

Course: Advanced needling I
Class #: 5 – Auricular Acupuncture

Date: 5/14/08

Auricular Acupuncture

Refer to Auricular Acupuncture.pdf

Understand the principles of how to map your body onto the ear. Understand the anatomy of the ear.
Understand the general anatomy of the human body.

There are a lot of different auricular systems (French, American, Chinese, etc.) but if you understand the body map within the ear and the anatomical structure of the human body this make all of them easier. (Board exams have auricular questions, primarily on the Chinese system)

Auricular useful for quit smoking, weight loss, addictions. Also very helpful for ppl that need more freq acu than they can afford – send them home with ear tacks or seeds in and have them press frequently.

Meridians of GB, SI, SJ, LI divergent all enter the ear.

REVIEW THIS

Base of Auricular Therapy

From the TCM perspective- Slide 3

Draw a cross on the back of the ear.

	Fire – Heart	
Metal – Lung (inside aspect)	Earth – Spleen	Wood – Liver (outside edge)
	Water – Kidney	

Anatomical Aspects/Landmarks of the Ear

Must just memorize this. Gotta know it for both this class and the boards.

Slide 5.

Helix Crus often noted as Helix Root.

Triangular Fossa corresponds to the pelvic area...used most often.

Scapha or Scaphoid Fossa is the groove under the helix

Cavum Concha is the same as the Inferior Concha

Cymba Concha is the same as the Superior Concha

Name of Auricular Points

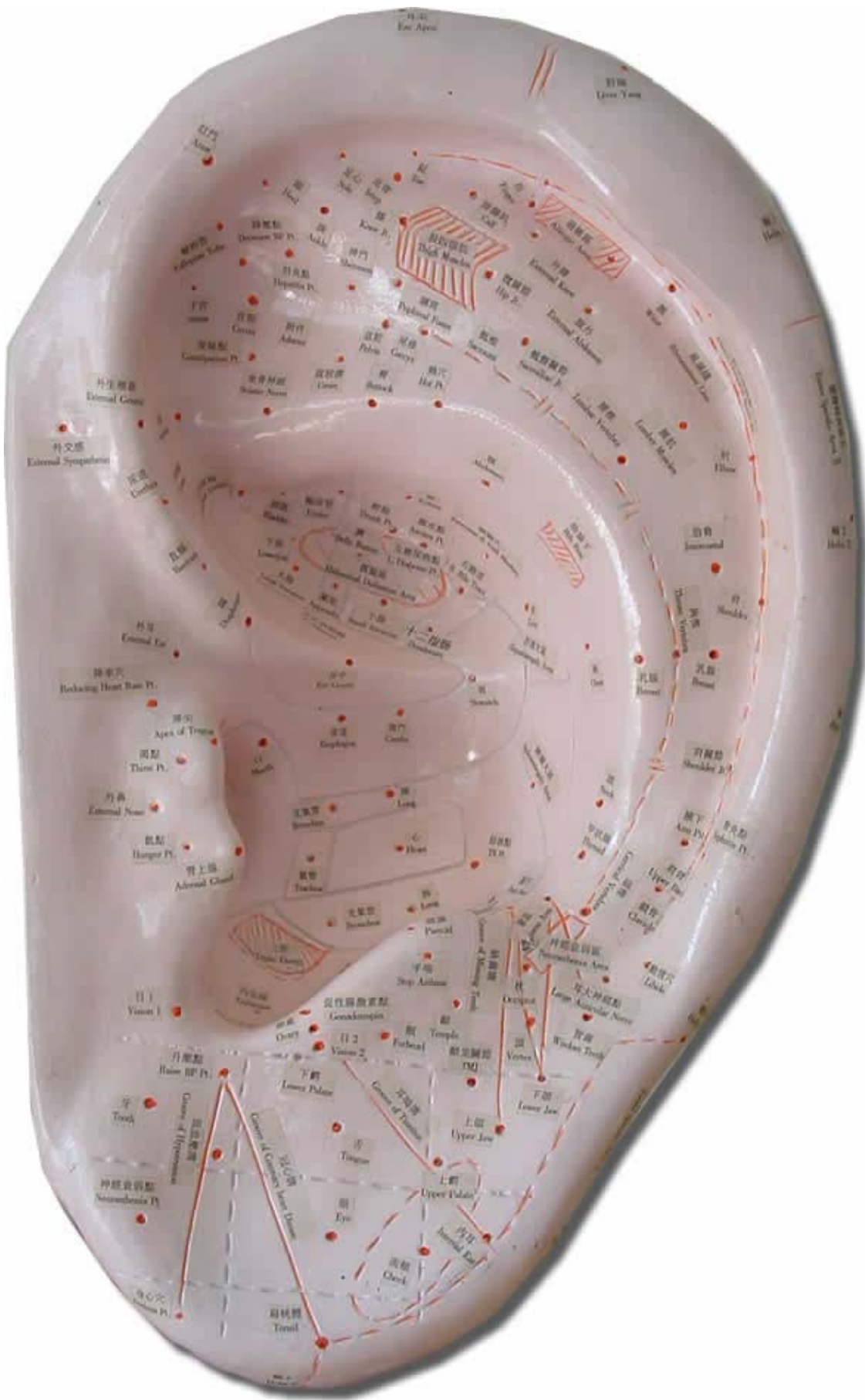
90 of them boogers. Based on human body's anatomy (61 pts), based on anatomy of auricula (8), according to mod med, according to TCM. "Wind stream" or "allergy point" for instance.

