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## CHAPTER TWO

# THE EAR AND EAR POINTS AND AREAS

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The ear is composed of three parts: the external ear, the middle ear, and the internal ear. The external ear includes the external auditory canal and the auricle. There are four prominences, three depressions, four notches, and one ear lobe on the anterior surface of the auricle (Figure 2.1).

- *Helix*: The curling rim of the most lateral border of the auricle, consisting of the helix root, the tubercle, and the helix cauda.

- *Helix root*: The transverse ridge of the helix continuing backward into the ear cavity.

- *Helix-lobe notch*: The depression between the helix and the posterior border of the ear lobe, at the lower border of the helix (the helix cauda).

- *Helix tubercle (Darwin's tubercle)*: A tiny bump at the lateral-superior aspect of the helix, located anywhere between Wrist (MA-SF2) and Elbow (MA-SF3).

- *Helix Cauda*: The lower border of the helix where it meets the lobe.

- *Antihelix*: At the medial aspect of the helix, a Y-shaped protruding ridge that curves parallel to the helix. It is divided into three parts: superior antihelix crus, inferior antihelix crus, and body of the antihelix.

- *Tragus*: A curved flap in front of the auricle. There are two obvious prominences in the tragus: the upper apex of the tragus and the lower apex of the tragus.

- *Antitragus*: A small tubercle opposite to the tragus and superior to the upper part of the ear lobe.

- *Scaphoid fossa (also known as the scapha)*: The narrow, curved depression between the helix and antihelix.

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## Anatomical Areas on the Anterior Surface of the Auricle

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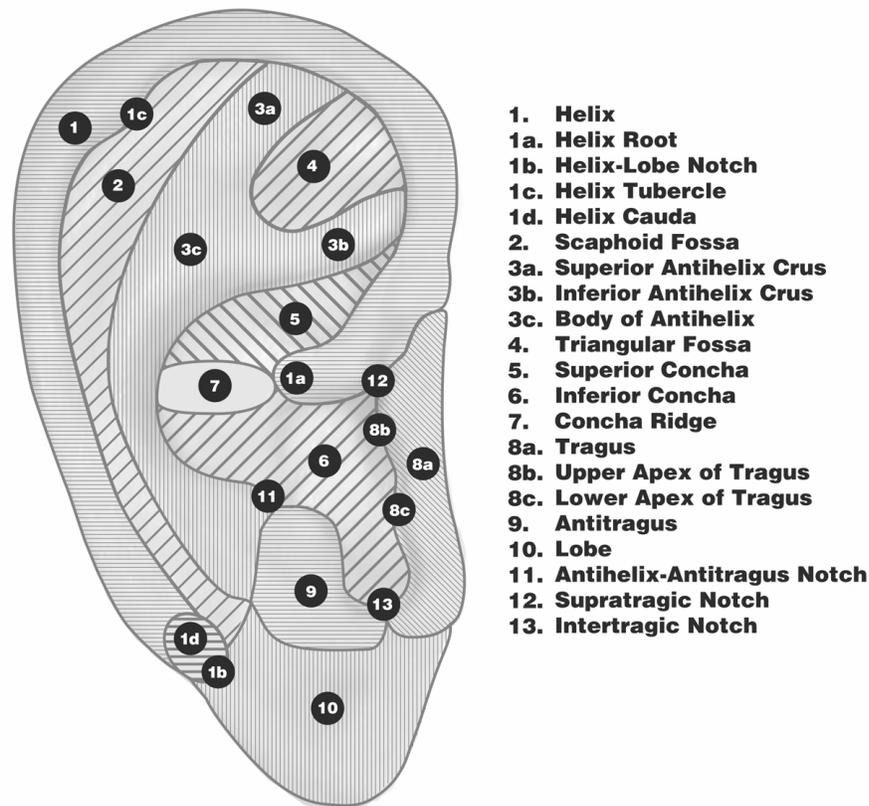


Figure 2.1: Anatomical Areas on the Anterior Surface of the Ear

- *Triangular fossa*: The triangular depression between the two crura of the antihelix.
- *Concha*: The depression encircled by the antitragus, the curving part of the antihelix, and the inferior antihelix crus. It consists of two parts: superior concha and inferior concha. The raised area of the concha posterior to the helix root is the concha ridge.
- *Lobe*: The lowest part of the auricle; it has no cartilage.
- *Supratragic notch*: The depression between the upper border of the tragus and the helix root.
- *Intertragic notch*: The depression between the tragus and the antitragus.
- *Antihelix-antitragus notch*: The depression between the antihelix and the antitragus.

