Essentials of Auriculotherapy

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Lecture presentation for Auriculotherapy Certification Institute based upon the *Auriculotherapy Manual* by Dr. Terry Oleson
Overview of Auriculotherapy

Auricle: External Ear

Therapy: Treatment to alleviate disorders in other areas of body
- Relationship between Parts of Body and Areas of Ear
- Remote Treatment of Body by Stimulation of External Ear

History of Auriculotherapy

Ancient China:
- Ear acupoints for specific health disorders
- Yang Alarm points found on ear
- No specific anatomical pattern on ear

Ancient Egypt, Greece, and Rome:
- Ear piercing for sciatica

Ancient Persia:
- Cauterization of the ear for sciatica

Middle Ages:
- Physicians with Dutch East India Company brought acupuncture to Europe.

Modern Europe:
- Dr. Paul Nogier, Dr. René Bourdiol, Dr. Frank Bahr
- Observed scar on patient’s ear treated for sciatica after cautery by lay practitioner
- Developed Inverted Fetus view in 1957
- Treatise of Auriculotherapy text focused on musculoskeletal reflexes
  - Réflex Cardiac Auriculaire (RAC)
  - Vascular Autonomic Signal (VAS)
- World Health Organization meeting in Lyon, France in 1990
Inverted Fetus Pattern

Somatotopic Ear Map

World Health Organization Meeting in 1990

Back Row Circles: Dr. Terry Oleson, Dr. Frank Bahr
Front Row Circles: Dr. Paul Nogier, Dr. Raphael Nogier
History of Auriculotherapy

Modern China:
- Revitalization of Oriental medicine by Mao Tse Tung
- Chinese learn of Nogier inverted fetus model in 1958
- Barefoot doctors utilize somatotopic models of the ear
- Nanjing army ear acupuncture team confirms Nogier map
- H.L. Wen of Hong Kong discovers use of ear acupuncture for opiate addiction by needles in Lung and Shen Men

United States:
- Integration of Chinese and European auricular microsystems
- UCLA controlled study on auricular diagnosis
  - Doctor examining ear blind to patient’s musculoskeletal problem
  - 75.5% level of correct detections of ear points related to pain.
- Dr. Michael Smith NADA program at Lincoln Hospital in New York City.
- National Acu Detox Assoc protocol of needles placed in five ear points: Lung, Shen Men, Liver, Kidney, Sympathetic
- International Consensus Conference on Acupuncture, Auriculotherapy, and Auricular Medicine (ICCAAM ’99)
- Auriculotherapy Certification Institute formed in 1999 (ACI) for advanced trainings and certification of practitioners
  - www.auriculotherapy.org

Multiple Representations of Microsystems

- Acupoints on skin corresponds to underlying internal organs
- Front Mu Alarm Points and Back Shu Points
- Hirata Zones of 12 principal organs and 12 body regions
- Zhang’s Embryo Containing Information of Whole Organism (ECIWO)
- Foot Reflexology
- Hand Reflexology
- Koryo Hand Therapy
- Scalp Acupuncture
- Multiple Keyboards to Central Computer

Auricular – Somatic Correspondences

Auricular Microsystem:
- Microcosm within the Macrocosm
- Microsystems connect to Macro - Acupuncture meridian channels
- Distal Acupoints on the Hands and Feet for remote treatment sites

Somatotopic Inversion:
- Soma = Body
- Topography = Map
- Body represented on the ear in upside down pattern

Ipsilateral Representation:
- Reactive ear points found on same side of body pathology
- Pathology in body projects to contralateral brain
- Contralateral brain projects to ipsilateral side of ear
Oriental Medicine and Ear Acupuncture

- Qi Energy: Invisible force that is everywhere and moves everything.
- Meridian Channels: Lines of qi energy flow between acupoints.
- Pain and Pathology: Blockage, deficiency, excess, stagnation of qi.
- Taoist Duality: Opposites of Yang sunlight and Yin darkness.
- Ashi Points: Painful trigger points of muscle spasms.
- Five Yin Organs: Heart, Lung, Liver, Spleen, Kidney.
- Six Yang Organs:
  - Only Yang Meridians connect to head and thus connect to ear.
  - Indirectly connect ear to Yin Meridians through corresponding to Yang Meridian

![Ancient Chart](image1)
![Yang and Yin](image2)
Auricular - Somatic Correspondences

Reactive Ear Reflex Points
- Ear changes respond to body pathology as Sympathetic Arousal
- Decreased Electrodermal Skin Resistance
- Increased Electrodermal Skin Conductance
- Heightened Tenderness at localized auricular regions
- Observable skin surface discolorations over specific regions of auricle