Principle of Point Distribution

Resembles an upside down fetus.

Memorize Slide 8

- Lobe: head (scalp) and facial area.
- Antitragus: head (outside) and brain (medial side)
Remember that brain and facial are separate!
- Tragus: throat and nose
- Body of antihelix: trunk (spinal issues)
- Upper leg of the antihelix = lower limbs
- Lower leg of the antihelix = hip and buttocks
- Scaphoid fossa = upper limbs
- Triangular fossa = pelvic cavity, internal genitals, *ear shenmen (another Ht 7 – often used)
- Root of helix = diaphragm
- Area surrounding the crus or root of the helix = digestive tract
- Cymba concha (superior) = abdominal cavity
- Cavum concha (inferior) = thoracic cavity



Helix points

Forget about slides 9-10

See Slide 13

These points are located on the *helix* of the ear.

Middle ear is **diaphragm** and is located on the helix crus/root. Indicated for hiccups, urticaria, cutaneouspruritis, infantile enuresis, hemoptosis, jaundice.

Rectum points are is on the helix close to the notch superior to the tragus and above it. Constipation, diarrhea, prolapse of the anus, hemorrhoids, tenesmus

Urethra points located on the helix at the level with the lower border of the inferior antihelix crus.

(Actually, you can see this on slide 10, which I told you to forget.)

Indicated for enuresis, frequency, urgency, pain of urination, retention.

External genitalia is located on helix at level with the upper border of the inf antihelix crus.

Internal genitalia located in the triangular fossa. External genitalia is level with this and on the helix at the anterior of the ear.

Indicated for impotence, inflammation of external genital organs, eczema of perineum.

Hemorrhoid Nucleus

Located on helix at level with lower border of superior antihelix crus. Remember the triangular and pelvic cavity location. Just above this on the helix is the hemorrhoid nucleus. Remember the fetus diagram – that's where his little butt would be.

Apex of the ear

and superior to the helix is indicated for fever, hypertension, conjunctivitis, hordeolum (sty). Use for toxic heat and bleed here.

Liver Yang

Located at the auricular tubercle – it's on the helix at about 1:00 from the center. You can feel it even if you can't see it.

Indications – dizziness, headache, hypertension and liver yang rising issues.

