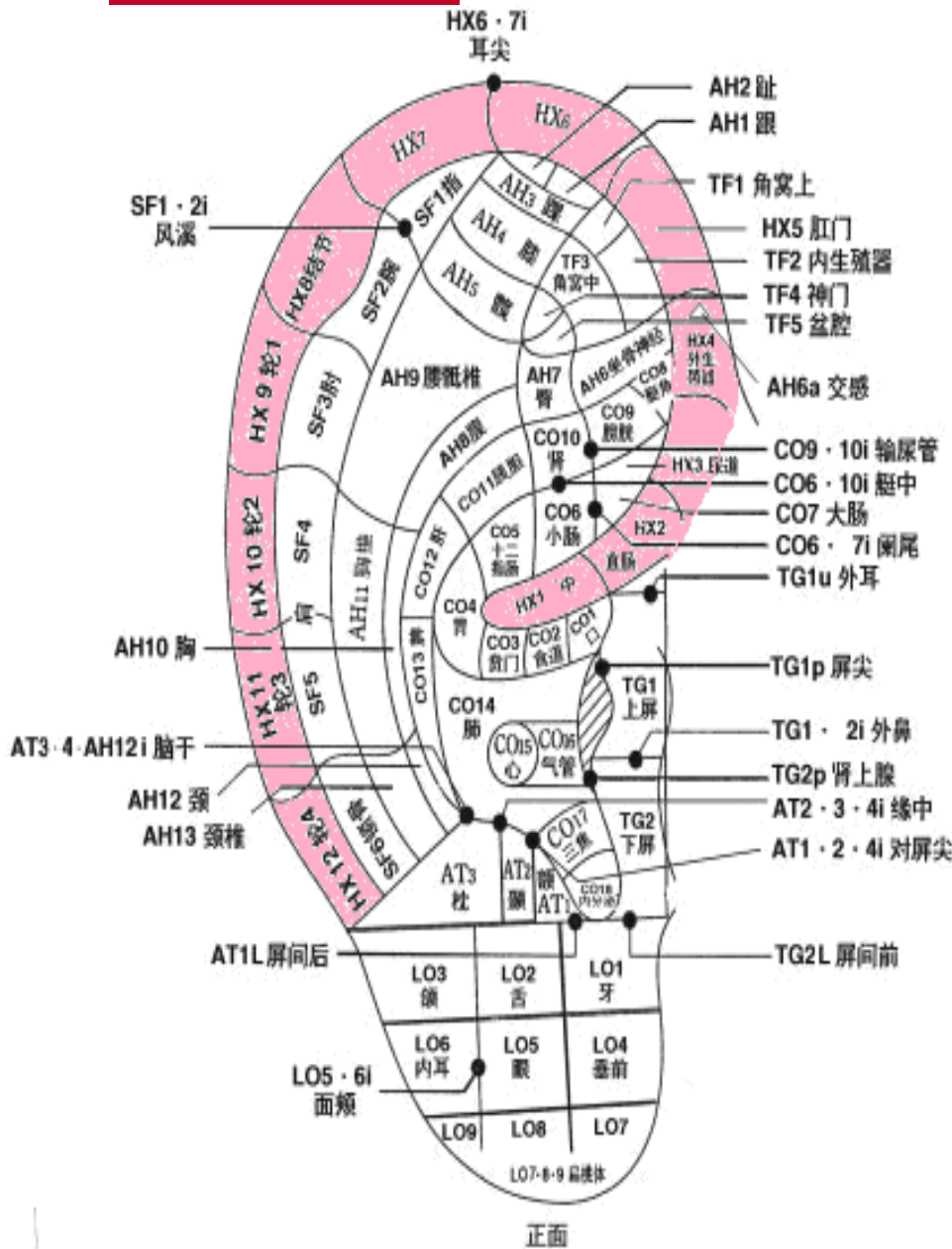


- Points located on the lobe are related to the head and facial region;
- those on the scapha to the upper extremities;
- those on the antihelix and its two crura to the trunk and lower extremities,
- those in the cavum and cymba concha to the internal organs.

The helix is divided into 12 zones.

Points
on
the Helix





Center of the Ear:

Location: The helix crus
Zone 1

Indications:

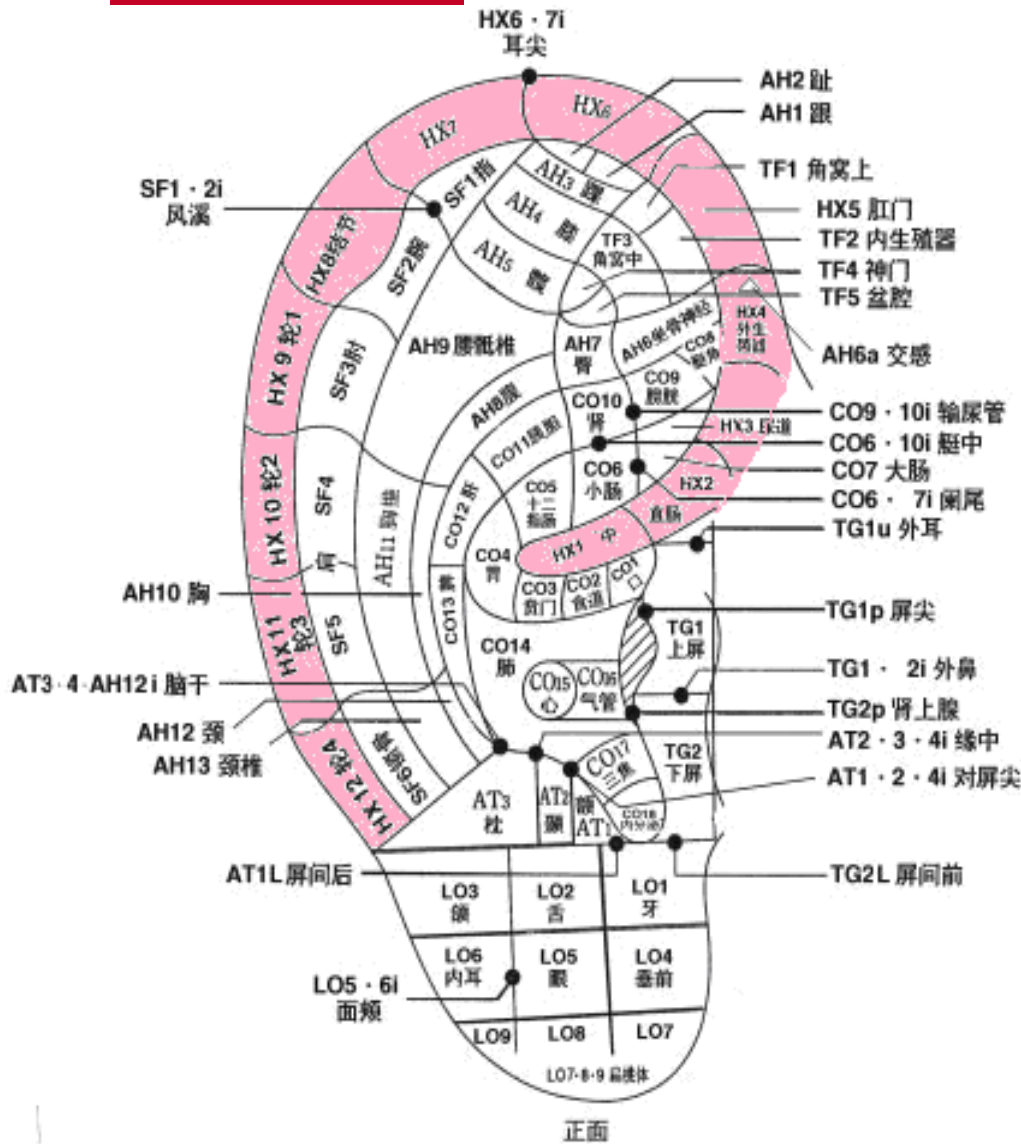
Hiccups, urticaria (hives), pruritus of the skin, enuresis, hemoptysis and other bleeding disorders.

Rectum

Location: Anterior & superior to the ridge of the helix crus
Zone 2

Indications:

Constipation, diarrhea, anal prolapse, hemorrhoids



Urethra

Location:

Superior to the Rectum
Zone 3

Indications:

Frequent, painful dribbling urination; retention of urine.

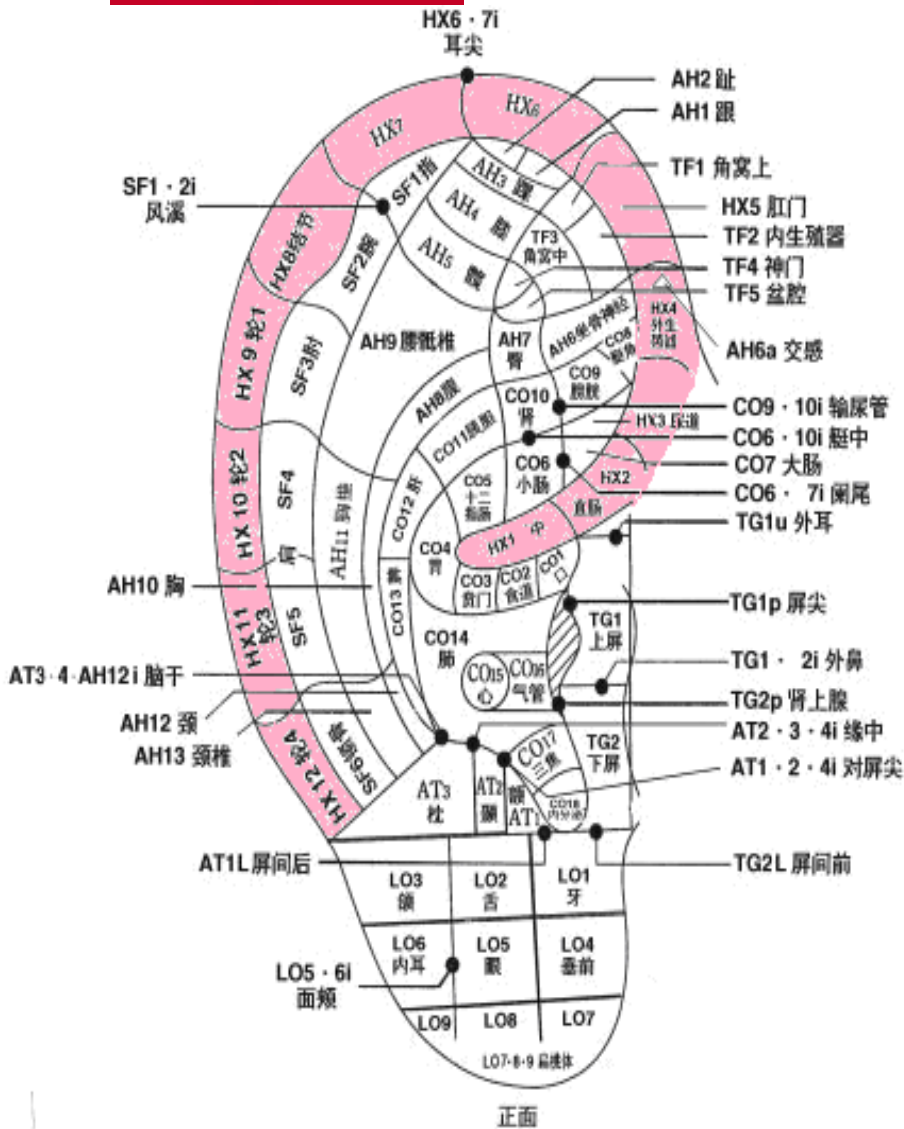
External Genitals

Location:

Anterior to the inferior antihelix crus
Zone 4

Indications:

Testitis, epididymitis, pruritus vulvae.



Anus

Location:

Anterior to the triangular fossa
Zone 5

Indications:

Hemorrhoids, anal fissures.

Ear Apex

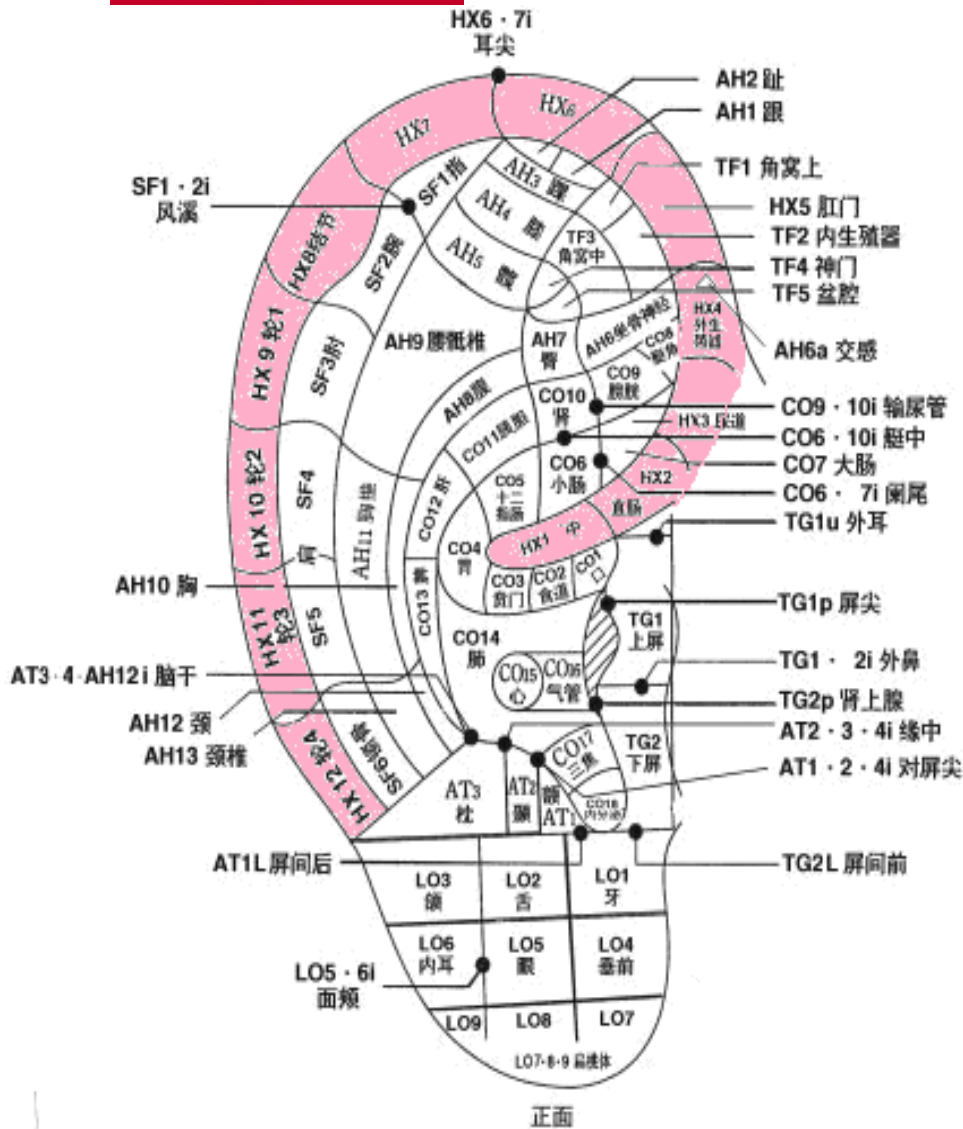
Location:

Tip of the auricle, superior to the helix when folded towards the tragus, or

The junction of Zone 6 and 7

Indications:

Fever, hypertension, acute conjunctivitis, hordeolum, toothache, insomnia.



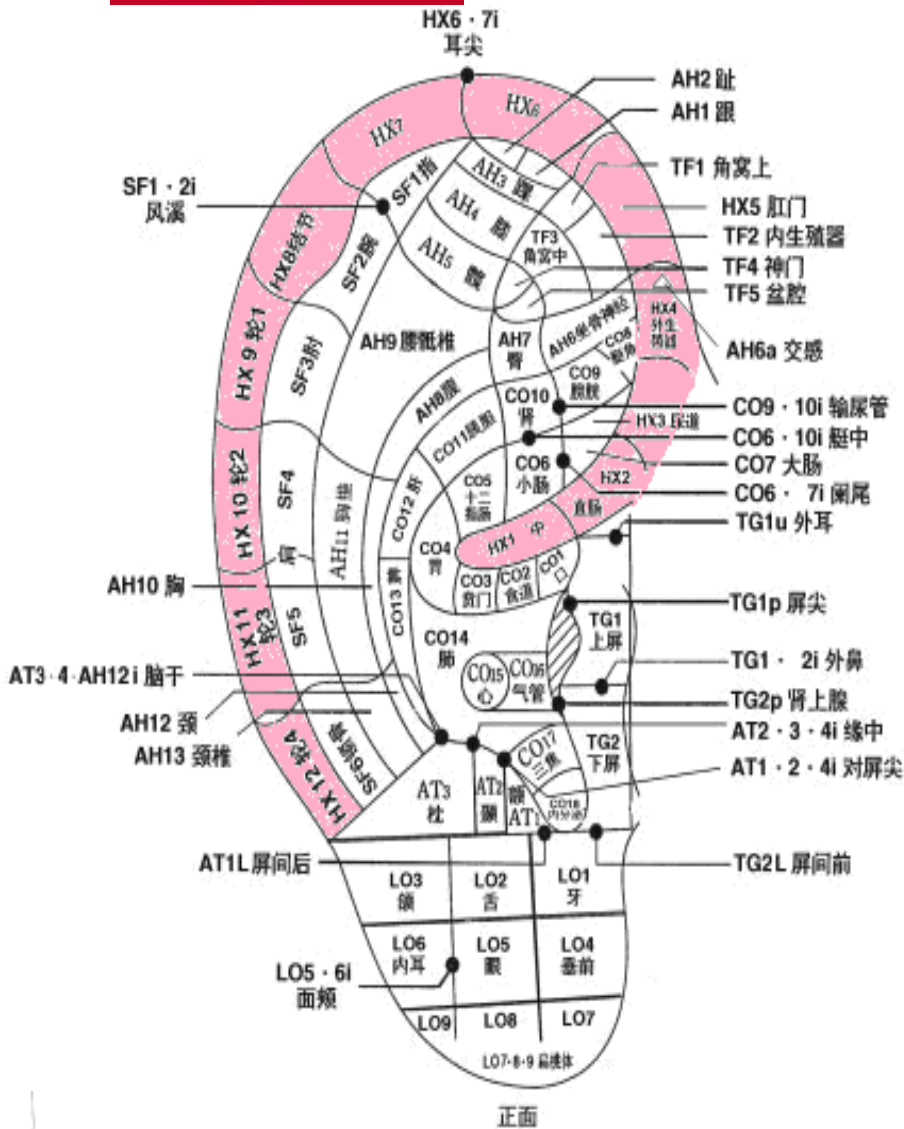
Tubercle

Location:

On the helix tubercle
Zone 8

Indications:

Dizziness, headache,
hypertension.



Helix 1

Location:

Inferior to the helix tubercle
Zone 9

Helix 2

Location:

Inferior to helix 1 Zone 10

Helix 3

Location:

Superior to helix 2 Zone 11

Helix 4

Location:

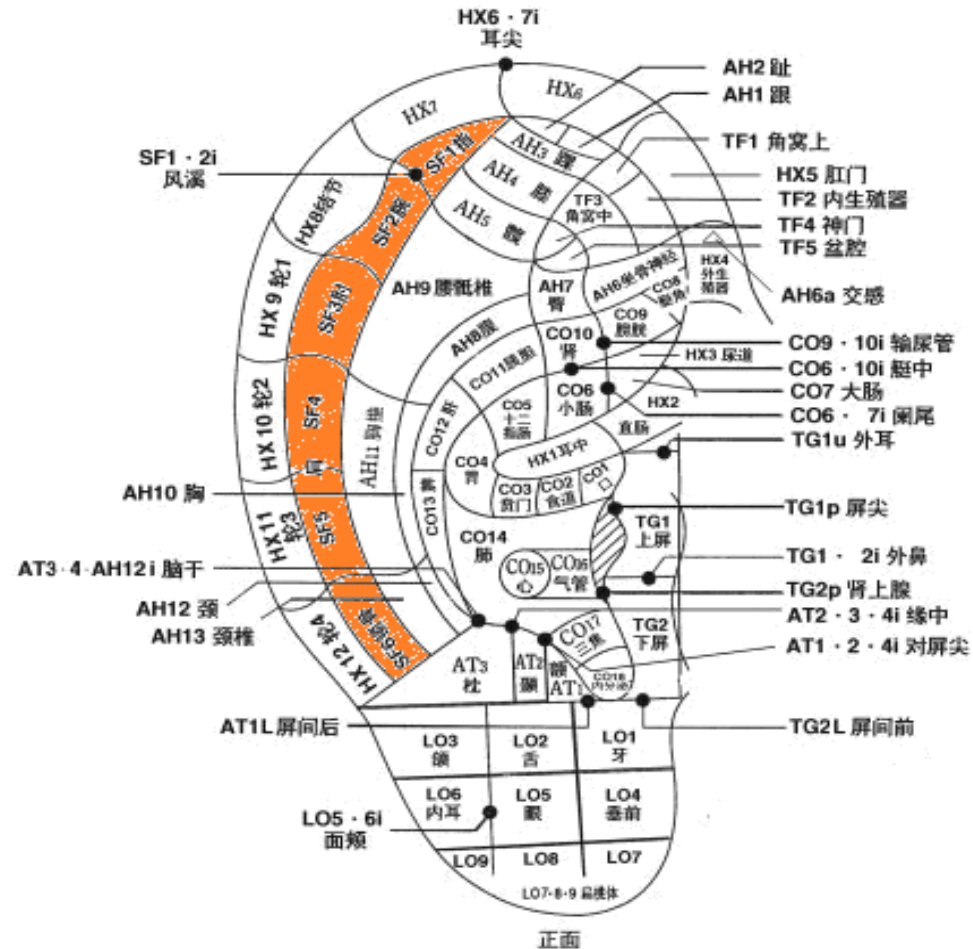
Inferior to helix 3 Zone 12

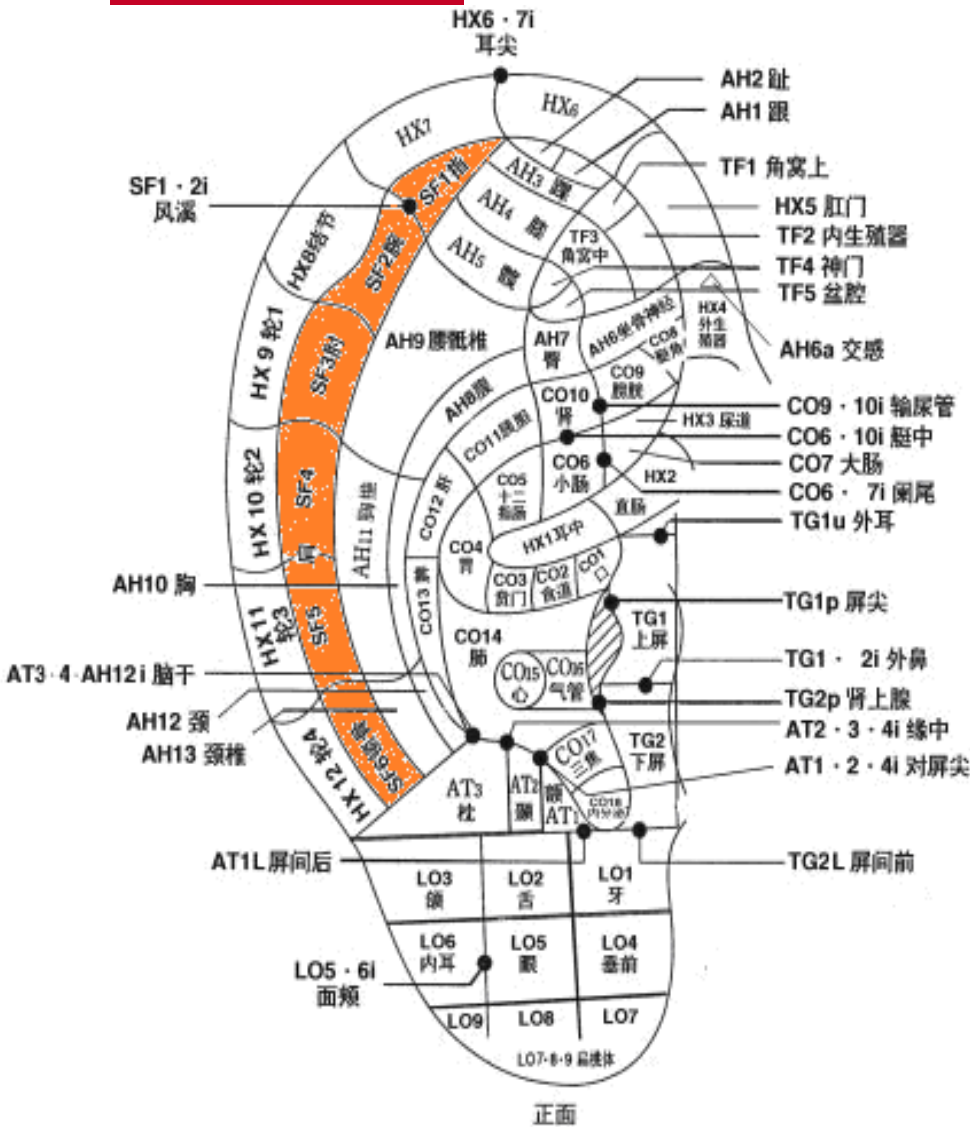
Indications:

Fever, tonsillitis, upper respiratory tract infection.

Points on the Scapha

The Scapha is separated into 6 equal sections, which are listed in **descending order** as Zones 1, 2, 3, 4, 5 and 6.





Fingers

Location:

The upper section of the scapha Zone 1

Indication:

Paronychia, pain and numbness of the fingers.

Wrist

Location:

Inferior to the Fingers Zone 2

Indication:

Wrist pain.

Wind Stream “Feng Xi”

Location:

Between the fingers and wrist in front of the helix tubercle

Zone 3

Indication:

Urticaria (hives), pruritus of the skin, allergic rhinitis.

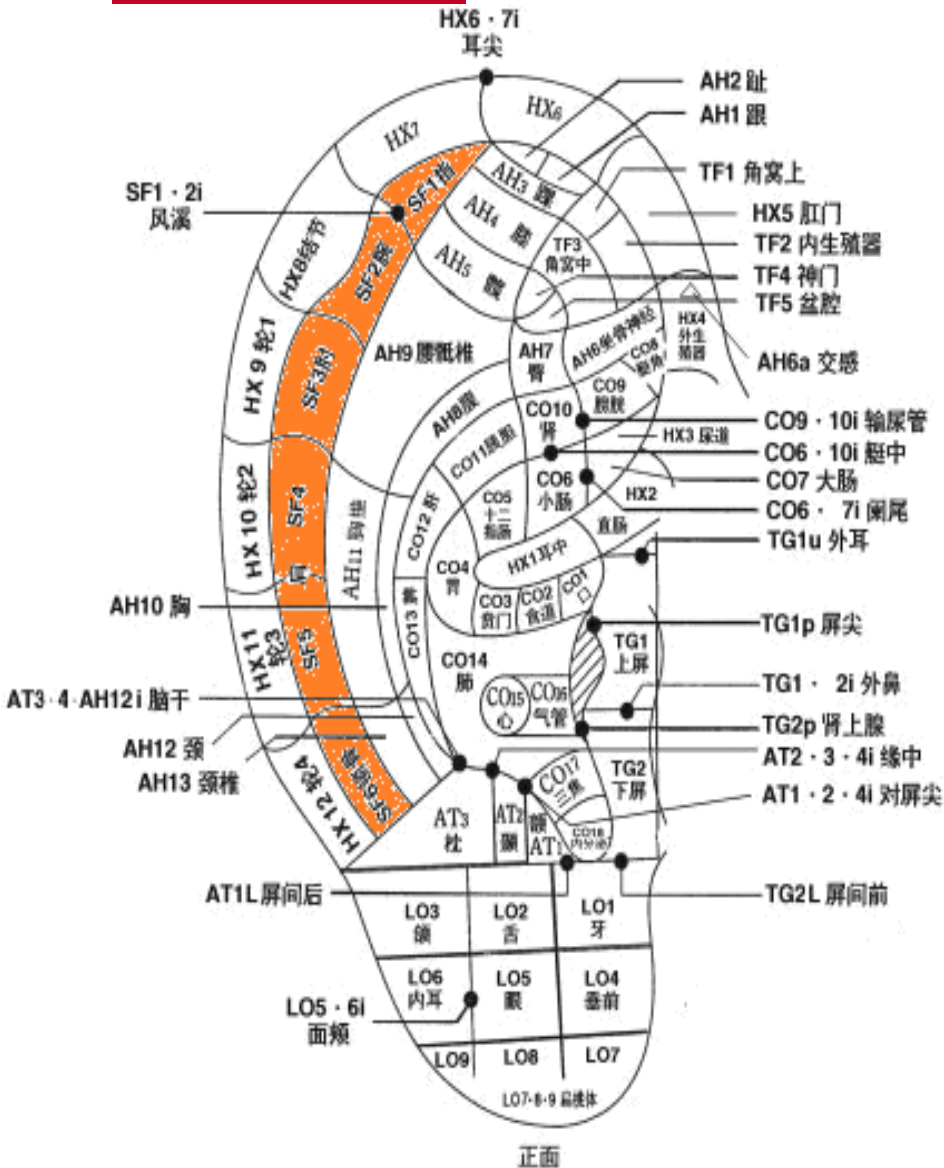
Elbow

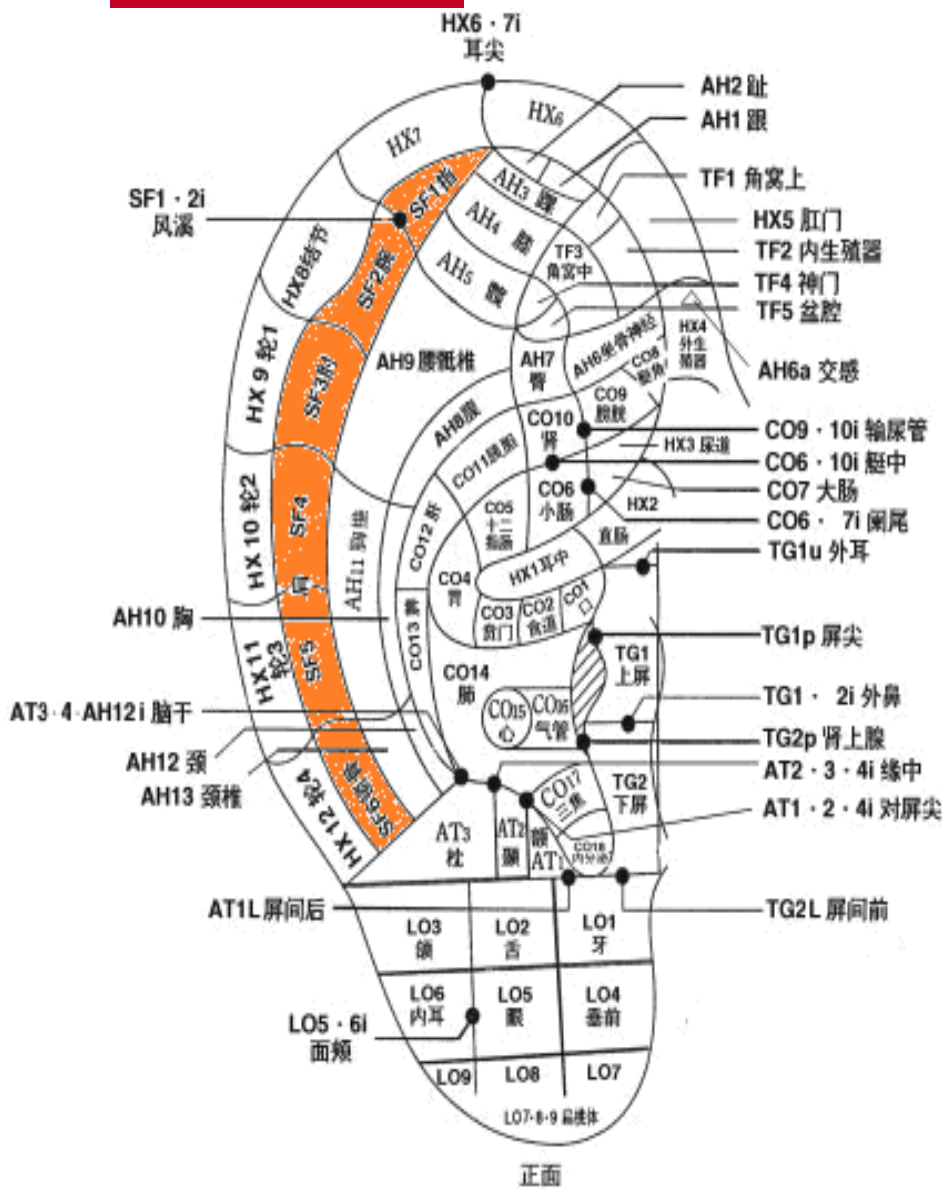
Location:

Inferior to the wrist Zone 3

Indication:

External humeral epicondylitis, elbow pain.





