

EAR ACUPUNCTURE

HELIX: the prominent rim of the auricle

HELIX TUBERCLE: a small tubercle at the posterior - inferior aspect of the helix

HELIX CAUDA: The inferior part of the helix, at the junction of the helix & lobule

HELIX CRUS: A transverse ridge of the helix continuing backward into the ear cavity

ANTIHELIX: An elevated ridge anterior and parallel to the helix. Its upper part branches out into the superior and inferior anti helix crus. It includes the principal part of the anti helix

PRINCIPAL PART OF ANTIHELIX: the roughly vertical portion of the anti helix

SUPERIOR ANTIHELIX CRUS: the superior branch of the bifurcation of the anti helix

INFERIOR ANTIHELIX CRUS: the anterior branch of the bifurcation of the anti helix

TRIANGULAR FOSSA: the triangular depression between the two crura of the anti helix

SCAPHA: the narrow curve depression between the helix and anti helix

TRAGUS: a small curved flap in front of the auricle

SUPRATRAGIC NOTCH: the depression between the helix crus and the upper border of the tragus

ANTITRAGUS: a small tubercle opposite to the tragus and inferior to the ear lobe

INTERTRAGIC NOTCH: the depression between the tragus and antitragus

HELIX NOTCH: the depression between the antitragus and anti helix

EAR LOBE: the lowest part of the auricle where there is no cartilage

CONCHA: the hollow formed by the antitragus between the anterior part of the helix and inferior anti helix crus

CYMBA CONCHA: the concha superior to the helix crus

CAVUM CONCHA: the concha inferior to the helix crus

ORFICE OF THE EXTERNAL AUDITORY MEATUS: the opening in the cavum concha shielded by the tragus

THE SUPERIOR AURICULAR ROOT: the area where the superior border of the auricle attaches to the skull

THE INFERIOR AURICULAR ROOT: the area where the ear lobe attaches to the face

DISTRIBUTION OF AURICULAR POINTS

Helix crus and helix : points include middle ear on helix crus, lower rectum, urethra external genitalia, ear apex and helix 1-6

Scapha: points include finger wrist elbow and corresponding points on upper limbs

Antihelix: points include the corresponding site of the trunk and lower limbs

Tragus: points nose is on the outer aspect of tragus . at its border are points superior tragus apex, and inferior tragus apex, points throat and internal nose are on the inner aspect of tragus

Antitragus: points on the forehead occiput, and temple are on the outer aspect of antitragus, AT the tip of the border of antihelix is the point middle border. Point brain on the inner aspect of antihelix

Intertragic notch: point intertragic notch is inferior to the orifice of the external auditory meatus and of the intertragic notch. The areas anterior - inferior and posterior - inferior to intertragic notch orderly are anterior intertragic notch, posterior intertragic notch, inferior intertragic notch

Triangular Fossa: points include ear shenmen, triangular depression and superior triangle

Cymba conchae and cavum conchae: they are the corresponding areas for various internal organs. Point digestive tract is around helix crus. Posterior to the external auditory meatus is the mouth point, then esophagus, cardiac orifice, stomach duodenum, small intestine, appendix, large intestine, Point stomach is the area where the helix crus terminates. Point Liver is at the posterior aspect to points stomach and duodenum. Above Small intestine is Kidney, bladder is above large intestine, Between liver and kidney is pancreas, spleen is inferior to liver and close to the border of antihelix. Center of cavum is heart. Between heart and mouth is trachea, among the points intertragus, brain lung triple energizer

Ear Lobe: in the middle of the ear lobe is eye point. above this point is tongue, in front of it are the 4 points of the ear lobe. Posterior to the eye internal ear, inferior is tonsil, posterior - aspect of eye is cheek

Back of auricle: points groove of inferior antihelix crus, root of auricular vagus nerve, superior root of auricle and inferior root of auricle