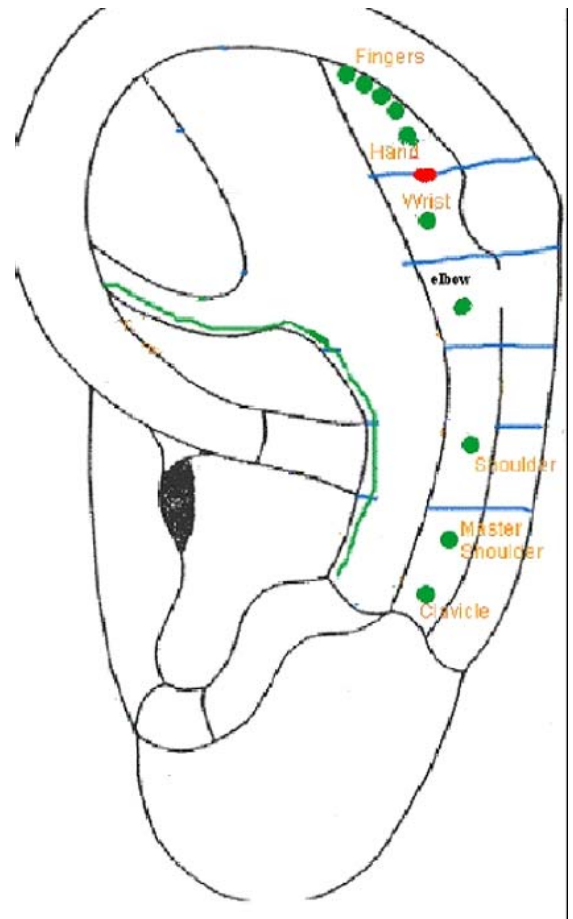
Helix 1 – 6

Located on the lower border of the auricular tubercle – from just below the auricular tubercle down to the zenith of the lobe. Divide this distance into 6 different points. Not commonly used – mostly for dx of cancer, tumor. Can be used, however, will work for fever, acute tonsillitis, hypertension. On people that are just about to die, will be dry and pale. Oy!

Points on Scaphoid Fossa

From the top of the scapha to level with helix tragic notch and divided into 6 parts. Is actually much longer than the skeleton in slide 11.

1. Fingers – located in the top area of the scapha or *first* area of the scapha. Thumb is at the bottom.
Disorders of the fingers.
2. Wind stream – between fingers and wrist areas.
Urticaria, cutaneous pruritus, allergic rhinitis.
3. Wrist – level with the Darwin bump on the helix (posterior top of ear)
Wrist pain and swelling
4. Elbow – below wrist area, the 3rd scaphoid area. Draw a little humerus bone from the elbow to the shoulder point
Use for pain in the elbow.
5. Shoulder – in the 4th and 5th scapha areas.
6. Shoulder joint – between shoulder and clavicle.
Use this for frozen shoulder, shoulder pain.
7. Clavicle – in the 6th area, level with helix tragic notch.



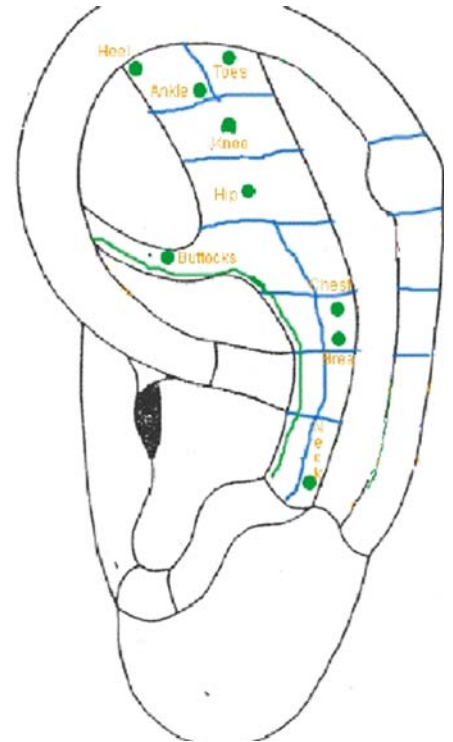
Treatment methods:

1. Find the tender spot. Sterilize with alcohol.
Use your index finger/thumb of other hand to support the ear, THEN needle – this thing is spring loaded – for stability. You want to penetrate the cartilage, but not go thru.
2. Select ½ cun needles.
3. Retain 20-30 min
4. Remove and press with clean dry cotton ball.
5. Treatment course: on week, 10 times

Points on the Superior Antihelix Crus.