Shoulder

Location:

Inferior to the elbow

Zone 4 and 5

Indication:

Peri-arthritis of the shoulder, shoulder pain.

Clavicle

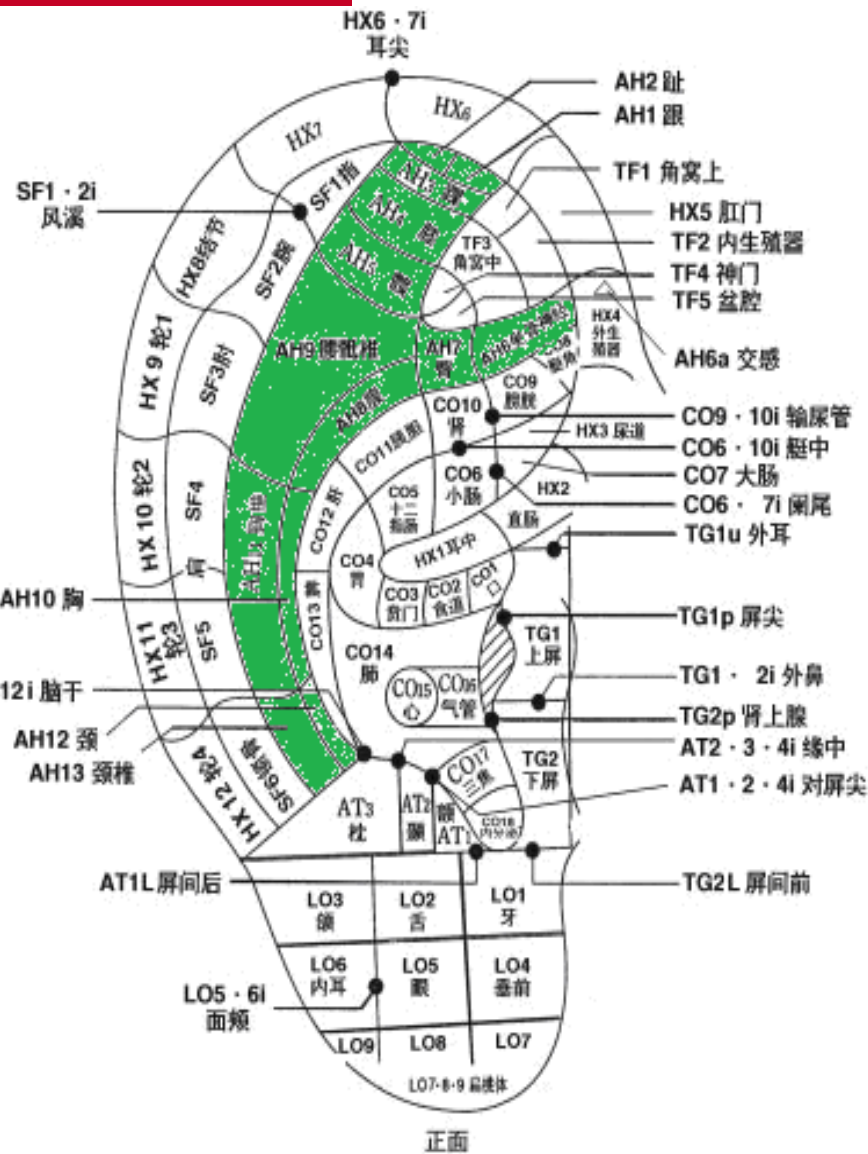
Location:

Inferior to the shoulder

Zone 6

Indication:

Peri-arthritis of the shoulder.



Heel

Location:

**Anterio-superior section
of the superior crus
Zone 1**

Indication:

Heel pain

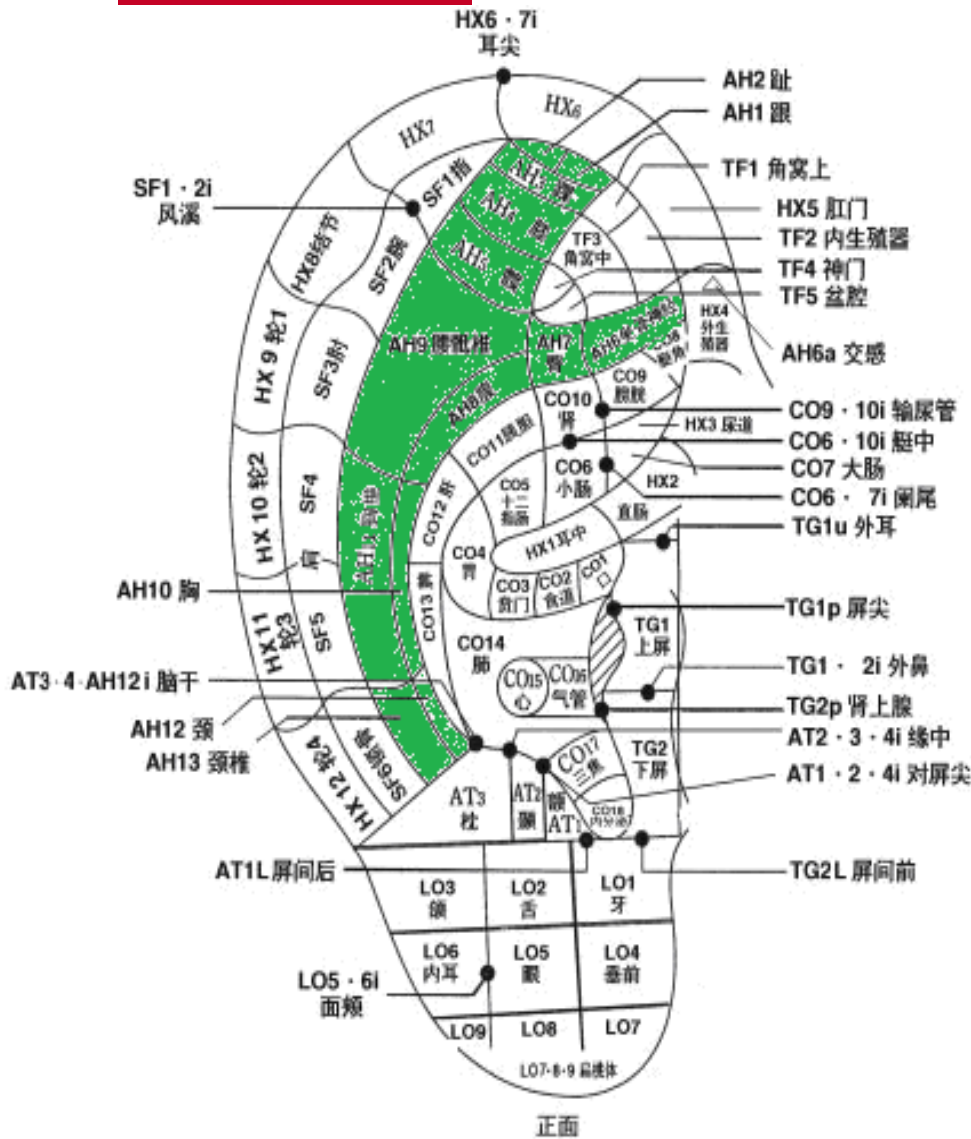
Toes

Location:

**Posterior-superior section
of the superior crus,
inferior to the apex
Zone 2**

Indication:

**Paronychia, pain in the
toes.**



Ankle

Location:

Inferior to the toes and heel Zone 3

Indication:

Ankle sprains

Knee

Location:

Middle third of the superior crus Zone 4

Indication:

Pain of the knee joint, sciatica.

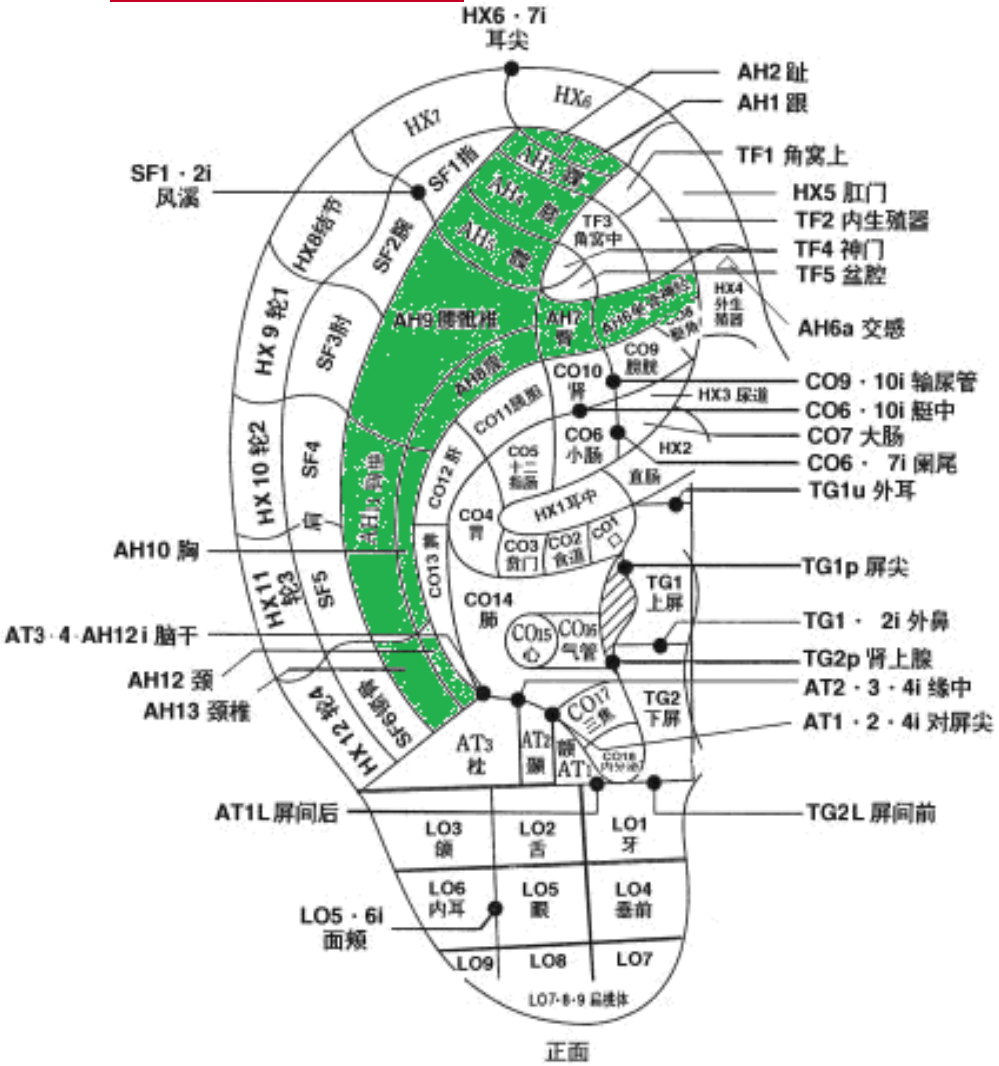
Hip

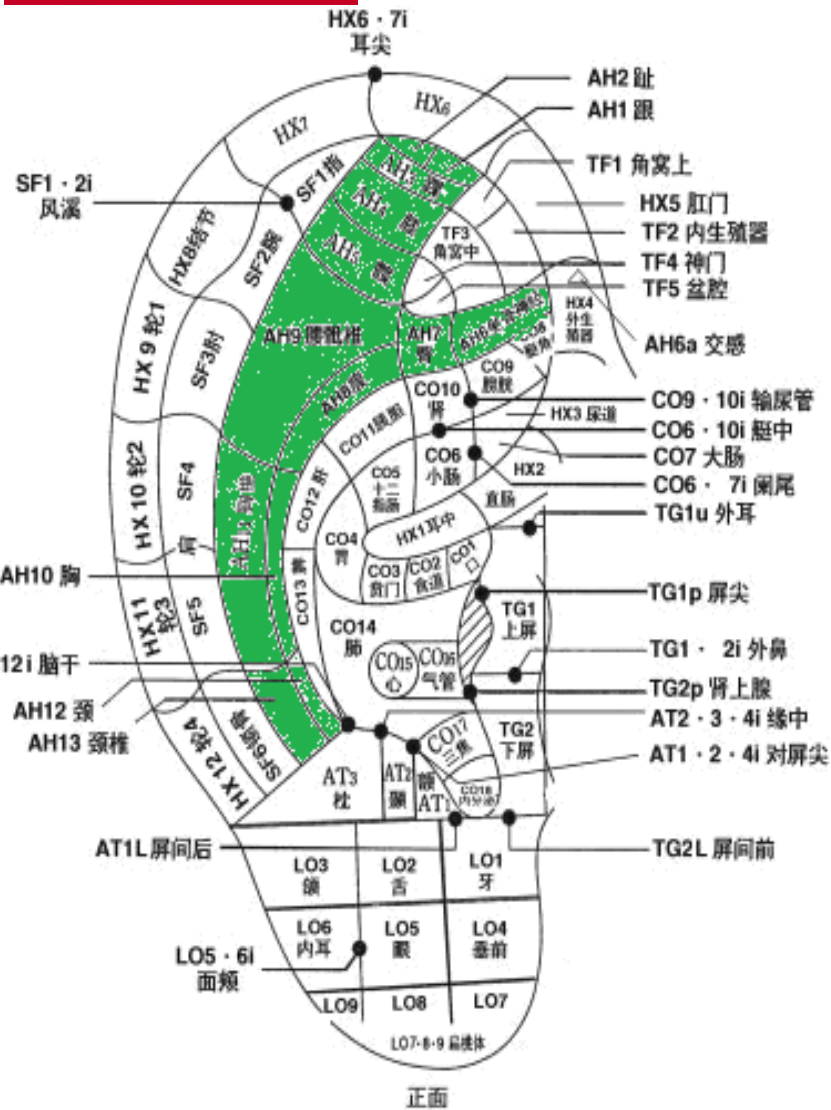
Location:

Lower third of the superior crus Zone 5

Indication:

Pain of the hip joint, sciatica, pain of lumbosacral area, paralysis of the lower extremities.





Sciatic Nerve

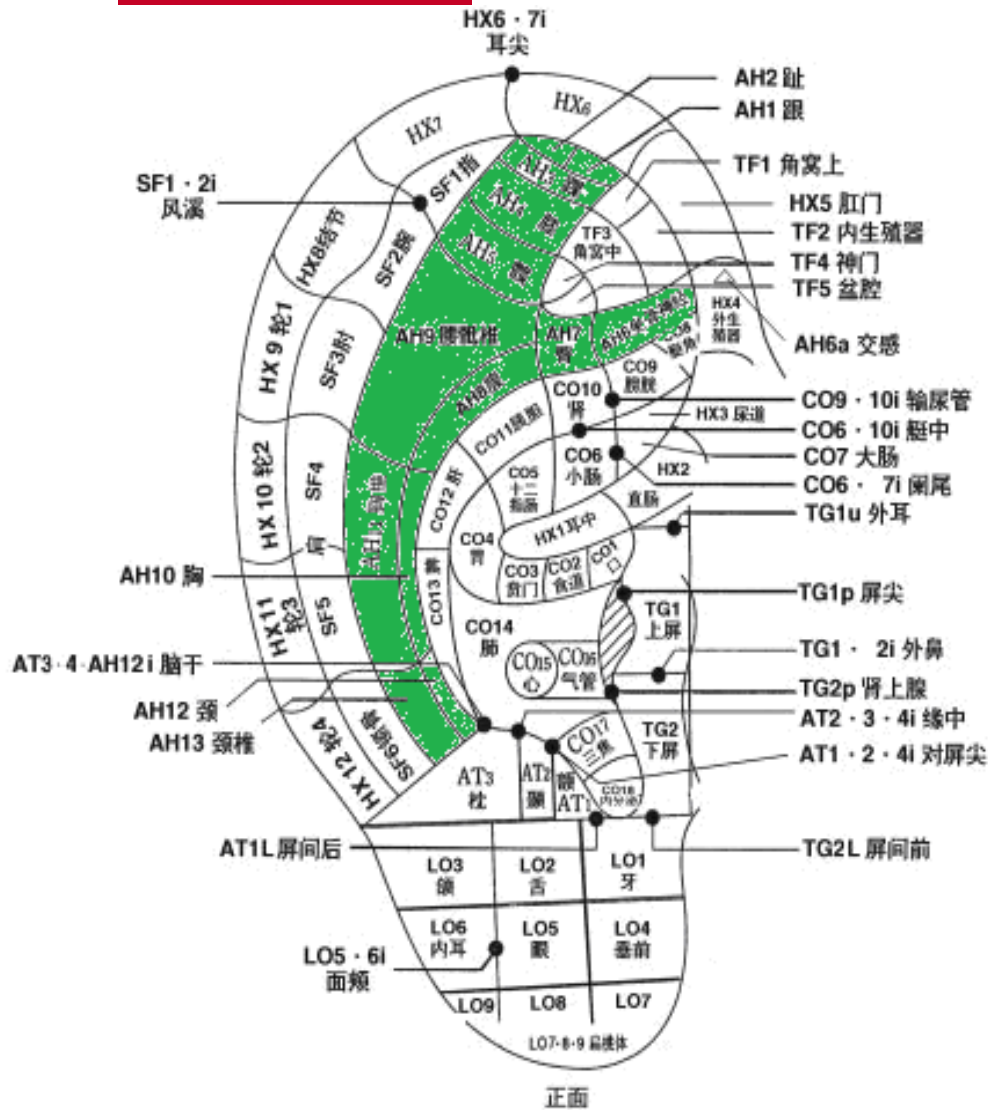
Location:

Anterior 2/3's of the inferior crus Zone 6

Indication:

Sciatica, paralysis of the lower extremities.





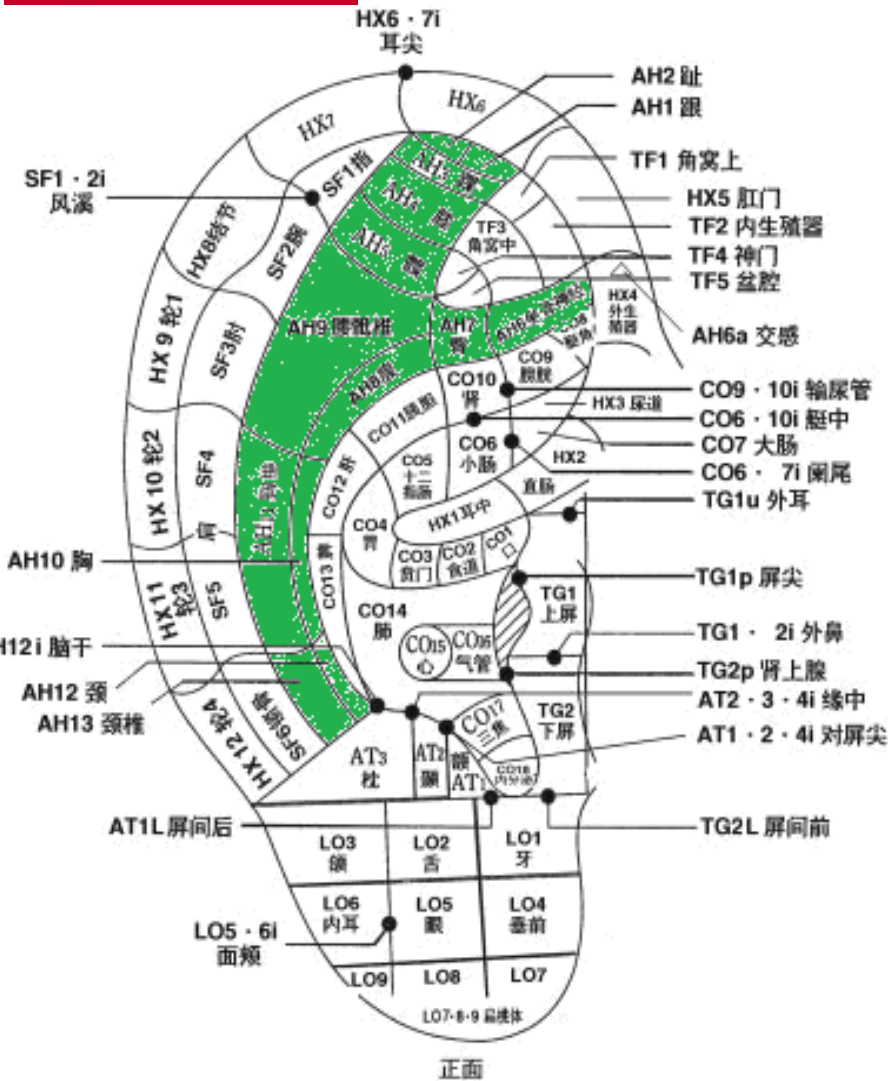
Sympathetic

Location:

Junction between the terminus of the inferior crus and the inner border of the helix The anterior end of Zone 6

Indication:

Gastrointestinal spasms, angina pectoris, biliary colic, ureterolithiasis, functional disturbances of the automatic nervous system.



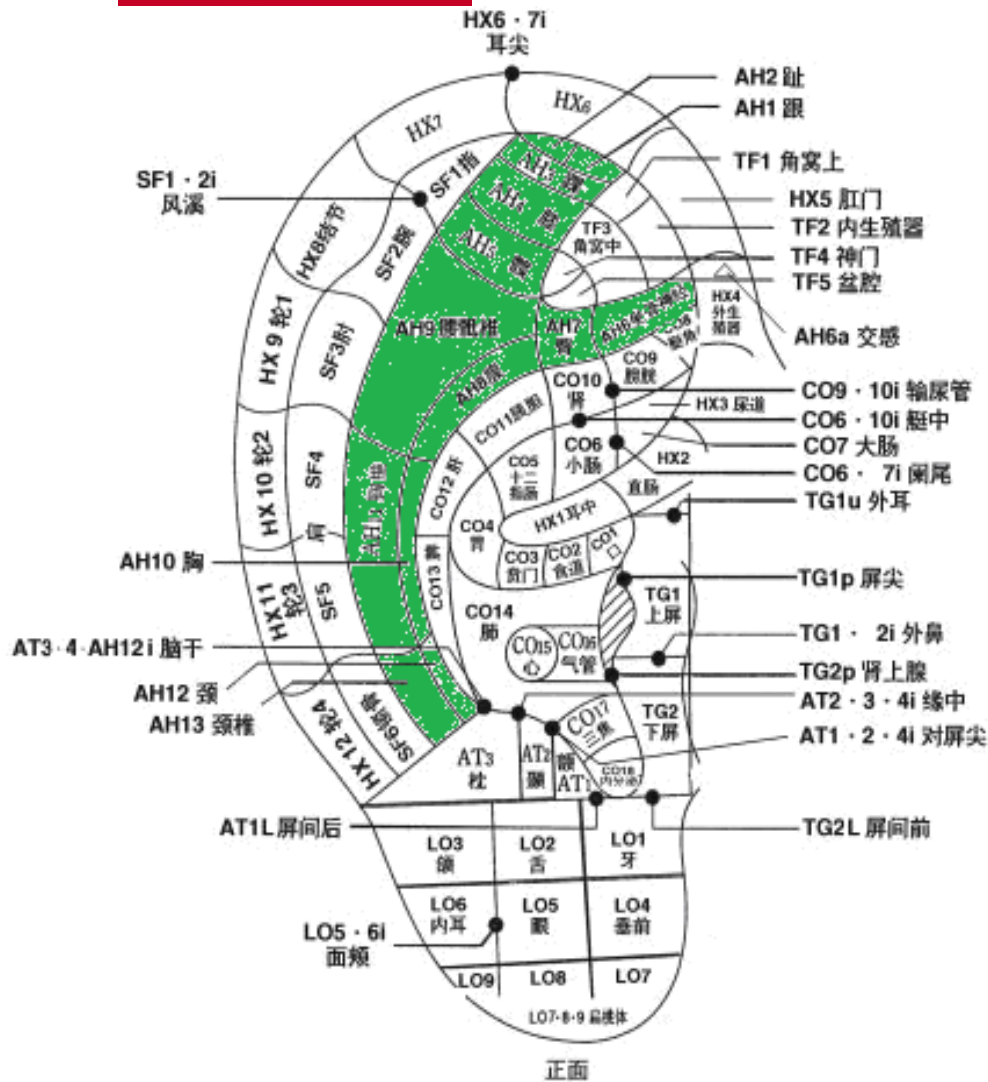
Buttocks

Location:

The posterior 1/3 of the inferior crus Zone 7

Indication:

Sciatica, gluteal fasciitis.



Abdomen

Location:

Superior 2/5's of the anterior part of the antihelix body Zone 8

Indication:

Abdominal pain or distension, diarrhea, acute lumbar strain, dysmenorrhea, afterpains.

Lumbo-Sacral Vertebrae

Location:

Posterior to the Abdomen
Zone 9

Indication:

Pain in the lumbo-sacral region.