HELIX

Middle Ear / diaphragm: locate on helix crus. hiccups, urticaria, puritis of skin, hemoptysis and other bleeding diseases, stomach qi reversal, jaundice, diseases and symptoms of digestive, expels wind. Regulating function of diaphragm

Lower Rectum: on the end of the helix approx to superior anti tragic notch. constipation, dysentery, prolapse of anus, hemorrhoids, tenesmus

Urethra: on the helix same level with lower border of inferior anti helix crus. Enuresis, dribbling, frequent urination, urine retentio, painful urination

External Genitalia: on the helix at level with the upper border of inferior antihelix crus. inflammation of external genitalia, eczema, kidney disorder of perenium, impotence, testitis

Front Ear Apex: between apex & superior auricle root. external & internal hemorrhoids, use to help diagnose hemorrhoids

Apex of Ear: at the tip of the auricle and superior to the helix when folded towards the tragus. remove heat and wind, pacify liver yang and clearing vision, fever, hypertension, inflammation, congestion of the eye, toothache, insomnia

Liver Yang: at auricular tubercle. hyper liver yang, liver qi stag, dizziness, headache, hypertension

Helix 1 - 6: clarify heat, relieve pain, pacify liver, remove wind, fever tonsillitis, hypertension

SCAPHA

Finger: at the top of the scapha. pain associated with that area of body

Interior tubercle: mid point between finger & wrist. URTICARIA OR ALLERGIC POINT. expel wind stop itching

Wrist: between elbow and finger. pain associated with that area of the body

Elbow: between wrist and shoulder. pain associated with that area of the body

Shoulder: between elbow and clavical. on scapha level with the supratic notch. pain associated with that area of the body

Clavical: on scapha level with helix tragic notch. pain associated with that area, shoulder arthritis, frozen shoulder

SUPERIOR ANTI HELIX CRUS

Toe: superior and lateral angle of superior anti helix crus. pain associated with that area of the body

Heel: superior and medial angle of superior anti helix crus. heel pain

Ankle: between heel and knee. ankle sprain, pain associated with that area of the body

Knee: mid portion at superior anti helix crus. pain associated with that part of the body, sprain arthritis

Hip: inferior 1/3 of superior antihelix crus pain associated with that part of the body

INFERIOR ANTIHELIX CRUS

Buttocks: lateral 1/3 of inferior anti helix crus. pain associated with that part of the body

Ischium: Sciatica nerve medial 2/3 of the inferior anti helix crus. sciatica

End of inferior antihelix crus: the terminal end of antihelix crus. **sympathetic nerve. antispasmodism and analgesia**, nourish yin support yang, internal organ pain, palpitation, spontaneous sweat, night sweat, functional disorders of autonomous nervous system, angina, stranguria, acute infantile convulsions, asthma, dysmenorrhea, disorders of the digestive or circulatory system

-balances parasympathetic and sympathetic nervous system

-improves circulation via vasodilation

-strong organ pain

calm + relax

parasympathetic = rest & digest

Sympathetic = fight or flight can reduce stress associated with pain

-corrects irregular or rapid heart beats, reduces angina, calms smooth muscle spasm,

ANTIHELIX

Cervical Thoracic Sacral: curved line from helix tragic notch to the branching area of superior and inferior antihelix crus and is divided into 3 segments. lower 1/3 = cervical middle 1/3 = thoracic upper 1/3 = sacral. strengthen spine and nourish marrow. correspond to the areas

Neck: border of cavum concha of cervical vertebra. strained neck, wry neck or dysfunction of neck

Chest: border of cavum concha of thoracic vertebra. pain stiffness of chest or pain in that area pain in flanks, hypochondria, mastitis, insufficient lactation

Abdomen: border of cavum concha of sacral vertebra. abdominal or gynecological disease, lumbar pain, diarrhea, digestive