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## Anatomical Areas on the Posterior Surface of the Auricle

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There are three flat areas, five grooves, and four prominences on the posterior surface of the auricle (Figure 2.2).

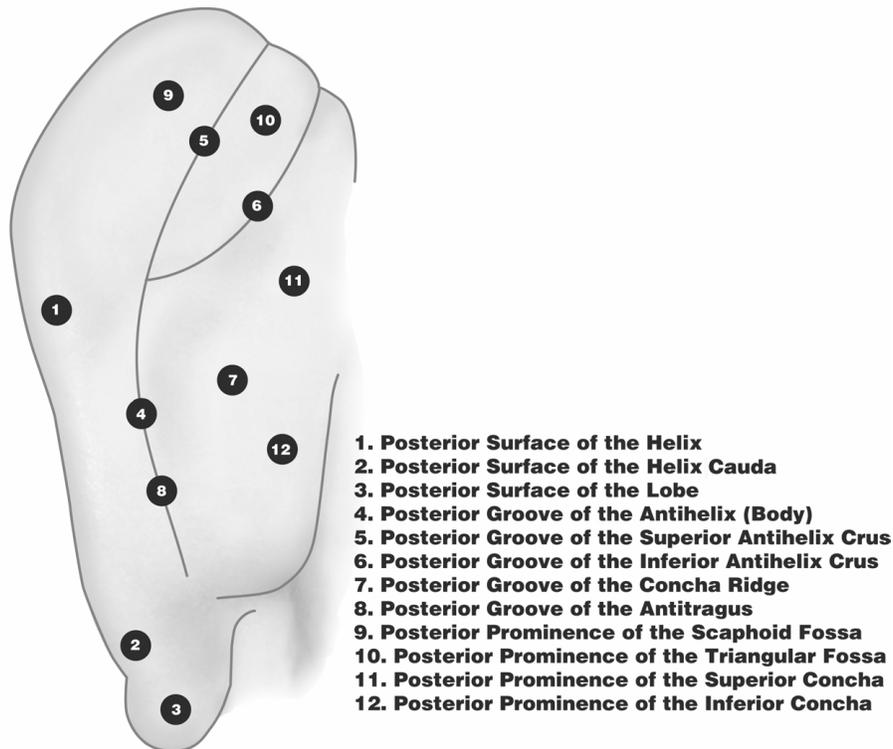


Figure 2.2: Anatomical Areas on the Posterior Surface of the Ear

- *Posterior surface of the helix*: Lateral aspect of the helix from the helix curving forward, from the frontal aspect.
- *Posterior surface of the helix cauda*: The flat area between the posterior surfaces of the scaphoid fossa and ear lobe.
- *Posterior surface of the lobe*: The flat area that is the posterior surface of the lobe.
- *Posterior groove of antihelix body*: The groove in the posterior surface of the antihelix body (where the ear attaches).
- *Posterior groove of the superior antihelix crus*: The depression on the posterior surface of the superior antihelix crus.