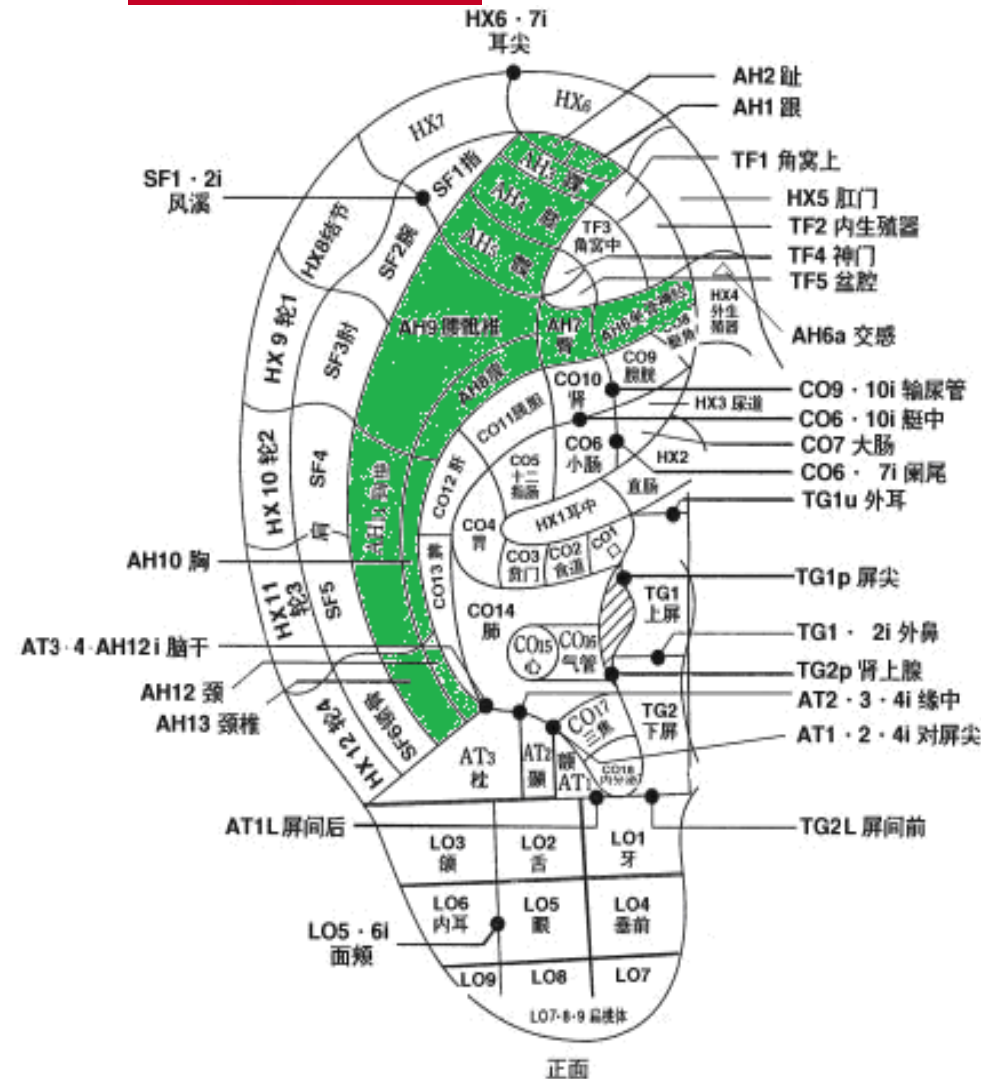
Chest

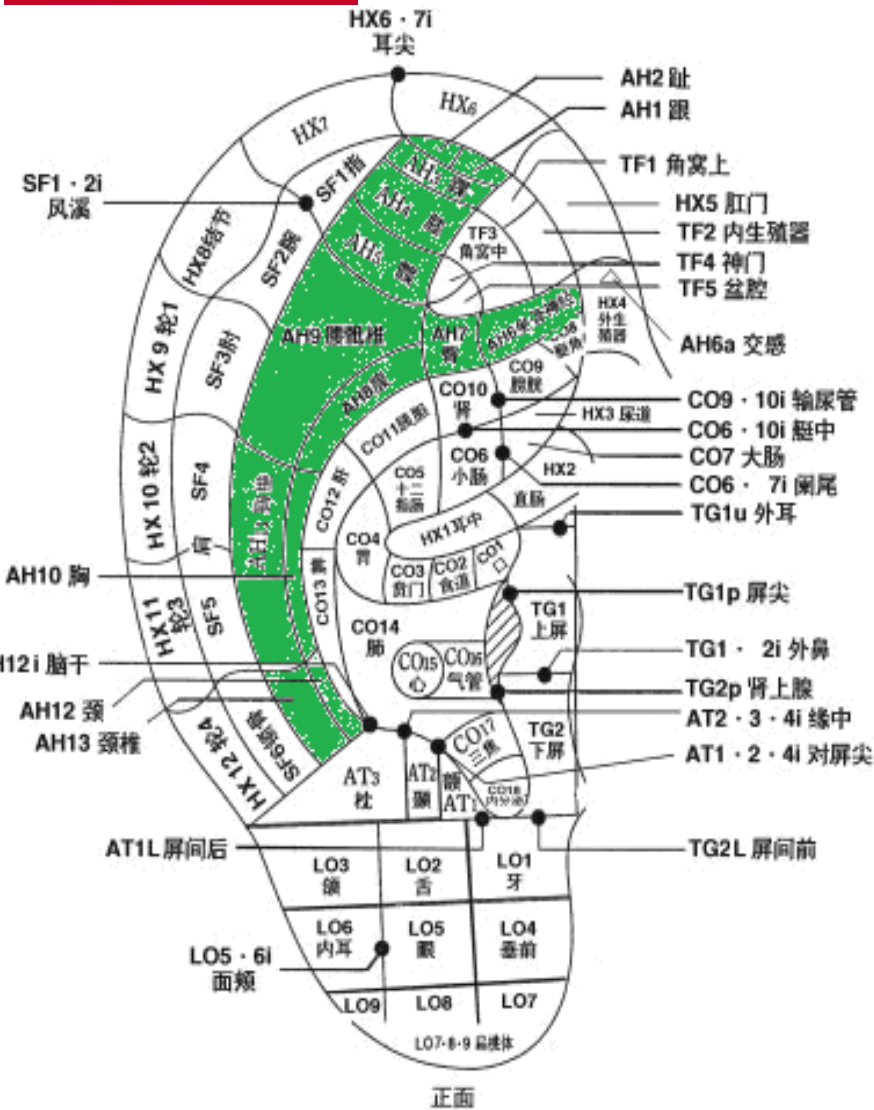
Location:

The middle 2/5's of the anterior part of the antihelix body
Zone 10

Indication:

Chest and hypochondriac pain, intercostals neuralgia, chest distress, mastitis.





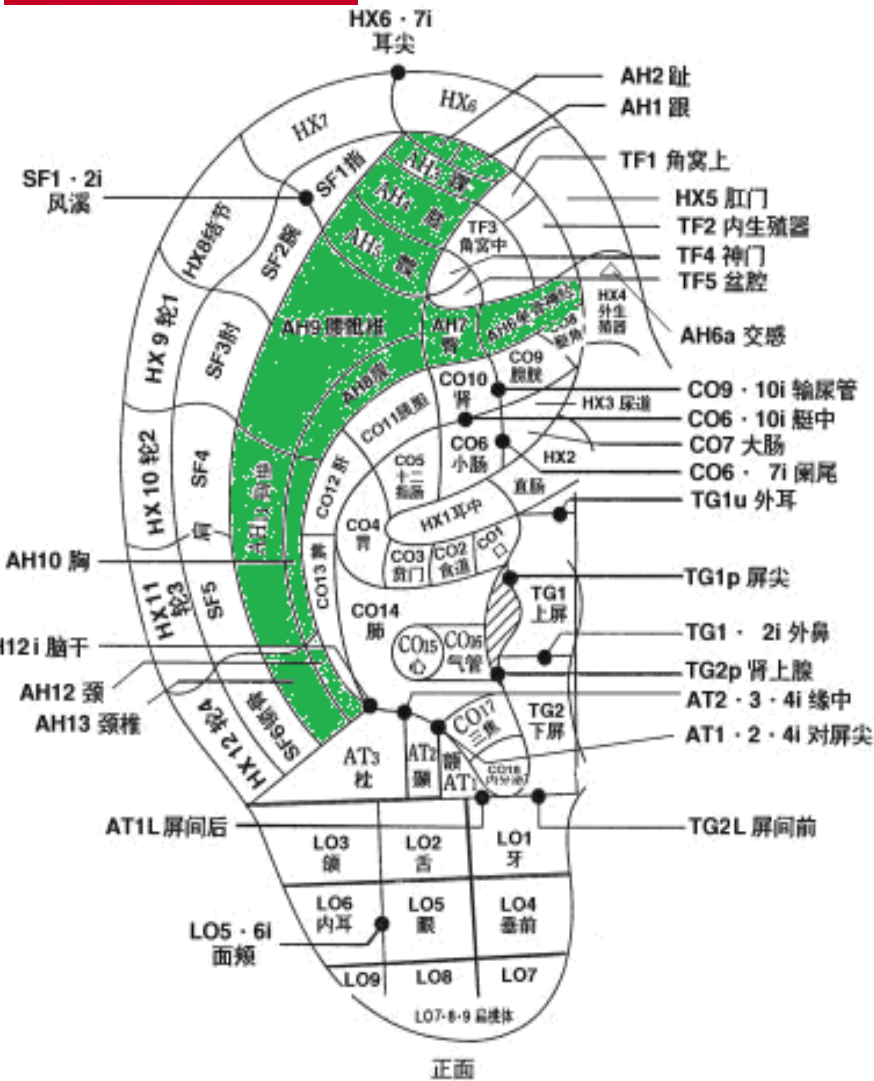
Thoracic vertebrae

Location:

Posterior to the Chest
Zone 11

Indication:

Chest pain, premenstrual swelling and pain of the breasts, mastitis, insufficient lactation after childbirth.



Neck

Location:

Inferior 1/5 of the anterior part of the antihelix body Zone 12

Indication:

Stiff neck, neck pain.

Cervical Vertebrae

Location:

Posterior to the Neck
Zone 13

Indication:

Stiff neck, cervical syndrome.

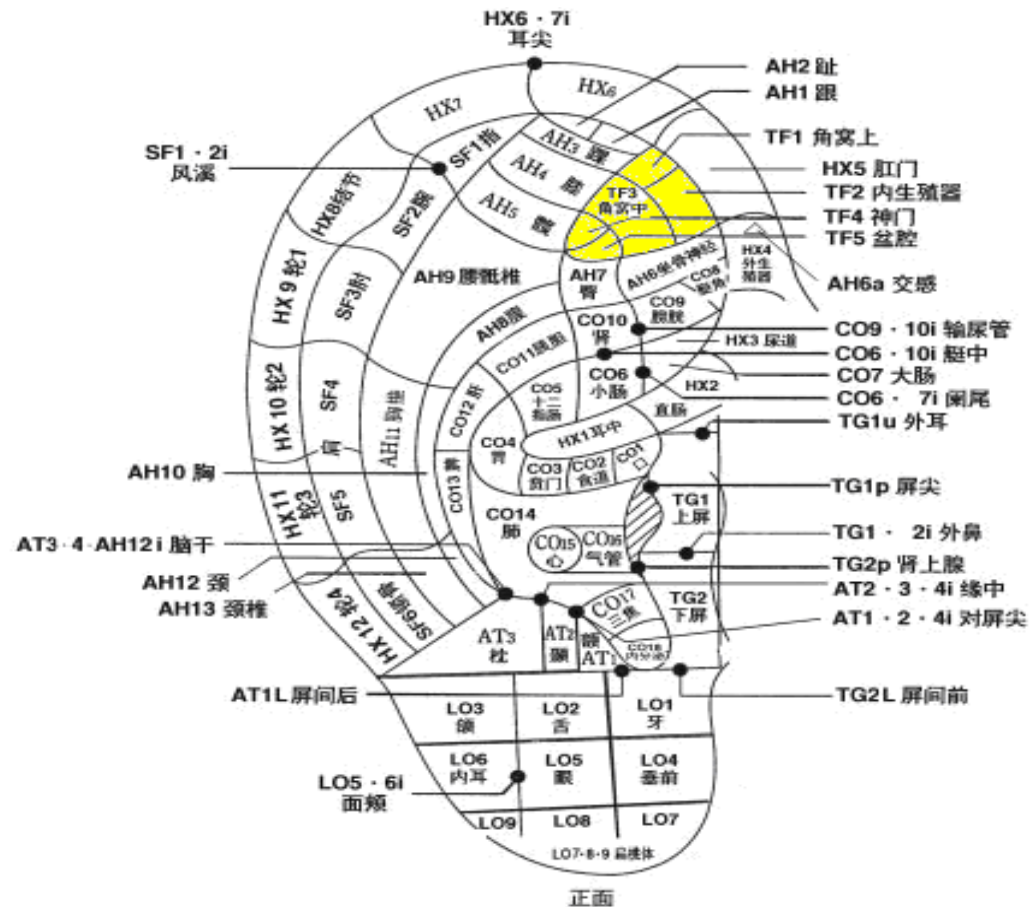
Points on the Triangular Fossa

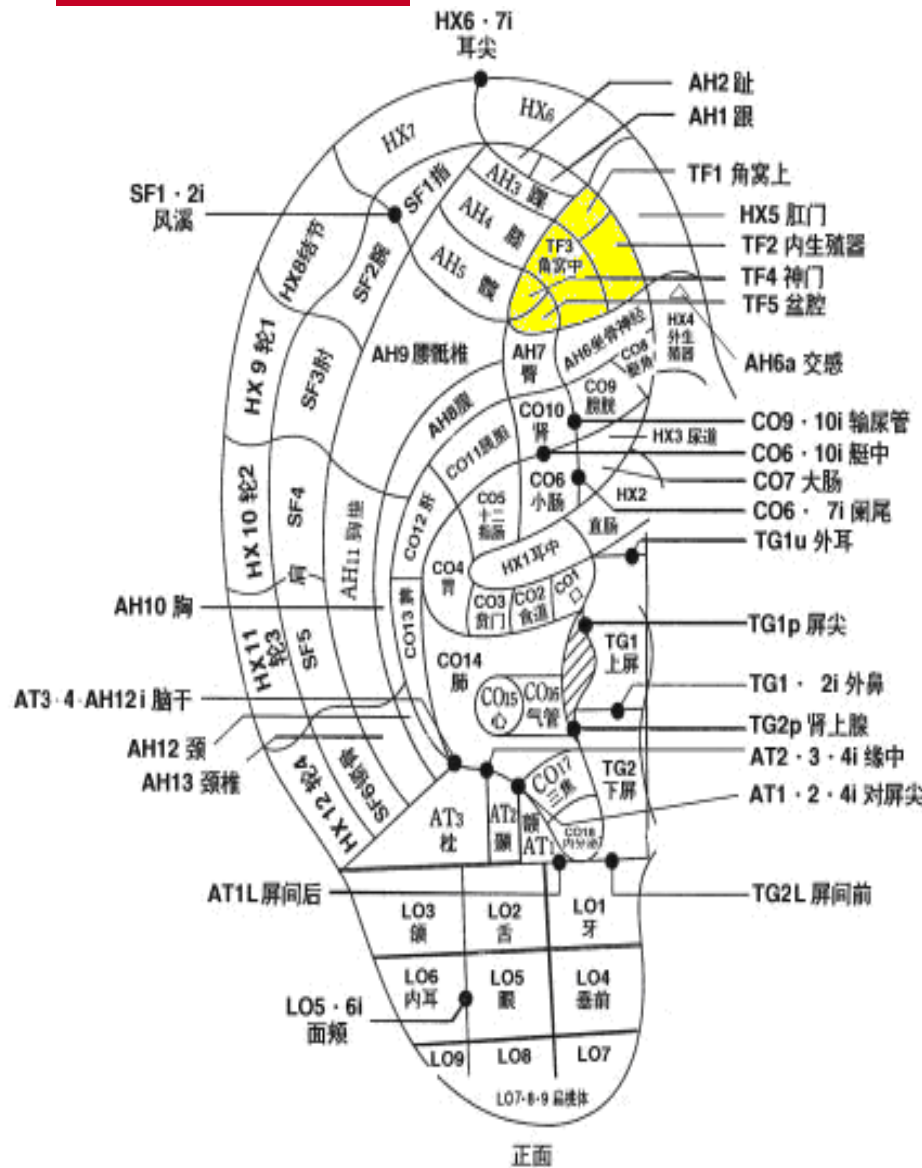
it is separated into three equal sections:

The middle 1/3 is Zone 3.

The anterior 1/3 is divided into 3 equal parts

The posterior 1/3 has 2 equal sections





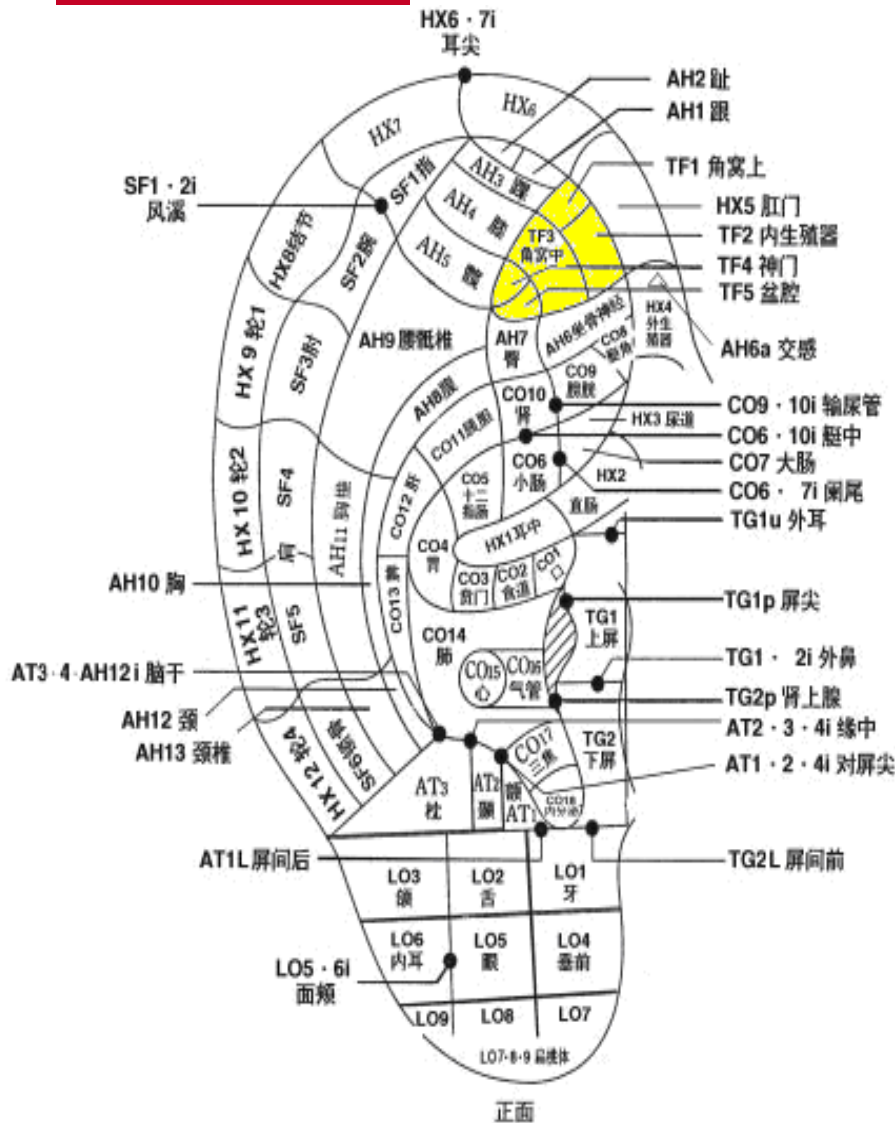
Superior Triangular Fossa

Location:

Superior anterior 1/3 of the triangular fossa Zone 1

Indication:

Hypertension.



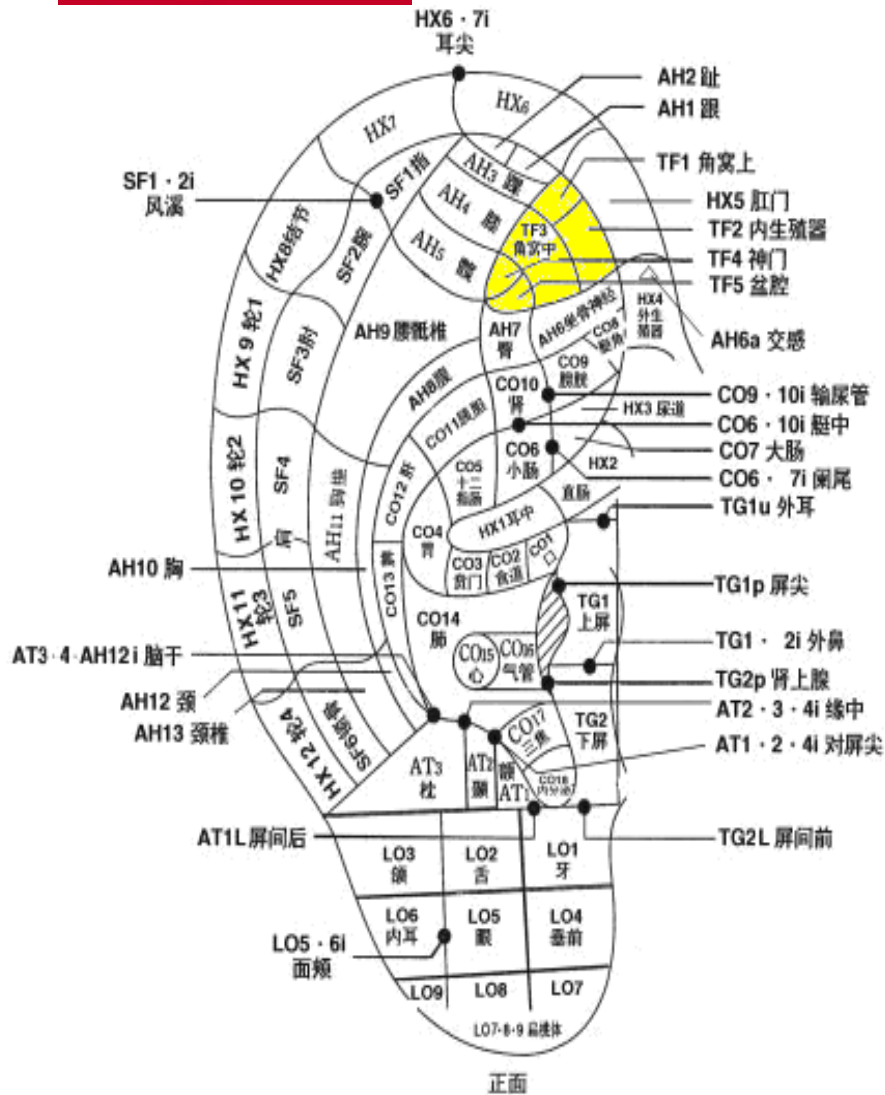
Internal Genitalia

Location:

The inferior part of the anterior 1/3 of the triangular fossa Zone 2

Indication:

Dysmenorrhea, irregular menstruation, leukorrhagia, dysfunctional uterine bleeding, impotence, seminal emissions, premature ejaculations.



Middle Triangular Fossa

Location:

The middle 1/3 of the triangular fossa Zone 3

Indication:

Asthma

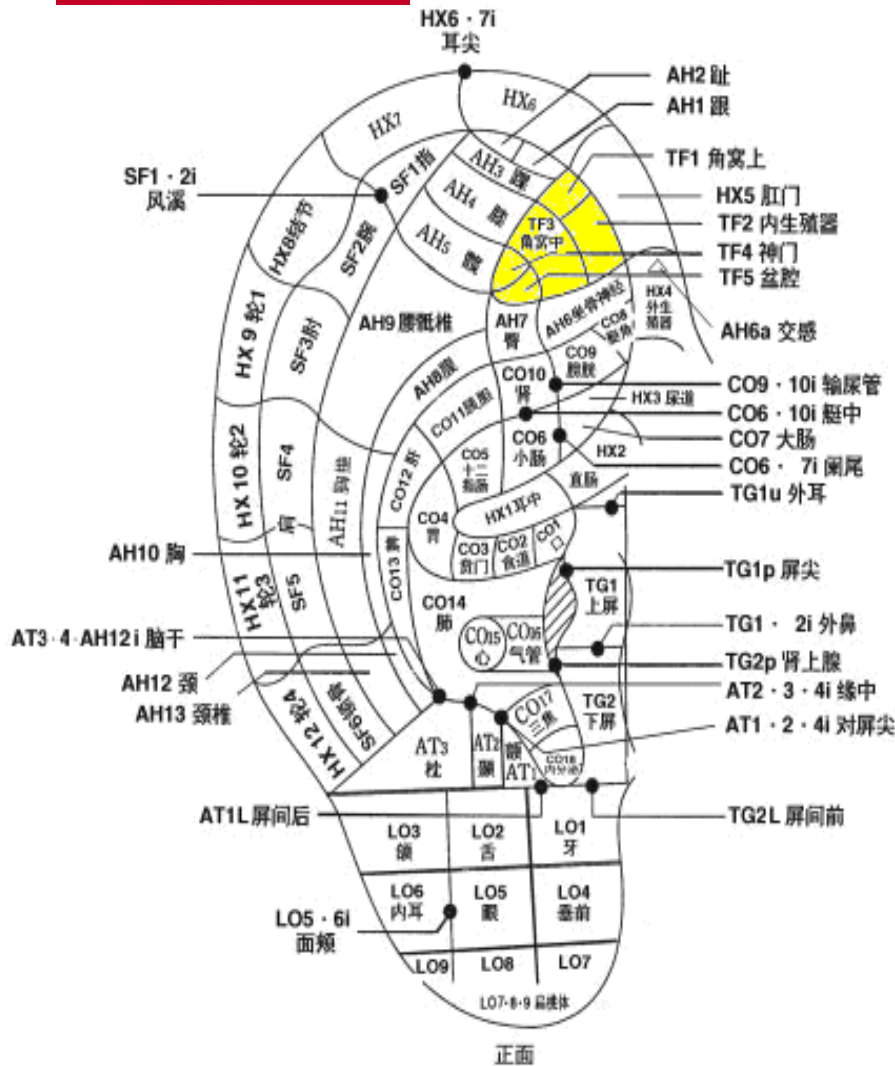
Ear Shenmen

Location:

The superior part of the posterior 1/3 of the triangular fossa Zone 4

Indication:

Insomnia, excessive dreaming, withdrawal syndrome, epilepsy, hypertension, neurasthenia.



Pelvis

Location:

The inferior part of the posterior 1/3 of the triangular fossa

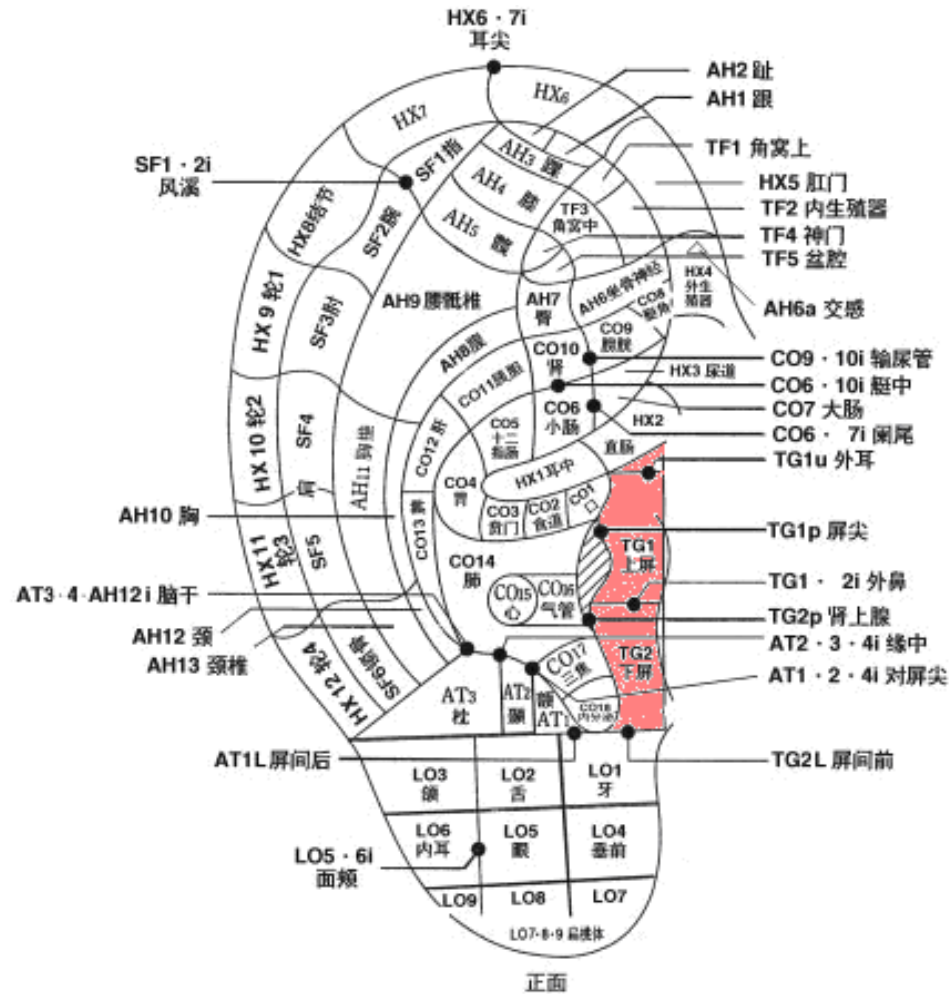
Zone 5

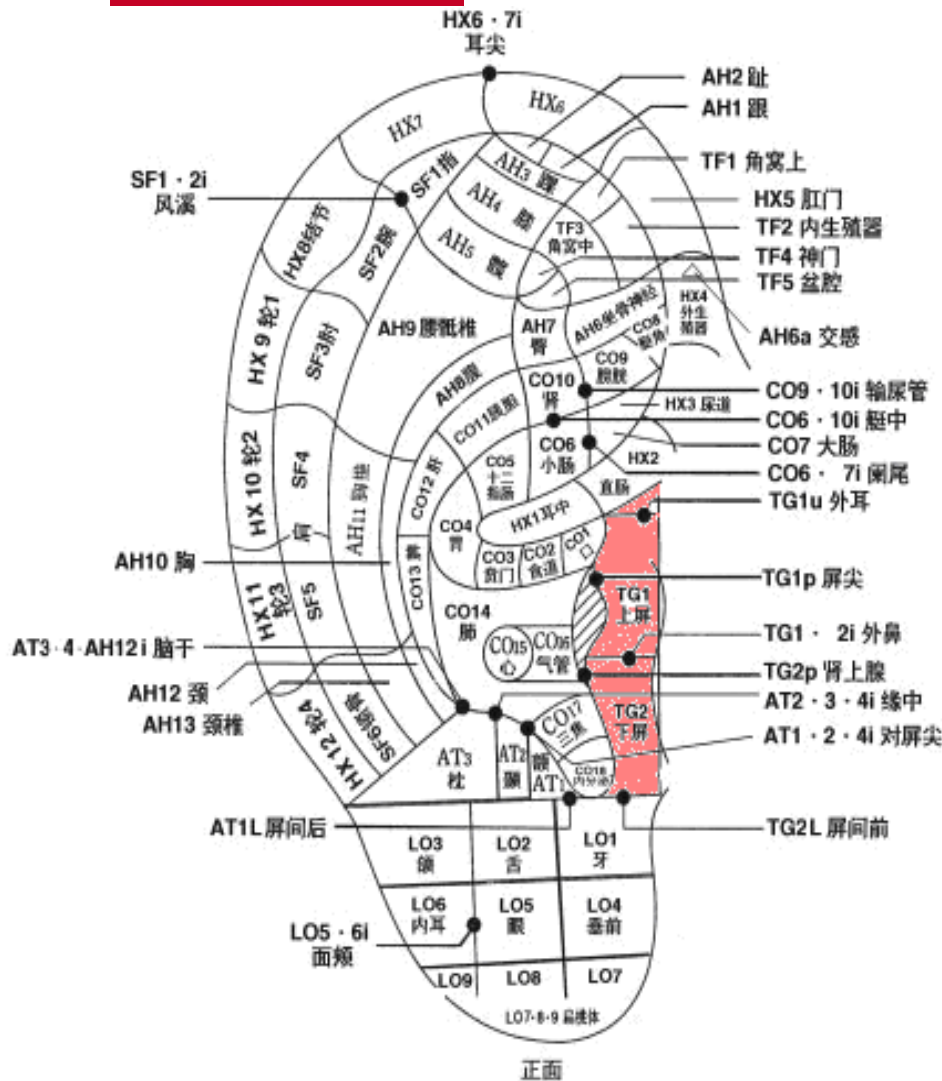
Indication:

Pelvic inflammation, appendagitis.

