

AURICULOTHERAPY: REFLEX POINTS FOR BALANCE

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Disclosures

- None

*...Charts with the permission of Meridia,
Auriculo 360'*

Midwest University
National Health

OBJECTIVES

- Overview
- Research
- Anatomy
- Protocols

AURICULAR THERAPY

- Traditional Chinese Medicine – Qi, point, channel
- Stimulation at strategic pressure points to balance the flow of energy, Qi, through pathways of the body
- Connections between the external ear and the primary acupuncture meridians.



Medical text on silk from the Mawangdui burial site. © Public domain

QI

- Vital Energy
- Permeates all things
- Assume different forms
- Travels in Meridians
- Qi disturbance or imbalance = dis-Ease

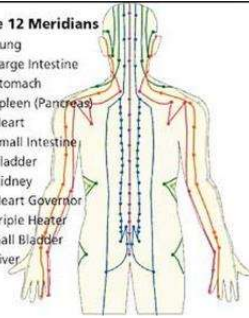
MERIDIANS ARE
WEBS

COMPREHENSIVE
DISTRIBUTION
NETWORKS

PATHWAYS THAT
SUPPLY VITAL
ENERGY TO THE
ENTIRE BODY

The 12 Meridians

- Lung
- Large Intestine
- Stomach
- Spleen (Pancreas)
- Heart
- Small Intestine
- Bladder
- Kidney
- Heart Governor
- Triple Heater
- Gall Bladder
- Liver



TCM

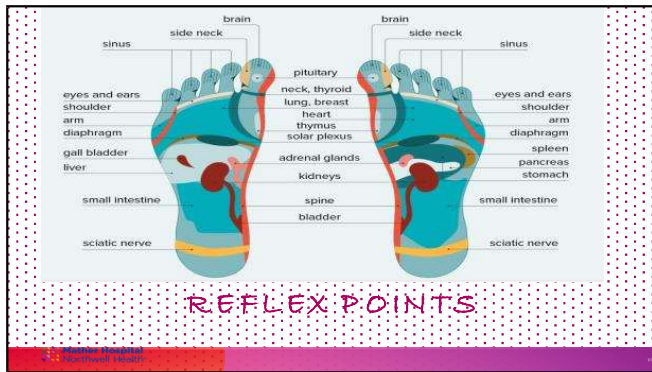


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TRADITIONAL
CHINESE
ACUPPOINTS

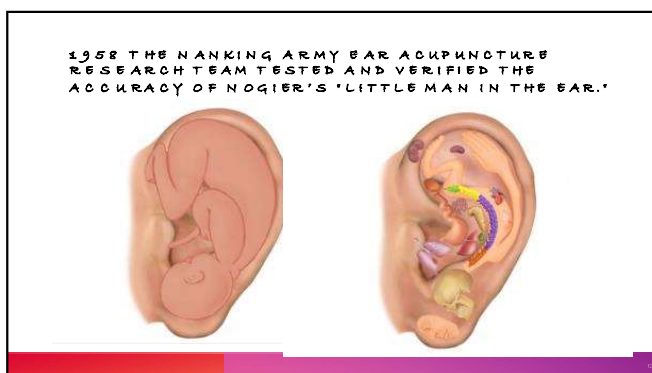
EAR SEEDS
CRYSTALS/VACCARIA

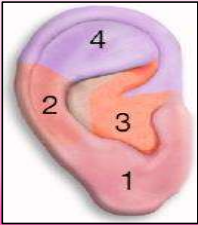




NOGIER

- 1950s Father of Auriculotherapy
- Focus on a neuroanatomical connection between the auricle and the nervous system
- Somatotrophic Map of the Human Body – Upside Down Fetus

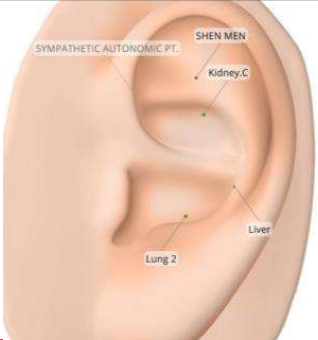




Major nerve innervations on the ear

- 1) Greater Auricular Nerve
- 2) Lesser Occipital Nerve
- 3) Vagus Nerve (auricular branch)
- 4) Auriculotemporal Nerve

(Shen, 2019; Shen et al., 2019; Sheng & Smith, 2019; Torgersen et al., 2019; Van Der Wal & Van Der Wal, 2019; Van Der Wal & Van Der Wal, 2019)




POLYVAGAL

Porges, 1994 ANS has 3 neural circuits

- Rest/Digest Ventral Vagal Response
- Fight/Flight Sympathetic Response
- Freeze Dorsal Vagal Response =

Thought to be the oldest response, it kicks in when we can't escape danger. We become immobilized or collapse. People in this state may feel an intense need to lie down or sleep during high-stress moments.

AURICULAR ANATOMY





BATTLEFIELD ACUPUNCTURE

- Chronic Pain/Opioid Epidemic - Nonpharmacologic Approach
- 2001 Dr Col Richard Niemtzow, DoD/Dept Veteran's Affairs
- Aiguille Semi Permanent - ASP needles
- 5 specific Pts influence Pain Processing



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> Med Care. 2020 Sep;58 Suppl 2 9S(2 9 Suppl):S101-S107. doi: 10.1097/MLR.0000000000001368.

