

# Class 17 - Ear Points

## Important Point Indications

### **Ear shen men**

top half of posterior side of triangular fossa

Calm the mind (Insomnia, irritability, palpitations)

Anti-allergy

Stop pain

### **Er Jian (Ear Apex)**

ear apex

Clear heat

Reduce inflammation

Stop pain (soar throat, eye pain, liver yang rising, or liver fire)

Reduce fever

Reduce blood pressure

### **Feng Xi (Wind Stream)**

between wrist and finger (1/6 the way down from top of scapha)

Dispel wind

Stop itching

Release exterior wind

### **Sympathesis**

under helix at end of inferior antihelix crus

Calm shen

Promote Qi circulation (for distention)

Depression, stress, anxiety

**Endocrine**

bottom of inter-tragic notch

Promote hormones

Regulate menstruation

Tonify Yin Blood

Infertility

Regulate chong and ren meridians

**Adrenal**

lower tip of tragus

Increase blood pressure

Prevent coma or fainting

**Gan Yang (Liver Yang)**

Helix tubercle

Pacify liver yang

Clear heat from liver

Reduce blood pressure

**Heat Point**

Middle of lumbar (anti-helix before split to superior and inferior anti-helix crux)

Clear heat (weaker than er jian)

**Hypertension Point**

mid way between end of inter tragic notch and lower tip of tragus

Reduce blood pressure

**Hypo-tension Point**

directly below intertragic notch

Increase blood pressure

### **Hunger point**

Half between lower tragus and SI 19

Harmonize stomach and spleen and reduces hunger

### **Thirst point**

Half between upper tragus and SI 19

Reduce thirst

### **Jiang Ya Gou (Hypertension groove)**

Groove on underside of ear opposite of antihelix

Reduce blood pressure

### **Constipation Point**

mid point of triangular fossa at bottom

Promote b.m.

## **Point Combinations**

Allergy problems

Chose 2 or 3 each treatment

2 to 3 days then switch

Ear feng xi

Ear shen men

Adrinal

bleed er jian

Women's issues

endocrine + internal genitals + internal organ root (related cause) if needed

## Dismenorrhea

ear shen men + pelvic + liver

## Smoking

Chose 2 or 3 each treatment - use electric stim

2 to 3 days then switch

ear shen men + lung + mouth + heart

## Herbs:

Yu Xing Cao

Gang Cao

## Lose weight

Chose 2 or 3 each treatment

2 to 3 days then switch

shen men + hunger + thirst + stomach + mouth

## Insomnia

shen men + sympathesis + heart

## Bi Syndrome (Pain, Swelling, Numbness)

Local area of pain + shen men

## Nose problems

Lung + ear shen men

if acute - bleed er jian

## Hypertension

Chose 2 or 3 each treatment

2 to 3 days then switch

hypertension point + gan yang + jiang ya guo + shen men + er jian

Stomach . epigastric pain

stomach + shen men

Liver (if caused by anger)

Adrenal (if cold)

Nausea / Vomiting

Stomach + Esophagus + shen men

Headache

Temple area - shen men + temple

Occipital - shen men + occipital

When caused by emotions - Liver + Gal Bladder

Bed Wetting

shen men + kidney + adrenal

Round worm (in gall bladder)

gall bladder + shen men + large intestine

Diarrhea

Large Intestine + Stomach + shen men

Lack of Lactation

Liver + Stomach + endocrine

Urticaria

Feng Xi + Er Jian + Lung

Soar Throat

bleed er jian + stimulate/bleed tonsil

Tooth Ache

tooth + shen men

if liver fire + liver

if stomach fire + stomach

Tenitus

shen men + kidney + Liver + GB

Asthma

shen men + kidney + lung

Diabetes

spleen + shen men + kidney + pancreas