Auricular Acupuncture

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General Introduction

• Concept
Stimulating the ear (by needling/pressing) to treat and prevent diseases

• History
1. SILK BOOK(帛书), China’s earliest medical treatise written approximately (in) 500.B.C. that the ear meridian originates in the dorsal surface of the hand and ascends to enter the ear.
2. Neijing Time(written around 200.B.C.) systemic recording the relation between ear and zang-fu, meridians.
3. 1946, American--Potter·FL; kidneys---shape of the ear
4. 1957, France Paul·Nogier
Base of Auricular Therapy

- TCM and Ear
- Ear and meridian
- Ear and Zang-fu:

Dr. Zhang Zhen Yun, Late Qing Dynasty, Reproposed the holistic concept that the dorsal surface of the ear corresponds to the five zang organs.
→ Upper Heart, interior Lung, middle Spleen, external → Liver lower → Kidney
Modern medicine and Ear

Modern clinical researches have provided evidence in support of meridian theory.

The phenomenon resembling (liking) meridian transmission may occur in meridian—sensitive subjects, when auricular points are stimulated.

Needling sensations such as flowing water, electric shock, or radiation are achieved → heat, distention, pain

Dr. Nogier explained the mechanism of auricular therapy is based on that there is a specific system of energy pathways which is neither vessels nor nerves. His theory is consistent with Chinese meridian theory.
Anatomical landmarks on the ear

- Superior Helix
- Antihelix
- Superior Crus
- Antitragus
- Concha
- Tragus
- Intertragic Notch
- Lobe
- Triangular Fossa
- Darwin's Tubercle
- Concha Antitragal
- Tragal Crest
- Antitragus
- Helix Fovea
- Antihelix Fovea
- Antitragus Fovea
- Inferior Antihelix Crus
- Cymba Concha
- Helix Crus
- Supra-tragal Notch
- External Auditory Meatus
- Tragus
- Supra-tragal Notch
- Intra-tragal Notch
- Ear Lobule
- Helix Tubercle
- Helix
- Scapha
- Antihelix
- Cavum Concha
- Helix notch
- Anti-tragus
- Helix Cauda
Name of auricular points

• 90 points
• 1. Based on the human body anatomy----61
• 2. Based on auricular anatomy---8
• 3. According to modern medicine
• 4. According to TCM
The Principle of point distribution

- The distribution of auricular points or areas resembles an upside-down fetus in shape.
The Distribution Law of Ear Acupoints

- Lobe---head & facial area
- Antitragus—head & brain
- Tragus---throat & nose
- Body of antihelix----trunk
- Upper leg of antihelix----lower limbs
- Lower leg of antihelix----hip(buttock)
- Scaphoid fossa-----upper limbs
- Triangular fossa-----pelvic cavity, internal genitals, ear shenmen
- Root of helix---diaphragm
- Surrounding area of the crus of the helix---digestive tract
- **Cymba conchae ------abdominal cavity**
- **Cavum conchae------thoracic cavity**
Ear and Muscles
Ear and neuro
Ear and skeleton system
The location and indications of commonly used ear points
Points on the Helix

1. Middle Ear (diaphragm)
   - Location: on the helix crus
   - Indications: hiccups, urticaria, cutaneous pruritis, infantile enuresis, hemoptosis, jaundice

2. Rectum
   - Location: on the helix, close to the notch superior to the tragus, and above it.
   - Indications: Constipation, diarrhea, prolapse of the anus, hemorrhoids, tenesmus

3. Urethra
   - Location: on the helix, at the level with the lower border of the inferior antihelix crus
   - Indications: Enuresis, frequency, urgency and pain of urination, retention of urine.

4. External Genitalia
   - Location: on the helix, at the level with the upper border of the inferior antihelix crus.
   - Indications: impotency, inflammation of external genital organs; eczema of the perineum.
• 5. Hemorrhoid Nucleus
  • Location: on the helix, at the level with the lower border of the superior antihelix crus
  • Indications: internal & external hemorrhoids

• 6. Ear apex
  • Location: at the tip of the ear and superior to the helix
  • Indications: Fever, hypertension, conjunctivitis, hordeolum

• 7. Liver Yang
  • Location: at the auricular tubercle
  • Indications: dizziness, headache, hypertension

• 8. Helix 1--6
  • Location: the lower border of the auricular tubercle----midpoint of the lower border of the lobe, divided into 5 equal parts.
  • Indications: Fever, acute tonsillitis, hypertension
Points in the Scaphoid fossa

Methods of locating the points in the Scapha
From the top of the scapha to the level with the helixtragic notch, and divided it into 6 equal parts

• 1. Finger
  • Location: in the 1\textsuperscript{st} area of the scapha. At the top of the scapha.
  • Indications: disorders of the fingers.