Bi - Directional Reflex Pathways
- Organo - Cutaneous Reflexes:
  - Pathological organs project to corresponding ear region
- Cutaneo - Organic Reflexes:
  - Ear stimulation relieves corresponding body pathology

Organo – Cutaneous Reflexes

Holographic Model and Auriculotherapy

Reiteration of whole of body in one part of body

Holographic photography serves as real world example
- Beam splitter divides Laser light into separate rays
- Reflected laser beams collide on photographic object
- Waveform interference patterns activate holographic negative
- Parts of holographic negative contain picture of whole

Brain holographic model developed by Karl Pribram

Holographic Universe text applied term to auriculotherapy
Brain Stimulation to Reduce Pain
Taoist Duality in the Nervous System

<table>
<thead>
<tr>
<th>Yang Nervous System</th>
<th>Yin Nervous System</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sympathetic Arousal</td>
<td>Parasympathetic Conservation</td>
</tr>
<tr>
<td>Reticular Activating System</td>
<td>Raphe Sedation Pathways</td>
</tr>
<tr>
<td>Limbic Arousal System</td>
<td>Extrapyramidal Motor Control</td>
</tr>
<tr>
<td>Left Cerebral Cortex</td>
<td>Right Cerebral Cortex</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yang Neurotransmitters</th>
<th>Yin Neurotransmitters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Norepinephrine Arousal</td>
<td>Acetylcholine Control</td>
</tr>
<tr>
<td>Dopamine Pleasure Pathways</td>
<td>Serotonin Sedation</td>
</tr>
<tr>
<td>Glutamate Excitatory Synapses</td>
<td>GABA Inhibitory Synapses</td>
</tr>
<tr>
<td>Cortisol Stress Hormones</td>
<td>Endorphin Pain Inhibition</td>
</tr>
</tbody>
</table>

Endorphins and Auricular Acupuncture

Sjolund & Erriksson (1976)
- Ear acupuncture increases plasma Endorphin levels.

Pert et al. (1981)
- Endorphin CSF levels increase 60% after ear acupuncture.

Mayer et al. (1977)
- Stimulation of body LI 4 raised dental pain threshold.
- Naloxone produced reversal of pain thresholds.

Simmons & Oleson (1993)
- Elevation of dental pain threshold by true auricular stimulation.
- No change in pain threshold by sham auricular stimulation.
- Naloxone injections reduced dental pain threshold that was elevated by Auriculotherapy.
Brain Computer Model of Microsystem

Brain Computer Model:
- Peripheral Computer Keyboard:
  Microsystem reflex connections to central nervous system
- Microchip Central Processing Unit:
  Brain pain control system like Fire Alarm system

Anatomy of the External Ear

Ear Size Related to Thermoregulation

Rings and Waves of Ripples for Water and Sound
Peripheral Perspectives of Auricle

**Surface View**: Conventional view of auricular anterior – lateral surface

**Hidden View**: Retractors used to reveal underlying auricular regions

**Posterior View**: Ear folded back to reveal back side of external ear
Depth Perspectives of Auricle

Raised Ear Point:
• Higher, curving ridges of auricle

Deep Ear Point:
• Lower, grooves and valleys of auricle

Hidden Ear Point:
• Vertical walls and underlying surfaces

Posterior Ear Point:
• Back side of auricle

Auricular Territories

Embryological Tissue Perspectives

Developing Embryo:
Formation of three, concentric dermal layers

Endodermal Layer:
Internal organs such as lungs, stomach, bladder

Mesodermal Layer:
Musculoskeletal tissue such as spine, head, limbs

Ectodermal Layer:
Nervous system tissue such as skin, nerves, brain
# Embryological Divisions

<table>
<thead>
<tr>
<th>Endodermal Tissue</th>
<th>Mesodermal Tissue</th>
<th>Ectodermal Tissue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inner Tissue Layer</td>
<td>Middle Tissue Layer</td>
<td>Outer Tissue Layer</td>
</tr>
<tr>
<td>Stomach</td>
<td>Muscles</td>
<td>Skin</td>
</tr>
<tr>
<td>Small Intestines</td>
<td>Bones</td>
<td>Hair</td>
</tr>
<tr>
<td>Large Intestines</td>
<td>Tendons</td>
<td>Sweat Glands</td>
</tr>
<tr>
<td>Lungs</td>
<td>Ligaments</td>
<td>Peripheral Nerves</td>
</tr>
<tr>
<td>Tonsils</td>
<td>Heart</td>
<td>Spinal Cord</td>
</tr>
<tr>
<td>Liver</td>
<td>Blood</td>
<td>Brainstem</td>
</tr>
<tr>
<td>Pancreas</td>
<td>Circulatory System</td>
<td>Subcortical Brain</td>
</tr>
<tr>
<td>Bladder</td>
<td>Lymphatic System</td>
<td>Limbic System</td>
</tr>
<tr>
<td>Urethra</td>
<td>Kidneys</td>
<td>Cerebral Cortex</td>
</tr>
</tbody>
</table>

