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

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Moist, smooth skin

Type:

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

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

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

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

<table>
<thead>
<tr>
<th>Tissue</th>
<th>Nerve</th>
<th>Auricular Area</th>
<th>Functions</th>
<th>Frequency Rate (Hz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Endoderm (Deep)</td>
<td>Autonomic Vagus</td>
<td>Subtragus</td>
<td>Body Balance</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Concha</td>
<td>Visceral</td>
<td></td>
</tr>
<tr>
<td>Mesodermal (Middle)</td>
<td>Somatic Trigeminal</td>
<td>Helix</td>
<td>Body</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Antihelix</td>
<td>Upper extremities</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Scaphoid Fossa</td>
<td>Lower extremities</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Triangular Fossa</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ectodermal (Superficial)</td>
<td>Cervical Plexus</td>
<td>Antitragus</td>
<td>Head (M)</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Skin, neurological, endocrine:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>(M)usculoskeletal:</td>
<td></td>
</tr>
<tr>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

## Ear Points:

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

<table>
<thead>
<tr>
<th>No.</th>
<th>Point Names</th>
<th>Zone: Location</th>
<th>Function: Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>MP0</td>
<td>Point Zero</td>
<td>LN</td>
<td>H1: At the beginning of the helix root; Brings body to general homeostatic balance; strengthens will</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Branch [C]</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>H1: On the crus of helix, midway between UB and brain points; Urinary incontinence</td>
</tr>
<tr>
<td>MP1</td>
<td>Shenmen</td>
<td>CNE</td>
<td>TF2: In the triangular fossa, medial and superior to Pelvic Cavity point</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Neurpsychiatric disorders, nervousness, stress, hypertension, coughing, allergic asthma, itching, pain, chemical dependency (alcohol, cocaine, caffeine, marijuana, tobacco, tranquilizers, antidepressants)</td>
</tr>
<tr>
<td>MP2</td>
<td>Sympathetic Tone</td>
<td>CNE</td>
<td>AH9: The terminal of the inferior antihelix crus; Pain of the intestinal organs, palpitations, spontaneous sweating, night sweats, autonomic nervous system disorders, ulcer pain, spasms on S, round worms in bile duct, GB and K stones, treats circulatory and ophthalmological diseases, analgesia point</td>
</tr>
<tr>
<td>MP3</td>
<td>Subcortex</td>
<td>CNE</td>
<td>WAT4: On the inner aspect of the antitragus; Oligophrenia, insomnia, tinnitus, neurpsychiatric disorders, inflammation, excess sweat and pain, fatigue</td>
</tr>
<tr>
<td>MP4</td>
<td>Endocrine Hormones</td>
<td>CNE</td>
<td>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, joint pain</td>
</tr>
<tr>
<td>MP5</td>
<td>Master Oscillation</td>
<td>CNE</td>
<td>ST3: On subtragus, on internal side of the inferior knob of the tragus; Balances left and right cerebral hemispheres, correcting laterality</td>
</tr>
<tr>
<td>MP6</td>
<td>Stress Control</td>
<td>CNE</td>
<td>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</td>
</tr>
<tr>
<td>MP7</td>
<td>Tranquilizer</td>
<td>CNE</td>
<td>T4: On the tragus, inferior to the; Reduces BP and muscle tension:</td>
</tr>
</tbody>
</table>
### Valium Analogue

<table>
<thead>
<tr>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertension</td>
<td></td>
</tr>
<tr>
<td>Relaxation</td>
<td></td>
</tr>
</tbody>
</table>

### Hunger point

- **L5: In the 5th section of the ear lobe**
- Reduces excessive sensation: eye diseases

### Hypertension

- **L6: In center of section 4 of the ear lobe**
- Reduces nervousness: toothache, neurasthenia, OCD, chronic pain

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**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, tendinitis, shingles, skin irritation, and poor circulation