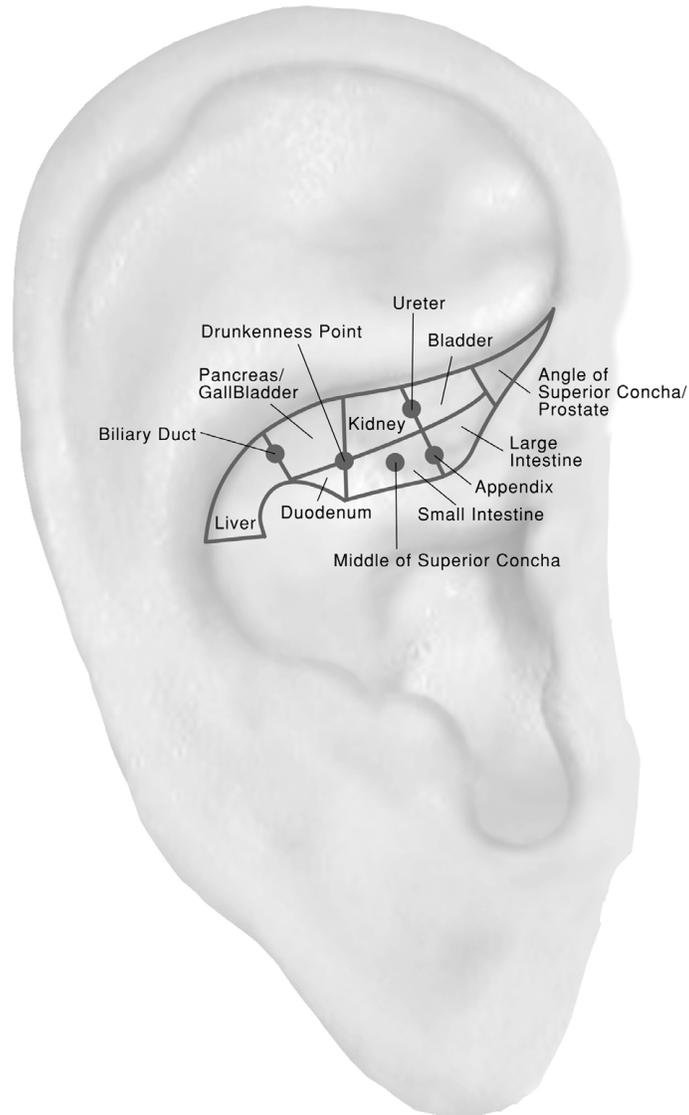


Figure 2.13: Points and Areas on the Superior Concha of the Ear

#### **SMALL INTESTINE (MA-SC2)**

**Location:** On the superior concha at superior and middle aspect of the helix root.

**Functions:** Disperse accumulations and transform food.

**Indications:** Maldigestion, abdominal distention, diarrhea, sore throat, sores in mouth. This is also a supplementary point for treating arrhythmia.

**APPENDIX (MA-SC3)**

**Location:** A point on the superior concha, between Large Intestine (MA-SC4) and Small Intestine (MA-SC2).

**Functions:** Dispel stasis and free the network vessels; resolve tetany and relieve pain.

**Indications:** Appendicitis, loose stools.

**LARGE INTESTINE (MA-SC4)**

**Location:** Superior concha, anterior and superior to the helix root.

**Functions:** Dispel wind, clear heat, and free the bowels.

**Indications:** Loose stools, constipation, cough, toothache, acne.

**LIVER (MA-SC5)**

**Location:** Posterior portion of the lower aspect of the superior concha, anterior to Chest (MA-AH11) and superior to Spleen (MA-IC).

**Functions:** Course the liver and rectify qi; brighten the eyes and extinguish wind.

**Indications:** Acute or chronic hepatitis, cholecystitis, cholelithiasis, distention and pain in the upper abdomen, belching, acid regurgitation; dizziness, convulsion, hemiparesis; myopia, sty, and acute conjunctivitis.

**PANCREAS/GALLBLADDER (MA-SC6)**

**Location:** Superior concha, between Liver (MA-SC5) and Kidney (MA-SC).

**Functions:** Course and disinhibit the liver and gallbladder; free the network vessels and relieve pain.

**Indications:** Cholecystitis, cholelithiasis, parasitic diseases of the biliary tract; acute or chronic pancreatitis; migraine, deafness, and tinnitus.

**KIDNEY (MA-SC)**

**Location:** Superior concha, inferior to Buttocks (MA-AH5) and posterior to and level with Bladder (MA-SC8).

**Functions:** Supplement kidney and boost essence; strengthen lumbus and invigorate bones.

**Indications:** Disorders of urinary and reproductive systems such as nephritis, cystitis, impotence, seminal emission; dysmenorrhea, amenorrhea; deafness, tinnitus, retardation of hearing, loss of hair; disorders of the nervous system such as poor development of the brain, headache, spinal retrograde degeneration, pain in lumbus, rheumatoid arthritis, chronic diarrhea, frequent urination at night, bedwetting.

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## CHAPTER FIVE

# TREATMENTS FOR COMMON DISORDERS

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The case studies with comments in this section are from the clinical records of Dr. Yang Yun Bi, at the Medical School of Huang Shan (Yellow Mountain City) in Anhui Province, PRC.

## INFECTIOUS DISORDERS

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### Common Cold

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#### TREATMENT PRESCRIPTION

**Primary Points:** Lung (MA-IC1), Internal Nose (MA-T), Kidney (MA-SC), Ear Shén Mén (MA-TF1).

**Supplementary Points:** Ear Apex (MA-H6) and Helix 1-6 (MA-H 1-6) for fever; Forehead (MA-AT), Kidney (MA-SC), and Spleen (MA-IC) for headache and aching; Pharynx and Larynx (MA-T3) for sore throat; Bronchii/Trachea (MA-IC2) and Calm Panting (MA-AT) for cough; Stomach (MA-IC) and Spleen (MA-IC) for diarrhea and vomiting.