# Anatomical Areas and Auricular Zones

<table>
<thead>
<tr>
<th>Helix</th>
<th>HX</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antihelix</td>
<td>AH</td>
<td>Antihelix Tail, Body, Inferior Crus, Superior Crus</td>
</tr>
<tr>
<td>Tragus</td>
<td>TG</td>
<td>Facial flap over Ear Canal that is adjacent to the face</td>
</tr>
<tr>
<td>Antitragus</td>
<td>AT</td>
<td>Outer flap opposite to Tragus that is continuation of Antihelix</td>
</tr>
<tr>
<td>Intertragic Notch</td>
<td>IT</td>
<td>Curved rim region between Tragus and Antitragus</td>
</tr>
<tr>
<td>Lobe</td>
<td>LO</td>
<td>Soft fleshy part of bottom of ear that is lacking cartilage</td>
</tr>
<tr>
<td>Scaphoid Fossa</td>
<td>SF</td>
<td>Outer valley, a narrow groove between Helix and Antihelix</td>
</tr>
<tr>
<td>Triangular Fossa</td>
<td>TF</td>
<td>Triangular groove between Antihelix Superior &amp; Inferior Crus</td>
</tr>
<tr>
<td>Superior Concha</td>
<td>SC</td>
<td>Cymba Concha; upper, central valley below Inferior Crus</td>
</tr>
<tr>
<td>Inferior Concha</td>
<td>IC</td>
<td>Cavum Concha; lower, central valley above Antitragus</td>
</tr>
<tr>
<td>Concha Ridge</td>
<td>CR</td>
<td>Helix extension between Superior Concha &amp; Inferior Concha</td>
</tr>
<tr>
<td>Concha Wall</td>
<td>CW</td>
<td>Vertical surface of Wall of Antihelix &amp; Wall of Antitragus</td>
</tr>
<tr>
<td>Subtragus</td>
<td>ST</td>
<td>Underlies Tragus, above Ear Canal</td>
</tr>
<tr>
<td>Internal Helix</td>
<td>IH</td>
<td>Curved region beneath Helix</td>
</tr>
<tr>
<td>Posterior Lobe</td>
<td>PL</td>
<td>Back of Lobe</td>
</tr>
<tr>
<td>Posterior Groove</td>
<td>PG</td>
<td>Curved depression behind Antihelix</td>
</tr>
<tr>
<td>Posterior Triangle</td>
<td>PT</td>
<td>Back of Triangular Fossa</td>
</tr>
<tr>
<td>Posterior Concha</td>
<td>PC</td>
<td>Back of Concha</td>
</tr>
</tbody>
</table>
Anatomical Regions of the Ear

Auricular Landmarks
<table>
<thead>
<tr>
<th>LM 0</th>
<th>Ear Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>LM 1</td>
<td>Helix Insertion</td>
</tr>
<tr>
<td>LM 2</td>
<td>Apex of Helix</td>
</tr>
<tr>
<td>LM 3</td>
<td>Superior Darwin’s Tubercle</td>
</tr>
<tr>
<td>LM 4</td>
<td>Inferior Darwin’s Tubercle</td>
</tr>
<tr>
<td>LM 5</td>
<td>Helix Curve</td>
</tr>
<tr>
<td>LM 6</td>
<td>Lobular – Helix Notch</td>
</tr>
<tr>
<td>LM 7</td>
<td>Base of Lobe</td>
</tr>
<tr>
<td>LM 8</td>
<td>Lobular Insertion</td>
</tr>
<tr>
<td>LM 9</td>
<td>Intertragic Notch</td>
</tr>
<tr>
<td>LM 10</td>
<td>Inferior Tragus Bump</td>
</tr>
<tr>
<td>LM 11</td>
<td>Super Tragus Bump</td>
</tr>
<tr>
<td>LM 12</td>
<td>Antitragus Bump</td>
</tr>
<tr>
<td>LM 13</td>
<td>Apex of Antitragus</td>
</tr>
<tr>
<td>LM 14</td>
<td>Base of Antihelix</td>
</tr>
<tr>
<td>LM 15</td>
<td>Antihelix Curve</td>
</tr>
<tr>
<td>LM 16</td>
<td>Antihelix Notch</td>
</tr>
<tr>
<td>LM 17</td>
<td>Midpoint of Inferior Crus</td>
</tr>
</tbody>
</table>