TRIANGULAR FOSSA

Ear Shenmen: at the bifurcating point between superior and inferior antihelix crus and at the lateral 1/3 of the triangular fossa. sedation, easing the mind, relieving pain, clear heat. insomnia, disturbed sleep, pain, emotional disorders, excessive dreams, epilepsy, inflammation, asthma, cough, vertigo, urticaria, hemorrhoids, low back furuncles, boils. **This is sedative and analgesic**

- calms anxiety slowing the heart rate down
- alleviates feeling of impatience, mood swings
- don't use if excess phlegm and damp as it can interfere with heart and lung

Point Zero: balance of energy and hormone, moves qi and blood

Triangular depression: in the fossa and in the depression closest to the helix. Supports yang and nourishing essence, regulating mens, and harmonizing the blood. gynecology disease and symptoms, impotence

Superior triangle: Lower blood pressure: superior lateral angle of triangular fossa. Pacify liver remove wind. hypertension

TRAGUS

Supratragic Apex: at the tip of upper protuberance on border of tragus. Reduce heat relieve pain. Fever, toothache, inflammation and pain

Infratragic Apex: at the tip of the lower protuberance on border of tragus. **Adrenal**. Reduce heat and relieve pain, anti-spasmodism, expel wind. Strengthens the function of the Kidney. RA, mumps, pruritis, dizziness, hypotension, vertigo, asthma, circulatory collapse, pulselessness disease, common cold, heat stroke, malaria, mastitis, bad allergy, low blood pressure, herpes zoster, shock, eczema inflammation trauma

- this is an endocrine gland located at the top of the kidneys. They help control blood sugar, burn protein and fat, regulate blood pressure
- main adrenal hormones, cortisol = aldosterone (too much raises the blood pressure)
- Cushing's disease = too much cortisol
- Addison's disease = too little cortisol

Pharynx / Larynx: upper half medial aspect of tragus. obstructions of pharynx larynx, acute and chronic pharyngitis, chronic laryngitis, tonsillitis, hoarseness, aphasia

Internal Nose: lower half of medial aspect of tragus. remove obstructions from the nose, allergic rhinitis, other nose diseases, epistaxis, common cold

ANTI TRAGUS

Anti tragic apex: **soothing asthma or parotid.** tip of the anti tragic. strengthen the lung and stop asthma, clear heat and anti toxic expel wind. asthma bronchitis, parotitis, itching skin

Middle Border / brain point: midway between antitragic apex and helix tragic notch. replenish brain and ease mind. oligophrenia (incomplete development of intelligence) enuresis, infantile convulsions, diabetes, auditory vertigo, massive uterine bleeding

Occiput: posterior superior corner of lateral aspect of antitragus. sedation and analgesia, easing mind, removing wind. dizziness, headache, insomnia , disease of nervous system, skin disease, syncope, occipital headache, epilepsy, furuncle

Temple: taiyang : on the anti tragus between forehead and occiput. Sedation and analgesia. Shaoyang headache, migraine dizziness

Forehead; anterior inferior corner of lateral aspect of antitragus. sedation and analgesia. Yang ming headache, dizziness, dream disturbed sleep

Brain: subcortex. reinforce marrow, replenish brain relieve pain, ease mind. insomnia, dd sleep, tinnitus due to kidney deficiency

PERIPHERY HELIX CRUS

Mouth: posterior & superior border of the orifice of external auditory meatus. clear heart fire, removing pathogenic wind facial paralysis, stomatitis,

Esophagus: medial 2/3 of inferior aspect of helix crus. regulate function of diaphragm and harmonizing. nausea vomit dysphasia, esophagitis

Cardiac Orifice: where the helix crus terminates. harmonize stomach replenish spleen, reinforce middle jiao and ease mind. insomnia, gastritis, gastroduodenal ulcer and other diseases and symptoms of gastric region

Stomach: toothache, headache

Duodenum: lateral 1/3 of superior aspect helix crus. Warm middle jiao and harmonize stomach, diseases of biliary tract, duodenal ulcer, pylorospasm, abdominal distention,