#### THERAPEUTIC METHODS

**Ear Acupuncture:** Select two or three primary points together with one or two supplementary points. The needles should be forcefully rotated to create intense stimulation. Two treatments per day are recommended for a severe case. Retain the needles for 30 to 60 minutes and manipulate every 10 to 15 minutes. Decrease treatments to once per day as the illness improves.

**Ear Acupressure:** Affix seeds to selected points in both ears. Press the seeds three to five times per day (morning, noon, afternoon, and evening), three to five minutes each time.

**Bloodletting:** To be used in those with fever. Ear Apex (MA-H6) and Helix 1-6 (MA-H 1-6) are treated.

#### NOTES

- Clinical practice shows that ear acupuncture not only treats the common cold, but can also prevent it. As a preventative measure for cases of repeated attack of the common cold due to a weak constitution or in a period of epidemic of influenza, apply ear acupuncture, ear acupressure, or massage at Lung (MA-IC1), Spleen (MA-IC), and Kidney (MA-SC).
- According to TCM, Lung (MA-IC1) diffuses the lung and resolves the exterior; it thereby frees the nose and thus is the primary point for the treatment of common cold and influenza. Kidney (MA-SC) is anti-inflammatory and anti-allergic, so it is effective for runny nose and excessive lacrimation when combined with Lung (MA-IC1). Bleeding at Ear Apex (MA-H6) and Helix 1-6 (MA-H 1-6) clears lung heat. Severe cases of influenza or pneumonic common cold should be treated with ear acupuncture in combination with other therapies.

#### CASE STUDY: COMMON COLD

Zhang, a 20-year-old female, reported that for two days she had headache, fever, nasal congestion with runny nose, and sore throat. Her body temperature was 38° C; there was redness and swelling in her throat. The diagnosis was “common cold.”

**Treatment Prescription:** Ear Apex (MA-H6), Internal Nose (MA-T), Throat (MA-T3), Lung (MA-IC1), Adrenal Gland (MA-T), and Occiput (MA-AT).

**Therapeutic Method:** Bleeding at Ear Apex (MA-H6) with three-edged needle; seed acupressure for the other points. Both ears were treated simultaneously, twice a week. The patient was told to press the seeds three to five times per day during the treatment.

**Treatment Results:** The patient’s body temperature returned to normal; all other symptoms showed improvement six hours after the first treatment. All the symptoms were gone after three treatments.

#### COMMENTS:

1. Bleeding at Ear Apex (MA-H6), usually by drawing three drops of blood, is remarkably effective for reducing body temperature.
2. In common cold, the identified patterns can change very quickly. Other therapies should be considered whenever a complication occurs.

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## Epidemic Parotitis/Mumps

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### TREATMENT PRESCRIPTION 1

**Primary Points:** Apex of Antitragus (MA-AT), Cheek (MA-L), Adrenal Gland (MA-T) and Ear Apex (MA-H6).

**Supplementary Points:** Endocrine (MA-IC3), Subcortex (MA-AT1), Stomach (MA-IC), Pancreas/Gallbladder (MA-SC6), and Ear Shén Mén (MA-TF1).

### THERAPEUTIC METHOD

**Ear Acupuncture:** Use all the primary points together with one or two supplementary points, according to the patient's condition. The needles should be retained for 30 minutes and forcefully rotated every 10 minutes to achieve strong stimulation. Treat one or two times per day on both ears.

### TREATMENT PRESCRIPTION 2

**Primary Points:** Parotid Gland (MA-AT), Ear Apex (MA-H6), and Ear Shén Mén (MA-TF1).

### THERAPEUTIC METHOD

**Ear Acupressure:** Affix seeds to all prescribed points on both ears. Press the seeds three to five times per day, two to three minutes each time, until the swelling is decreased. This should occur in two to four days.

### TREATMENT PRESCRIPTION 3

**Primary Points:** Ear Apex (MA-H6).

### THERAPEUTIC METHOD

**Bloodletting:** Puncture Ear Apex (MA-H6) on both ears with a three-edged needle to draw ten drops of blood. Treat once per day for common cases, two treatments for severe cases.