The tragus is separated into 4 zones.

Points on the Tragus





Superior Tragus

Location:

Superior 1/2 of the lateral surface Zone 1

Indication:

Pharyngitis, rhinitis.

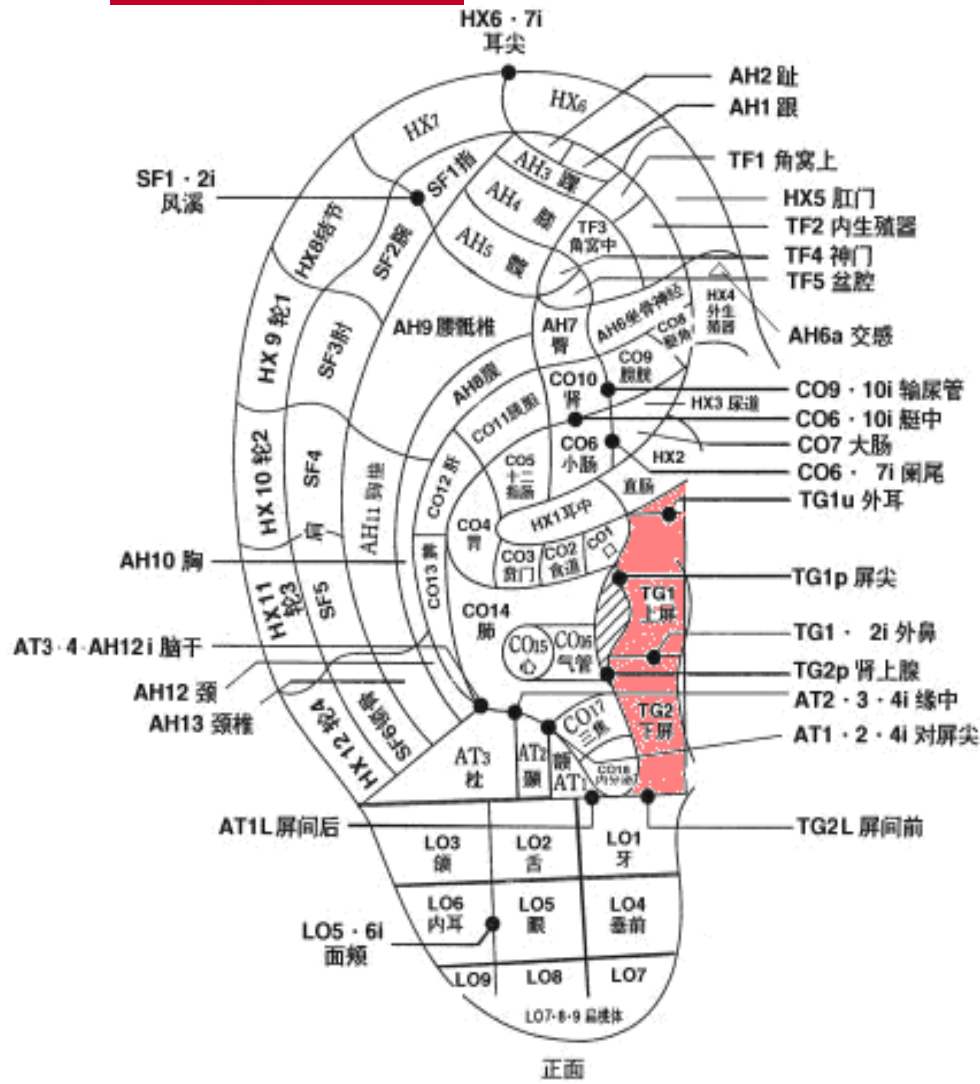
Inferior Tragus

Location:

Inferior 1/2 of the lateral surface Zone 2

Indication:

Rhinitis, nasal obstructions.



External Ear

Location:

Supratragic notch close to the helix Superior border of Zone 1

Indication:

External otitis, tympanitis, tinnitus.

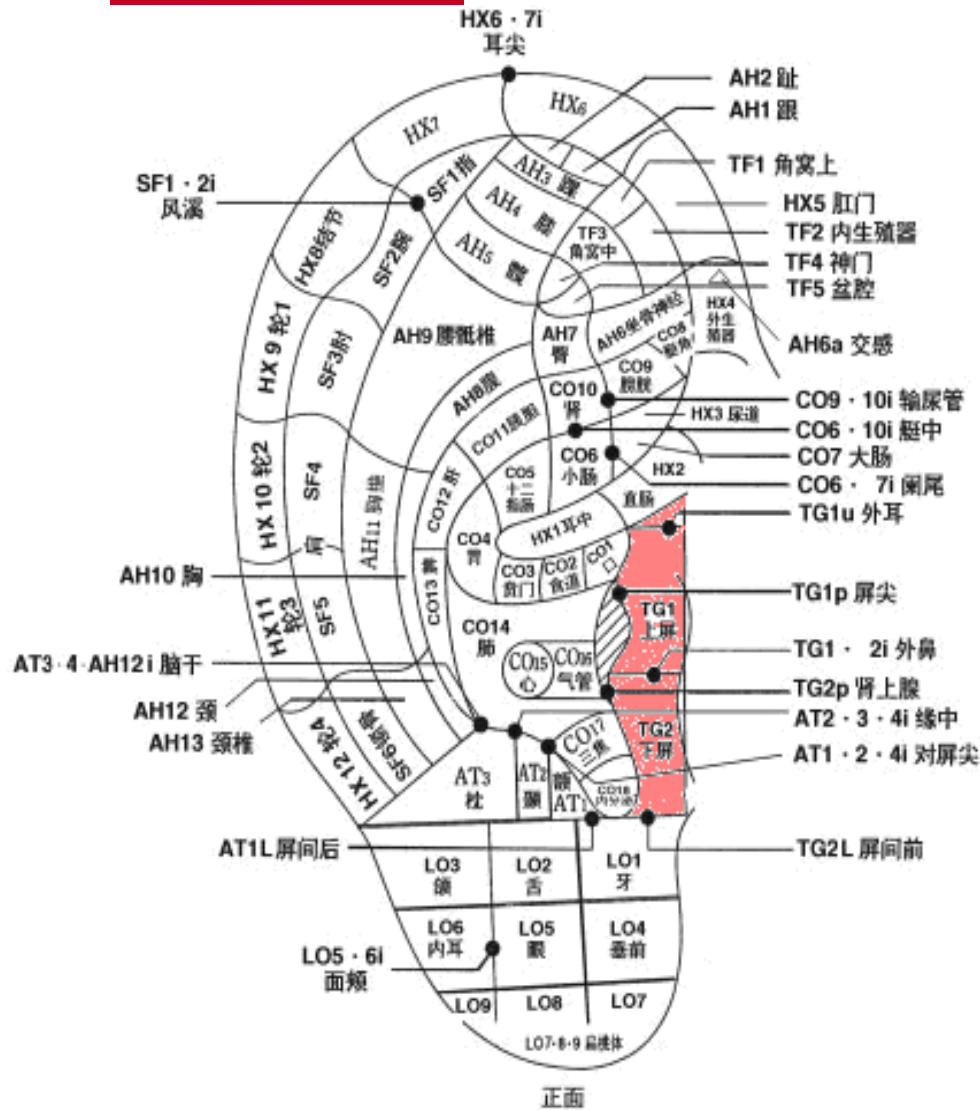
Apex of Tragus

Location:

Top of the upper eminence of the tragus Posterior border of Zone 1

Indication:

Fever, toothaches, anopsia.



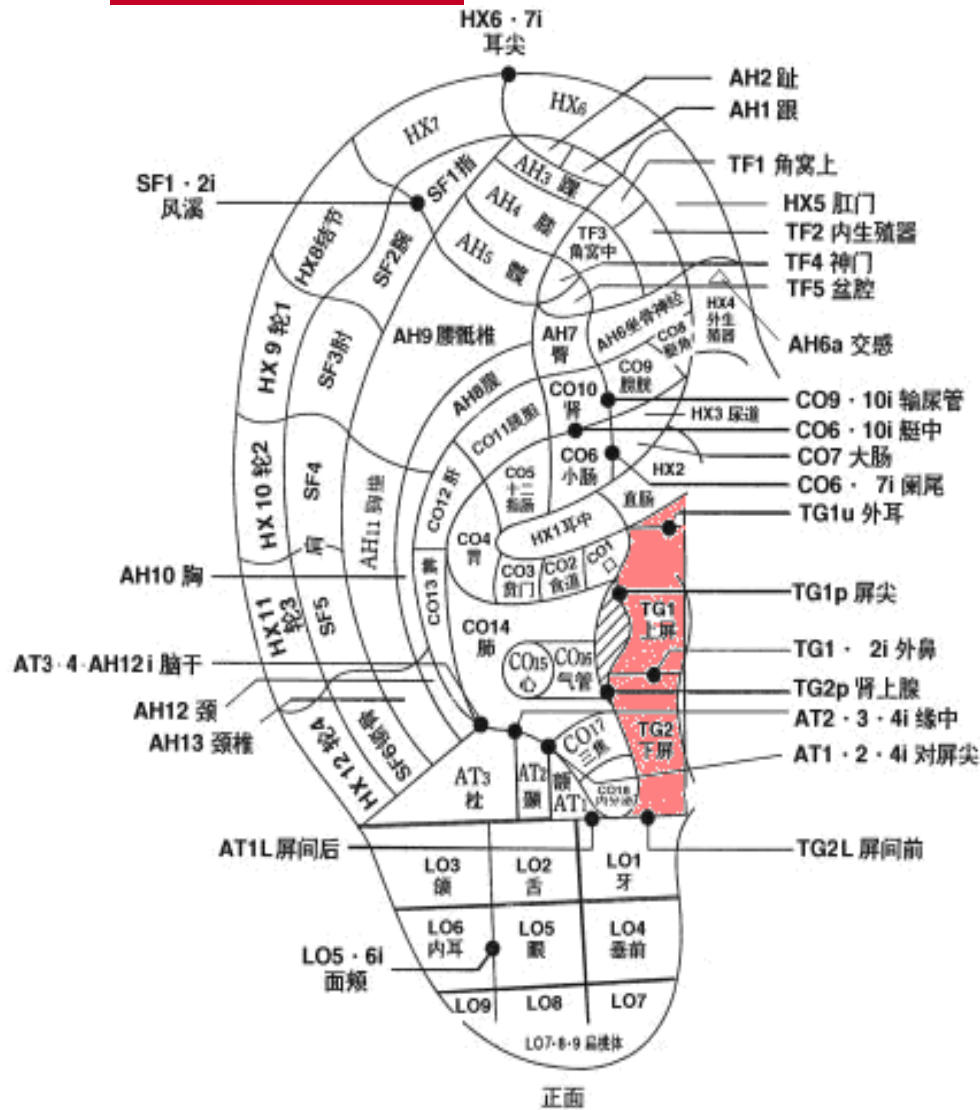
External Nose

Location:

Center of the lateral surface of tragus between Zones 1 and 2

Indication:

Nasal vestibulitis, rhinitis.



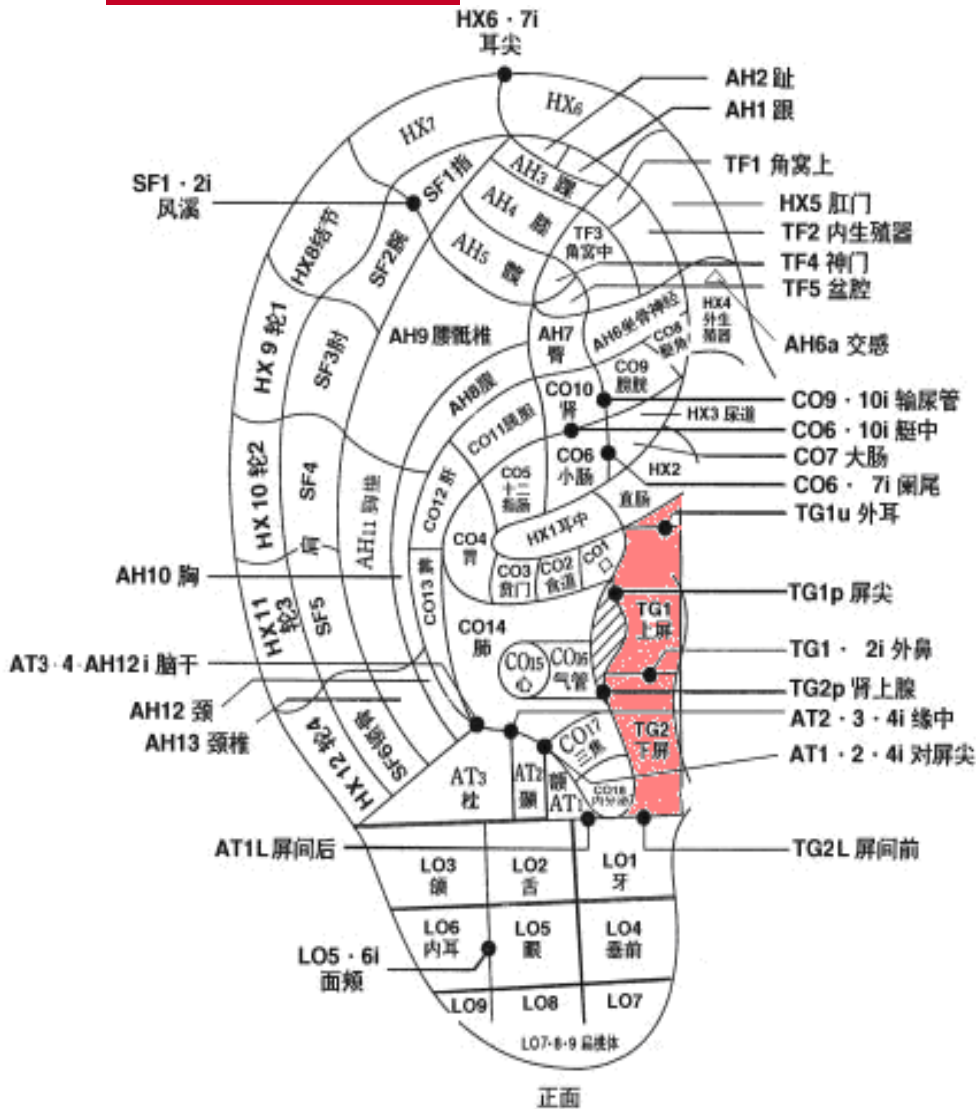
Adrenal Gland

Location:

Top of the lower eminence of the tragus
Posterior border of Zone 2

Indication:

Hypotension, rheumatic arthritis, mumps, streptomycin poisoning, vertigo, asthma, circulatory collapse.



Throat

Location:

Upper half of the medial surface Zone 3

Indication:

Hoarseness, pharyngitis, tonsillitis, aphasia, asthma.

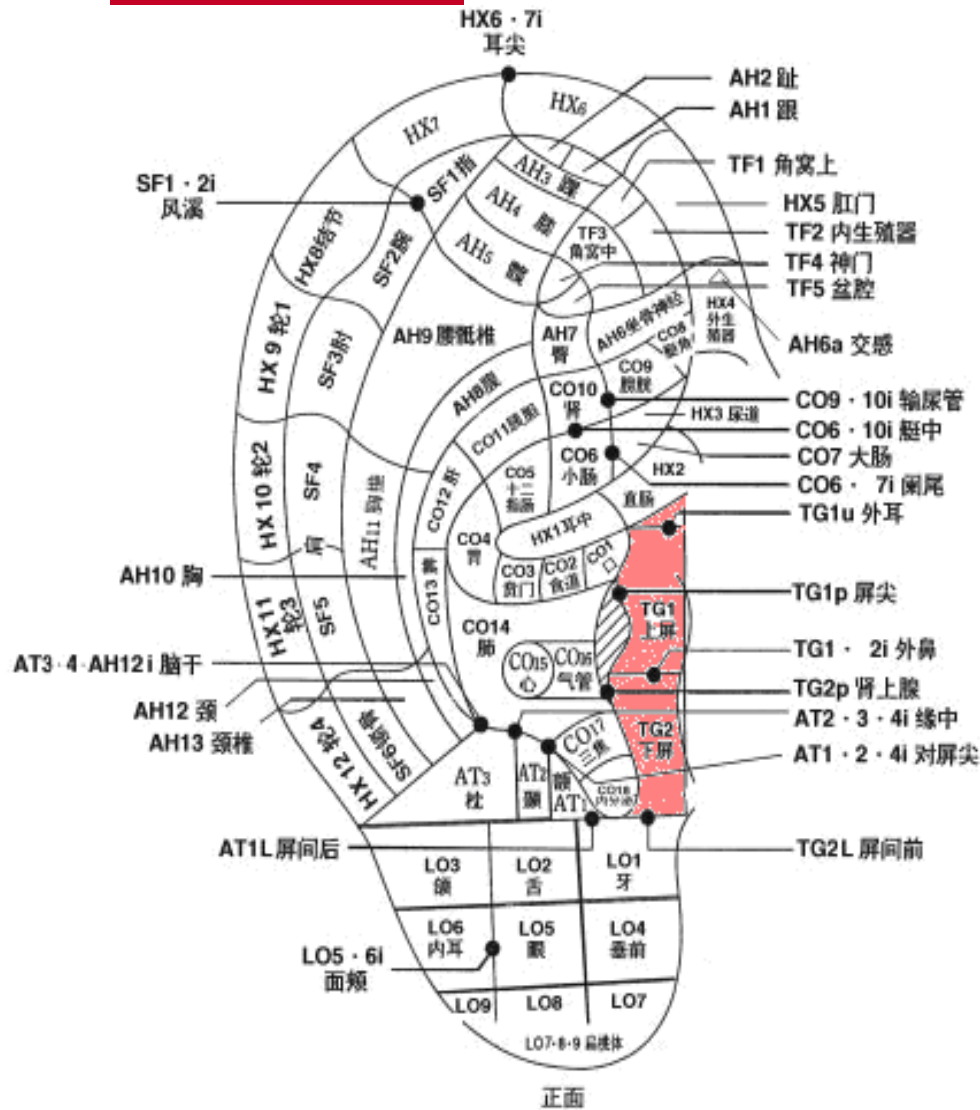
Internal Nose

Location:

Lower half of the medial surface Zone 4

Indication:

Rhinitis, maxillary sinusitis, epistaxis.



Anterior Tragus Apex

Location:

Lowest part of the tragus anterior to the intertragic notch

Lower border of Zone 2

Indication:

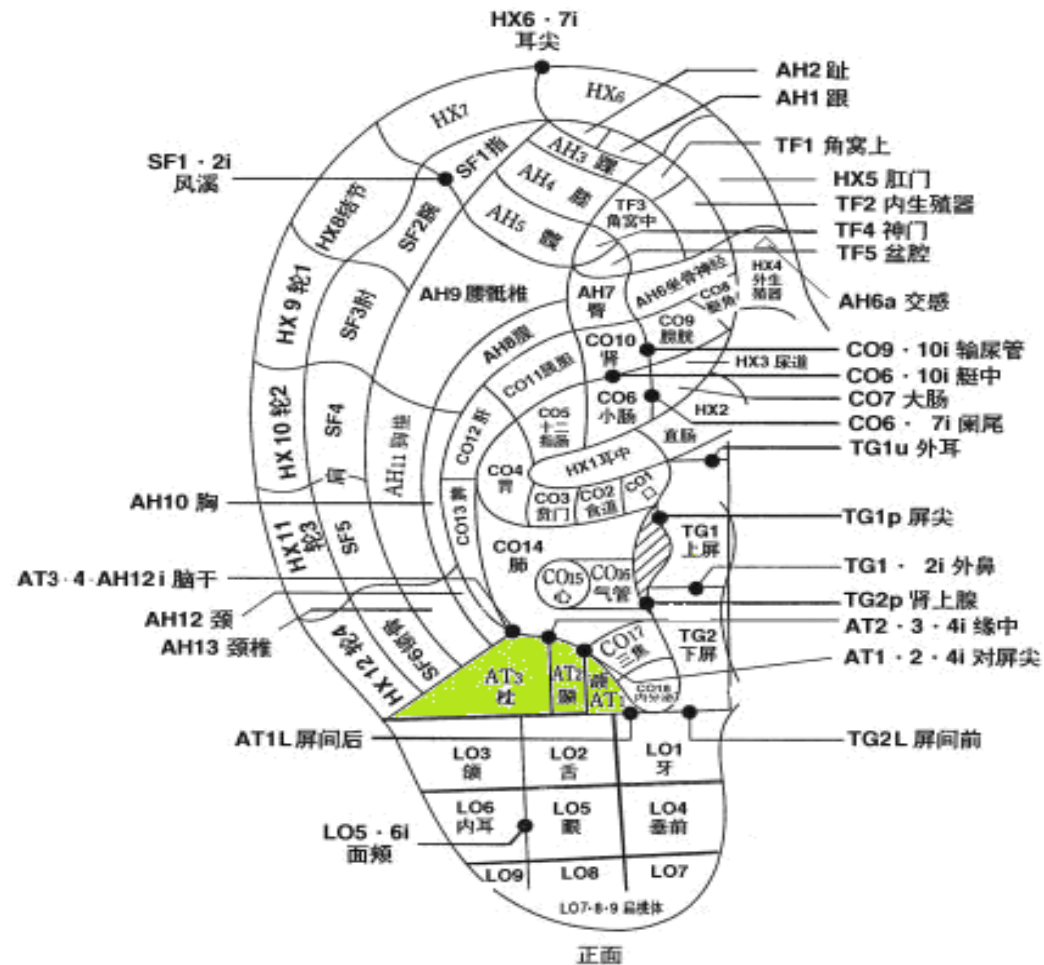
Pharyngitis, oral inflammation.

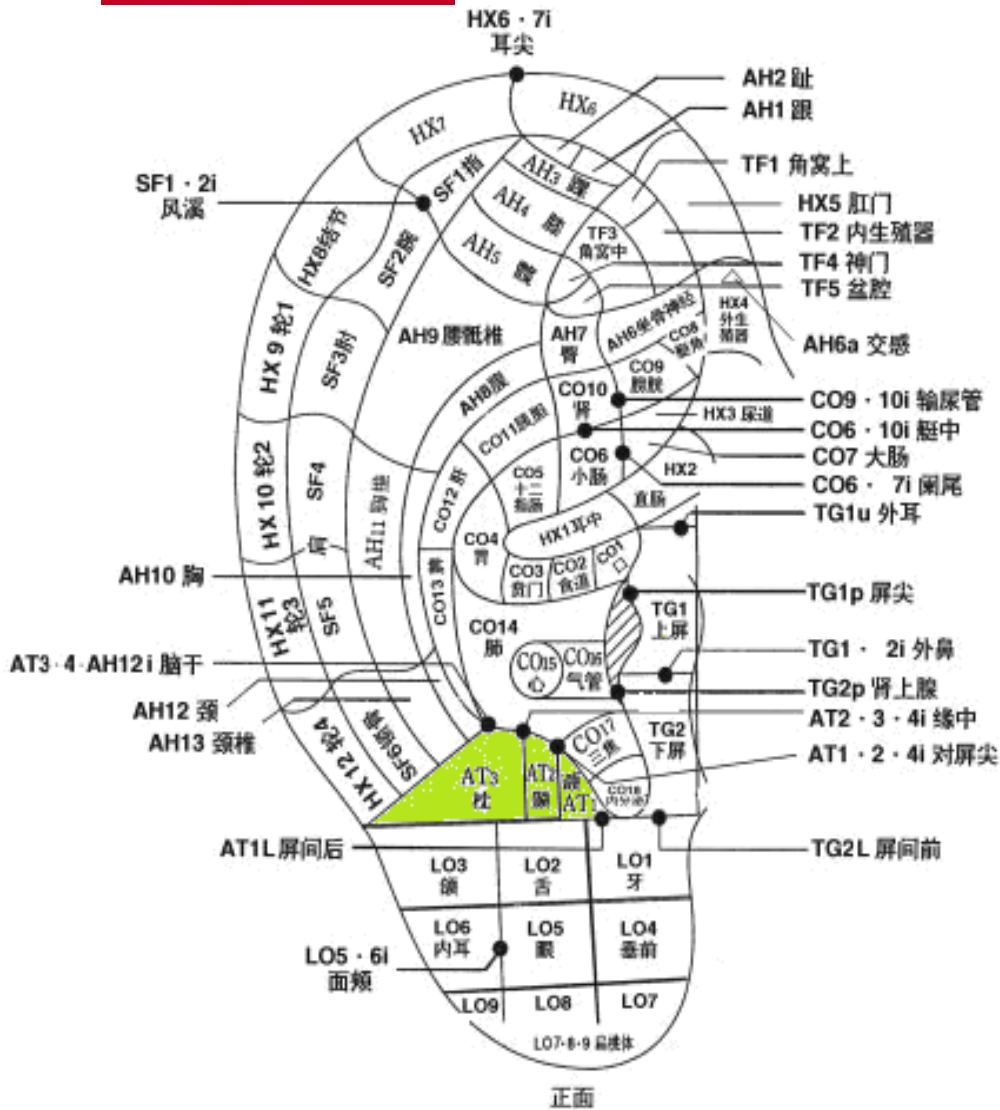


Points on the Antitragus

The antitragus is separated into 4 zones.

the lateral surface of the antitragus and its posterior aspect is into 3 zones and the medial surface of the antitragus is Zone 4.





Forehead

Location:

Anterior part of the lateral surface Zone 1

Indication:

Migraines, dizziness.

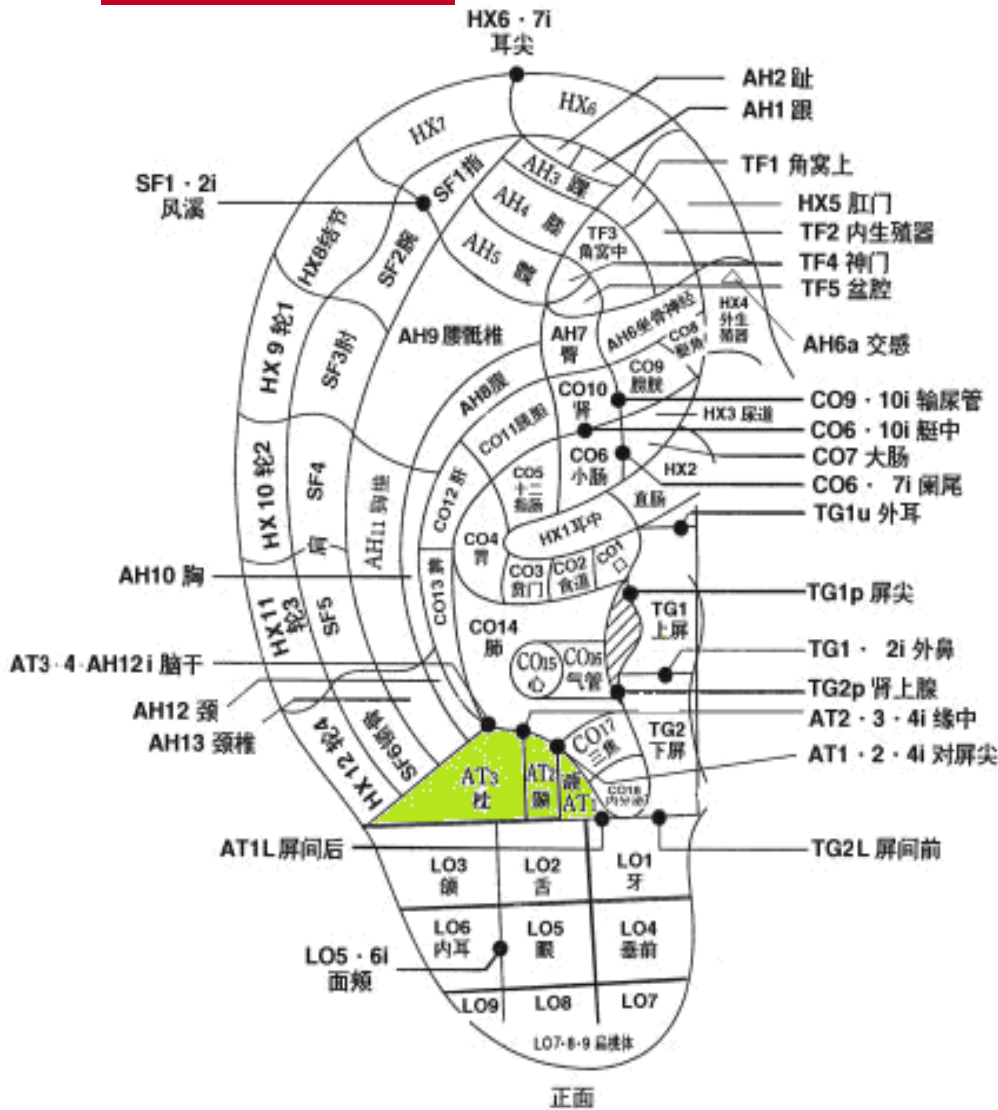
Posterior intertragic notch

Location:

Antero-inferior part of the tragus posterior to the intertragic notch Lower border of Zone 1

Indication:

Frontal sinusitis.