• 2. Wind Stream (allergic area, Urticaria point)
  • Location: between finger and wrist.
  • Indications: urticaria, cutaneous pruritus, allergic rhinitis

• 3. Wrist
  • Location: in the 2\textsuperscript{nd} area of the scapha at the level of the top of the auricle tubercle.
  • Indications: wrist sprain, pain and swelling at the writ area.
• **4. Elbow**
  • Location: in the 3\(^{rd}\) area of the scapha. Midway between the finger and clavicle
  • Indications: pain in the elbow

• **5. Shoulder**
  • Location: in the 4\(^{th}\) and 5\(^{th}\) area of the scapha.
  • Indications:

• **6. Shoulder Joint**
  • Location: between shoulder & clavicle
  • Indications: Frozen shoulder, pain shoulder

• **7. Clavicle**
  • Location: in the 6\(^{th}\) area of the scapha. At th level with helixtragic notch
  • Indications:
Points on the superior antihelix crus

1. Toe
Location: lateral and superior angle of the superior antihelix crus
Indications: pain of the toe, paronychia

2. Heel
Location: medial and superior angle of the superior antihelix crus
Indications: heel pain

3. Ankle
Location: midway between Heel and Knee
Indications: ankle sprain
4. Knee
Location: middle portion of
The superior antihelix crus
Indications: pain & swelling of
The knee

5. Hip
Location: at the inferior 1/3 of
the superior antihelix crus
Indications: pain of the hip
joint, sciatica
Points on the inferior antihelix crus

1. Buttock
   **Location:** at the lateral 1/3 of the inferior Antihelix crus
   **Indications:** pain of the lumbar region, Sciatica

2. Sciatic Nerve (Ischium)
   **Location:** at the middle 1/3 of the inferior Antihelix crus
   **Indications:** sciatica

3. Sympathesis (End of inferior antihelix crus)
   **Location:** the terminus of the inferior antihelix crus
   **Indications:** palpitation, spontaneous sweating, functional disorders of the autonomous nervous system, gastrointestinal pain and spasm, Angina pectoris, rectal colic.
Points on the antihelix
1. **Cervical Vertebra**
   **Location:** A curved line from the helixtragic notch to the superior & inferior antihelix crura can be divided into 5 equal segments, the lower 1/5 is the point.
   **Indications:** stiff neck, cervical spondylopathy

2. **Thoracic Vertebra**
   **Location:** on the above curved line, the mid 2/5 is the point
   **Indication:**

3. **Lumbosacral Vertebra**
   **Location:** on the above curved line, the upper 2/5 is the point
   **Indication:** lower back pain
Neck
Location: at the notch between antihelix and antitragus, near scapha
Indication: stiffneck, swelling & pain of the neck, goiter.

Chest
Location: on the antihelix, at the level with supratragic notch.
Indication: pain in the chest & hypochondriac region, mastitis, insufficient lactation

Abdomen
Location: on the antihelix, at the level with the lower border of the inferior antihelix crus.
Indication: abdominal pain & distention, diarrhea, acute lumbar sprain, women’s diseases
Points in the triangular fossa

• 1. Shenmen
  Location: at the bifurcating point between the superior & inferior antihelix crus, and the 1/3 of the triangular fossa.
  Indications: Insomnia, dream-disturbed sleep, pain, and emotional disorders

• 2. Pelvic cavity
  Location: slightly inferior to the medial side of the bifurcating point between the superior & inferior antihelix crus
  Indications: pelvic inflammation, irregular menstruation, lower abdominal pain & distention
3. Middle triangular Fossa
Location: on the middle 1/3 of the triangular fossa
Indications: asthma

4. Internal Genitalia
Location: in the depression in the midpoint of the bottom of the triangular fossa
Indications: irregular menstruation, dysmenorrhea, leukorrhagia, dysfunctional uterine bleeding, nocturnal emission, prostathea, prostatitis

5. Superior Triangular Fossa
Location: anteriosuperior to the triangular fossa
Indications: hypertension
Points on the periphery helix crus

Digestive System points

• 1. Mouth
  Location: close to the posterior & superior border of the orifice of the external auditory meatus
  Indications: facial paralysis, stomatitis, colecystitis

• 2. Esophagus
  Location: at the mid 2/3 of the inferior aspect of the helix crus
  Indications: esophagitis, esophagisms, vomiting

