

Auricular Acupuncture



Auricular Acupuncture is the treatment where needle is inserted superficially to specific point on the external ear. Press needle or an ear seed is placed in the point. Patient is asked to press on the ear seed three times a day to promote continuous stimulation.

Clinical research found that auricular acupuncture:

- ◆ minimizes the impact of withdrawal symptoms from alcohol, cocaine, morphine etc.
- ◆ reduce the craving that often occurs with the use of addictive substances.
- ◆ has immediate calming effect.

The National Acupuncture Detoxification Association (NADA), US, 1985, uses auricular acupuncture as a detoxification method, and develops the NADA five points protocol to treat most substance abuse disorders.

Application - NADA 5-pt-protocol together with body acupuncture treatment 2-3 times a week for 1-3 months, integrated in rehabilitation programme.

Useful information:

1. The NADA Protocol, see: <http://www.acupuncturetoday.com/abc/nadaprotocol.php>
2. Analgesic effect of auricular acupuncture for cancer pain, see: <http://www.ncbi.nlm.nih.gov/pubmed/14615440>
3. Auricular Acupuncture, Education, and Smoking Cessation, see: <http://www.ajph.org/cgi/content/full/92/10/1642>