See Slide 17

1. Toe. Location is lateral and superior angle of the superior antihelix crus. Remember the mnemonic

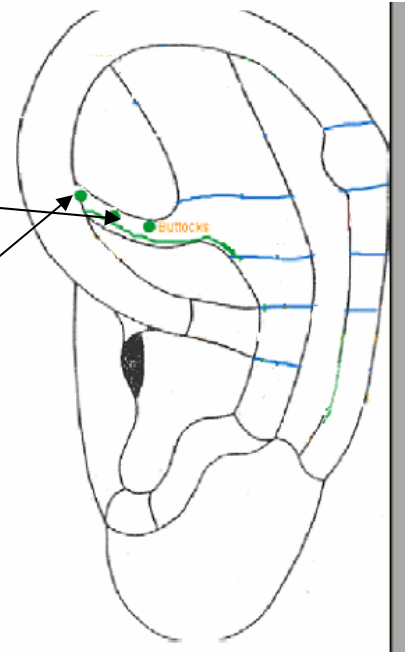


Points on the inferior antihelix crus

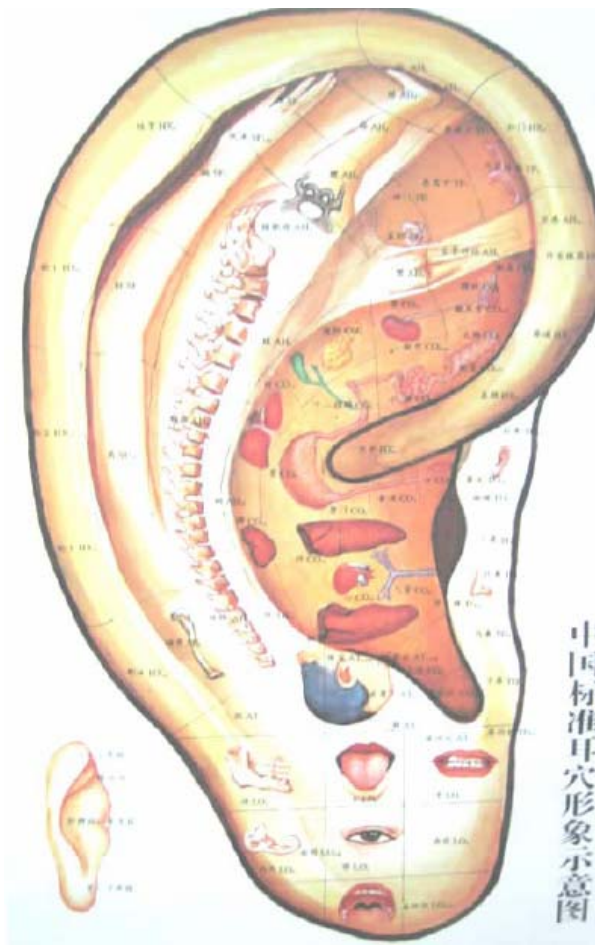
1. Buttock

2. Sciatic Nerve/Ischium

3. Sympathetic Nerve. Located at the terminus of the inferior antihelix crus. Indicated for gastrointestinal pain and spasm...because sympathetic nerve controls digestion. Other indications: palpitation, spontaneous sweating, functional disorders of the autonomous nervous system, angina pectoris, rectal colic.



Know the diagram on Slide 20. this is the one he wants us to use. And again, know the anatomical landmarks/features/parts of the ear.



Antihelix points

Follow the diagram on Slide 20-22 to the left here.
Divide the spinal column into 5 equal parts

Cervical Vert is the bottom 1/5, then thoracic, then lumbar. Go in toward hole one level along the same line where the ear is curving in toward the meatal opening and you see the neck, chest, abdomen. Basically, the outer edge on the antihelix is the outer spine, get further anterior and you're going deeper into the body. See slide 22

Some other models may vary.