Temple

Location:

Middle portion of the lateral surface of antitragus
Zone 2 of antitragus

Indication:

Migraine, dizziness.

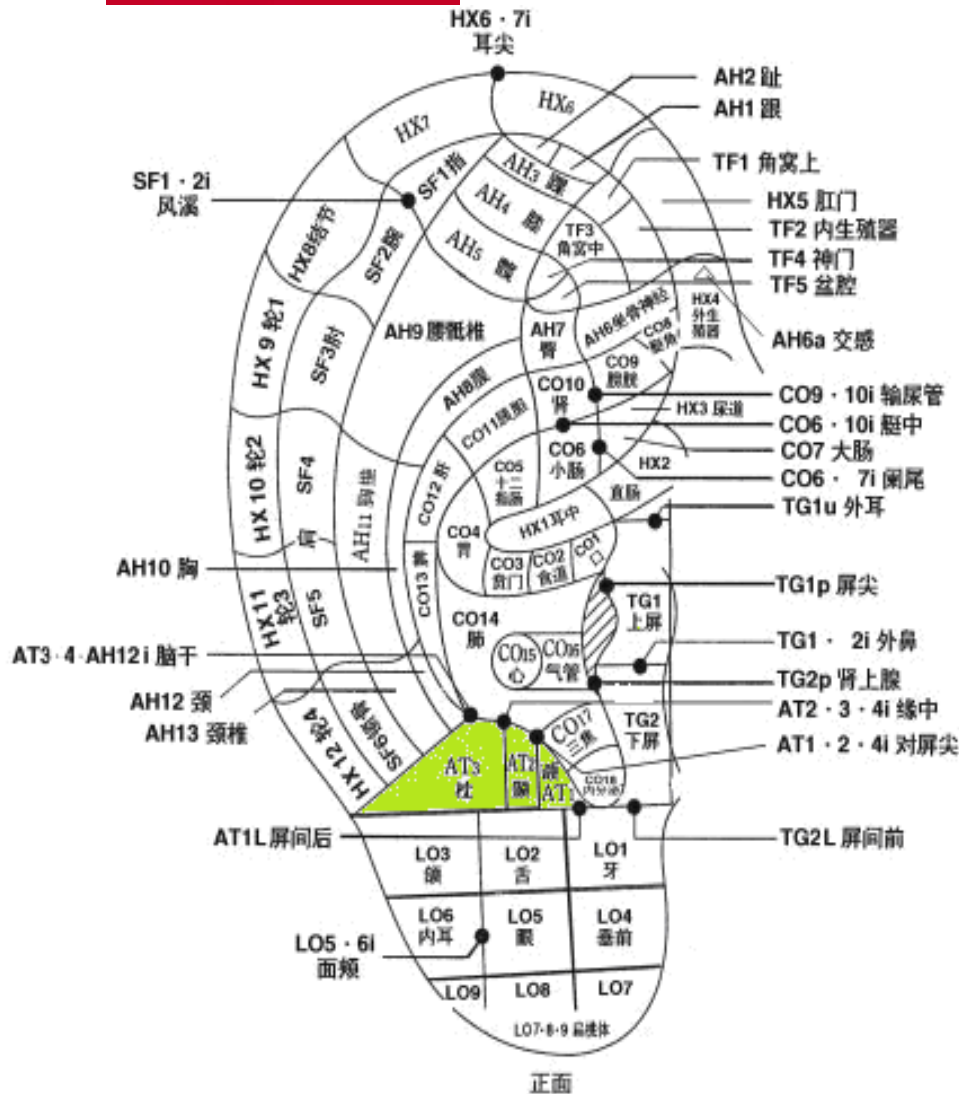
Occiput

Location:

Posterior portion of the lateral surface of antitragus
Zone 3

Indication:

Dizziness, headaches, epilepsy, asthma, neurasthenia.



Subcortex

Location:

Medial surface of the antitragus
Zone 4

Indication:

Pain, tertian malaria,
neurasthenia, pseudomyopia,
insomnia.

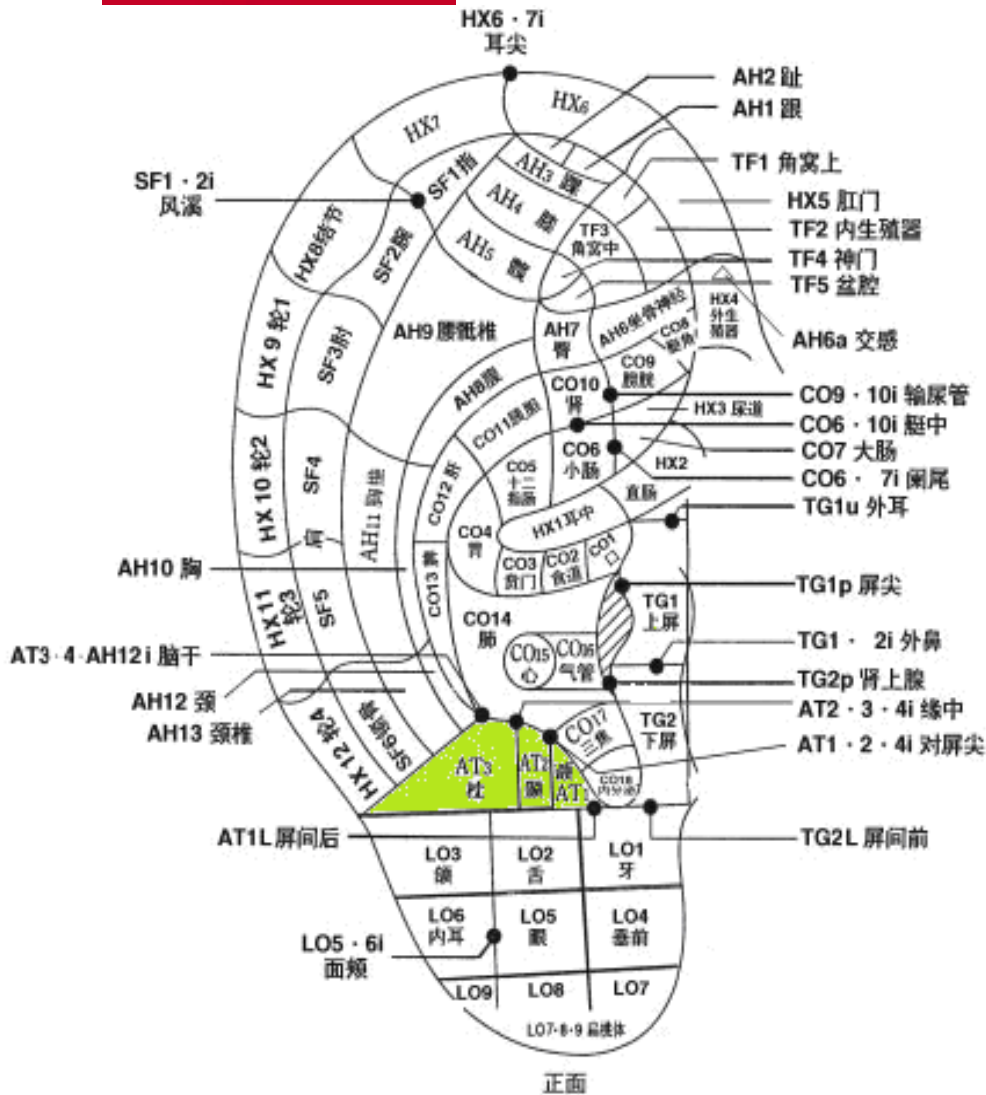
Apex of the Antitragus

Location:

Top of the
antitragus
Intersection of
Zones 1, 2 and 4

Indication:

Asthma, mumps, testitis,
epididymitis,
neurodermatitis.



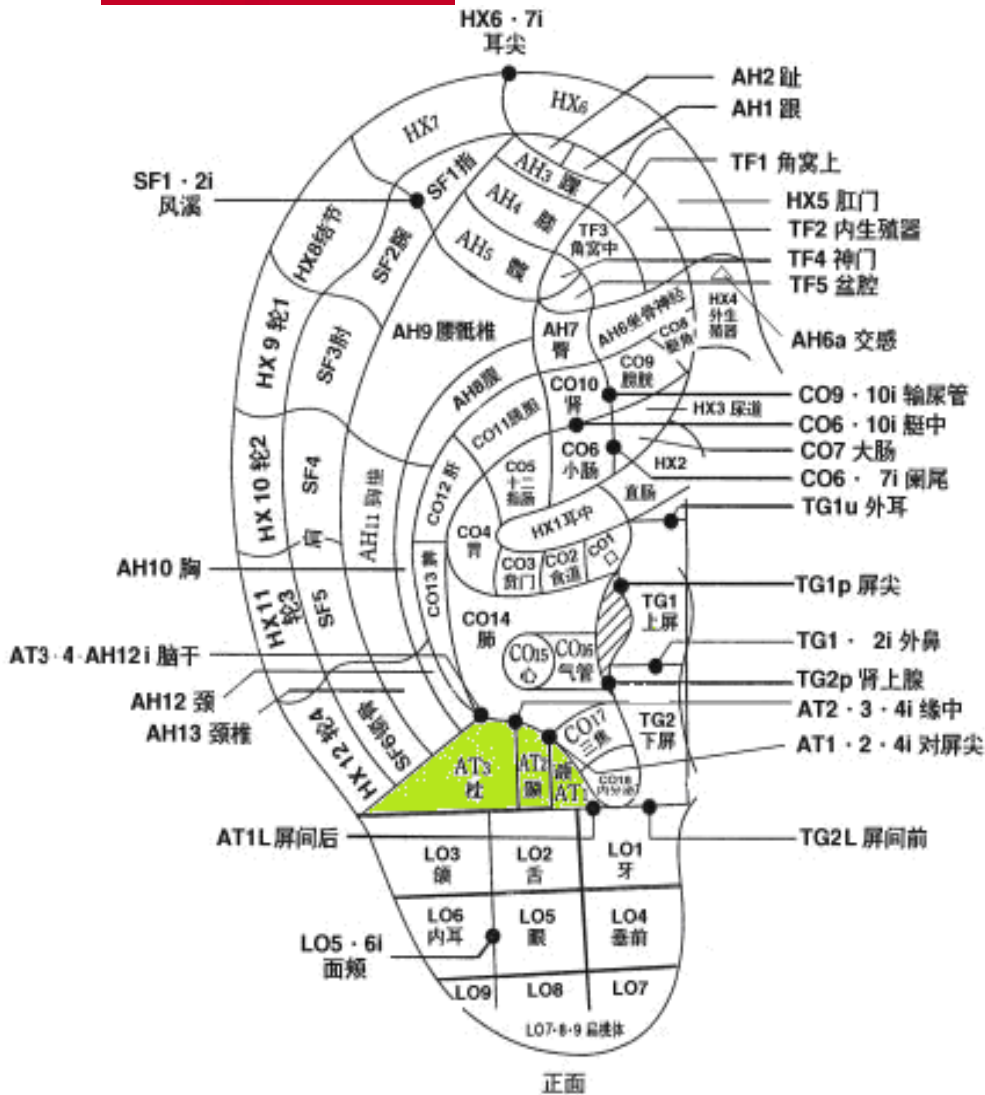
Midpoint of the Rim

Location:

Midpoint between apex of the antitragus and the helix notch Intersection of Zone 2, 3 and 4

Indication:

Enuresis, auditory vertigo, diabetes insipidus, functional uterine bleeding.



Brainstem

Location:

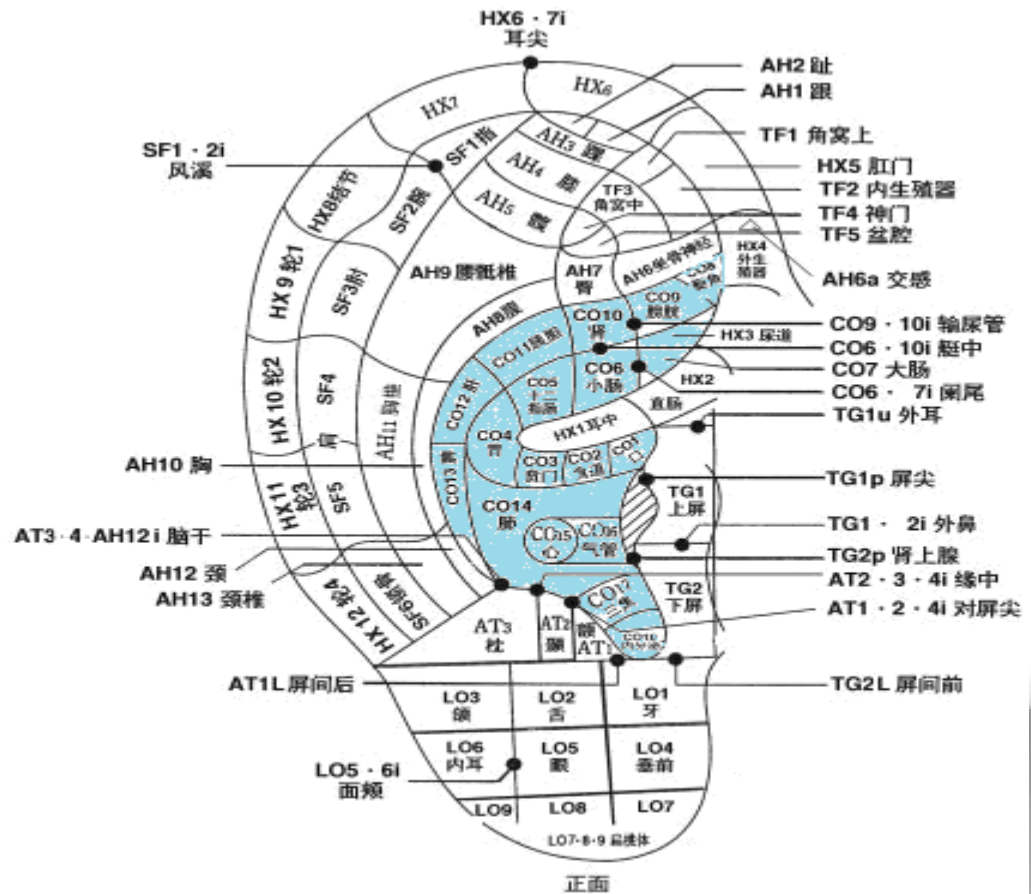
Helix notch between the antitragus and the antihelix Portion between Zone 3 and 4

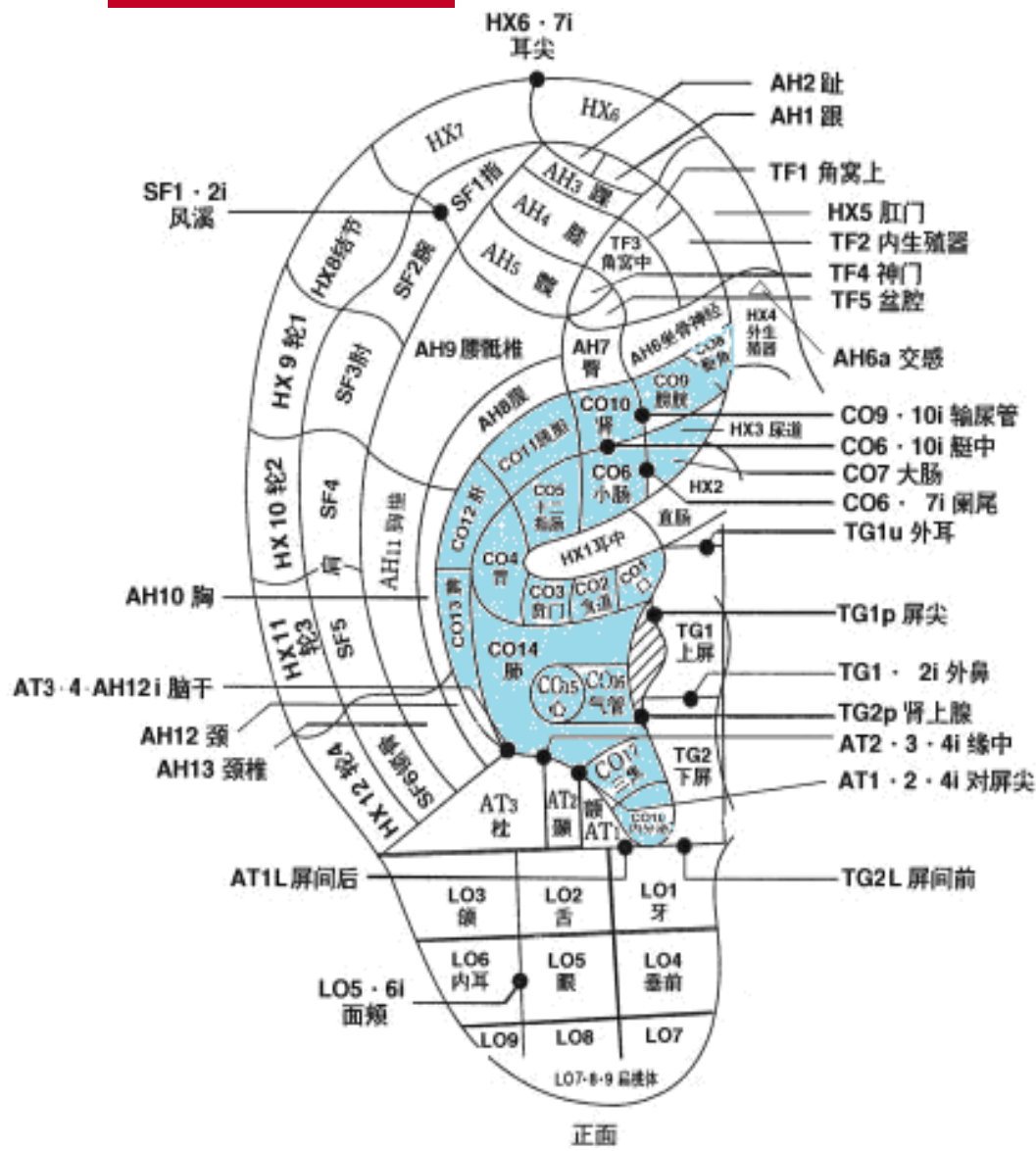
Indication:

Vertigo, occipital pain, pseudomyopia.

The concha is separated into 18 zones by labeling points and lines

Points on the Concha





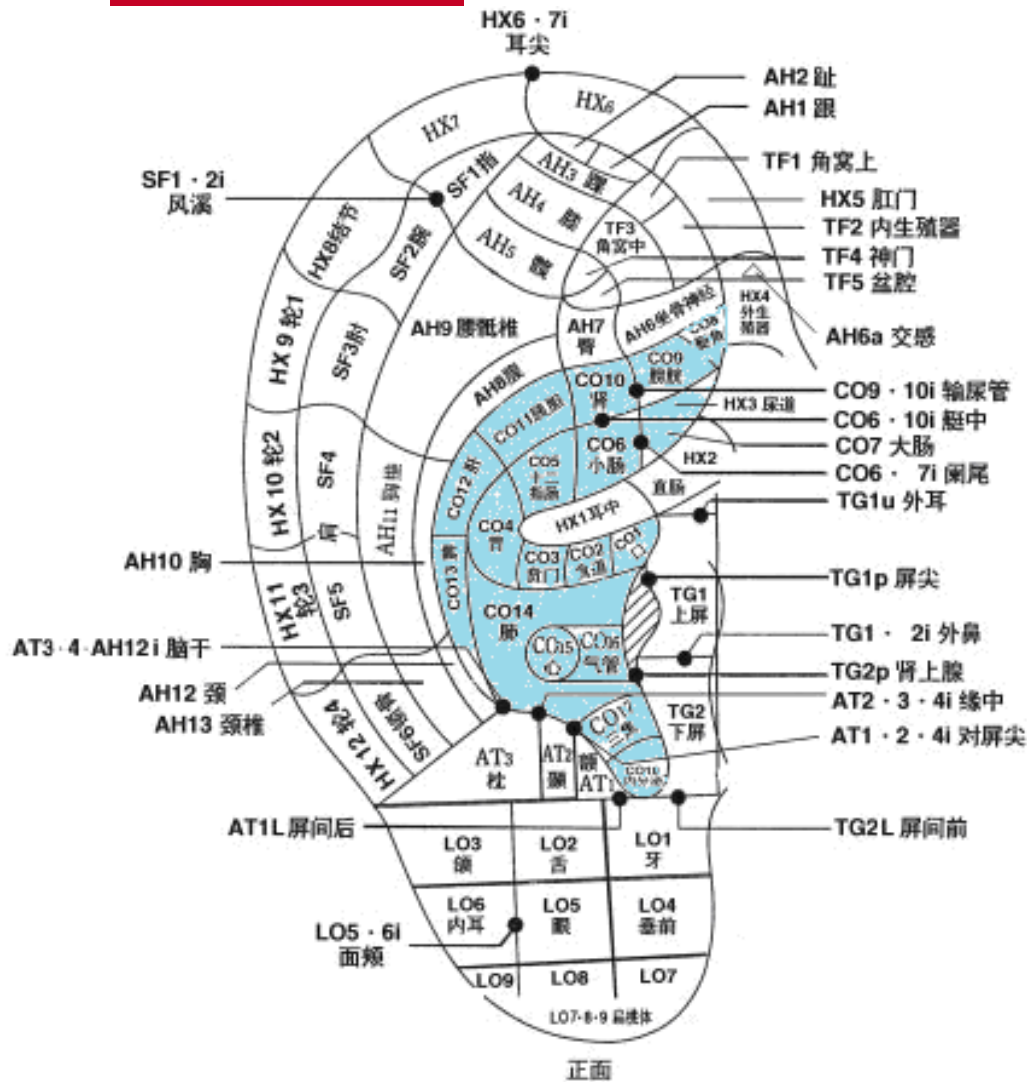
Mouth

Location:

Anterior third of the area inferior to the helix crus
Zone 1

Indication:

Facial paralysis, stomatitis, cholecystitis, cholelithiasis, withdrawal syndrome, parodontitis, glossitis.



Esophagus

Location:

Middle 1/3 of the area inferior to the helix crus
Zone 2

Indication:

Esophagitis,
esophagospasms.

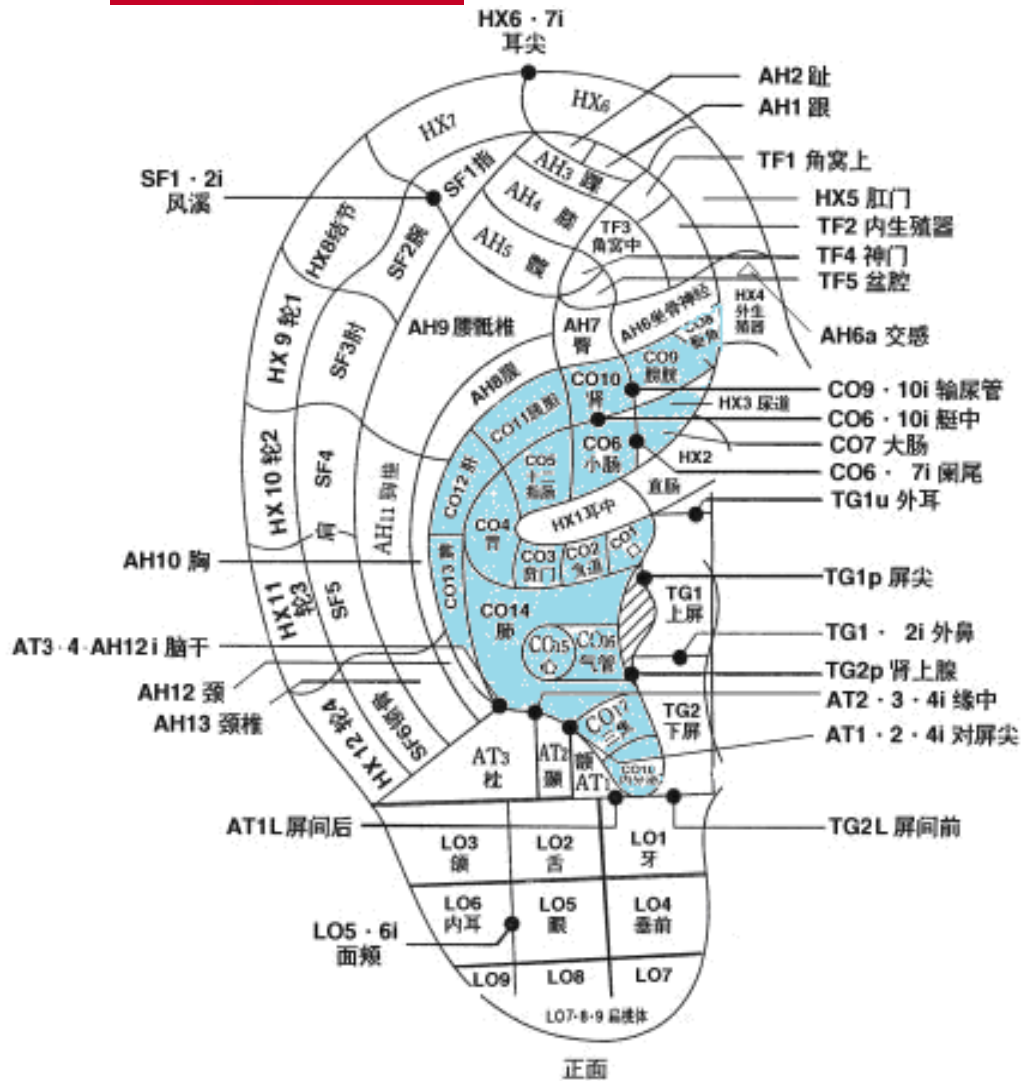
Cardia of the Stomach

Location:

Posterior 1/3 of the area inferior to the helix crus
Zone 3

Indication:

Cardiospasm, nervous vomiting.



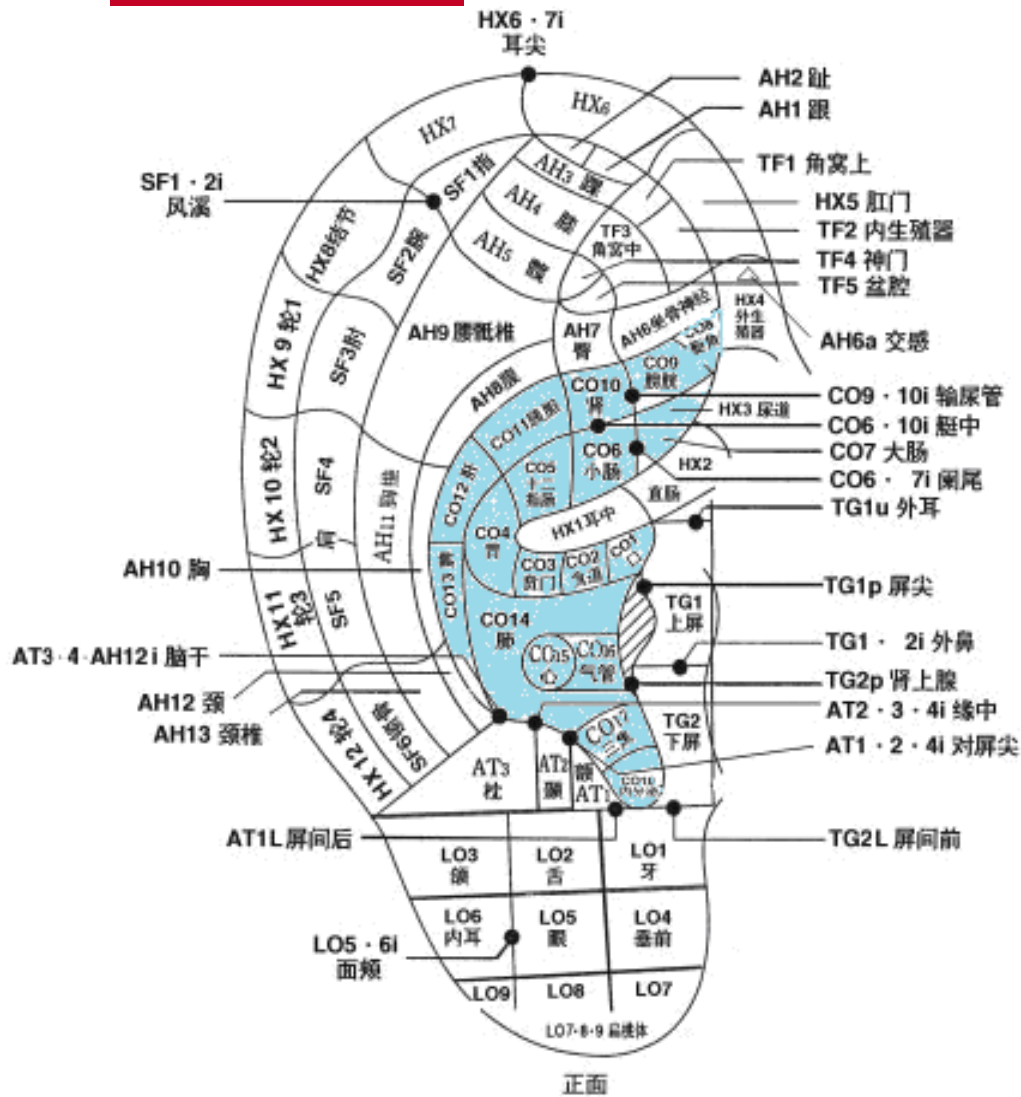
Stomach

Location:

End of the helix crus Zone 4

Indication:

Gastrospasms, gastritis, gastric ulcers, indigestion, nausea and vomiting, frontal headaches, toothaches, insomnia.