### Vertebral Column (medial AH)

<table>
<thead>
<tr>
<th>Section</th>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>AH1-2, PAH1-2</td>
<td>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</td>
<td>Cervical pain, torticollis, HA, TMJ</td>
</tr>
<tr>
<td>AH3-5, PAH3-5</td>
<td>The middle 1/3 from the helix-tragic notch to the Branching Area of the superior and inferior antihelix crus</td>
<td>Thoracic spinal pain and dysfunction, shoulder pain, arthritis</td>
</tr>
<tr>
<td>AH6-7, PAH6-7</td>
<td>The upper 1/3 from the helix-tragic notch to the branching of the superior and inferior antihelix crus</td>
<td>Low back pain, sciatica</td>
</tr>
<tr>
<td>AH8-9, PAH8-9</td>
<td>The upper 1/3 from the helix-tragic notch to the branching of the superior and inferior antihelix crus</td>
<td>Low back pain, sciatica</td>
</tr>
<tr>
<td>AH6, PAH6</td>
<td>At the lateral 1/3 of the inferior antihelix crus</td>
<td>Pain of hip and sacroiliac joints, atrophy of gluteal muscles</td>
</tr>
</tbody>
</table>

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**Neck [C]**

- **Anterior Neck Muscles**
  - **Thorax**
    - **Rib**
      - **Stemum**
        - **Breast**
          - **Pectoral Muscles**

- **Chest Wall [C]**
  - **SF6:** On the scapha, superior to the shoulder joint point
- **Chest [C]**
  - **AH12, PAH12:** On the antihelix, level w/ the supratragic notch
- **Chest #1**
  - **AH10, PAH10-11:** In the notch at the intersection of the antihelix of antitragus
- **Chest #2**
  - **AH5, PAH55:** On the antihelix, level w/inferior border of the inferior crus of antihelix
  - **AH3:** On the antihelix, between lumbar vertebrae and chest points
  - **C18:** On the inferior wall of the opening of the external meatus

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**Abdomen #1**

- **Lower Abdomen**
  - **Outside Abdomen**
  - **Abdominal Muscles [N]**

**Abdomen #2**

- **Abdominal Muscles [C]**
- **AH5, PAH55:** On the antihelix, level w/inferior border of the inferior crus of antihelix

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### Footnotes

- **MP8 58:** Master Sensorial 
  - Eye #1 [C]
- **MP9:** Master Cerebral 
  - Master Omega 
  - Neurasthenia [C]
  - Fear 
  - Worry 
  - Nervousness 
  - Analgesic 
  - Psychosomatic 

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**Vertebral Column:**

- **AH8-9, PAH8-9:** On the antihelix, lateral - inferior to knee point
- **AH13, PAH13:** In the notch at the shoulder joint point
- **AH1, PAH1:** On the antihelix, level w/ urethra to shoulder joint; curved line can be divided into 4 segments each corresponding to sacral, lumbar, thoracic, and cervical vertebrae
- **AH3-5, PAH3-5:** The middle 1/3 from the helix-tragic notch to the Branching Area of the superior and inferior antihelix crus
- **AH6-7, PAH6-7:** The upper 1/3 from the helix-tragic notch to the branching of the superior and inferior antihelix crus
- **AH6, PAH6:** At the lateral 1/3 of the inferior antihelix crus
- **AH10, PAH10-11:** In the notch at the intersection of the antihelix of antitragus
- **AH5, PAH55:** On the antihelix, level w/inferior border of the inferior crus of antihelix
- **AH3:** On the antihelix, between lumbar vertebrae and chest points
- **C18:** On the inferior wall of the opening of the external meatus
- **Cervical Vertebrae [C]**
  - Posterior Neck Muscles
  - Upper Back
  - Lower Back
  - Sacroiliac
- **Thoracic Vertebrae [C]**
  - Upper Back
  - Dorsal Spine
- **Lumbar Vertebrae [C]**
  - Upper Back
  - Lower Back
  - Sacroiliac
- **Sacral Vertebrae [C]**
  - Coccyx
- **Buttocks [C]**
  - Gluteus Maximus
- **Anterior Neck Muscles**
  - Throat Muscles
  - Neck [C]
  - Anterior Neck Muscles
  - Throat Muscles

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**Musculoskeletal Systems:**

- **Musculoskeletal Systems:**
  - 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, tendinitis, shingles, skin irritation, and poor circulation