**Auricular Zones**

<table>
<thead>
<tr>
<th>Surface Zones</th>
<th>Hidden Zones</th>
<th>Posterior Zones</th>
</tr>
</thead>
</table>

**AURICULAR ZONES**

**ACTUAL AURICLE**
### Auricular Master Points

<table>
<thead>
<tr>
<th>Auricular Master Points</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Point Zero</td>
<td>Ear Center</td>
</tr>
<tr>
<td>Shen Men</td>
<td>Spirit Gate</td>
</tr>
<tr>
<td>Autonomic Point</td>
<td>Sympathetic</td>
</tr>
<tr>
<td>Allergy Point</td>
<td>Ear Apex</td>
</tr>
<tr>
<td>Thalamus Point</td>
<td>Subcortex</td>
</tr>
<tr>
<td>Endocrine Point</td>
<td>Internal Secretion</td>
</tr>
<tr>
<td>Oscillation Point</td>
<td>Laterality</td>
</tr>
<tr>
<td>Tranquilizer Point</td>
<td>Valium Analogue</td>
</tr>
<tr>
<td>Master Sensorial</td>
<td>Eye Point</td>
</tr>
<tr>
<td>Master Cerebral</td>
<td>Nervousness</td>
</tr>
</tbody>
</table>

### Surface View of the Master Points

![Surface View of the Master Points](image)

### Hidden View of Master Points

![Hidden View of Master Points](image)
Hands on Practice for Master Points
## Auricular Diagnosis and Auriculotherapy Treatments

### Auricular Diagnosis

- Detection of Auricle - Body correspondences
- Observe skin discolorations that indicate organ pathology
  - Red spots, brown patches.
  - Raised crusts.
  - White, flaky, peeling skin.
- Palpate for specific auricular points exhibiting heightened tenderness.
- Utilize electrodermal finder to locate regions of low skin resistance.

### Auriculotherapy Treatment Techniques

- Acupressure, Acubeads, Ear Vacaria Seeds, Metal Pellets
- Acupuncture Needles:
  - One Half Inch Needles, 32 gauge (0.25 mm), 20 min
- Electroacupuncture: 2 Hz versus 100 Hz Stimulation, 20 min
- Transcutaneous Electrical Nerve Stimulation (TENS)
  - DC Detection Mode: Continuous Tone Related to slow fluctuating changes in Skin Resistance.
  - AC Treatment Mode: Pulsing Tone related to periodic bursts of Electrical Stimulation
- Laser stimulation, Long term efficacy
- Rapid relief of pain
- Treats underlying condition, not just pain

### Auricular Frequency Zones
Auricular Pressure Palpators

Ear Acupuncture Pellets and Acubeads

Ear Seeds and Needles in NADA Points

Ear Acupuncture Needle Insertion

Auriculotherapy Treatment Procedures

- Stimulate Specific Anatomic Points
- Stimulate Master Points and Supportive Points
- Consult Treatment Plan Protocols
- Treat Most Reactive Ear Point
- Use Ear as Final Guide
  - Determine Exact Ear Point Location
  - Determine Ear Points Most Worth Treating

Auriculotherapy Treatment Procedures
Sensory nerve sensation represented on anterior side of ear
Motor nerve muscle tension represented on posterior surface
For Relief of Pain, Addiction, Nausea, and Neuropathy

- Treat Ear Point Corresponding to Known Body Pathology
- Treat According to Understanding of Western Medicine
- Treat According to Principles of Chinese Medicine
- Auriculotherapy Integrates Chinese and Western Medicine
- Treat According to Previous Clinical Observations
- Treat According to Published Scientific Research Findings

**Therapeutic Advantages of Auriculotherapy**

- Diagnosis corresponds to established auricular maps
- Relief of specific condition offers therapeutic proof
- Few side effects
- Ease in mastery of skills
- Ease in application of treatment
- Clinically effective for treatment of most medical conditions
- Relieves underlying pathology, not just pain perception

**Hindrances to Treatment Success**

- Contraindications related to pregnancy
- Caution related to cardiac pacemakers
- Obstacles to healing
- Blockages related to toxic scars and old injuries
- Dental Foci from previous dental procedures
- Psychosomatic disorders
- Subconscious secondary gain issues