Auricular Acupuncture
Donna Pittman, MD

History of Auriculotherapy
500 BCE: ear acupuncture was practiced in
• China
• Egypt
• Greece
• Rome
• Persia
1500 to 1700: Dutch East India Company brought Chinese acupuncture to Europe.

History of Auriculotherapy
1950s: Dr. Paul Nogier
• observed ear scars for treatment of sciatica
• developed the somatotopic map of the ear
1958: Nanking Army Ear Acu. Research Team
• verified Nogier’s auricular map
• taught Barefoot Doctors
1972: Wen and Smith: NADA protocol
1990: WHO standardization of ear acupuncture

Why learn ear acupuncture?
1. It’s easy to learn.
2. The ear is easily accessible.
3. It’s diagnostic.
4. It’s therapeutic.
5. It works.

Homunculus

Innervation of the Ear

Trigeminal Nerve: Mesoderm
Vagus Nerve: Endoderm
Greater Auricular Nerve: Ectoderm
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Vertebral Column

Buttocks
Sacral Spine
Lumbar Spine
Thoracic Spine
Cervical Spine

Buttocks
Sacral Spine
Lumbar Spine
Thoracic Spine
Cervical Spine

Upper Limbs

Fingers
Fingers
Fingers
Thumb
Hand
Wrist
Forearm
Elbow
Arm
Shoulder

Master Shoulder Point

Head and Face

Lower Jaw
Upper Jaw
Occiput
Forehead
Vertex

Temple
Frontal Sinus
Dental Analgesia C1
Dental Analgesia C2

Head

Auricular Master Points

• Point Zero
• Shen Men
• Thalamus Point
• Endocrine Point
• Autonomic Point (Sympathetic)

• Allergy Point
• Tranquilizer
• Master Sensorial
• Master Cerebral
• Master Oscillation

Shen Men
Allergy
Autonomic
Point
Zero

master
Oscillation

Thalamus

Endocrine

AURICULAR MASTER POINTS
Ear Examination

1. Inspect the ear for surface irregularities.
   • Clean the ear if necessary.
   • Look for changes in the skin.
2. Adjust the sensitivity of the point finder.
3. Scan the ear in a systematic manner.
   • Check for tenderness.
   • Look for increased skin conductance.
4. Correlate the results with the patient’s medical history.

Auriculotherapy Treatment Steps

1. Corresponding anatomic points
   *Remember to treat the back of the ear first.
2. Master points
3. Functional points
4. Consult treatment protocols.
   “Ear points don’t show up unless there’s a problem.”

Complications

- Tell your patient about the possibility of inflammation or infection of the skin and cartilage of the ear.
- Your patient should remove the needles if they become painful or if the ear becomes red, irritated, or swollen.

Stimulate the active points using:

- 15 mm acupuncture needles
- ASP needles
- Beads or seeds
- Press tacks

Acupuncture needles can be stimulated manually and electrically.

Auricular Trauma Protocol

Battlefield Acupuncture

Omega 2
Shen Men
Point Zero
Thalamus
Cingulate
Gyrus
NADA Points

1. Use regular needles in the ear points bilaterally.
2. You may add body points: LI-4, LR-3, BL-60, or ST-36.
3. Add local points if they are in the headache zone: GB-14, GV-20, or GB-20.
4. You may place an ASP needle in Omega 2 at the end of the treatment.

Headache

1. Put in all ear needles bilaterally.
2. You may add body points: ST-43, MH-6, LI-4, or LR-3.

Nausea

1. Put in all ear needles bilaterally.
2. You may add body points: ST-43, MH-6, LI-4, or LR-3.

Insomnia and Jet Lag

1. Put in all ear needles bilaterally for 10 to 20 minutes.
2. You may add body points for 10 minutes: GV-20, KI-3, HT-3, and BL-60.

Anxiety

1. Put in all ear needles bilaterally for 10 to 20 minutes.
2. You may add body points for 10 minutes: LR-3, HT-3, MH-6, KI-3, and BL-60.

Memory and Concentration

1. Put in all ear needles bilaterally for 10 to 20 minutes.
2. You may add body points for 10 minutes: GB-14, KI-3, SP-6, HT-3, and BL-60.
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**Depression**
1. Put in all ear needles bilaterally for 10 to 20 minutes.
2. You may add body points for 10 minutes: GV-20, SP-6, LI-4, and ST-36.

**Smoking Cessation**
1. Put in all ear needles bilaterally for 30 minutes.
2. Do two treatments a week for two weeks.
3. Add body points during the treatment: LR-3, MH-6, SP-6, and Tee Mee (under the nose).

**Weight Loss**
1. Patient must follow a high protein diet.
2. Put in all ear needles bilaterally for 15 minutes once a week.
3. Stimulate Appetite Control for 1 minute.
4. Add body points for 20 minutes: SP-6, LI-4, and ST-36.