

Editorial Note on Alternative & Integrative Medicine – Auriculotherapy

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Editorial

Auriculotherapy is a type of option solution in view of the thought that the ear is a microsystem which mirrors the whole body, spoke to on the auricle and the external segment of the ear. Conditions influencing the physical, mental or passionate soundness of the patient are thought to be treatable by incitement of the surface of the ear only.

Auriculotherapy is a health care procedure in which stimulation of the auricle of the external ear is utilized to alleviate health conditions in other parts of the body. While originally based upon the ancient Chinese practices of acupuncture, the somatotopic correspondence of specific parts of the body to specific parts of the ear was first developed in France.

Auriculotherapy is often described as reflexology for the ear. It is typically considered a form of acupuncture. Instead, there are hundreds of points on the ear that are believed to represent a micro-system of the body, with points for areas both physical and emotional. The stimulation of these points is known as Auriculotherapy.

Auriculotherapy has its roots in Traditional Chinese Medicine. Just as this ancient healing art defines acupuncture points on the body for treatment of various conditions, similar points are defined on the ear. In the 1950's, Dr. Paul Nogier of Lyon, France expanded the original Chinese charts into a more comprehensive system. Dr. Nogier's work demonstrated the ear is actually a micro-map of the entire body (an inverted fetus), with all body parts represented. Thus, all parts of the body can be treated by means of the external ear.

Proponents believe that auriculotherapy works because many of the nerve endings in the ear connect to hormonal parts of the brain and organs within the body. Each spot on the ear is stimulated to treat specific problems. Not only does your acupuncturist know what to address when they do an auricular analysis, but they can directly target areas to treat various health conditions. Your practitioner will begin your treatment by inspecting points that may be related to your health condition. After these points have been located, they will be treated with various treatment methods such as acupuncture needles, ear seeds, laser stimulation, or mild electrical stimulation. Electrical stimulation has the advantage of also providing electrical detection of active points for precise treatment.

During treatment, you may feel a heaviness or mild electrical sensation, but patients generally don't feel anything at all. Treatments may be ongoing, or a single treatment may be sufficient depending on your health condition. Auriculotherapy can also be used in addition to regular acupuncture treatments to prolong the effects of treatment. Because there are generally no side effects, auriculotherapy is a non-invasive treatment, appropriate for all ages.

Auriculotherapy is used widely for pain control and addictions of all kinds. It has also been clinically proven to help with stress and anxiety, depression, allergies, PMS, vision problems, and so much more. Many health conditions can be treated with Auricular Medicine as a main form or supplementary form of treatment.

Related Journals of Auriculotherapy

Alternative Health Care Journals, Alternative Medicine Journals, Alternatives Journal, BMC Complementary and Alternative Medicine, Evidence-based Complementary and Alternative Medicine, Focus on Alternative and Complementary Therapies, AAC: Augmentative and Alternative Communication, Alternative and Complementary Therapies, Alternative Therapies in Health and Medicine

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