#### CASE STUDY: EPIDEMIC MUMPS

Chen, a 5-year-old girl, had suffered from fever and painful swollen cheeks for three days. Her body temperature was 38° C; she had swelling and tenderness centered at the ear lobes and extending to both cheeks and surrounding area. The diagnosis was “epidemic mumps.”

**Treatment Prescription:** Apex of Antitragus (MA-AT), Cheek (MA-L), Ear Apex (MA-H6), Adrenal Gland (MA-T), and Subcortex (MA-AT1).

**Therapeutic Method:** Bleeding at Ear Apex (MA-H6) with a three-edged needle. The other points were needled with filiform needles on both ears. The needles were retained for 30 minutes.

**Treatment Results:** Pain was greatly improved after the first treatment, and all the symptoms were gone after two treatments. The patient took no other medication or therapy during the treatment with ear acupuncture.

**Comment:** Considering that children are afraid of needling, seed acupressure can also be effective for the treatment of this disorder.

## Whooping Cough

### TREATMENT PRESCRIPTION

**Primary Points:** Bronchi (MA-IC), Lung (MA-IC1), Ear Shén Mén (MA-TF1), and Sympathetic (MA-AH7).

**Supplementary Points:** Large Intestine (MA-SC4), Ear Apex (MA-H6), Apex of Antitragus (MA-AT), Subcortex (MA-AT1), Adrenal Gland (MA-T), and Kidney (MA-SC).

### THERAPEUTIC METHODS

**Ear Acupuncture:** Use all the primary points together with one or two supplementary points according to the patient's current condition; for example, select Ear Apex (MA-H6) and Apex of Antitragus (MA-AT) at the early stage; select Subcortex (MA-AT1) and Adrenal Gland (MA-T) at the spasmodic cough stage; and select Kidney (MA-SC) and Ear Shén Mén (MA-TF1) at the recovery stage. Rotate the inserted needles, then remove them immediately. One treatment per day is done at both the early stage and the recovery stage; treat two or three times per day at the paroxysmal cough stage. Begin treatment on a single ear and change to the opposite ear every other day. One treatment course is seven days; allow two to three days between treatment courses.

**Bloodletting:** After routine sterilization, draw two to three drops of blood using a sterilized three-edged needle at Ear Apex (MA-H6) every other day. This treatment is for those with fever at the early stage.

### CASE STUDY: WHOOPING COUGH

Wang, a 7-year-old boy, suffered from cough for one month. The paroxysmal coughing was aggravated at night and was followed by chicken-crowing-like breathing with scanty white foamy sputum. Sometimes when the cough was severe it resulted in vomiting. The boy also had congestion of the bulbar conjunctiva in both eyes and a slightly puffy face. Auscultation revealed rough breathing on both sides of the lung. An X-ray exam showed no other diseases in the lungs. The diagnosis was "whooping cough."

**Treatment Prescription:** Bronchii/Trachea (MA-IC2), Lung (MA-IC1), Adrenal Gland (MA-T), Mouth (MA-IC5), and Central Rim (MA-AT).

**Therapeutic Method:** The initial treatment selection was needling at the above points on both ears.

**Treatment Results:** The patient's cough was remarkably improved the very night of the first treatment. Seed acupressure was used from the second treatment on the following day; both ears were treated once per day. All the symptoms were gone after seven treatments, and one more treatment was added to strengthen the therapeutic effect.

**Comment:** Ear acupuncture is better for whooping cough at late stage marked by dry cough because it can reduce the sensitivity of new epifollicles in the trachea and bronchus, as well as inhibit the respiratory center in the brain stem.

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## Tuberculosis

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### TREATMENT PRESCRIPTION 1

**Primary Points:** Lung (MA-IC1), Endocrine (MA-IC3), and Ear Shén Mén (MA-TF1).

**Supplementary Points:** Chest (MA-AH11), Kidney (MA-SC), Spleen (MA-IC), Stomach (MA-IC), Internal Reproductive Organs (MA-TF), and Pelvis (MA-TF).

### THERAPEUTIC METHODS

**Ear Acupuncture:** Use all the primary points together with one or two supplementary points depending on the patient's condition. For example, add Chest (MA-AH11) and Kidney (MA-SC) for cough and chest pain; add Spleen (MA-IC) and Stomach (MA-IC) for poor appetite; add Internal Reproductive Organs (MA-TF) and Pelvis (MA-TF) for irregular menstrual cycle and amenorrhea. Manipulate by needle scratching or rotation the inserted needles, using mild stimulation. Treat once per day. Begin treatment on a single ear and change to the opposite ear every other day. One treatment course is ten days; allow two or three days between treatment courses.