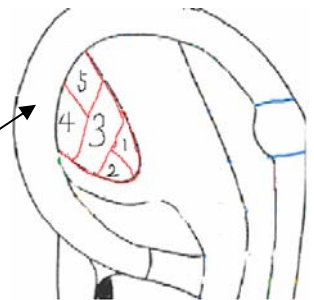
Learn the indications!

Points in the triangular fossa

See slide 23-24.

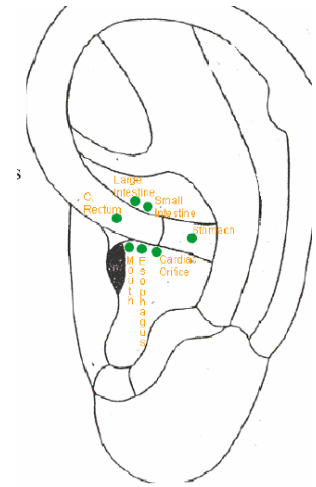
Notes on indications: 90% of ear acupuncture will use the Shenmen point – many emotional/mental type problems. Also, pain influences your emotional world, so this is a handy point to know for a lot of things.

1. Shenmen – insomnia, dds, jet lag, pain, emotional disorders
2. Pelvic cavity – pelvic inflammation, irreg menstr, lower ab pain/distention
Remember that the external genital point is right here... Draw a line from the 2 area to the 4 area (internal genitalia) and points to the external genitals.
3. Middle triangular fossa – asthma
4. Internal Genitalia – irreg mens, dysmenorrhea, leukorrhia, dysfnx uterine bleeding, noc emission, prospermia, prostatitis.
5. Superior triangular fossa – hypertension

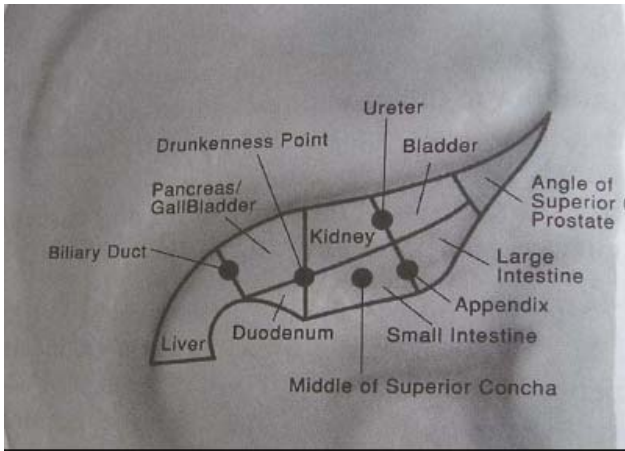


Points on the Periphery Crus

See slide 25-26. Basically, the whole digestive tract.



Points in the Cymba Conchae



These are the points for the abdominal zangfu organs. Follows the anatomical pathways.

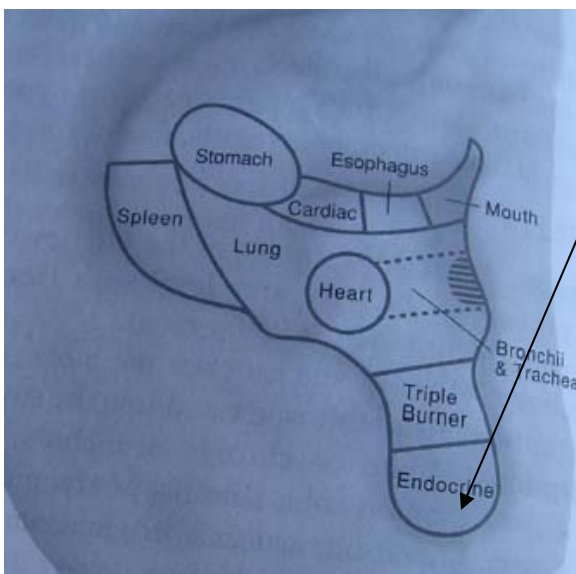
Lower area along the bottom is duodenum, small intestine, appendix between si and li, large intestine. Tip anterior is the prostate. Area along the top is Liver (most posteriorly), then biliary duct between liver and GB, pancreas/gallbladder, kidney, ureter point between kid and bl, then bladder and again, prostate.

