



AURICULAR

Acupuncture Handbook

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TABLE OF CONTENTS

MAIN WORK

HISTORY	1
SYMBOLISM	2
FORTUNES	3
ANATOMY	5
EAR POINTS	8
POINT LOCATION INSPECTION	20
TREATMENT METHODS	21
NEEDLE TECHNIQUE	22
ANESTHESIA	23

FIGURES	25
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BIBLIOGRAPHY	45
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AURICULAR ACUPUNCTURE: (Shanghai 472-491), (Wexu), (Oleson), (Tyme 349-366)
Auricular acupuncture, or auriculotherapy, can utilize the ear alone to treat disease. A child (homunculus) and organs are imposed on the ear in order to locate the proper point for the treatment of disease. Auriculotherapy treats a broad range of common and difficult diseases with simple methods, is convenient (no undressing is necessary), and safe (few side effects). Its effectiveness can be measured in acupuncture anesthesia and analgesia.

Auriculotherapy information is compiled according to Chinese, Nogier, and UCLA Pain Management Center methodologies.

Ear acupuncture is summarized according to **history, symbolism, fortunes, anatomy, points, point location inspection, treatment methods, needle technique, and anesthesia.**

History: (Wexu 1-6), (Oleson 3)

Ancient India: (2000 BC)

The *Suchi Veda*, "Science of Needle Piercing," states that auriculotherapy as well as body acupuncture (180 points) and moxibustion is utilized in Ayurvedic medicine to treat various diseases.

Ancient China: (500 BC)

Ear acupuncture was used as early as 500-300 BC as recorded in *Neijing*. Disease of various parts of the body can be cured by needling the corresponding ear points, which promote *qi* and blood in the channels and collaterals and adjust the *zang-fu* organs. The 6 *yang* channels traverse portions of the ear, either directly or through a branch. The 6 *yin* channels have no direct connection, but they are related through their paired yang channels. The 3 extra vessels, *Yangqiao*, *Yinqiao*, *Yangwei* also enter the ear.

Neijing:

"All the vessels congregate in the ear." –Ch.28 *Lingshu*

"The kidney *qi* communicates with the ear." –Ch.17 *Lingshu*

"The heart opens at the ear." –Ch.4 *Suwen*

"As for diseases in the liver...when there is deficiency, the ears cannot hear...when the *qi* is rebellious, there are headaches and the ears are deaf." –Ch.22 *Suwen*

Thousand Ducat Prescriptions by Sun Simo (Tang): says the *Lower Abdomen Point* should be needled and warmed with moxibustion to treat jaundice and common cold (in summer).

Great Compendium of Acupuncture and Moxibustion (Ming): says that moxa should be burned at the ear apex to treat eye membrane disorders.

Traditional folk medicine: eye redness was treated by pricking the ear lobes, or bloodletting the posterior auricular vein. The ear lobes were pulled upward to treat HA, and massaged to treat infantile convulsions.

The Chinese points were not organized somatotopically.

Scarification, bleeding, massaging, and blowing ear points were among the various treatments associated with auriculotherapy.

Ancient Egypt, Greece, and Rome: (400 BC)

According to Egyptologist, Alexander Varille, women were needled to cause infertility. Ancient physicians, Hippocrates and Galen, used ear rings and incisions to treat sexual and menstrual disorders.

Ancient Persia: (200 AD)

Ancient records, preserved after the fall of Rome, state the treatment of sciatica, high blood

pressure, and low back pain with ear cauterizations.

Middle Ages: (1500 AD)

The Dutch East India Co. brought Chinese acupuncture to Europe. This led to the development of Western hypodermic needles.

Renaissance: (1700 AD)

European medical journals discuss the treatment of sciatica with ear cauterization on the antehelix.

Modern France, Dr. Paul Nogier: (1950)

More than eighty percent of all the ear points are recent discoveries (1950). Dr. Paul Nogier, a French acupuncturist and neurosurgeon, was the first to explore the ear scientifically in accordance with TCM principles. He discovered physiological correspondences with the ear to the human embryo, which sparked intensive research in China, leading to further auriculotherapy development. (Wexu)

Modern China: (1960)

The Nanking Army Ear Acupuncture Research Team verified Nogier's ear homunculus, and assessed ear points by utilizing "barefoot doctors." Years of clinical observation relating points of tenderness, reduced electrical resistance, morphological, and color changes on the ear to disease, enabled the charting of over 200 ear points by Chinese medical workers.