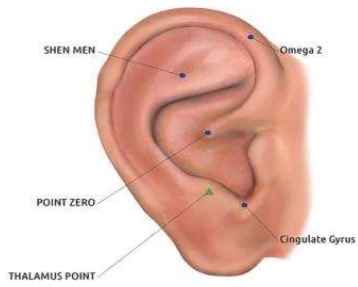
Patient Feedback on the Effectiveness of Auricular Acupuncture on Pain in Routine Clinical Care: The Experience of 11,406 Veterans

Steven B Zelnick^{1, 2}, Eva R Thomas³, Juli Olson³, Scott Coggeshall¹, Karleen Giannitrapani⁴, Princess E Ackland^{5, 6}, Kavitha P Reddy^{7, 8}, Daniel G Federman^{9, 10}, David F Drake^{11, 12, 13}, Benjamin Kligler^{12, 14}, Stephanie L Taylor^{15, 16}

Affiliations + expand
PMID: 32826779 PMID: PMC7497594 DOI: 10.1097/MLR.0000000000001368

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BATTLEFIELD ACUPUNCTURE



PAIN IS
UNAVOIDABLE
SUFFERING IS
OPTIONAL

- HARUKI MURAKAMI

NADA

- The National Acupuncture Detoxification Association (NADA) standardized 5-point ear acupuncture protocol, born of a community-minded response to turbulent times not unlike today- 1980's Opiate/Cocaine Epidemic.
- Widely implemented acupuncture-assisted protocol, not only for substance abuse, but also for broad behavioral health applications. Strong psychosocial treatment that can augment the impact of other treatment modalities
- Inconsistent data as a standalone treatment. More current research should focus on the impact of NADA alone in comparison to NADA with other accepted treatment

Substance Abuse and Rehabilitation
Dovepress
open access to scientific and medical research
ORIGINAL RESEARCH

The National Acupuncture Detoxification Association protocol, auricular acupuncture to support patients with substance abuse and behavioral health disorders: current perspectives

This article was published in the following Dove Press journal:
Substance Abuse and Rehabilitation
7 December 2016
Number of times this article has been viewed

Matthew Houston
Northwell Health

NADA

Shen Men
Sympathetic
Kidney
Liver
Lung

PAIN

Basic NADA points-
Shen Men, Sympathetic,
Kidney, Liver+

- Spleen r/t digestion/muscles/movement of the 4 limbs
- Brain
- Tranquillizer

The Effects of Auricular Therapy for Cancer Pain: A Systematic Review and Meta-Analysis

Yulan Yang, Jian Wen, Jianyun Hong

Evidence-Based Complementary and Alternative Medicine | Volume 2020, Issue 1

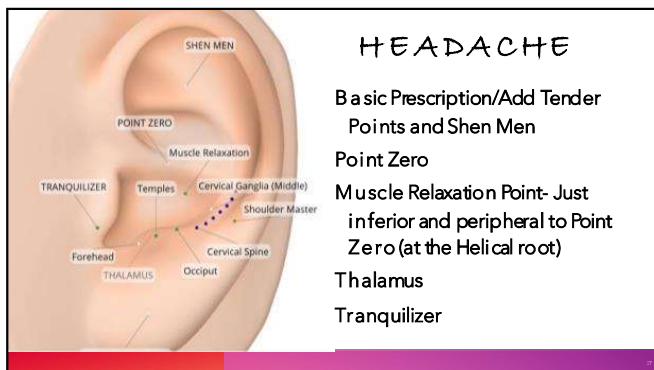
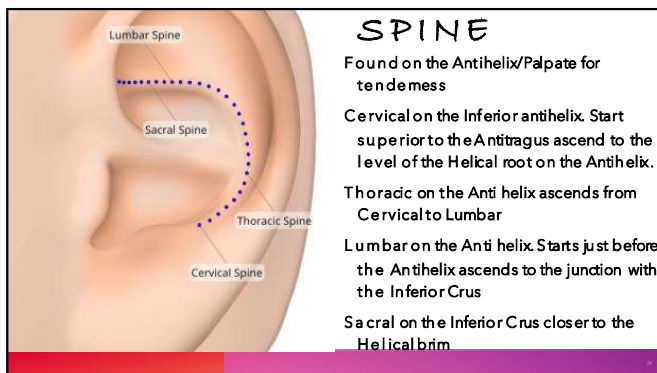
First published: 25 May 2020

Abstract

Abstract

Objective. This study aims to systematically assess the efficacy and safety of auricular therapy for cancer pain. **Methods.** A systematic search was conducted using PubMed, EMBASE, Cochrane library databases, CNKI, VIP, WanFang Data, and CBM for randomized controlled trials (RCTs). Review Manager 5.3 was used for meta-analysis. **Results.** Of the 275 screened studies, nine RCTs involving 783 patients with cancer pain were systematically reviewed. Compared with drug therapy, auricular therapy plus drug therapy has significant advantages both in the effective rate for pain relief (RR = 1.40; 95% CI 1.22, 1.60; $P < 0.00001$) and adverse effects rate (RR = 0.46; 95% CI 0.37, 0.58; $P < 0.00001$). And the result revealed that auricular acupuncture had superior pain-relieving effects as compared with sham auricular acupuncture (SMD = -1.45; 95% CI -2.80, -0.09; $P = 0.04$). However, the analysis indicated no difference on the effective rate for pain relief between auricular therapy and drug therapy (RR = 1.24; 95% CI 0.71, 2.16; $P = 0.46$). **Conclusion.** Our meta-analysis indicated that auricular therapy is effective and safe for the treatment of cancer pain, and auricular therapy plus drug therapy is more effective than drug therapy alone, whether in terms of pain relief or adverse reactions. However, the included RCTs had some methodological limitations; future large, rigor, and high-quality RCTs are still needed to confirm the benefits of auricular therapy on cancer pain.

Frontiers in Health



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