• 3. Cardiac orifice
  Location: at the lateral 1/3 of the inferior of the helix crus
  Indications: cardiospasm, nervous vomiting, nausea.
• **4. Stomach**

**Location**: around the area where the helix crus terminates

**Indications**: gastrospasm, gastritis, gastric ulcer, insomnia, toothache, indigestion, vomiting, nausea.

• **Duodenum-----Small intestine------Large intestine**

**Location**: at the superior aspect of the helix crus, each 1/3

**Appendix**

**Location**: between SI & LI
Points in the Cymba Conchae

Abdominal Zang-fu organs

• 1. Kidney
  Location: on the lower border of the inferior antihelix crus, directly above SI
  Indications: urogenital disorders, gynecopathy, lumbar pain, tinnitus, insomnia, dizziness

• 2. Ureter
  Location: between KI & BL
  Indications: colic pain of the ureter calculus

• 3. Bladder
  Location: on the antero-inferior border of the inferior antihelix crus.
  Indications: lumbago, cystitis, retention of urination, occipital pain, BL channel disorders.
4. Angle of cymba concha (Prostate)

**Location:** at the anterior superior angle of the cymba conchae

**Indications:** prostatitis, urethritis

5. Liver

**Location:** on the posterior inferior border of cymba conchae

**Indications:** hypochondriac pain, dizziness, eye disease, irregular menstruation, dysmenorrhea

6. Pancreas (left) & biliary tract (right)

**Location:** between LIV & GB.

**Indications:** pancreatitis, diabetes mellitus, diseases of the biliary tract.
Points in the Cavum Conchae

Chest cavity

• 1. Heart
  Location: around the central depression of the cavum conchae
  Indications: Palpitation, insomnia, hysteria, angina pectoris, arrhythmia, neurosis, stomatitis

• 2. Lung
  Location: around the central depression of cavum conchae
  Indications: cough, asthma, chest stuffiness, cutaneous pruritus, constipation, obesity

• 3. Trachea
  Location: between the orifice of the external auditory meatus & Heart.
  Indications: Cough, asthma.
4. Spleen
**Location:** at the lateral & superior aspect of the cavum conchae
**Indications:** abdominal distention, chronic diarrhea, indigestion, irregular menstruation, anorexia.

5. Intertragus (Endocrine)
**Location:** at the base of the cavum conchae, in the intertragic notch.
**Indications:** dysmenorrhea, importance, irregular menstruation, menopause syndrome, dysfunction of endocrine.

6. Sanjiao
**Location:** at the base of the cavum conchae, and superior to the intertragic notch.
**Indications:** constipation, edema, abdominal distention, simple obesity, Sanjiao channel pain..
Points on the tragus

1. External ear
   Location: on the superatragic notch close to the helix
   Indications: otitis, tinnitus, dizziness, inflammation of the external ear

2. External Nose
   Location: in the center of the tragus
   Indications: nasal furuncle, nasal obstruction, rhinitis, simple obesity.

3. Tragic apex
   Location: at the tip of the upper protuberance of the border of the tragus
   Indications: fever, pain, etc.

4. Infratragic Apex (adrenal)
   Location: at the tip of the lower protuberance on the border of the tragus
   Indications: RA, mumps, pruritis, dizziness

5. Pharynx-larynx
   Location: on the upper-half of inside aspect of the tragus
   Indications: hoarseness, acute & chronic pharyngitis, tonsillitis

6. Internal Nose
   Location: lower half of the inside aspect of the tragus
   Indications: rhinitis, paranasal sinusitis, epistaxis
Points on the **antitragus**

1. **Antitragic Apex (Soothing asthma)**
   - **Location:** at the tip of antitragus
   - **Indications:** asthma, bronchitis, cough, mumps

2. **Middle border (Yuan zhong)**
   - **Location:** midpoint between the antitragic apex & helixtragic notch
   - **Indications:** enuresis, auditory vertigo, dwarfism, diabetes.