There's a drunkenness point at the 4 corners intersection of gb, duodenum, kid, and si.

Liver points – from helix crus transversely, right above the stomach points (next slides)

See slides 27-28

Points in the Cavum Concha



Spleen is right below the Liver area from the previous section, slide 28.

Endocrine is in the groove on the inside on the flat part/floor of the notch. Needle perp downward

San Jiao points area on the inside, behind endocrine, like going closer to the skull.

Heart is right in the center – you can see the depression. Use the ear orifice as the reference for the size of heart area. The heart area would be 1/2 the size of the orifice, leaving 1/4 on the top and bottom so the mid 1/2 is the diameter of the heart area here. Look at the slide for

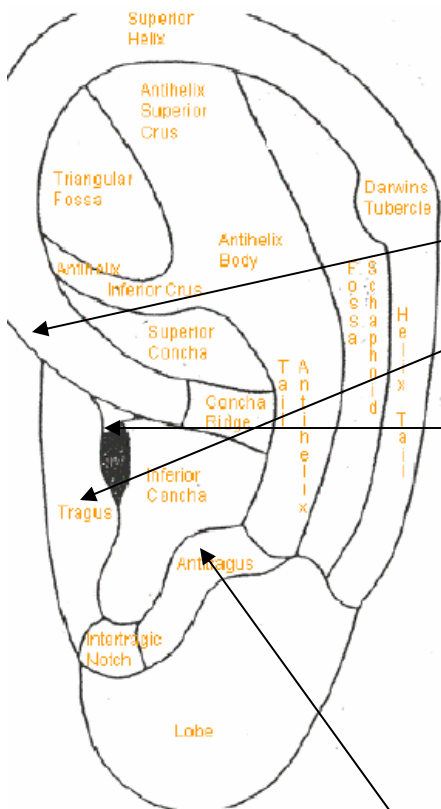
points in the triangular fossa for reference – look for the heart/lung on the diagram.

Lung is around the central depression of cavum conchae.

Trachea is between heart and the external auditory opening.

For stop smoking, use Shenmen and lung. Palpate the lung area and find the tender spots.

Note that mouth, esophagus, cardiac orifice, and stomach area all in an anatomical row just like in anatomy.



Points on tragus

See slide 31.

Respiratory tract follows anatomy here too.

External Ear

External nose. Internal nose is on the flip side close to the auditory opening.

Tragic apex is on the upper bump on the protuberance.

Infratragic Apex is the lower bump. It's a the tip of the lower protuberance on the border of the tragus. Treats RA, mumps, pruritis, dizziness.

Internal nose point is located on the lower half of the inside aspect of the tragus. Treats rhinitis, etc.

Points on the antitragus

See slide 32

Soothe asthma point on the apex of the antitragus.

On the middle border, between apex to the notch to the posterior side, is a point that treats enuresis, auditory vertigo, dwarfism, diabetes – ear kidney issues. Anterio-inferior to the inside aspect of the antitragus.

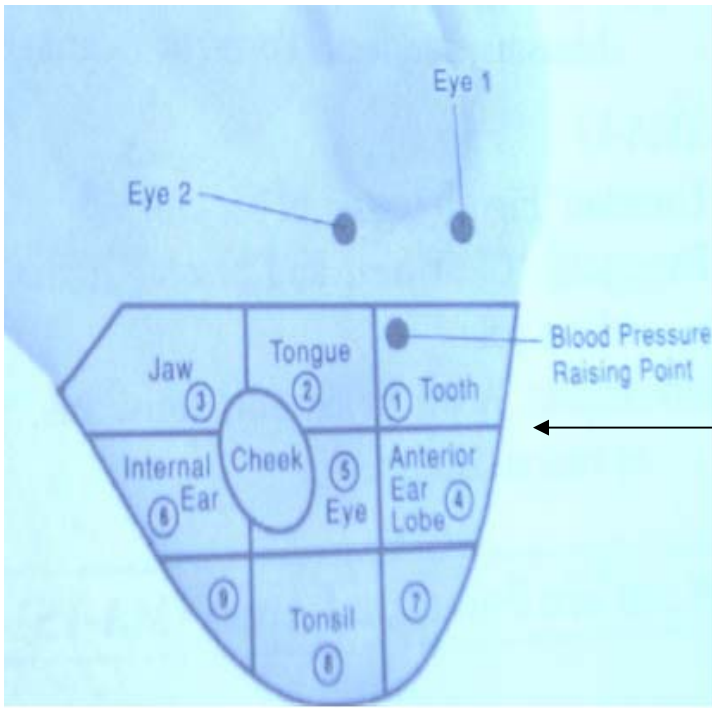
On the medial side is attributed to the brain according to some books. According ot others, medial upper point of this area belongs to the brain, the lower part refers to the ovary/testes. Go further anterior and you get to the endocrine system. Medial side is internal stuff, external is external stuff. On the inside