United States: (1980)

UCLA Pain Management Center verifies the scientific accuracy of auricular diagnosis through ear point evaluation with heightened tenderness and increased electrical activity. UCLA compared Chinese ear points with Nogier's ear points, and explored ear electro-acupuncture for withdrawing chronic pain patients from opiate medications and dental analgesia.

Symbolism: (see fig. 1) (Wexu)

Cross-culturally, the ears are symbols of spirituality and sexuality.

In Taoism and TCM, the ear is named the commander-in-chief, controls balance, connects large nerves to the brain, dictates intelligence, provides wise decisions, allows for longevity, is a gate for celestial wisdom, and reflects the state of ancestral energy (*yuan qi*). Each organ has a special relationship with the ear. Since all the meridians connect with the ear (*yang*: directly; *yin*: indirectly). A healthy ear shows a healthy flow of *qi*. Only the purest *qi* (*chien qi*) or essences are offered to the ear in order to achieve enlightenment and longevity, which is apparent in the ear.

Hinduism views the ear as a symbol of cosmic consciousness. Cosmic consciousness manifests in the bliss or inspirational (*ananda*) body (*kosa*), or envelope of consciousness, which is the seat of meditative union with the divine source. The *ananda kosa* has the element of water, which corresponds to the TCM theory of the kidney (water) opening into the ear.

Buddhism recognizes lotus flowers at various body areas: top of head, forehead, eyes, nose, chest, abdomen, palms, soles, and ears. The lotus petals, *nadi*, are meridians of energy, and directional quadrants.

General Attributes:

- ⊙ All meridians congregate in the ears
- ⊙ Kidneys open into ears
- ⊙ *Shaoyang* channels flow into ears: external heat can affect ears (The Triple Warmer ends at the ear and the Gall Bladder begins at the ear.)
- ⊙ Dampness and phlegm can affect ears obstructing the clear *yang* from rising
- ⊙ Reflects the state of *yuan qi*

Organ Relationships to the Ear via Chien Qi: (Siou)

- ⊙ Kidney: The kidney opens into the ear and steams the essence (acquired *qi*) from the earth up to the ear. The kidney and the ear hear the five tones to both heal and open the 36 levels of heaven. There may be chronic tinnitus and/or deafness with deficient kidney *jing*.
- ⊙ Heart: The heart moves the blood, which nurtures the *chien qi* to the ear. If the blood stagnates due to a troubled spirit (grief), or deficient heart, there may be deafness and/or tinnitus.
- ⊙ Gallbladder: The gallbladder channel, running in front and behind the ear, delivers messages for the liver. Emotional obstructions may lead to ear illnesses, indecision and delirium.
- ⊙ Spleen: The spleen transforms food into blood. The spleen opens all 9 body openings, saving the best nourishment for the ear in order to achieve longevity. Dampness in the spleen may lead to blocked openings or ear infection.
- ⊙ Liver: The liver regulates the emotions, stores blood and is responsible for the smooth flow of *qi*. When the liver is angry, fire disrupts all three functions and the gallbladder, resulting in wind-heat ascending to the ear causing tinnitus and/or deafness.

Tinnitus: (Hamilton)

Onset:

- ⊙ Sudden onset: excess (liver fire or wind)
- ⊙ Gradual onset: deficient (kidney)

Pressure:

- ⊙ Pressure aggravates: excess
- ⊙ Pressure alleviates: deficient

Pitch:

- ⊙ Loud high pitch (whistle): liver *yang*, fire, wind ascending
- ⊙ Low pitch noise (rushing water): deficient kidney

Deafness: (Hamilton)

Onset:

- ⊙ Onset: see tinnitus
- ⊙ Chronic: deficient kidney; deficient heart blood; deficient *qi* of upper burner; deficient *yang qi*

Fortunes: (Shen)

Ears: Constitution

Ears are summarized according to **representations**, the **ideal**, **type**, **position**, how its **set** against the head, **size**, **shape**, **outer helix**, **inner helix**, **cavity**, and **lobes**.