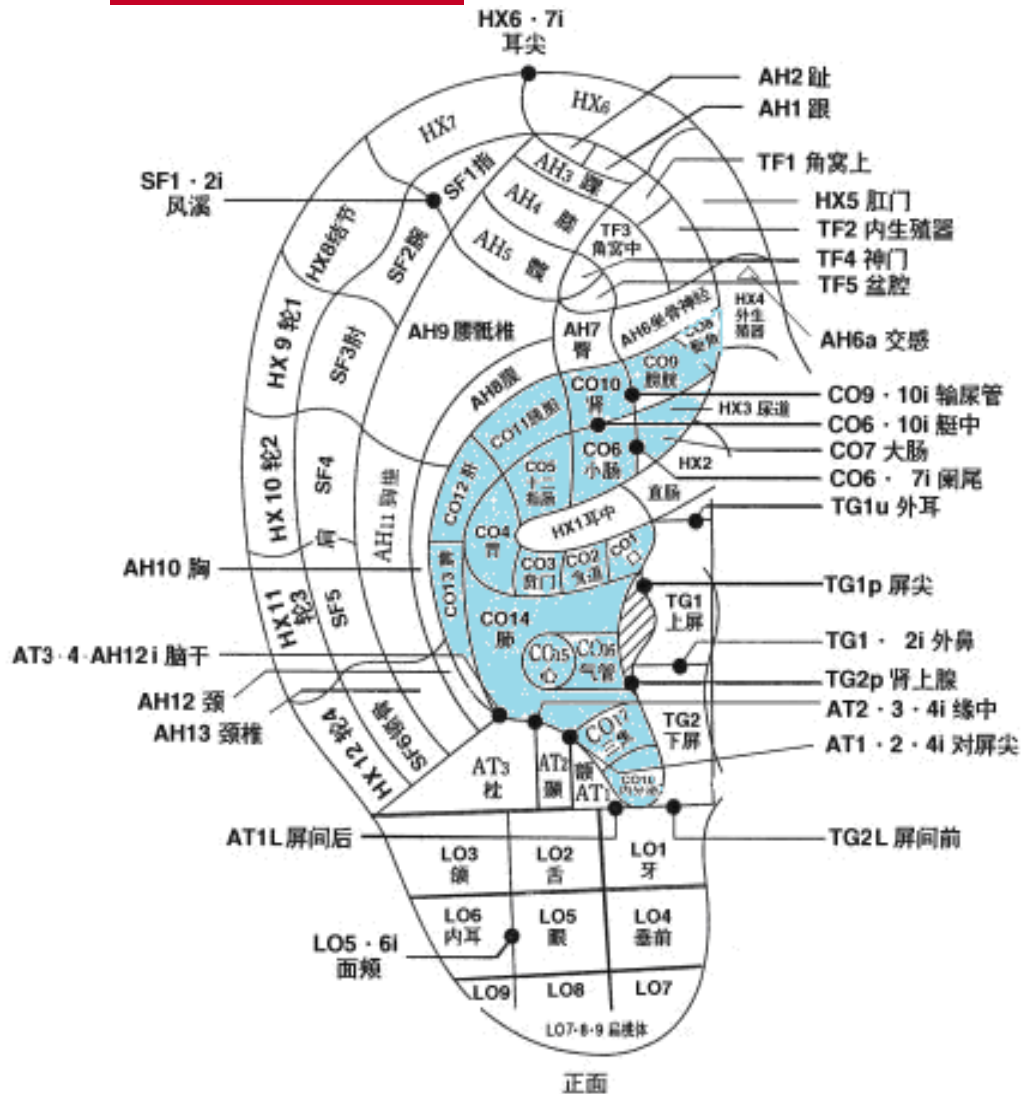
Small Intestines

Location:

Middle 1/3 of the area within the helix crus, part of the helix and line AB
Zone 6

Indication:

Indigestion, bellyaches, abdominal distension, tachycardia.



Duodenum

Location:

Posterior 1/3 of the area within the helix crus, part of the helix and line AB Zone 5

Indication:

Duodenal ulcers, cholecystitis, cholelithiasis, pylorospasms, abdominal distension, diarrhea, bellyaches.

Large Intestines

Location:

Anterior 1/3 of the area within the helix crus, part of the helix and line AB
Zone 7

Indication:

Diarrhea, constipation, cough, toothaches, acne.

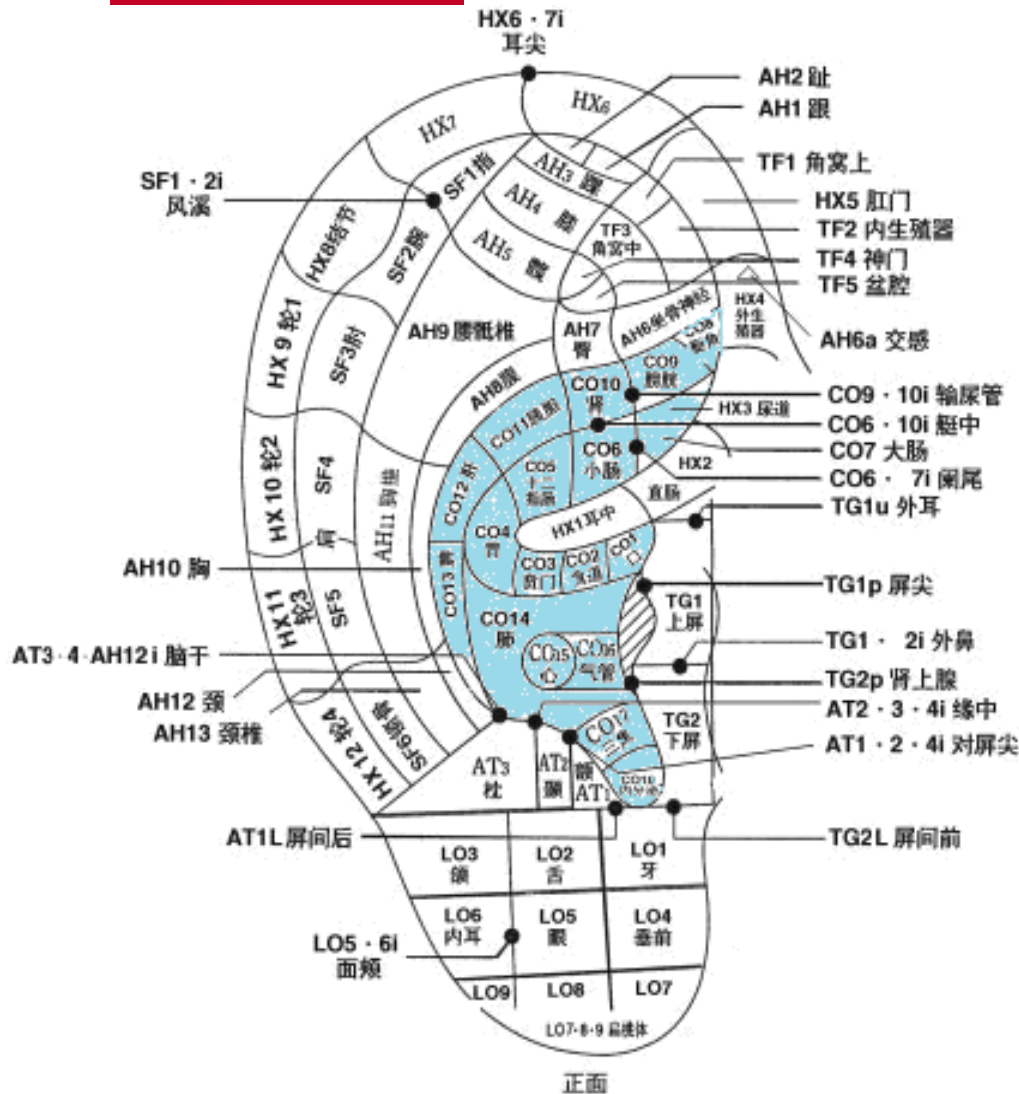
Appendix

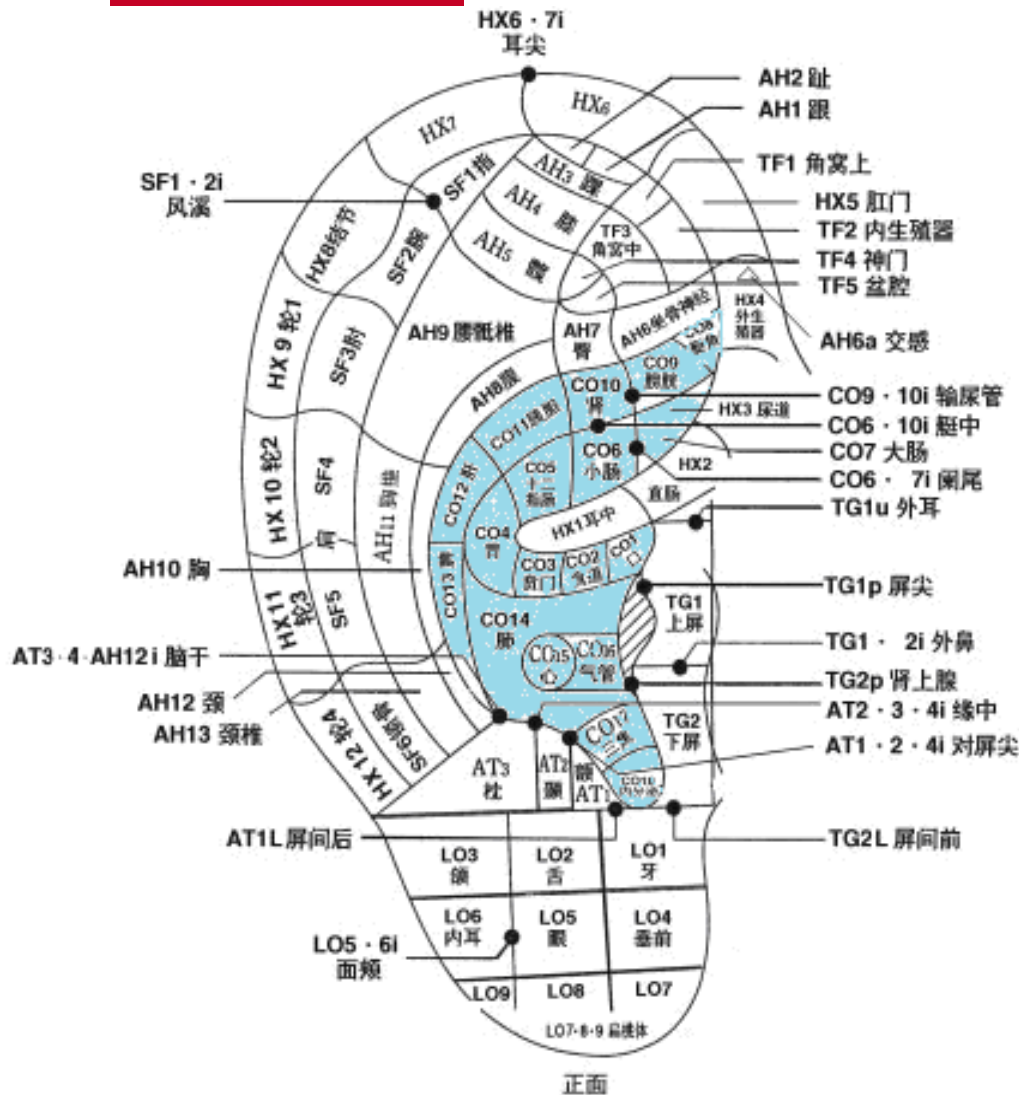
Location:

Between the small and large intestines Junction of Zones 6 and 7

Indication:

Simple appendicitis, diarrhea.





Angle of the Cymba concha

Location:

Anterior area above the superior antihelix crus Zone 8

Indication:

Prostatitis, urethritis.

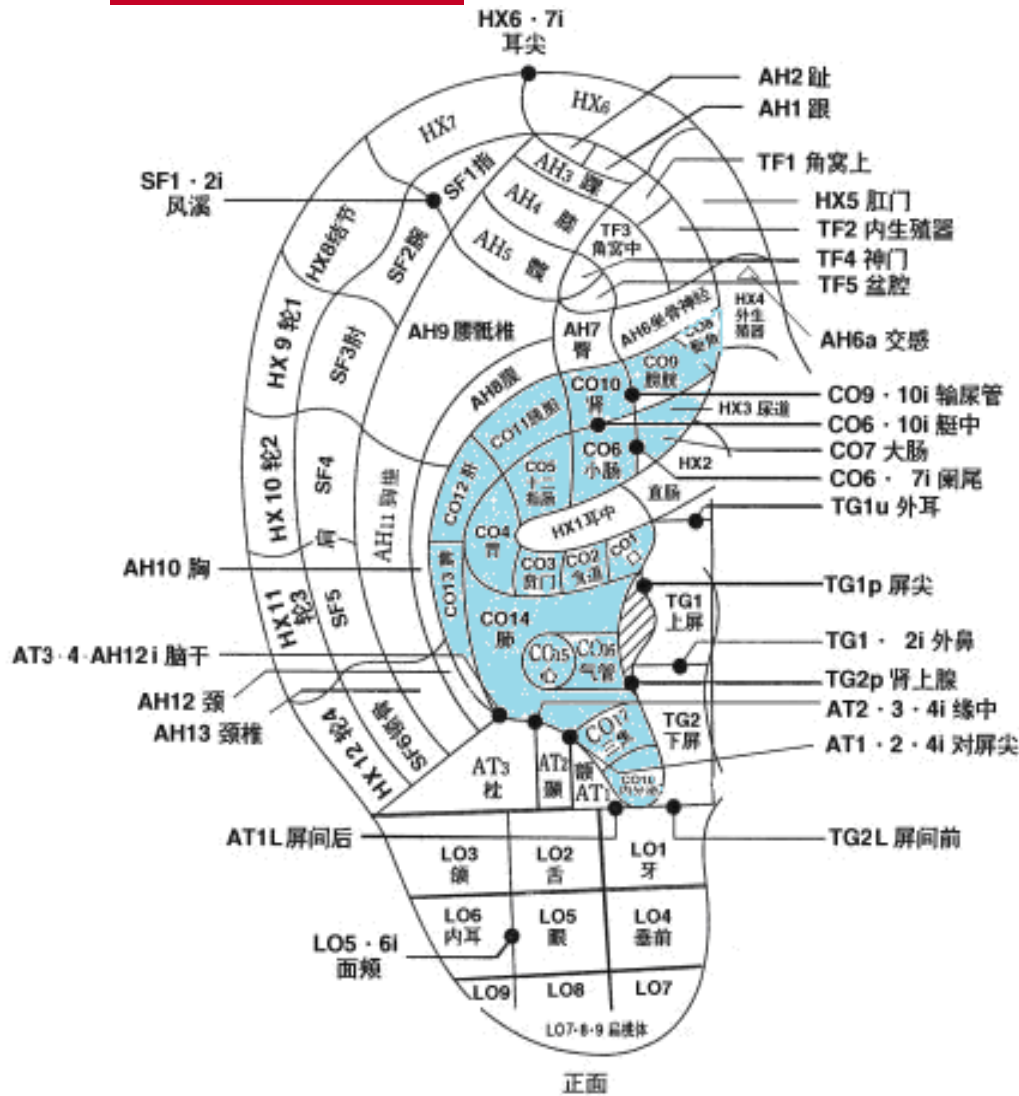
Bladder

Location:

Middle area superior to the superior antihelix crus Zone 9

Indication:

Cystitis, enuresis, urine retention, lumbago, sciatica, occipital headaches.



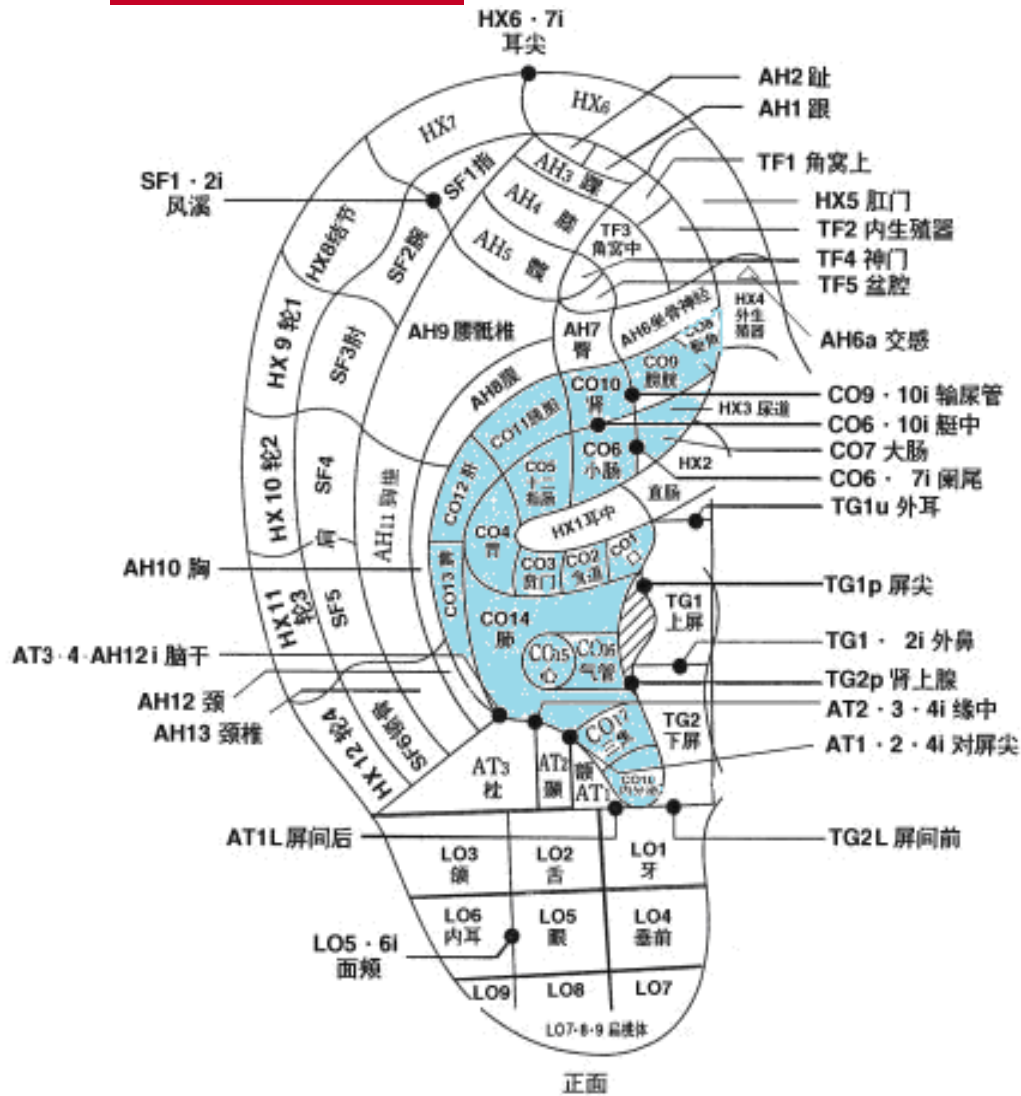
Kidney

Location:

Posterior area superior to superior antihelix crus
Zone 10

Indication:

Lumbago, tinnitus, neurasthenia, nephropylitis, enuresis, seminal emissions, premature ejaculations, asthma, irregular menstruation.



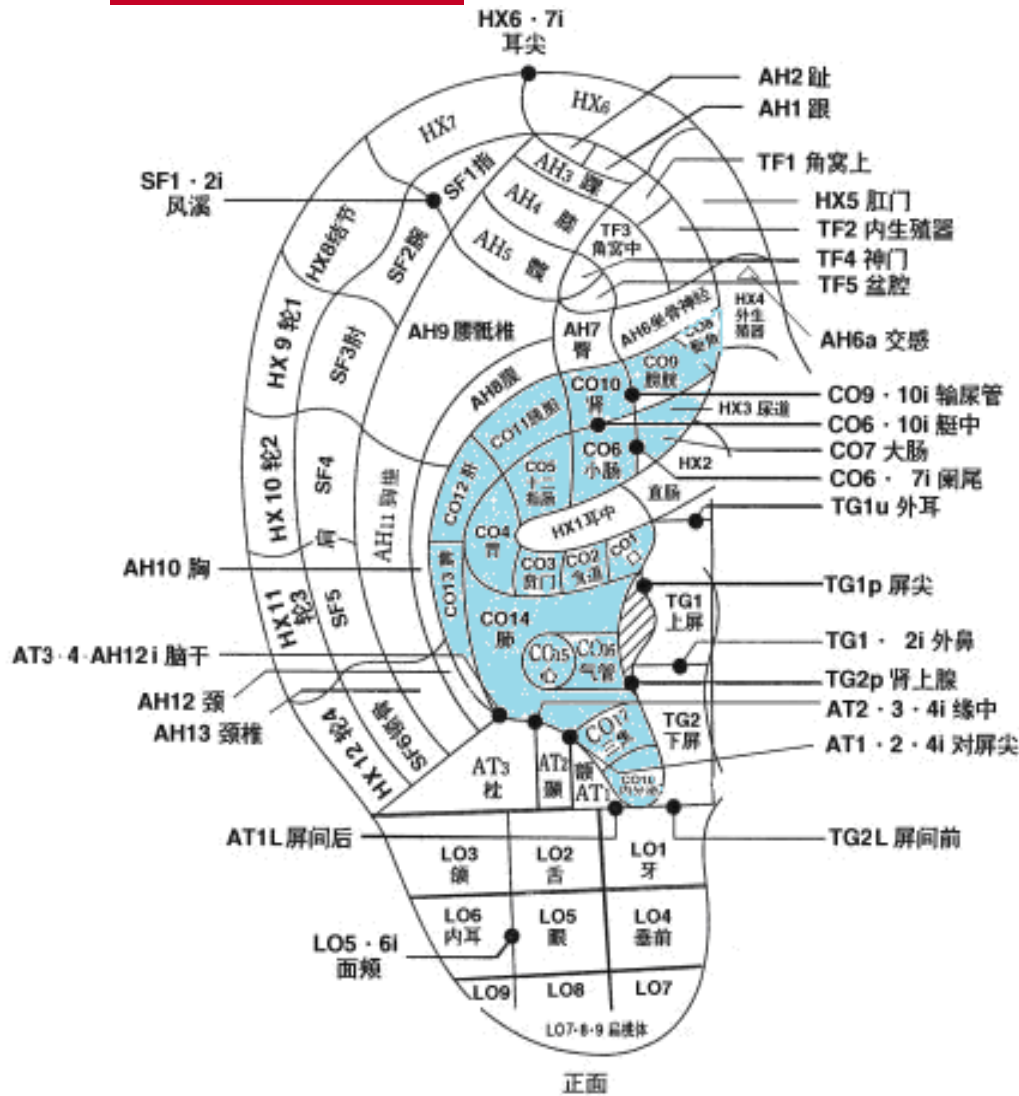
Ureter

Location:

Between the Kidney and Bladder Junction of Zones 9 and 10

Indication:

Ureteral colic due to calculi.



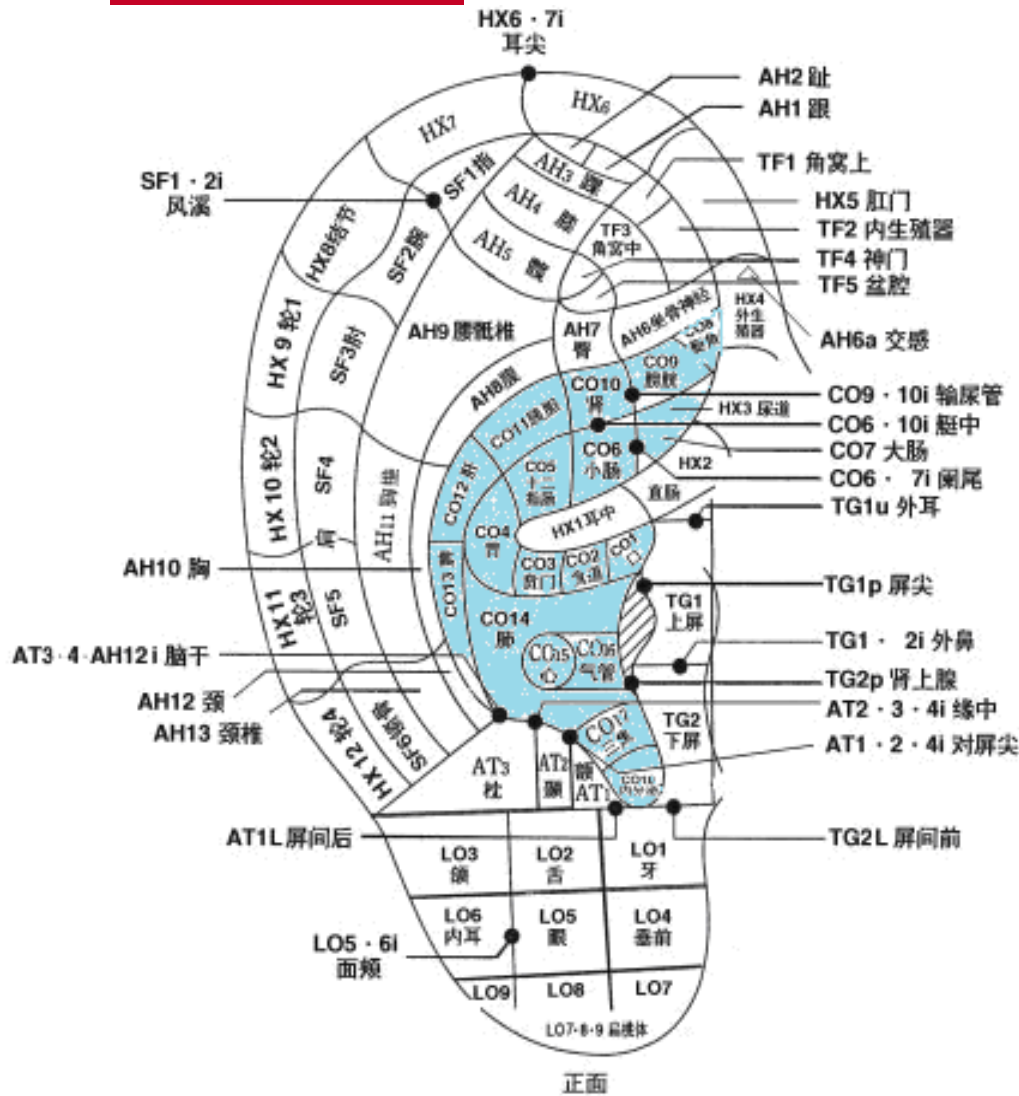
Pancreas & Gallbladder

Location:

Posterior-superior area of the cymba concha Zone 11

Indication:

Cholecystitis, cholelithiasis, ascariasis of the biliary tract, migraines, herpes zoster, tympanitis, tinnitus, acute pancreatitis.



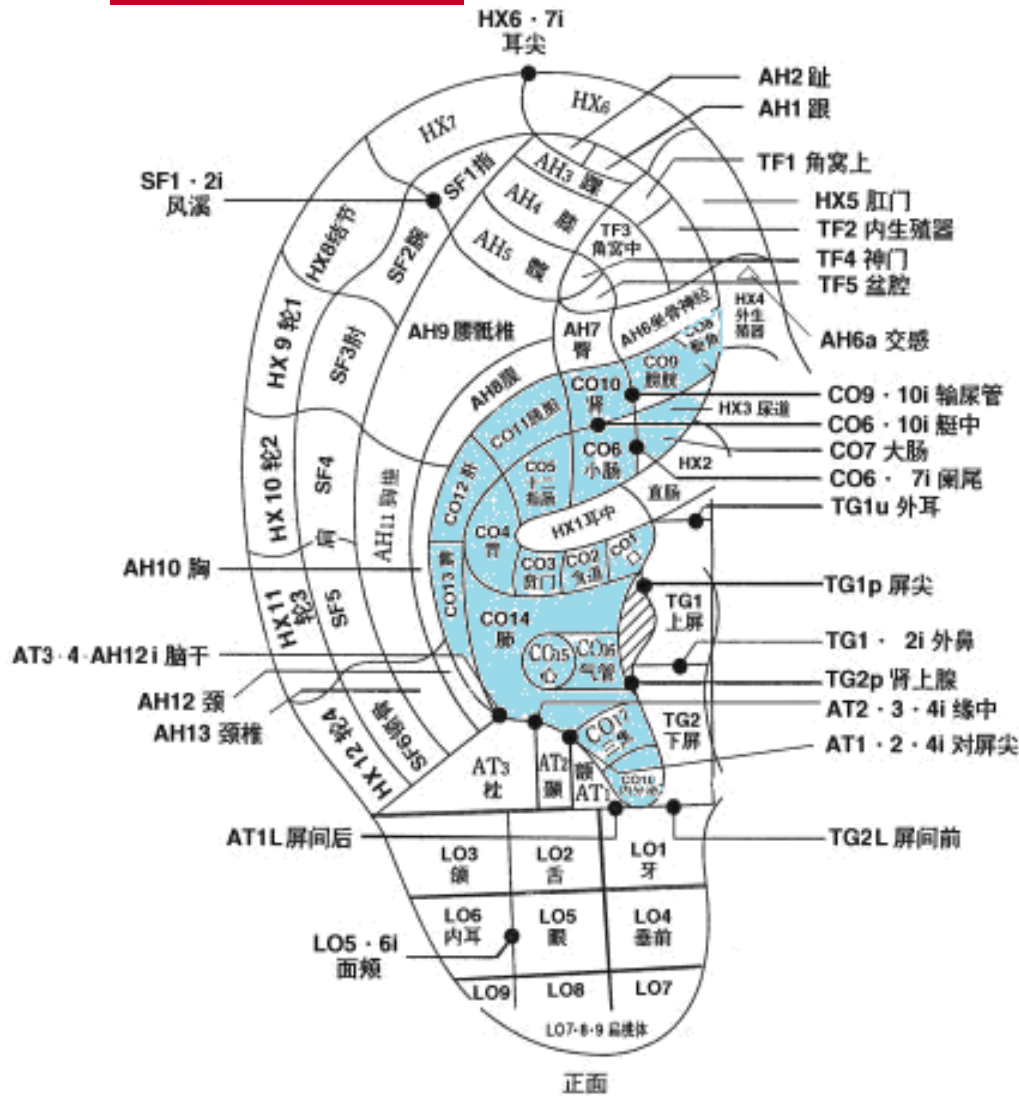
Liver

Location:

Posterior-inferior area of cymba concha Zone 12

Indication:

Hypochondriac pain, vertigo, premenstrual syndrome, irregular menstruation, menopausal syndrome, hypertension, myopia, simple glaucoma.