aspect of the antitragus. This area does insomnia, DDS, tinnitus due to kidney deafness, neurosis, and more. Look at the slide.

On the lateral/outside aspect of the antitragus – separate into 3 parts. From the anterior notch to the posterior notch. From front to back, forehead, temporal, occipital. Then neck. Look at slide 18 with the skeleton skull superimposed on the outside of the antitragus. This area is commonly used for headache in different spots on the head. Vertex headache, for instance will be on the apex lateral side.

Points on the Lobule.

Separate horizontally along the top of the lobule. This corresponds to the *head and face* not the brain. Make a tictactoe board to separate the areas. Top line is horizontal along the bottom of the intertragic notch. Make 3 equal horizontal lines. Vertically, start at the middle of the intertragus notch. Next vertical is from the ‘soothe asthma’ point at the apex straight down. This makes the tictactoe board. Now you have 9 squares.



See slide 33-34

1 is the tooth area – specifically upper teeth. 4 is also tooth, but more specifically lower teeth.

Look at the cheek point. Palpate here for TMJ.

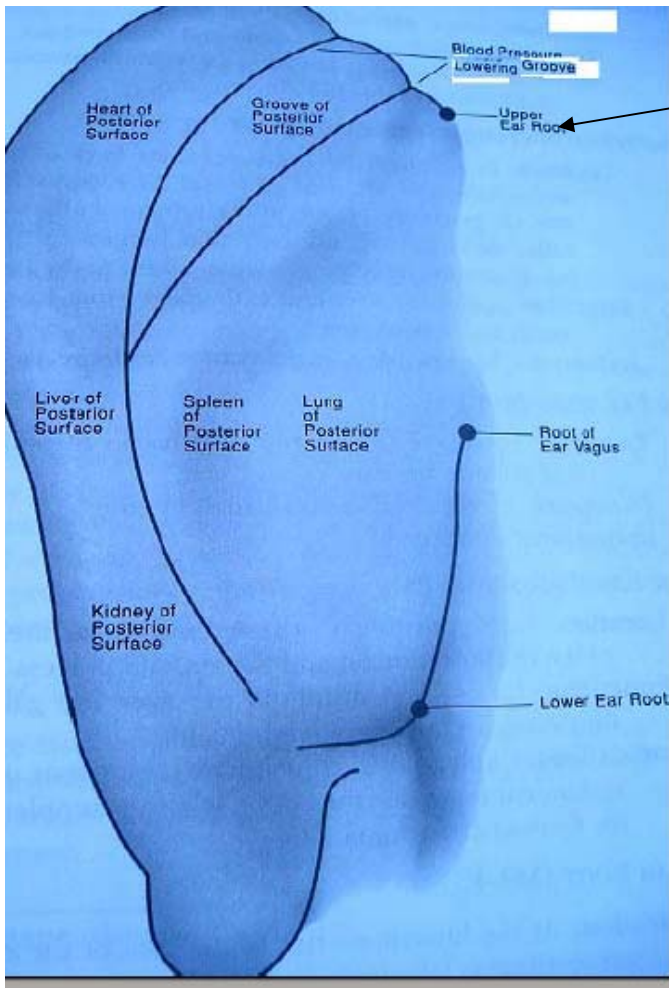
7 and 9 have no indications

8 is for tonsillitis/laryngitis.