**Ear Acupressure:** Affix whole round mung beans at all prescribed points. Press three to five times each day, two to three minutes each time. Begin treatment on a single ear and change to the opposite ear every five to seven days.

### TREATMENT PRESCRIPTION 2

**Primary Points:** Lung (MA-IC1), Endocrine (MA-IC3), Ear Shén Mén (MA-TF1), Heart (MA-IC), Spleen (MA-IC), Subcortex (MA-AT1), and Kidney (MA-SC).

**THERAPEUTIC METHOD**

**Medicine Injection:** Inject 0.1 ml of 0.75% Novocain or 5–10 mg isoniazid into one or two points to make soybean-sized bumps. Begin treatment on a single ear and change to the opposite ear every other day. Treat once per day; a single treatment course is three months.

**NOTES**

- Verify that the needle is not inserted into a blood vessel by drawing back the syringe to check for blood before injecting the medicine into the points.
- This disease requires long-term treatment.

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## Hepatitis

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**TREATMENT PRESCRIPTION 1**

**Primary Points:** Liver (MA-SC5), Pancreas/Gallbladder (MA-SC6), Spleen (MA-IC), and Stomach (MA-IC).

**Supplementary Points:** Add Pancreas/Gallbladder (MA-SC6) and Abdomen (MA-AH) for poor appetite; add Ear Shén Mén (MA-TF1) and Subcortex (MA-AT1) for pain in the right upper abdomen; add Large Intestine (MA-SC4) and Pancreas/Gallbladder (MA-SC6) for distention of the abdomen; add Heart (MA-IC), Ear Shén Mén (MA-TF1), and Subcortex (MA-AT1) for insomnia; add Liver Yáng (MA-H) and Ear Apex (MA-H6) to reduce the amount of SGPT and SGOP<sup>9</sup>.

**THERAPEUTIC METHODS**

**Ear Acupuncture:** Select four to six points and apply needle rotation and scratching. Retain the needles for 60 minutes and manipulate them every ten to fifteen minutes. Treat once per day. Begin treatment on a single ear and change to the opposite ear every other day. One treatment course is seven to ten days; allow two or three days between treatment courses.

**Medicine Injection:** Use two or three points for each treatment. Inject 0.1 ml of 0.5% Novocain and 0.2–0.5 ml of vitamin B<sub>12</sub> into the prescribed points. Begin treatment on a single ear and change to the opposite ear every other day. One treatment course is ten days.

**TREATMENT PRESCRIPTION 2**

**Primary Points:** Liver (MA-SC5), Pancreas/Gallbladder (MA-SC6), Spleen (MA-IC), Stomach (MA-IC), *Sān Jiāo* (MA-IC4), and Ear Center (MA-H1).

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<sup>9</sup> These are measures of particular liver functions.

**Supplementary Points:** Use Ear Apex (MA-H6) for bloodletting; add Liver Yáng (MA-H) and Abdomen (MA-AH) for distention of the abdomen; add Bladder (MA-SC8), Ear Shén Mén (MA-TF1), and Chest (MA-AH11) for pain near the liver.

#### THERAPEUTIC METHODS

**Electroacupuncture:** Select two or three primary points together with one or two supplementary points. After sterilizing the auricle, insert filiform needles into the selected points. Then connect the needles to an electroacupuncture apparatus for 30 minutes at a setting that causes the patient to feel soreness, numbness, and distention. Treat once per day. Begin treatment on a single ear and change to the opposite ear every other day. One treatment course is ten days.

**Ear Acupressure:** Select two or three primary points together with one or two supplementary points. Affix vaccaria seeds at the selected points. Press the seeds after each meal and before going to sleep; rub for two to three minutes each time or until soreness, numbness, or distention is induced.

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## Bacillary Dysentery/Dysentery

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#### TREATMENT PRESCRIPTION

**Primary Points:** Large Intestine (MA-SC4), Rectum (MA-H2), and Sympathetic (MA-AH7).

**Supplementary Points:** Add Ear Apex (MA-H6) and Adrenal Gland (MA-T) for high fever; add Spleen (MA-IC) and Stomach (MA-IC) for severe abdominal pain and diarrhea.

#### THERAPEUTIC METHODS

**Ear Acupuncture:** Select two or three primary points together with one or two supplementary points. Treat both ears, using strong stimulation by forcefully rotating. Retain the needles for 60 minutes and manipulate every 10 or 15 minutes. Treat once per day for mild cases, twice per day for severe cases.