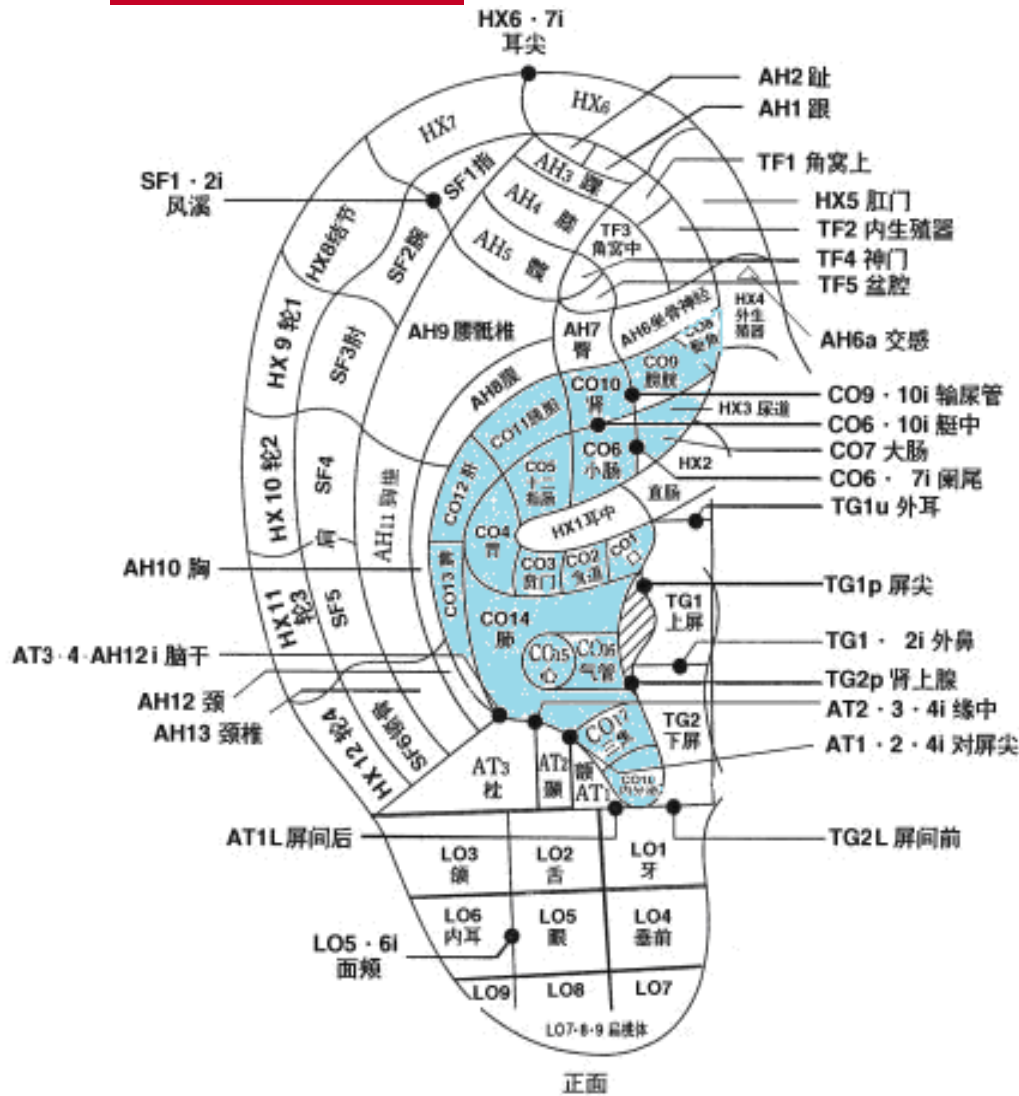
Spleen

Location:

Posterior-superior area of the cavum concha below line BDZone 13

Indication:

Abdominal distention, diarrhea, constipation, poor appetite, functional uterine bleeding, leukorrhagia, Meniere's disease.



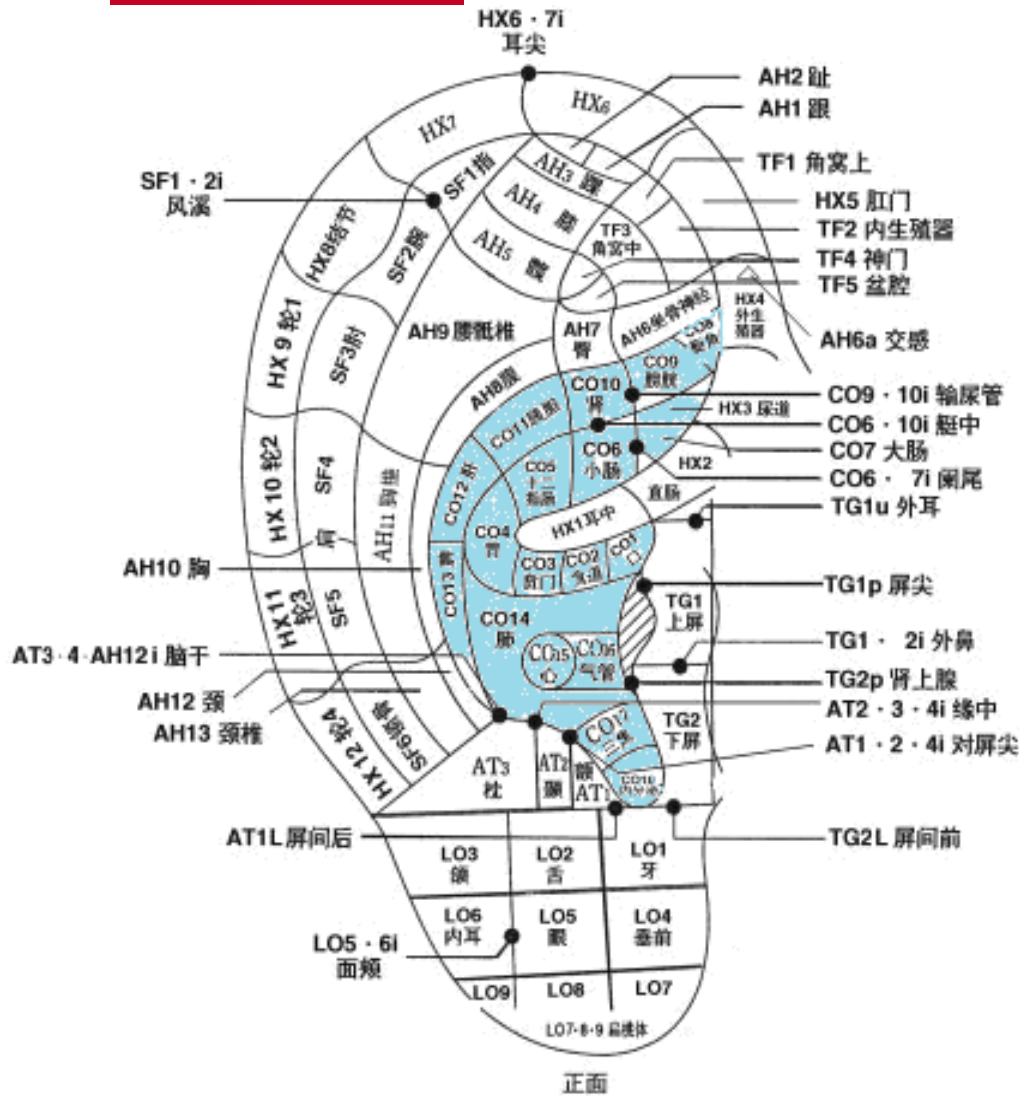
Middle of the Cymba Concha

Location:

Between the Small
intestines and
Kidney Junction of Zones 6
and 10

Indication:

Bellyaches, abdominal
distention, ascariasis of the
biliary tract.



Heart

Location:

Central depression of the cavum concha Zone 15

Indication:

Tachycardia, arrhythmias, angina pectoris, pulselessness disease (acrotism), neurasthenia, hysteria, stomatoglossitis.

Trachea

Location:

Between the Heart and the external auditory foramen Zone 16

Indication:

Asthma, bronchitis.

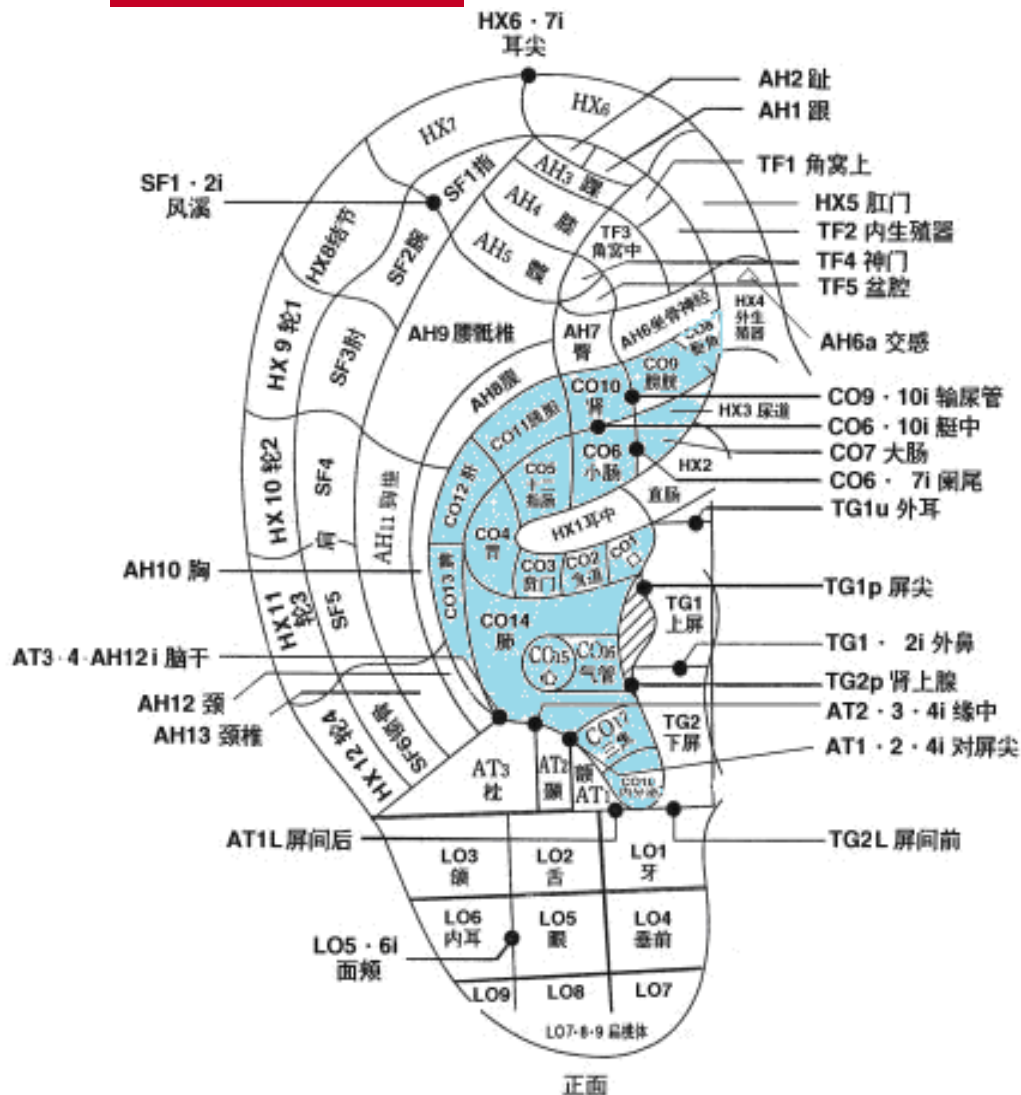
Lung

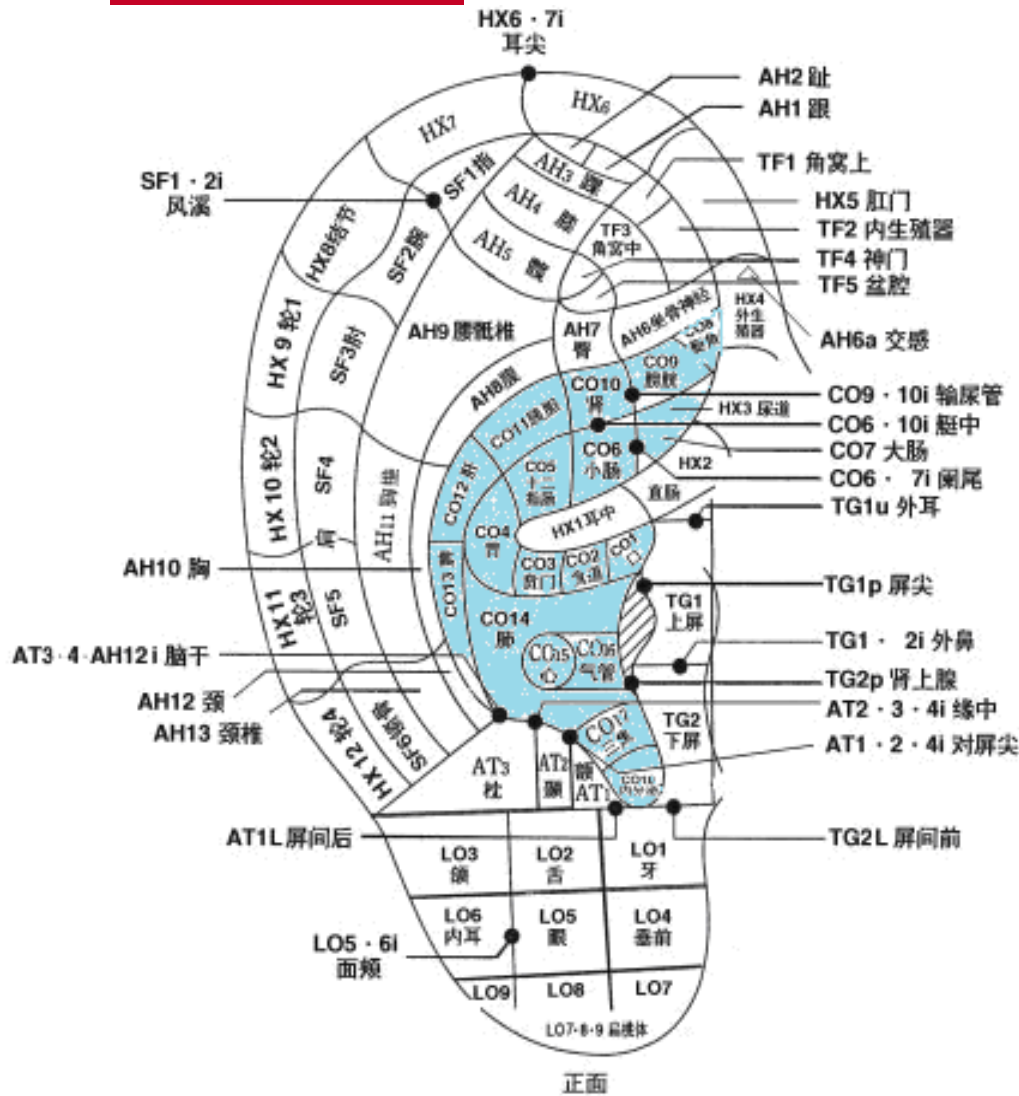
Location:

Peripheral to the Heart and Trachea Zone 14

Indication:

Cough, chest distress, hoarseness, pruritus, urticaria (hives), constipation, withdrawal syndrome.





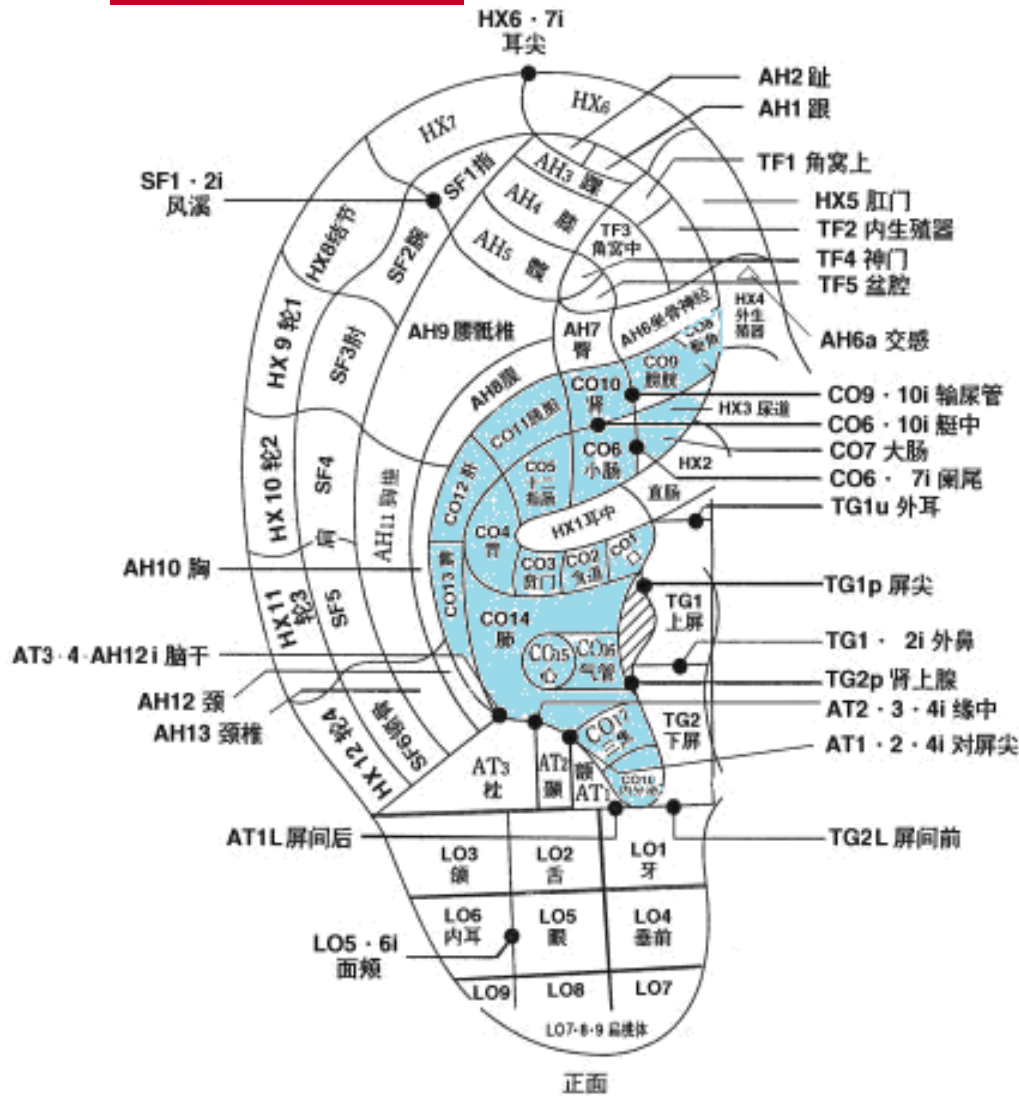
SanJiao

Location:

Between the Lung and Endocrine area posterior-inferior to the external auditory foramen

Indication:

Constipation, abdominal distention, pain on the lateral sides of the upper extremities.



Endocrine

Location:

Anterio-inferior area of the cavum concha medial to the intertragic notch
Zone 18

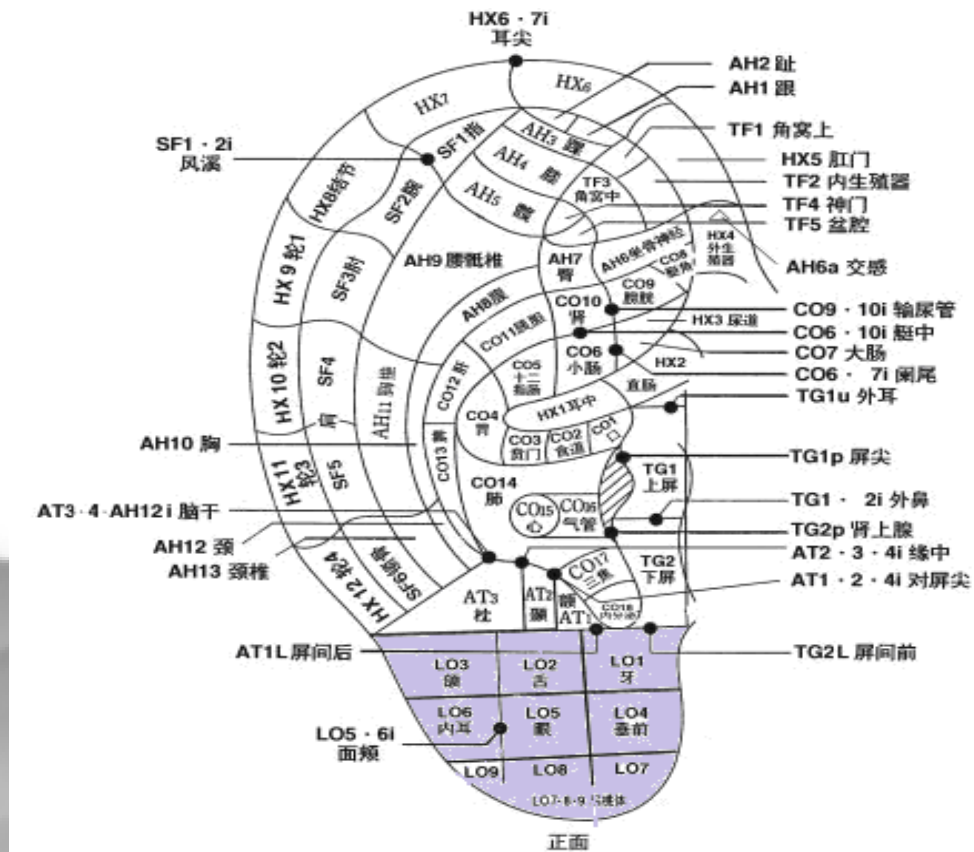
Indication:

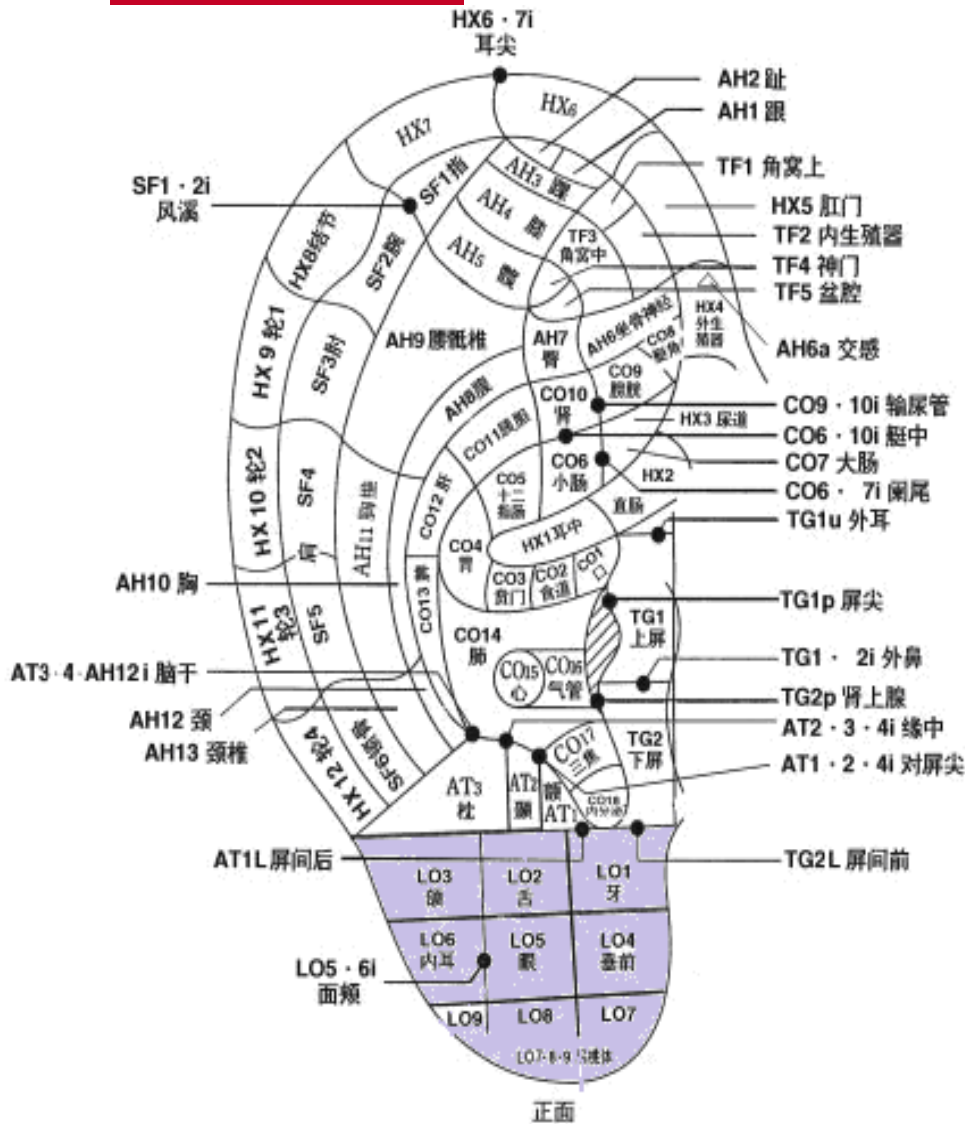
Dysmenorrhea, irregular menstruation, menopausal syndrome, acne, tertian malaria, hyper/hypothyroidism.

Points on Ear Lobe

The ear lobe is separated into 9 zones.

These zones are numbered anterior to posterior and from top to bottom: Zone 1, 2 and 3 of the lobe are located in the upper area; Zone 4, 5 and 6 in the middle and Zone 7, 8 and 9 in the lower area.





Teeth

Location:

Anterio-superior area of the frontal surface Zone 1

Indication:

Toothaches, paradontitis, hypotension.

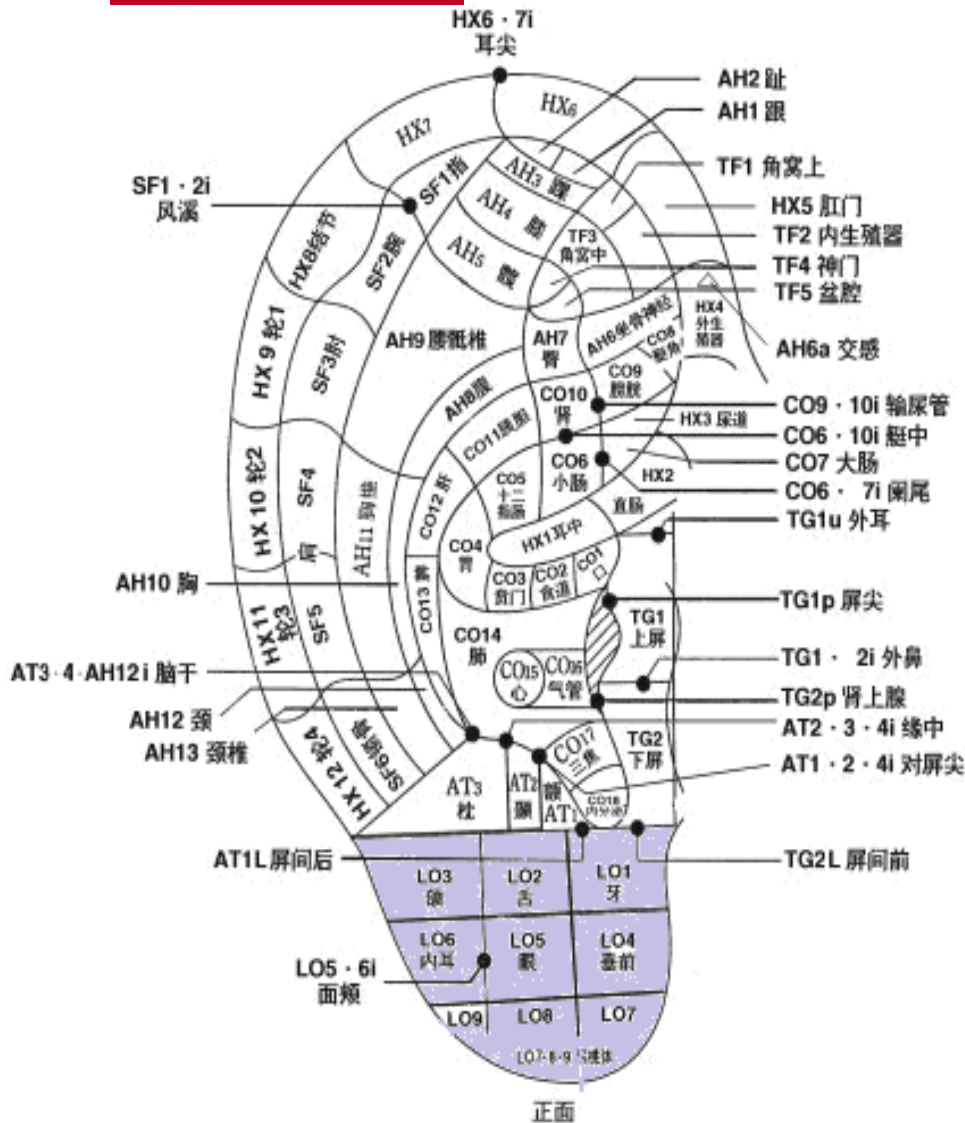
Tongue

Location:

Middle-superior area of the frontal surface Zone 2

Indication:

Glossitis, stomatitis.