Representations:

- ⊙ Represents longevity and constitution (life potential)
- ⊙ Kidney opens into ear
- ⊙ Homunculus
- ⊙ Position points: represents childhood (0-14)
- ⊙ River
- ⊙ All the meridians connect in the ears

Ideal: for intelligence and longevity

- ⊙ Large, firm, round, thick, well-formed
- ⊙ Long lobed
- ⊙ Set medium high and relatively close
- ⊙ Color is lighter than face

- ☉ Moist, smooth skin

Type:

EAR TYPES			
Type	Description	Personality	Fortune: Life Potential
Achiever	Large	Has large ideas, broad vision, generous, compassionate, supportive, outgoing, aware, wise	Good life potential, good character, happy childhood, longevity, successful
Sage	Large w/long lobe	Deep wisdom, influential, spiritual	Longevity, delayed success (last third)
Sophisticate	Large w/protruding inner helix	Nonconformist, adventurous, extremely sociable, flamboyant, daring, not too reliable or secure	Adventure
Conformist	Small, well shaped	Secure, competent, well organized, graceful, artistic, flamboyant, goal oriented	Security, success in middle years, inflexibility in later years
Open Minded	Seashell: large cavum conchae	Gossipy, gregarious, open mindedness (measured by cavity size) Well formed inner helix: outgoing, helpful Flat inner helix: very open minded	Social success
Idealist	Round top, no lobe	Idealistic, happy, adaptable, optimistic	Good family background; short-lived success; dependency in late life
Opportunist	Pointed	Fun, shrewd, impulsive, fickle, a drifter, charming, risky, inventive, creative, seen as untrustworthy	Early success

Position: Section Range

- ☉ High (heaven): middle-classed; highly intelligent; selfless; success early in life (fame)
- ☉ Medium (man): success in middle life
- ☉ Low (earth): gregarious; success in late life
- ☉ Right ear higher than left: disturbed or no relationship with mother

Set:

- ☉ Tight: overly cautious; conservative
- ☉ Flat (set close): determined; prudent; practical; refined; sensitive; may have extrasensory perception; needs emotional and financial security; conventional; tend to suffer set backs at age 20-30; will have long life
- ☉ Protruding: scholar; quick thinker; stubborn; seek strong women for protection; no high expectations; friendly; alert; easy going; somewhat irresponsible and promiscuous

Size:

- ☉ Small: ambitious; hard workers; self-critical perfectionists; initiators; takes pleasure in pressured situations; conservative
- ☉ Large: great potential for intellectual and spiritual qualities; responsible; strong leadership skills; tendency to be mean; direct; unconventional; courteous; had excellent upbringing; trustworthy; sociable; enthusiastic

Shape (Overall):

- ☉ Pointed: lacks sensitivity and sympathy; unreliable; egotistical; original; highly inventive and imaginative; moody
- ☉ Round: friendly; trustworthy; optimistic; sociable; dreamy
- ☉ Long: great intellect; claims to be wise and have high morals; prefers to be distant
- ☉ Angular: shrewd; lively; quick witted
- ☉ Broad at top: naïve; adaptable; easily pleased; hedonistic
- ☉ Floppy: careless upbringing
- ☉ Deformed: handicaps; limitations
- ☉ Thin: deficiency of *qi* or blood

Outer Helix: Vitality, Wisdom, Compassion

- ⊙ Sharp bends: stubborn; work-happy; multi-talented; has family misfortunes
- ⊙ Thick, fleshy: sexually overindulgent
- ⊙ Thin: diminished sex drive; selfish
- ⊙ Pointed: opportunist; untrustworthy; inconsiderate
- ⊙ Irregular: restless; irresponsible; inconsiderate

Inner Helix: Emotional Temperament

- ⊙ Distinctive: energetic; creative; unconventional; tends to exaggerate
- ⊙ Protruding: venturesome; outgoing
- ⊙ Flat, thin: reclusive; repressed; introverted

Cavity: Open Mind

- ⊙ Large: open-mindedness
- ⊙ Hairy: self-opinionated; eager to learn; often extravagant; rarely uses own talents

Lobes: 'Pearl Drop,' Wisdom, Constitution

- ⊙ Long, large, fleshy: longevity, happiness, wealth, wise; domineering; talented; self-assured; goal oriented; permanently seeking ideals; strong kidney *jing*
- ⊙ Thin, small: greedy; mean; emotional; quarrelsome; impatient; unsystematic; poor constitution
- ⊙ Attached: egotistical; insensitive; superficial; likes to seek adventure
- ⊙ Missing: socially active; undeveloped philosophy

- ⊙ Red: too passionate
- ⊙ White: lack of desire
- ⊙ Withered, dry, black: extreme exhaustion of kidney *qi*

Anatomy:

The ear structure functions as a funnel and screen for sound waves. It can also be thought of as a castle that protects the gateway to the emperor's chambers (the brain).