3. **Testis (Ovary)**
   - **Location:** antero-inferior to the inside (medial) aspect of the antitragus
   - **Indications:** disorders of genital system

4. **Brain (Subcortex)**
   - **Location:** on the inside aspect of the antitragus
   - **Indications:** insomnia, dream disturbed sleep, tinnitus due to KI def., neurosis, pseudomyopia, oligophrenia, digestive diseases

5. **Occiput**
   - **Location:** at the postero-superior corner of the lateral aspect of the antitragus
   - **Indications:** dizziness, headache, insomnia, epilepsy, neurasthenia

6. **Temple (Taiyang)**
   - **Location:** at the midpoint of the lateral aspect of the antitragus
   - **Indications:** Migraine, disorders of the nervous system, faintness

7. **Forehead**
   - **Location:** at the antero-inferior corner of the lateral aspect of the antitragus
   - **Indications:** headache, dizziness, insomnia, dream disturbed sleep
Points on the **Lobule**

- **Corresponding to the Head & Face**
- **Being separated into 9 parts.** A grid of nine equal sections is delineated on the frontal surface of the earlobe. Draw 3 equidistant horizontal lines below the lower border of the cartilage of the notch between the tragus & the antitragus to the lower border of the lobe; and draw two equidistant vertical lines. The sections are numbered from anterior to posterior and from top to bottom.

1. **Tooth**
   *Location*: in the 1st section of the earlobe grid
   *Indications*: toothache, periodonitis, hypotension

2. **Tongue**
   *Location*: on the 2nd section of the earlobe grid
   *Indications*: glossitis, stomatitis

3. **Jaw**
   *Location*: on the 3rd section of the earlobe grid
   *Indications*: toothache, dysfunction of the temporo-mandibular joint

4. **Toothache 2**
   *Location*: on the 4th section of the earlobe grid
   *Indications*: toothache
5. **Eye**  
**Location:** on the 5th section of the earlobe grid  
**Indications:** acute conjunctivitis, electric ophthalmitis, stye, pseudomyopia.

6. **Internal Ear**  
**Location:** on the 6th section of the earlobe grid  
**Indications:** Meniere’s disease, tinnitus, hearing loss

7. **Tonsil**  
**Location:** on the 8th section of the earlobe grid  
**Indications:** tonsilitis, pharyngitis
8. Cheek

**Location:** on the border between 5th & 6th section of the earlobe grid

**Indications:** peripheral facial paralysis, trigeminal neuralgia, acne, flat wart

Eye 1

**Location:** on the anterior & inferior side of the intertragic notch

**Indications:** glaucoma, Pseudomyopia

Eye 2

**Location:** on the posterior & inferior aspect of the intertragic notch

**Indications:** Ametropia, pseudomyopia

Lower tragic notch (Rising blood pressure point)

**Location:** on the inferior aspect of the intertragic notch

**Indications:** hypotension
Points on the back auricle

1. **Upper Ear Root**
   - **Location**: on the upper portion of the ear root
   - **Indications**: epistaxis

2. **Root of ear vagus**
   - **Location**: on the juncture of the dorsal surface of the auricle & the mastoid process, corresponding to the crus of the helix
   - **Indications**: Cholecystitis, gallstones, biliary ascariasis, nasal obstruction, tachycardia, abdominal pain, diarrhea.
3. Lower Ear Root

- **Location**: on the lower portion of the ear root
- **Indications**: hypotension

4. Groove of Dorsal Surface (lowering blood pressure)

- **Location**: the groove formed by the antihelix & its two branches on the dorsal surface of the auricle
- **Indications**: hypertension, cutaneous pruritus.
EXPERIMENTAL EAR POINTS

1. Common Cold Point
Location: on the helix, at the level of the upper leg of antihelix

2. Calculus Area (Kidney stone)
Location: in the triangular area connecting the ear points pelvic cavity, Kidney, and abdomen.

3. Thirsty Point
Location: on the middle point between External nose and tragus apex
Indication: diabetes, Xiao ke.

4. Hunger Point
Location: on the middle point between External nose and Adrenal gland point (Infratragus apex).
Indication: Obesity, Hyperactivity of thyroids,
5. Raise Blood Pressure Point
Location: at the anterior of the lobe, inferior to intertragus notch.

6. Tumor distinctive area 1
Location: Draw a line from the ST to the anti-helix anti-tragus notch and continue the line to the helix. This is the upper point. The lower point is helix 6. The upper 2/3 of this area on the anterior side is the location.
Indication: important diagnostic point for malignant cancer.

7. Tumor distinctive area 2
Location: on the middle part of the helix, the upper 2/3 of the line connecting Helix 1 and Helix 3
Indication: important diagnostic point for malignant cancer (digestive)

8. Tumor distinctive area 3
Location: on the dorsum of the ear, opposite to Tumor distinctive area 1
Diagnosis

- Inspection
- Pressing
- E-stim Probing
The Principle for point selection

1. Based on the position of disease or affected area of the body
   The whole body be mapped on the ear
   Every part of an organ or tissue has a corresponding point on the organ or tissue’s corresponding ear area.