**Medicine Injection:** Inject 0.1 ml of syntomycin, vitamin B<sub>1</sub>, or Novocain at two or three of the prescribed points, once per day. Begin treatment on a single ear and change to the opposite ear every other day until diarrhea stops. One more injection should be given after bacterial culture results are normal. Atropine sulfate can also be used for the medicine injection method. Treat Ear Shén Mén (MA-TF1), Sympathetic (MA-AH7), and Large Intestine (MA-SC4) bilaterally; add Rectum (MA-H2) for tenesmus. Inject 0.15 ml for each point, and treat once or twice per day.

**Needle Implantation:** Select three to five of the points in one ear for needle implantation. Press the implanted needles two or three times per day, two to three minutes each time. The intradermal needles should remain implanted for five to seven days. In general, all signs of illness will disappear after only one treatment course.

#### NOTES

- Patients with toxic types of bacillary dysentery with severe manifestations should be treated on an inpatient basis using a combination of therapies.

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## Malaria

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#### TREATMENT PRESCRIPTION

**Primary Points:** Adrenal Gland (MA-T), Subcortex (MA-AT1), and Endocrine (MA-IC3).

#### THERAPEUTIC METHODS

**Ear Acupuncture:** Select all prescribed points in both ears, using strong stimulation by rotating forcefully. Needling should be done seven hours before an attack, and the needles should be retained until one to two hours after the attack ends; manipulate the needles every 15 to 20 minutes.

**Needle Implantation:** Implant needles at the prescribed points in both ears two hours before an attack occurs. Press the implanted needles three to five times each day, three to five minutes each time. The needles should remain implanted until two or three days after the attacks stop.

#### NOTES

- Cerebral malaria and severe cases of malaria must be treated with a combination of therapies at an inpatient clinic.

## INTERNAL DISORDERS

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### Bronchitis

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#### TREATMENT PRESCRIPTION 1

**Primary Points:** Lung (MA-IC1), Bronchii/Trachea (MA-IC2), and Ear Shén Mén (MA-TF1).

**Supplementary Points:** Add Adrenal Gland (MA-T) and Root of Ear Vagus (MA-PS) for acute bronchitis; add Spleen (MA-IC) and Kidney (MA-SC) for chronic bronchitis; add Calm Panting (MA-AT) for pulmonary emphysema.

## THERAPEUTIC METHODS

**Ear Acupuncture:** Select two or three primary points together with one or two supplementary points. Retain the needles for 30 to 60 minutes and manipulate every 10 to 15 minutes, use needle rotation for strong stimulation. Treat once per day. Begin treatment on a single ear and change to the opposite ear every other day. One treatment course is five to seven days; allow two or three days between treatment courses.

**Ear Acupressure:** Affix seeds at three to five prescribed points. Press the seeds three to five times per day, two to three minutes each time. Begin treatment on a single ear and change to the opposite ear after five to seven days. This method is mainly used to treat chronic bronchitis.

### TREATMENT PRESCRIPTION 2

**Primary Points:** Lung (MA-IC1), Kidney (MA-SC), Calm Panting (MA-AT), and Bronchii/Trachea (MA-IC2).

### THERAPEUTIC METHOD

**Medicine Injection:** Select one or two of the prescribed points, and inject a prepared bacteria concoction.<sup>10</sup> Use 0.05–0.1 ml for the first injection, gradually increasing the amount to 0.3 ml. Treat two times per week. One treatment course is ten treatments.

#### CASE STUDY: BRONCHITIS

Yao, a 20-year-old male, reported that for five days he had cough with frothy sputum, which was aggravated at night. After treatment with Western medication, the amount of sputum was remarkably reduced but the cough had not significantly improved. The patient's body temperature was normal. Auscultation revealed rough breath on both sides of the lung, and an X-ray exam showed no other diseases in the lungs. The diagnosis was "acute bronchitis."

**Treatment Prescription:** Bronchii/Trachea (MA-IC2), Lung (MA-IC1), Ear Shén Mén (MA-TF1), Mouth (MA-IC5), Central Rim (MA-AT), and Endocrine (MA-IC3).

**Therapeutic Method:** In the first treatment, both ears were needled and the needles were retained for 30 minutes. Seed acupressure was used starting with the second treatment.

**Treatment Results:** The cough was remarkably improved at night after the first treatment, and the patient was cured after three treatments.