This edge is the anterior edge of the ear, by the way.

The blood pressure raising point, by the way *raises* the blood pressure to treat hypotension. There’s a point in the upper area of the triangular fossa that *lowers* the blood pressure. This is kinda like Kidney 1 helps yang descend, Du 20 helps yang ascend.

There’s another hypertension point on the back of the ear.



Points on the back auricle

Upper ear root is here:

Experimental Ear Points

See slide 38.

Thirsty point and Hungry point are near the external nose point. Thirsty is the mid point between external nose and apex of tragus. Hungry is midway between external nose and adrenal gland at infratragus apex.

Calculus area or kidney stone point.

Triangular area connectin the ear points pelvic cavity, kidney, abdomen. Pelvic cavity is in the triangular fossa between the 2 legs. Right above the kidney area is the kidney stone point. You can't really get this in a drawing – you need a 3D model as it isn't easily drawable.

Tumor distinctive areas

Point is under the helix. Draw a line from the stomach area to the anti-helix/anti-tragus notch. Draw this line over to the helix. That's the upper point of the tumor distinctive area 1. The lower point is Helix 6. Use the upper 2/3 of this area on the anterior side as tumor area 1.

Tumor area 3 is on the same level, but back of the ear.

Tumor area 2 is in a totally different area: it's on the middle part of the helix, upper 2/3 of the line connecting helix 1 and 3 points. On my little ear model that would be upper 2/3 of the line connecting 61 and 63.

Look at the color of the ear areas. They should be pinkish and shiny – when look pale and dehydrated, that's a bad thing.

Auricular Diagnosis

Inspect – for color, texture

Pressing – ear probe or head of a match – anything with a round tip. Press point by point slowly through the areas. Strength should be the same.

E-Stim Probe – to locate point with the techie stuff. Still need to pay attention to the strength of the touch. There is software for this as well.

Principles for Point Selection

1. Based on position of disease, affected area. Sinus headache, for instance, go for the forehead area. If for the wind/heat problem, could use lung or windstream point.
2. According to TCM theory/diagnosis
3. Modern medicine theory – bad inflammation, use the adrenal point for instance.
4. According to clinical experience – discovered it on your own – may be single or combination.

Treatments

Needles – short or long, ear seeds, blood letting, ear massage

NOTE: Ear seeds/tacks: winter = 1 week, summer = 2-3 days. Can embed and infect if leave too long.

Precaution notes

For elderly or infirm – can forget there's a seed there. See highlight above. Be sure to tell any caregivers about this. No more than one week retention!!!

Procedure for pressing with seeds

Search for a sensitive spot

Use strict antisepsis.

Be sure pt PRESSES, not massages!

Detox Treatment

Memorize slide 48!!! This *will* be on the test, will be on the boards.

This moves toxins out of the body. Lung: sweat it out. Liver: filters blood. Kidney: eliminates thru bladder system. These are the 3 major detox areas.

The shenmen and autonomic/sympathetic points are for anxiety and anxiousness that are often assoc'd with detoxification – from alcohol, coke, meth, cigarettes, etc.

Note: for quit smoking/lose weight. You need to ask why the patient wants to quit. If reason not very strong (I thought I'd try acupuncture) let them know the results probably won't be good. You have to be *ready* to quit or it won't help.

Note: for alcohol, add the drunk point. Can add stomach too.

Obesity – stomach, spleen, li, shenmen. These are the primaries. Secondaries are mouth, hungry/thirsty, endocrine, lung, ki, symp nerve, sj. These regulate metabolism. Most people are sensitive on the hungry, thirsty points. If stress eater, might need to add subcortex, anxiety points.

Conjunctivitis

Acute inflammation. Blood let on the ear apex 1ce – 2ce daily. Punc on eye, ear-shenmen, ear apex for strong stimulation, retain 30 minutes.

Learn the other disease treatments following conjunctivitis on your own.

Remember the “reduce high fever” stuff on slide 54.

Ear apex common for excesses.

Suggest you learn this stuff from the system view. The digestive, the pelvic → kidney → liver, etc.