Small Intestine: middle 1/3 aspect of helix crus. reinforce spleen and harmonizing middle jiao, producing blood, indigestion, palpitations

Appendix: between small intestine & large intestine. clear damp heat from large intestine. Appendicitis and diarrhea

Large Intestine: medial 1/3 of superior aspect helix crus. clearing up large intestine replenishing lung qi. diarrhea constipation dysentery toothache, hemorrhoids

CYMBA CONCHA (angle part)

Liver: posterior aspect of stomach and duodenum. clear up liver and brighten vision, promote smooth flow of qi and blood to relax the tendons and muscles. Liver qi stag, eye disease and disorder of lower abdomen, irregular mens, hypochondria pain, vertigo, pms, dysmenorrhea, menopause, hypertension

Pancreas/ Gallbladder: between liver and kidney. replenish gallbladder ad building up stomach, remove liver qi stag and liver wind. pancreatitis, diabetes, disease of biliary tract, migraine, malaria, herpes zoster

Drunkenness Point: between gallbladder and kidney

Kidney: lower border of inferior antihelix crus, directly above small intestine. reinforce kidney and promote hearing, strengthen bone and fill up marrow. nephritis lumbago, tinnitus, spermatorrhe, impotence, hypertrophy of cervical and lumbar vertebra, urinary system, gynecology

Ureter: between kidney and bladder. stone and colic pain or ureter, calculi

Bladder: lower border of inferior anti helix crus directly above the large intestine. replenish low jiao. low back pain, sciatica, cystitis, enuresis, retention of urine, occipital pain, BL channel disorders.

CAVUM CONCHEA

Heart: in central depression of cavum conchae. tranquilize heart and ease mind, regulate yin-blood, relieve pain and itching. cardiovascular disease, heat stroke, acute infantile convulsion, palpitation, insomnia, angina, arrhythmia, tachardia, stomachtits, night sweat, hysteria

Lung: located around the heart. promoting smooth circulating of qi and blood, diuresis, reinforcing deficiency and clearing up heat, nourish skin and hair. cough asthma skin diseases, hoarseness of voice, urticaria common point used for acupunter anesthesia

Trachea; in the area of the lung midway between mouth and heart. Stop cough dispel phlegm. cough asthma bronchitis

Spleen: Inferior to liver at lateral and superior aspect of cavum concha and close to border of antihelix. Digesting food, producing ying blood, nourishing muscles, building up spleen qi. abdominal distention, diarrhea, chronic indigestion, functional uterine bleeding, poor appetite, leucorrhea, meniers disease, blood disease, irreg mens, anorexia

Triple Energizer: superior to anti tragus. removing obstruction from the water passageways, clearing heat stop itching. edema, abdominal distention, obesity, SJ pattern problems

Intertragus / **endocrine**: at the base of cavum concha. remove liver qi stag, regulating mens and activating blood circulation, expelling pathogenic wind, reinforcing low jiao. skin disease, impotence, irreg mens, dysmenorrhea, dysfunction of endocrine, hypo/ hyper thyroidism,

This point brings endocrine hormones to their proper levels by increasing or decreasing secretion. These are directly into the blood

- functions by activating the pituitary gland below the brain
- 8 endocrine glands . pineal, pituitary, pancreas, ovaries, testes, thyroid, parathyroid hypothalamus
- endocrine sys regulate growth, development, tissue function, reproductions, sexual function, mood, metabolism
- most common disease is diabetes, the body doesnt process glucose a simple sugar
- hormones are like messengers controlling the body

EAR LOBULE

Frontal tragic notch: lateral and anterior side of intertragic notch. EYE 1 clearing up liver and brighten vision. glaucoma, eye diseases, myopia

Lower tragic notch: **Elevate Blood Pressure** inferior aspect of intertragic notch. reinforcing qi elevating yang, hypotension

Back tragic notch: lateral and inferior aspect of intertragic notch. EYE 2. clear liver fire and brighten vision. ametropia, external eye inflammation and disease