Orientation: (see fig.2) (Oleson)

- ⊙ Anterior: front side of ear
- ⊙ Posterior: back side of ear, toward mastoid bone on skull
- ⊙ External: above surface regions on anterior ear
- ⊙ Internal: underlying surface regions on anterior ear
- ⊙ Superior: upper or dorsal part of ear
- ⊙ Inferior: lower or ventral part of ear
- ⊙ Medial: inside toward the face
- ⊙ Lateral: outside away from the face

Structure: (see fig. 2-5) (Oleson)

AURICULAR STRUCTURE AND SOMATOTOPIC RELATIONSHIPS		
Auricular Area	Description	Somatotopic Relationship
Raised Surface Auricular Areas		
(H) Helix	Spiral ("S") shaped, outermost, folded, cartilaginous rim of the auricle	Anti-inflammatory, allergy, neuralgia
Helix Root	Ascends from ear center up towards face	Emotions: external genitals, sexual and urogenital dysfunction
Superior Helix	Highest section of helix shaped like an arch	Allergy, arthritis, anti-inflammatory
Helix Tail	Descends vertically along the most lateral aspect of the ear	Spinal cord, neuralgia
(AH) Antihelix	"Y" shaped, raised ridge, "Anti" opposite to the Helix, forming the	Main trunk of body, musculoskeletal system, spinal column

AURICULAR STRUCTURE AND SOMATOTOPIC RELATIONSHIPS		
Auricular Area	Description	Somatotopic Relationship
	inner, concentric, circular crest surrounding the concha	
(SC) Superior Crus	Upper extension of the antihelix	Lower extremities (medially), thumb (laterally)
(IC) Inferior Crus	Lower extension of the antihelix, overhanging the cymba concha	Lumbo-sacral vertebrae, lower back pain
Antihelix Body	Broad sloping ridge at the center of the antihelix	Thoracic vertebrae, chest, abdomen, upper back pain
Antihelix Tail	Narrow ridge at the inferior half of the antihelix	Cervical vertebrae, throat muscles, neck pain
(T) Tragus	Vertical, trapezoid-shaped area joining the ear to the face, projecting over the ear canal	Corpus callosum (governing and conception vessels), appetite control, adrenal gland [R handed person: L tragus- osteoarticular and muscular systems; R tragus- vegetative functions; opposite for L handed person]
Supratragal Incisure	Joins the tragus to the helix root	
(AT) Antitragus	Horizontal, trapezoid-shaped ridge, opposite the Tragus and inferior to and medial to the antihelix and scaphoid fossa	Skull, head
Antitragus Ridge	Inverted L-shaped ridge overlying the lower concha	Frontal, temporal, occipital HA
Antitragal Incisure	Inferior to the antitragus ridge and superior to the lobe	Teeth and TMJ
(L) Lobe	“U” shaped, soft, fleshy, tissue region at the base of the ear	Conditioned reflexes: brain lobes, face, eye, jaw, dental analgesia
Deep Surface Auricular Areas		
(SF) Scaphoid Fossa	Boat shaped gutter between the helix and antihelix	Upper extremities, shoulder, arm, elbow, wrist, hand
(TF) Triangular Fossa/ Navicular Fossa	Triangular area between the superior and inferior crurae	Lower extremities, hip, knee, ankle, foot
(C) Concha	Shell shaped depression at the center of the ear	Internal organs
(YC) Cymba Concha/Superior Concha	Upper hemiconcha below the inferior crus	Abdominal organs, digestive disorders, visceral pain
(VC) Cavum Concha/Inferior Concha	Lower hemiconcha next to the ear canal	Thoracic organs, respiratory disorders, substance abuse
Concha Ridge	Raised ridge dividing the superior and inferior conchae, the extension of the helix root onto the concha floor	Stomach (medially), liver (laterally)
Internal Surface Auricular Areas		
(ST) Subtragus	Underside of tragus, covering ear canal	Reticular formation, laterality problems
(WAT) Wall of Antitragus	Vertical region underneath antitragus, covering the lower inferior concha	Thalamus of brain, analgesia
(WAH) Wall of Antihelix	Curving, vertical surface, ascending from the floor of the concha to the ridge along the antihelix	Sympathetic nervous system, vascular dysfunction
(IH) Internal Helix	Hidden, underside portion of the brim of the helix	Internal genital organs, allergy, pre-ganglionic, sympathetic nervous system
Posterior Auricular Areas		
(P+) Posterior Ear	Backside of ear	Motility problems (ie. muscle spasms)
Specific Auricular Landmarks (LM)		
(EC) Ear Canal/Auditory Meatus	Oval shaped opening to the middle and inner ear, separating the inferior concha from the subtragus	
(0) Ear Center	A distinct notch at the center most position of ear, where concha ridge meets helix root	Solar plexus, umbilical cord
(1) Helix Junction	Most medial ear point, dividing superior helix from helix root; where helix crosses inferior crus of antihelix	Genital organs