2. According to TCM theory
   The 11 auricular points corresponding to five Zang & six Fu organs are especially significant in TCM

3. Based on modern medicine theory

4. According to the clinical experiences
The treating methods

- 1. Needling with ear needle or short needles
- 2. Pressing with ear seeds
- 3. Auricular Blood-letting
- 4. Ear massage
Procedure of Needling

• Searching for the sensitive spot
• Sterilization: 2% iodine & 75% alcohol as routine asepsis
• Method of needle insertion: Select 0.5 cun filiform needle, or the special thumb-tack needle shaped as a drawing pin. Stabish the ear with the left hand, and insert the needle with the right hand into the point penetrating the cartilage but not penetrating through the ear
• Retention of needle: generally, filiform needle for 20-30 m;
• Remove of needle: after the needle is removed press the puncture hole with a dry clean cotton ball.
• Course of treatment: once a week generally, 10 times as one course.
Precaution of needling

1. Strict antisepsis to avoid infection.
2. Contraindicated if frost-bite or if inflammation is present on the ear.
3. Contraindicated in pregnant women with a history of habitual abortion; and patients with severe heart diseases.
4. It is necessary for elderly patients or weak constitution to take proper rest before and after being needled.
Procedure of Pressing with Seeds

- 1. Searching for the sensitive spot
- 2. Strict antisepsis is necessary to avoid infection.
Precaution of Pressing with seeds

• 1. Avoid exposure of the adhesive tape to moisture.
• 2. Use hypoallergenic adhesive tape for people with adhesive allergies.
• 3. Contraindicated if frost-bite or if inflammation is present on the ear.
• 4. Contraindicated in pregnant women with a history of habitual abortion; and patients with severe heart diseases.
• 5. Keep it for 2-3 days in summer; and keep it slight longer in winter.
• 6. Do not rub in a sideways or circular motion while pressing the taped auricular points.
• 7. If it will influence the sleep, only one side points can be used.
Clinical Applications
Detoxation Treatment
Obesity

• **Main points:** Stomach, SP, LI, Shenmen

• **Secondary points:** Mouth, hungry point/thirsty point, endocrine, lung, KI, sympathetic nerve, sanjiao.

• **Methods:** Embedding method with herbal seeds or any kind of granules is applied after filiform needling or electric acupuncture. Needle once daily with 3 to 5 points each time
Conjunctivitis

Treatment:

1. Bloodletting: **Ear Apex**. Treat once or twice daily.

2. Puncture **Eye, Ear-Shenmen** and **Ear Apex** with a filiform needle and strong stimulation. Retain the needles for 30 minutes.
Bronchial asthma

• **Main points:** Lung, Trachea, Infratragic Apex, Antitragic Apex and Ear-Shenmen.

**Secondary points:** Root of Auricular Vagus Nerve, Kidney, Sanjiao and Large Intestine.

• **Methods:** Apply strong stimulation with a filiform needle. One treatment is given daily during an attack. Choose 4 or 5 points bilaterally or unilaterally for each treatment with retention of needles for 30 minutes. After the stabilization of condition, treatment is reduced to once every other day. During remission needle embedding can be applied to consolidate effectiveness.
Chronic gastritis

• Main points: Stomach, End of Inferior Antihelix Crus and Lung.

Secondary points: Liver, Spleen, Mouth and Intertragus.

• Methods: Embedding method with herbal seeds or any kind of granules is applied after filiform needling or electric acupuncture. Needle once daily with 3 to 5 points each time.
Dysfunctional uterus bleeding

Principal points: Uterus, Endocrine and Ear-Shenmen.

Secondary points: Spleen, Brain, Liver and Middle Ear.

Methods: Treat once daily with a filiform needle at 3 to 5 points. Retain the needles for 30 to 60 minutes.
Clinical Classification of Ear Points

Anti-allergy
Ear apex (bleeding), *endocrine, adrenal gland*, allergy point, Liver, Lung, corresponding area.

Anti-infection
Ear apex (bleeding), *endocrine, adrenal gland*, Shenmen, corresponding area.

Reduce High-fever
Ear apex, Tragus apex, adrenal gland (3 points bleeding); Endocrine, Lung, Brain stem, Occiput.

Lower Blood Sugar
Pancrea, Endocrine, mouth, Sanjiao, Subcortex
Regulating Menses:
Uterus, endocrine, Kidney, Liver, Ovary, Brain.
Calm Down Shen
Ear apex (bleeding), Shenmen, Subcortex, Heart.