**Comments:** 1. Ear acupuncture is more effective for bronchitis in an early stage or when dry cough with inflammation is under control.

<sup>10</sup> This concoction is a type of complex bacterial vaccine that combines hay bacillus with streptococcus and staphylococcus albus.

2. Chronic bronchitis is frequently complicated with inflammation, and ear acupuncture can only provide symptomatic relief and shorten the course of illness. For better therapeutic results, other complementary therapies should be used.

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## Bronchial Asthma/Wheezing and Panting

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### TREATMENT PRESCRIPTION

**Primary Points:** Lung (MA-IC1), Kidney (MA-SC), Ear Shén Mén (MA-TF1), Adrenal Gland (MA-T), and Sympathetic (MA-AH7).

**Supplementary Points:** Add Bronchii/Trachea (MA-IC2) for severe cough; add Chest (MA-AH11) and Subcortex (MA-AT1) for severe panting.

### THERAPEUTIC METHODS

**Medicine Injection:** Use 0.2% Novocain or 1:1000 adrenaline. Select two or three prescribed points and inject 0.1 ml of the preparation into each point. This method is recommended for acute cases.

**Ear Acupuncture:** Use all primary points, together with one or two supplementary points. Retain the needles for 30 to 60 minutes and manipulate every 10 to 15 minutes, using needle scratching and rotation manipulation. Treat once per day. Begin treatment on a single ear and change to the opposite each every other day. One treatment course is seven days.

**Ear Acupressure:** Use white mustard seed. Rub seeds three to five times per day, two to three minutes each time. Begin treatment on a single ear and change to the opposite ear every five to seven days.

### NOTE

- Ear acupressure is used as a preventative treatment during intervals between acute attacks of asthma.

### CASE STUDY: BRONCHIAL ASTHMA

For the last 8 years Wang, a 19-year-old male, had suffered from asthma that was triggered by seasonal changes, catching cold, and overwork. Two days prior to his first treatment, he had sudden onset of asthma marked by difficult breathing, white frothy sputum, slightly purple lips, and wheezing sounds on both sides of the chest. The diagnosis was “bronchial asthma.”

**Treatment Prescription:** Bronchii/Trachea (MA-IC2), Lung (MA-IC1), Kidney (MA-SC), Sympathetic (MA-AH7), Adrenal Gland (MA-T), Subcortex (MA-AT1), and Endocrine (MA-IC3).

**Therapeutic Method:** All the above points were needled on both ears; later, seed acupressure was used.

**Treatment Results:** The asthma was significantly relieved within two hours of the first treatment. At the second treatment on the following day and thereafter, seed acupressure was used; treatments switched between ears every three to five days. All the symptoms were gone after four treatments.

**Comments:** 1. Ear acupuncture can only relieve the symptoms at the acute onset of asthma by relaxing spasms of the bronchial smooth muscle. It does not help for complete healing.

2. As for bronchial asthma complicated with infection, an anti-inflammatory medicinal treatment should be added.

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## Hypertension

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### TREATMENT PRESCRIPTION 1

**Primary Points:** Groove of Posterior Surface (MA-PS), Liver (MA-SC5), and Spleen (MA-IC).

### THERAPEUTIC METHOD

**Bloodletting:** Draw five to ten drops of blood from each of the prescribed points. Begin treatment on a single ear and change to the opposite ear every other session. For the best effect, treatment should continue every two or three days, even after blood pressure returns to normal.

### NOTES

- Blood pressure may rise at the beginning of treatment in some patients, but it will gradually decline.

### TREATMENT PRESCRIPTION 2

**Primary Points:** Adrenal Gland (MA-T), Sympathetic (MA-AH7), Heart (MA-IC), and Ear Shén Mén (MA-TF1).

**Supplementary Points:** Liver (MA-SC5), Kidney (MA-SC), Endocrine (MA-IC3), and Subcortex (MA-AT1).

### THERAPEUTIC METHODS

**Magnet Therapy:** Use all the primary points together with one or two supplementary points. Select magnetic beads with a diameter of 1.5 to 2.0 mm and a magnetic intensity of 0.05 to 0.08 teslae (500 to 800G). Affix the beads onto the selected points. Begin treatment on a single ear and change to the opposite ear every five to seven days.

**Ear Acupressure:** Affix vaccaria seeds on two or three primary points together with one or two supplementary points. Press three to five times per day, two to three minutes each time. Begin treatment on a single ear and change to the opposite ear every five to seven days.