AURICULAR STRUCTURE AND SOMATOTOPIC RELATIONSHIPS		
Auricular Area	Description	Somatotopic Relationship
	and joins the face	
(2) Top of Helix	Most superior ear point	Allergy
(3) Darwin's Tubercle/ Auricular Tubercle	Medially protruding knob extending from the lateral helix; divides superior helix from helix tail	Beginning lumbo-sacral spine
(4) Curve of Helix Tail	Where the helix tail angles toward the lobe	Upper spinal cord
(5) Lobular Helix Angle	Subtle notch where the lobe meets the helix tail	Brainstem trigeminal nuclei
(6) Base of Antihelix	Round knob at the base of the antihelix, above the antitragal groove, dividing the antitragus from the antihelix tail	Cervical vertebrae and neck; divides cervical vertebrae from skull
Antitragal Groove	Transverse crease separating the antitragus from the antihelix tail and scaphoid fossa	
(7) Antihelix Angle	Slight notch on the medial antihelix, above the concha ridge, which divides antihelix body from tail	Thoracic vertebrae and upper back; divides thoracic from cervical vertebrae
(8) Antihelix Notch	Distinct notch dividing inferior crus from antihelix body	Lumbar vertebrae; divides lumbar from thoracic vertebrae
(9) Midpoint of Inferior Crus	Slight notch on top surface of the inferior crus, dividing it in half	Sacral vertebrae, sciatica, low back pain; divides sacral from lumbar vertebrae
(10) Apex of Triangular Fossa	Slight notch at tip of the curved arch of triangular fossa, at union of superior and inferior crurae	Hip
(11) Superior Knob of Tragus	Lateral protruding knob on the upper petal of the tragus	Thirst, water regulation
(12) Inferior Knob of Tragus	Lateral protruding knob on the lower petal of the tragus	Adrenal glands, stress
(13) Inferior Tragic Notch/ (IN) Intertragic Notch	Curving notch dividing tragus from antitragus	Pituitary gland, hormonal/endocrine disorders
(14) Apex of Antitragus	Protruding knob at the top of the antitragus ridge	Asthma
(15) Bottom of Lobe	Most inferior ear point in line w/LM2	Inflammatory

Innervations: (see fig. 6) (Wexu)

- ⊙ Arteries: occipital, superficial temporal, and posterior auricular branches of external carotid artery
- ⊙ Veins: auricular veins drain into the superficial temporal vein (anterior), or external jugular or mastoid veins (posterior)
- ⊙ Lymphatics: pretragic (anterior), mastoid and posterior (posterior), parotid (inferior), anterior, spinal
- ⊙ Nerves: facial, trigeminal, glossopharyngeal, vagus, major and minor occipital
 - 1) Motor (temporal branch activates anterior and superior auricular muscles and frontal muscles)
 - 2) Sensitive (extending from auriculotemporal branch of the lower mandible and auricular branch of the superficial cervical plexus)

Note on Auricular Cardiac Reflex (ACR): In 1966, Nogier discovered that tactile stimulation of the external auricle causes a fluctuation in the amplitude of the radial wrist pulse. The ear produces a sympathetic reflex, which affects peripheral blood vessel activity and perspiration.