Cheek: posterior and superior aspect of eye. removing obstructions from the meridians on face regions. facial paralysis and other face problems, acne, mumps

Tongue: center of 2nd section of lobule. clear heart fire, swelling painful tongue aphasia stiffness of the tongue, stomatitis

Jaw: center of 3rd section of lobule. toothache, submandibular, tmj

Section 4 of ear lobe: neurasthenic point. communicating water with fire, tranquilizing heart easing mind, toothache, neurasthenic

Eye: in the 5th section of the lobule. brighten vision, acute conjunctivitis, ophthalmia, myopia other eye diseases, stye

Internal Ear: 6th section of ear lobe. relieving vertigo and improving hearing. tinnitus, impaired hearing, auditory vertigo, meniers disease

Tonsil: 8th section of ear lobe. relieving throat problems, acute tonsillitis

BACK OF EAR

Upper root of Auricle: **middle stasis spinal cord**. At the upper border of auricular root. relieve pain, asthma, headache abdominal pain

Lower root of Auricle: **spinal cord** on the lower border of the juncture between ear lobe and cheek. relieve pain, asthma, headache abdominal pain

Root of auricular vagus nerve: at the junction of retroauricle and mastoid level with helix crus . opening orifice and relieving pain, easing zangfu. headache, nasal obstruction, ascariasis of bile duct, asthmatic breathing

Groove of inferior Helix Crus: **groove for lowering blood pressure** through the backside of superior antihelix crus and inferior antihelix crus in the depression as a Y form. pacify liver and descending reversing qi of the liver, relieving skin disease, hypertension and skin disease

Heart: at the upper back of the ear. clearing and reducing heart fire, tranquilizing the heart and easing mind, relieving pain, furuncles, insomnia, dd sleep, hypertension, headache

Spleen: in middle back of ear. building up spleen and harmonizing stomach, producing ying-blood and nourishing muscle cycles. abdominal distention, diarrhea indigestion

Liver: on back of ear lateral aspect of spleen. remove liver qi stagnation and harmonizing the stomach, nourishing tendons and activating blood circulation. distension and fullness of chest and hypochondriac region, acute appendicitis, soreness of aching of low back

Lung: on back of ear medial aspect of spleen. reinforcing lung and soothing asthma, clearing up heat, relieving problems of skin and hair. asthma diseases and symptoms of digestive system, fever

Kidney: lower point of the retroauricle. nourishing kidney water improving hearing, strengthening bone filling up marrow. headaches, insomnia, dizziness, vertigo, irregular menses

PROBLEMS HOW TO USE EAR

sympathetic strong analgesic, dilating the blood vessels, regulate autonomic. the autonomic is composed of parasympathetic and sympathetic. sympathetic dilates blood vessels to reduce high blood pressure

morning sickness: liver, shenmen, sympathetic, stomach

irregular menses: ovaries, uterus, kidney, endocrine

RH: endocrine, shenmen adrenal

Eczema: adrenal

Sedative & analgesic: occiput shenmen

Analgesic: sympathesis

Elevate blood pressure: inferior aspect intertragic notch

Shenmen: calms the nervous system

Subcortex, brainstem, occiput: calms nervous system

Asthma: trachea, subcortex, occiput, shenmen, sympathesis, infratragic apex, antitragic apex(soothing asthma point

Stop itch: SJ, heart, endocrine (intertragus) interior tubercle

Infantile convulsions: heart, sympathetic, antitragus apex, mid border brain

Malaria: pancreas/ gallbladder, infratragic apex (adrenal) liver

Gyno mens: uterus(inn the triangle) endocrine

Hemorrhoids: shenmen

Epilepsy: shenmen

Diabetes: mid border brain, pancreas, gallbladder

In the exam they will give you a case and ask what ear points would you use. So for example stomach problems. They give 2 of the most common you need to find 2 or 3 more

I used mostly CAM to locate the areas of the ear but took some of the syndromes from a few text book