Jaw

Location:

Posterior-superior area of the frontal surface Zone 3

Indication:

Toothaches, dysfunction of the temporo-mandibular joint (TMJ).

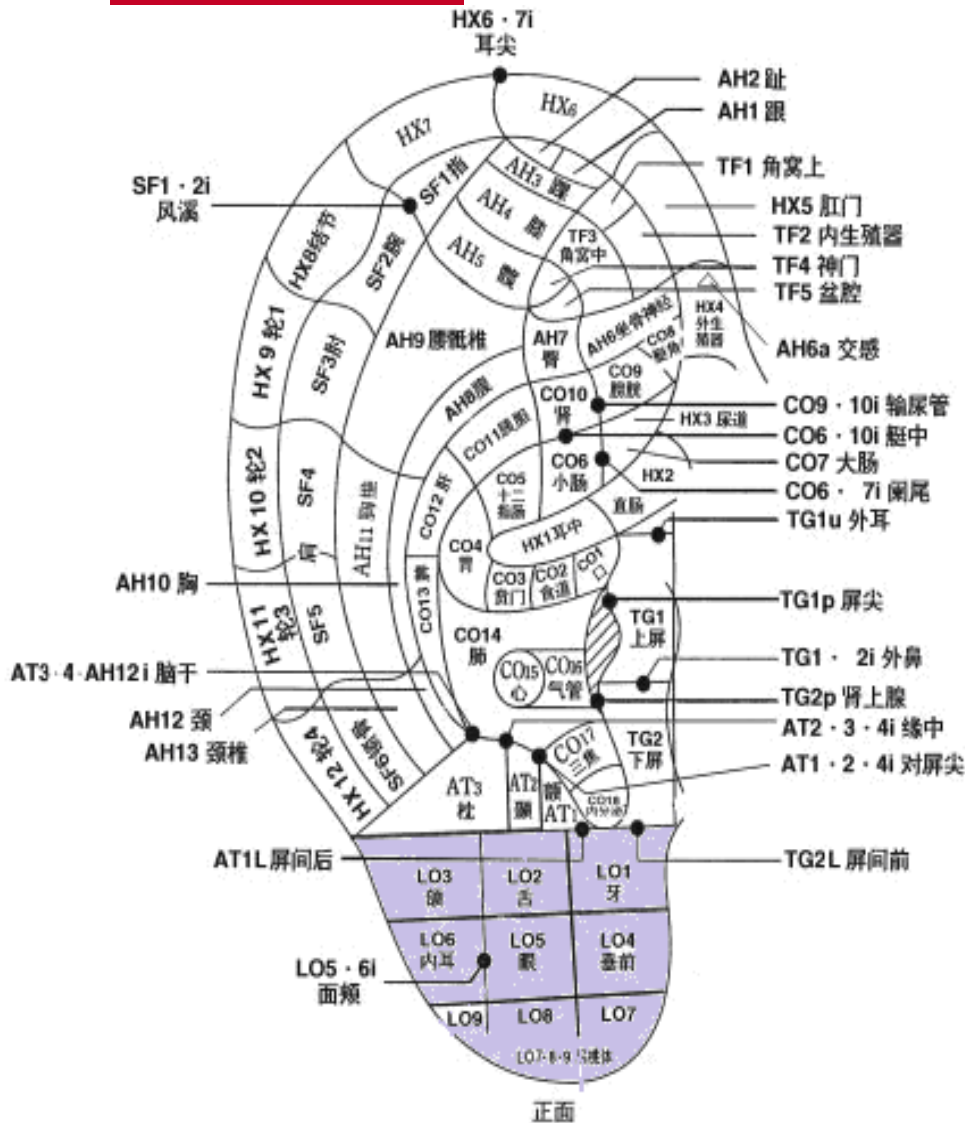
Anterior Lobe

Location:

Anterior-medial area of the frontal surface Zone 4

Indication:

Neurasthenia, toothaches.



Eye

Location:

Center of the frontal surface
Zone 5

Indication:

Acute conjunctivitis, flash ophthalmia, hordeolum, myopia.

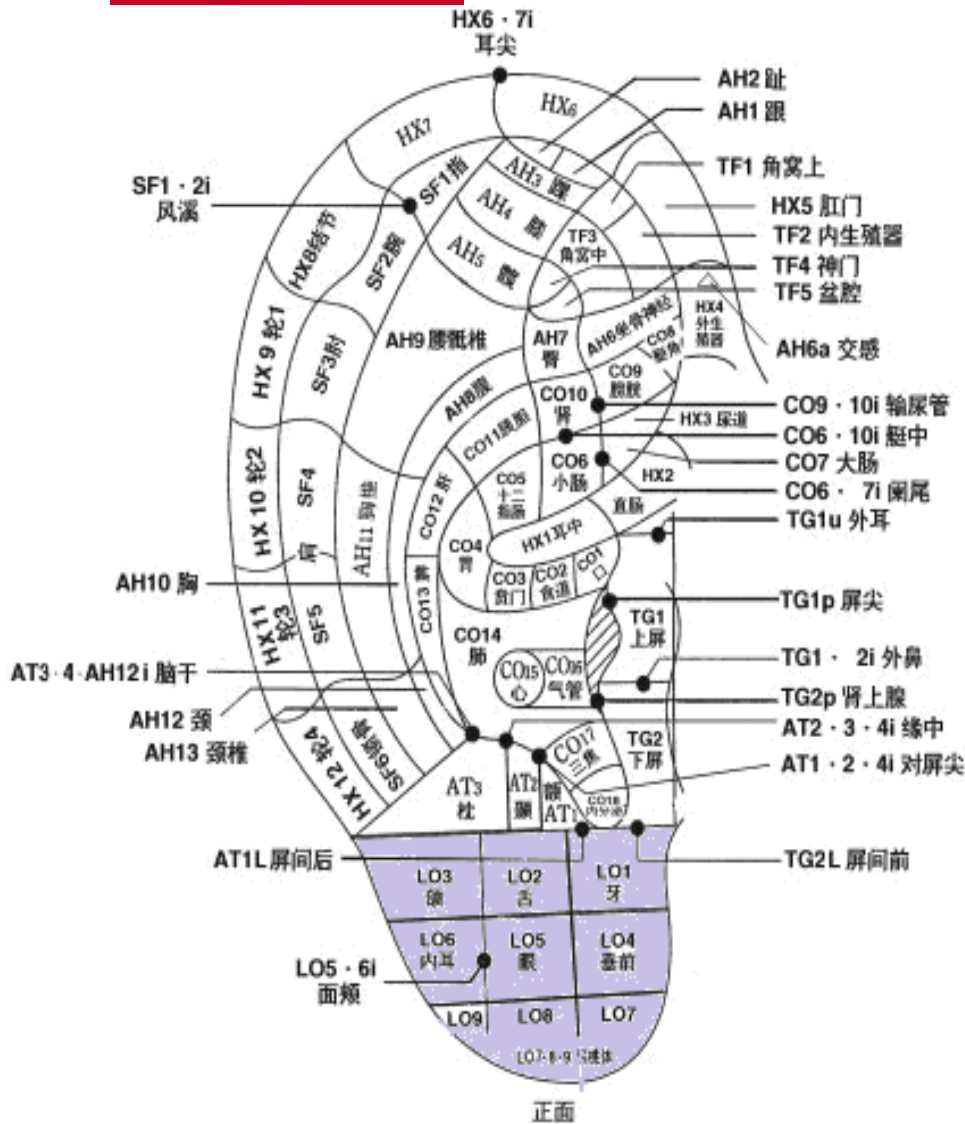
Internal Ear

Location:

Postero-medial area of the frontal surface
Zone 6

Indication:

Auditory vertigo, tinnitus, amblyacusia, tympanitis.



Cheek

Location:

Between the Eye and Internal ear Junctions of Zones 5 and 6

Indication:

Facial paralysis, trigeminal neuralgia, acne, verruca plana, facial spasms, mumps.

Tonsil

Location:

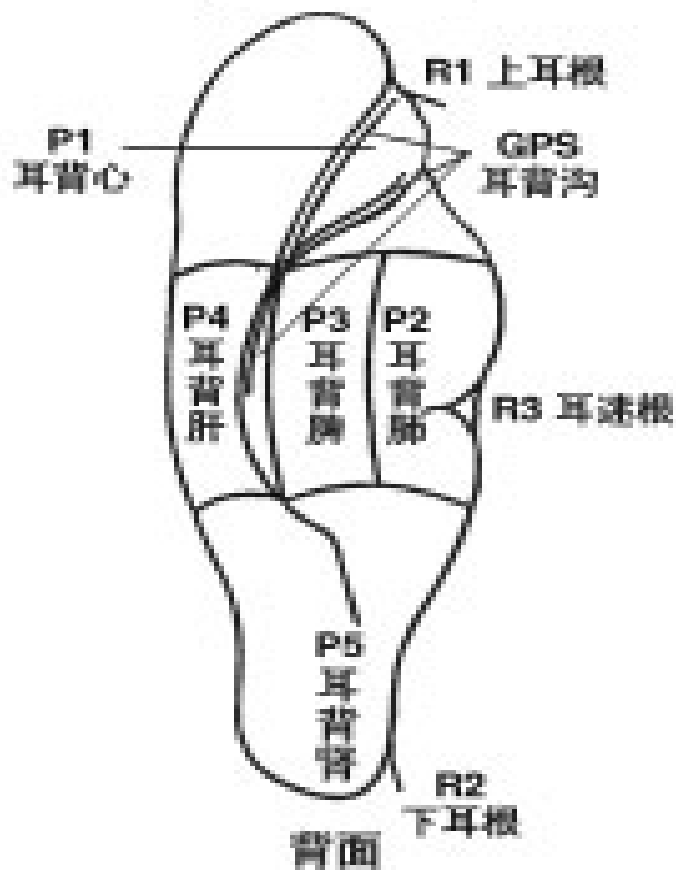
Inferior area of the frontal surface Zone 7, 8 and 9

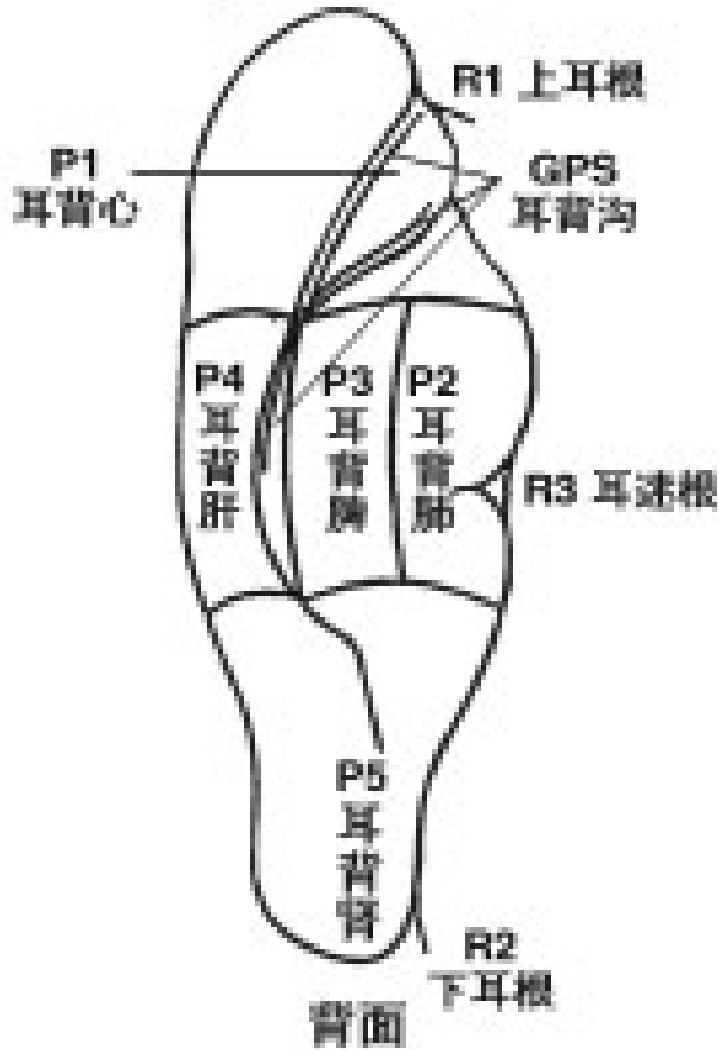
Indication:

Tonsillitis, pharyngitis.

The dorsal surface of ear is separated into 5 zones.

Points on the Dorsal Surface of the Ear





Heart (P1)

Location:

Upper area of the dorsal surface Zone 1

Indication:

Palpitations, insomnia, excessive dreaming.

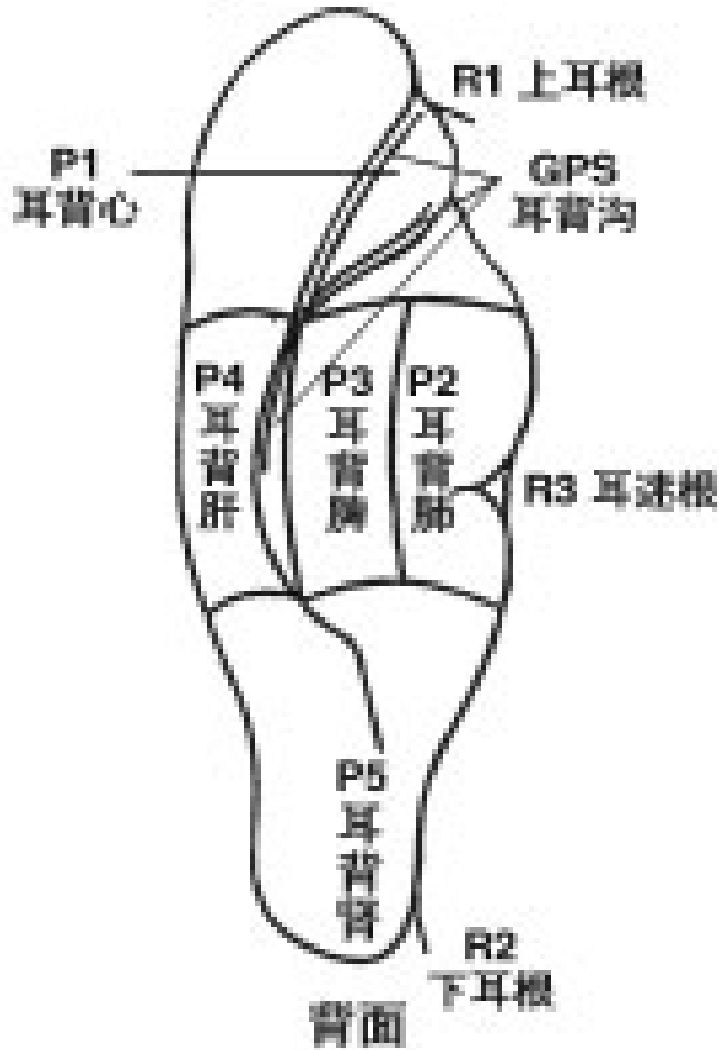
Lung (P2)

Location:

Inner-Middle area Zone 2

Indication:

Asthma, pruritus.



Spleen

Location:

Center Zone 3

Indication:

Gastralgia, indigestion, poor appetite.

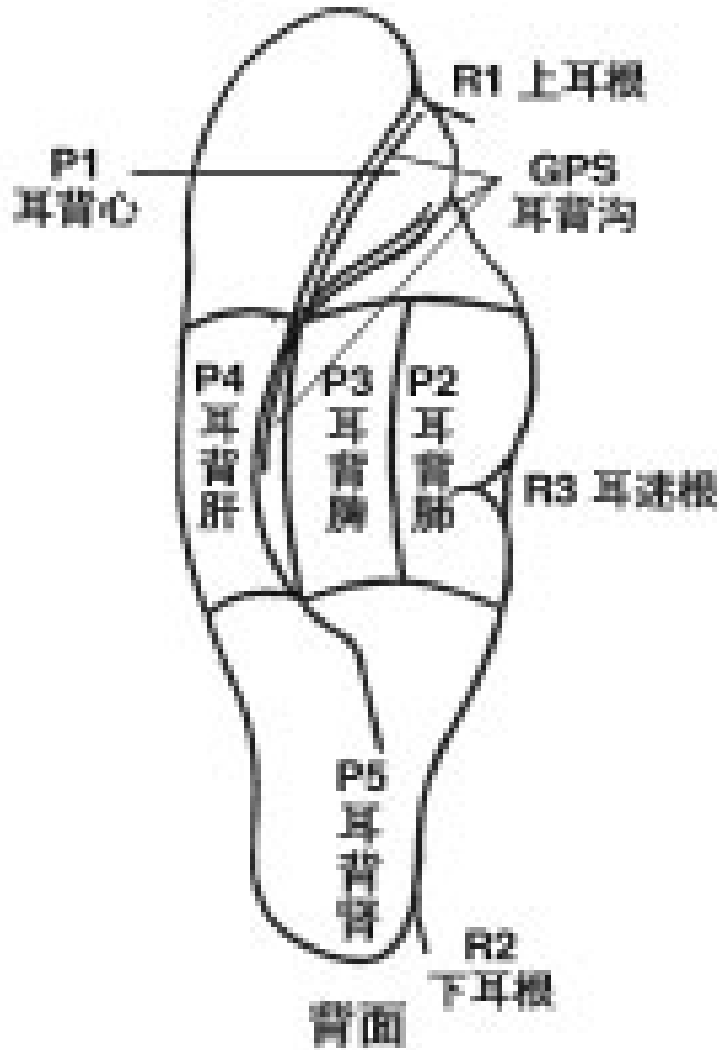
Liver

Location:

Mid-outer area Zone 4 of dorsal surface

Indication:

Cholecystitis, cholelithiasis, hypochondriac pain.



Kidney

Location:

Lower area Zone 5

Indication:

Headaches, dizziness, neurasthenia.

Groove

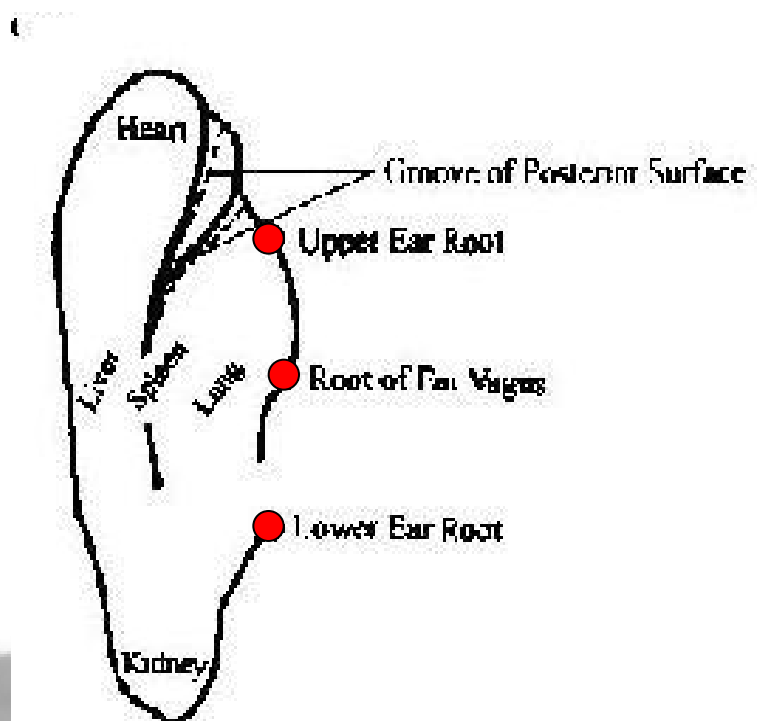
Location:

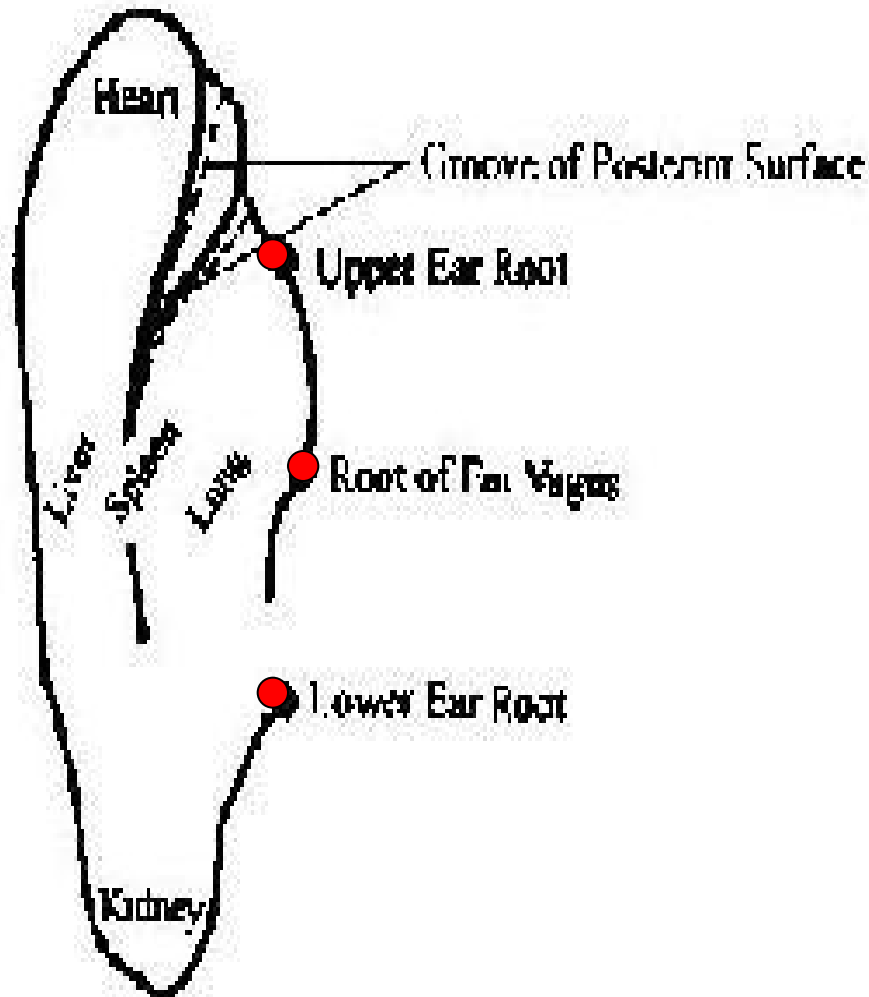
The groove formed by the two branches of the antihelix

Indication:

Hypertension, pruritus.

Points on the Ear Root





Upper

Location:

Highest portion of ear root

Indication:

Epistaxis.

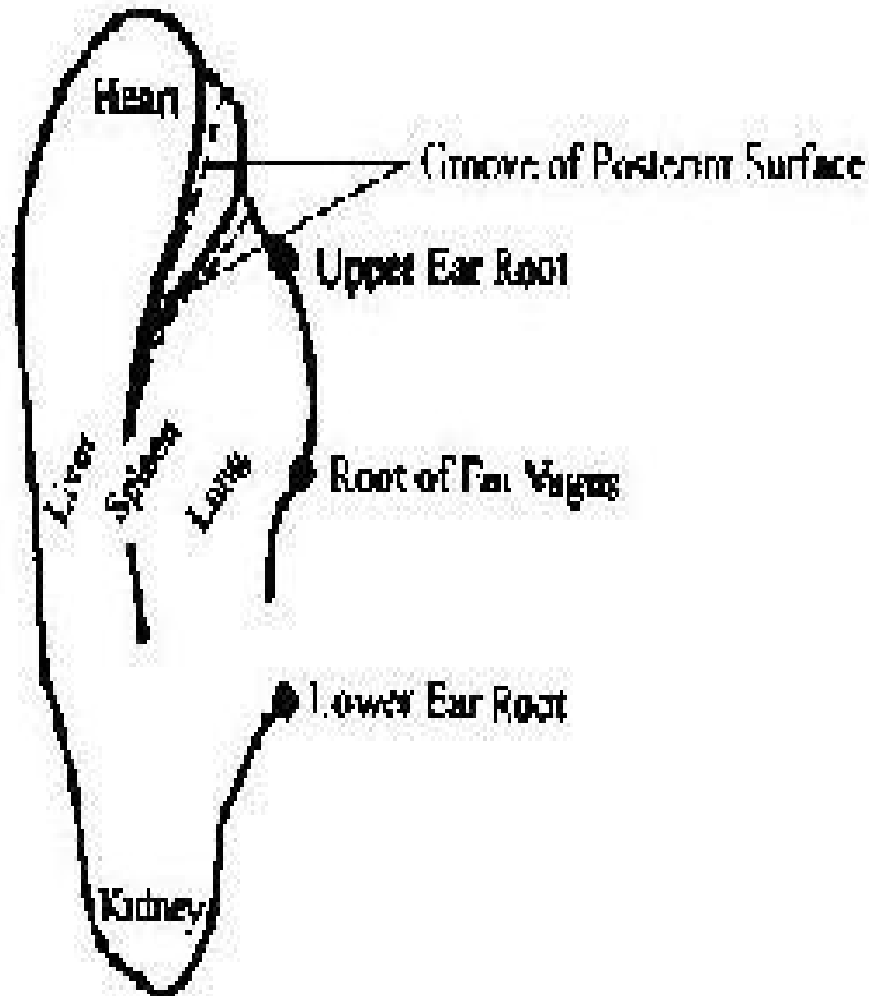
Root of Ear Vagus

Location:

Junction of the dorsal surface of the auricle and mastoid process

Indication:

Cholecystitis, cholelithiasis, ascariasis of the biliary tract, bellyaches, diarrhea, nasal obstructions, tachycardia.



Lower

Location:

Lowest portion of the ear root

Indication:

Hypotension, lower limb paralysis, sequelae to infantile paralysis.

**Indications
for
Ear
Acupuncture**

- ❁ **Pain Diseases**
- ❁ **Inflammatory and Infectious Diseases**
- ❁ **Dysfunctional Diseases**
- ❁ **Hypersensitivity and Allergies**
- ❁ **Endocrine Diseases and Metabolic Disorders**
- ❁ **Miscellaneous**

Auricular Point Selection Principles

- A. Point Selection According to the Affected Area** :such as the Stomach point for for gastric pain, etc.
- B. Point Selection According to the Differentiation of Syndromes Based on the Theory of the Zang-Fu Organs**: Examples: Points Kidney for cavities, Lung and Large Intestines for skin disease, etc.
- C. Point Selection According to Differentiation of Syndromes Based on Meridian Theory**: Examples: The Bladder or Pancreas & Gallbladder points for sciatica, the Large Intestines point for toothaches, etc.
- D. Point Selection According to Western Medical Theory**: Examples: Points Sympathetic, Adrenal Gland, Endocrine, etc.
- E. Point Selection According to Clinical Experience**: Example: Point External Genitalia for posterior leg pain.

Manipulation Methods

There are various methods used to stimulate auricular points. Some of the commonly used techniques are:

❁ **Filiform Needling:**

Select No. 26-30, 0.3-0.5 *cun* needles made of stainless steel, penetrate the cartilage 0.2-0.3 *cun*, retain the needle for 15-30 minutes

❁ **Electrotherapy**

❁ **Needle Embedding Therapy**

Treating auricular points by embedding intradermal needles is suitable for chronic and pain diseases.

Manipulation Methods

❁ **Auricular Seed Pressing Therapy**

This therapy incorporates pressing and adhering seeds onto the auricles to stimulate the points continuously. Seeds such as vaccaria and cole, millet, green gram and white mustard seed can be used.

❁ **Point Injection Therapy**

This therapy involves the injection of micro-amounts of medication into the auricular points.

Precautions

- ❁ Strict disinfection measures should be employed before doing acupuncture.
- ❁ When treating sprains and motor disabilities, ask patients to move their affected extremities after insertions to enhance the therapeutic effects.
- ❁ Needling is contraindicated with pregnant women and those with a history of multiple abortions.

Insomnia

Prescription: heart (CO15) 、
kidney (CO10) 、 brain stem (AT3,4i) 、
subcortex (AT4) 、 shenmen (TF4) 、
occiput (AT3)

For qi and blood deficiency, spleen (CO13) is added

For liver-kidney depletion, liver (CO12) is added

For disharmony between spleen and stomach, stomach (CO4) is added.

clinical
application

Migraine

Prescription:

forehead (AT1) 、 occiput (AT3) 、 temples (AT2) 、 shengmen (TF4)

For the rise of liver yang , add liver piong (CO12)

For kidney essence deficiency, add kidney piong (CO10)

For qi and blood deficiency add spleen point (CO13)

**clinical
application**

Constipation

Prescription:

rectum (HX2)、 large intestine (CO7)、
subcortex (AT4)

clinical
application

For dry constipation add lung (CO14)

For qi and blood deficiency add spleen point
(CO13) and kidney point (CO10) 。

Peri-Menopausal Syndrome

Prescription:

endocrine (CO18)、 kidney (CO10) 、
liver(CO12)、 sympathetic nerve point (AH6a)、
subcortex (AT4)

clinical
application

For insomnia with irritation, and emotion abnormal
add heart point(CO15)、 shengmen (TF4) ;

For hypertension add Groove (P5);

For impaired concentration, loss of memory add
forehead (AT1) 、 heart(CO15).

For red and sweaty face add lung(CO14)、 cheek
(LO5,6i);

For dysphoria add ear apex (HX6.7i)