Embryological Regions: (see fig. 7-9)

Paul Nogier noted that the auricle is composed of the three primary tissue types of the developing embryo. Therefore, his theory states that each embryological tissue on the ear accounts for the somatotopic functions related to that auricular area. Nogier has noted that the principle auricular nerves innervate with specific auricular embryological tissue areas, thus having somatotopic functional similarity.

EMBRYOLOGICAL REGIONS OF THE AURICLE				
Tissue	Nerve	Auricular Area	Functions	Frequency Rate (Hz)
		All of auricle	Universal Frequency	1
Endoderm (Deep)	Autonomic Vagus	Subtragus Concha	Body Balance Visceral	2.5 5
Mesodermal (Middle)	Somatic Trigeminal	Helix Antihelix Scaphoid Fossa Triangular Fossa	(M)usculoskeletal: Body Upper extremities Lower extremities	10 10 10
Ectodermal (Superficial)	Cervical Plexus	Antitragus Tragus Helix tail Lateral Lobe Medial/Central Lobe	Head (M) Skin, neurological, endocrine: Corpus Collosum Spinal Cord Brain Stem Cerebral Cortex	10 20 40 80 160

Ear Points: (see fig. 10-19)

Ear points are located somatotopically, according to the ear homunculus's anatomy. Points below are listed and grouped according to UCLA's anatomical nomenclature.

AURICULAR POINTS			
No.	Point Names	Zone: Location	Function: Indication
Master Points [MP]: are utilized in most treatment plan point prescriptions; master points should be stimulated after local points for a given disorder			
MP0	Point Zero [N] <i>Solar Plexus</i> <i>Umbilical Cord Support</i>	H1: At the beginning of the helix root	Brings body to general homeostatic balance; strengthens will
	<i>Branch</i> [C]	H1: On the crus of helix, midway between UB and brain points	Urinary incontinence
MP1	Shenmen [C] <i>Neurogate</i> <i>Divine Gate</i> <i>Wonder</i>	TF2: In the triangular fossa, medial and superior to Pelvic Cavity point	Neuropsychiatric disorders, <u>nervousness</u> , <u>stress</u> , hypertension, coughing, allergic asthma, itching, <u>pain</u> , <u>chemical dependency</u> (alcohol, cocaine, caffeine, marijuana, tobacco, tranquilizers, antidepressants)
MP2	Sympathetic Tone <i>Sympathetic Nerve</i> [C] <i>End of Inferior Antihelix Crus</i>	AH9: The terminal of the inferior antihelix crus	Pain of the intestinal organs, palpitations, spontaneous sweating, night sweats, autonomic nervous system disorders, ulcer pain, spasmodic S, round worms in bile duct, GB and K stones, treats circulatory and ophthalmological diseases, <u>analgesia point</u>
MP3	Subcortex [C] <i>Thalamus</i> <i>Brain</i> <i>Pain Control</i> <i>Dermis</i>	WAT4: On the inner aspect of the antitragus	Oligophrenia, <u>insomnia</u> , tinnitus, neuropsychiatric disorders, inflammation, excess sweat and pain, <u>fatigue</u>
MP4	Endocrine Hormones <i>Internal Secretion</i> [C] <i>Pituitary</i> <i>Intertragus</i>	WAT5: At the extreme anterior portion in the bottom of the intertragic notch	Skin and blood diseases, impotence, irregular menses, endocrine dysfunction, gynecological and urogenital diseases, digestive system dysfunction, malaria, inflammation, allergies, shock, rheumatism, <u>joint pain</u>
MP5	Master Oscillation	ST3: On subtragus, on internal side of the inferior knob of the tragus	Balances left and right cerebral hemispheres, correcting laterality
MP6	Stress Control <i>Adrenal</i> [C] <i>Suprarenal</i> <i>Infratragic Apex</i>	T3: At the prominence on the inferior part of the tragus	Activates ACTH and corticosteroids to treat chronic stress: inflammation, allergy, shock, rheumatism, serious poisoning symptoms from bacterial infection, HBP, hypotension, capillary hemorrhage, fever, certain skin diseases, chronic illness, regulates pituitary
MP7	Tranquilizer	T4: On the tragus, inferior to the	Reduces BP and muscle tension:

	<i>Valium Analogue</i> <i>Hypertension [C]</i> <i>HBP</i> <i>Relaxation</i>	Hunger point	<u>Hypertension</u>
MP8 58	Master Sensorial <i>Eye #1 [C]</i>	L5: In the 5 th section of the ear lobe	Reduces excessive sensation: eye diseases
MP9	Master Cerebral <i>Master Omega</i> <i>Neurasthenia [C]</i> <i>Fear</i> <i>Worry</i> <i>Nervousness</i> <i>Analgesic</i> <i>Psychosomatic</i>	L6: In center of section 4 of the ear lobe	Reduces nervousness: toothache, neurasthenia, OCD, chronic pain
Musculoskeletal Systems: represent muscles, ligaments, bones, somatic reflexes controlling postural movements, and sympathetic reflexes affecting blood circulation; various problems include muscle spasm, sprained ligament, bone fracture, pain, tension, arthritis, tendonitis, shingles, skin irritation, and poor circulation			
Vertebral Column [medial AH]			
10	Cervical Vertebrae [C] <i>Posterior Neck Muscles</i>	AH1-2, PAH1-2: Found along the antihelix from a point level w/urethra to shoulder joint; curved line can be divided into 4 segments each corresponding to sacral, lumbar, thoracic, and cervical vertebrae	Cervical pain, torticollis, HA, TMJ
11	Thoracic Vertebrae [C] <i>Upper Back</i> <i>Dorsal Spine</i>	AH3-5, PAH3-5: The middle 1/3 from the helix-tragic notch to the Branching Area of the superior and inferior antihelix crus	Thoracic spinal pain and dysfunction, shoulder pain, arthritis
	<i>Upper Back [C]</i>	PAH10: On the back of the ear, on the lower cartilaginous prominence	Acute sprain of lower back, back pain, pruritis
	<i>Middle Back [C]</i>	PAH13: On the back of the ear, between upper back and lower back regions	
12	Lumbar Vertebrae [C] <i>Lower Back</i> <i>Sacroiliac</i>	AH6-7, PAH6-7: The upper 1/3 from the helix-tragic notch to the branching of the superior and inferior antihelix crus	Low back pain, sciatica
	<i>Lower Back [C]</i>	PAH15: On the back of the ear, on the upper cartilaginous prominence	
13	Sacral Vertebrae [C] <i>Coccyx</i>	AH8-9, PAH8-9: The upper 1/3 from the helix-tragic notch to the branching of the superior and inferior antihelix crus	Low back pain, sciatica
14	Buttocks [C] <i>Gluteus Maximus</i>	AH6, PAH6: At the lateral 1/3 of the inferior antihelix crus	Pain of hip and sacroiliac joints, atrophy of gluteal muscles
Front of Body [lateral AH]			
15	Neck [C] <i>Anterior Neck Muscles</i> <i>Throat Muscles</i>	AH10-11, PAH10-11: In the notch at the intersection of the antihelix of antitragus	Neck pain and dysfunction
16	Chest [C] <i>Thorax</i> <i>Rib</i> <i>Sternum</i> <i>Breast</i> <i>Pectoral Muscles</i>	AH12, PAH12: On the antihelix, level w/the suprtragic notch	Chest pain and distention, intercostal neuralgia
	<i>Chest Wall [C]</i>	SF6: On the scapha, superior to the shoulder joint point	Chest and rib pain, gall stones
17	Abdomen #1 <i>Lower Abdomen</i> <i>Outside Abdomen</i> <i>Abdominal Muscles [N]</i>	AH13, PAH13: In the antihelix, lateral-inferior to knee point	Lower abdominal pain
18	Abdomen #2 <i>Abdomen #1 [C]</i> <i>Abdominal Muscles [C]</i>	AH5, PAH55: On the antihelix, level w/inferior border of the inferior crus of antihelix	Lower or middle abdominal pain
	<i>Abdomen #2 [C]</i>	AH3: On the antihelix, between lumbar vertebrae and chest points	Upper abdominal pain
	<i>Upper Abdomen [C]</i>	C18: On the inferior wall of the opening of the external meatus	Upper and lower abdominal pain