



Recommendations on Auxiliary Acupuncture Treatment of COVID-19

American Association of Chinese Medicine and
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Contents



Recommendation on Ear Acupuncture



Recommendation on Somatic Acupuncture



Recommendation on Scalp Acupuncture



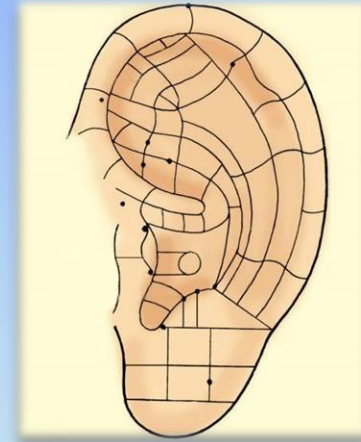
Recommendation on Ear Acupuncture

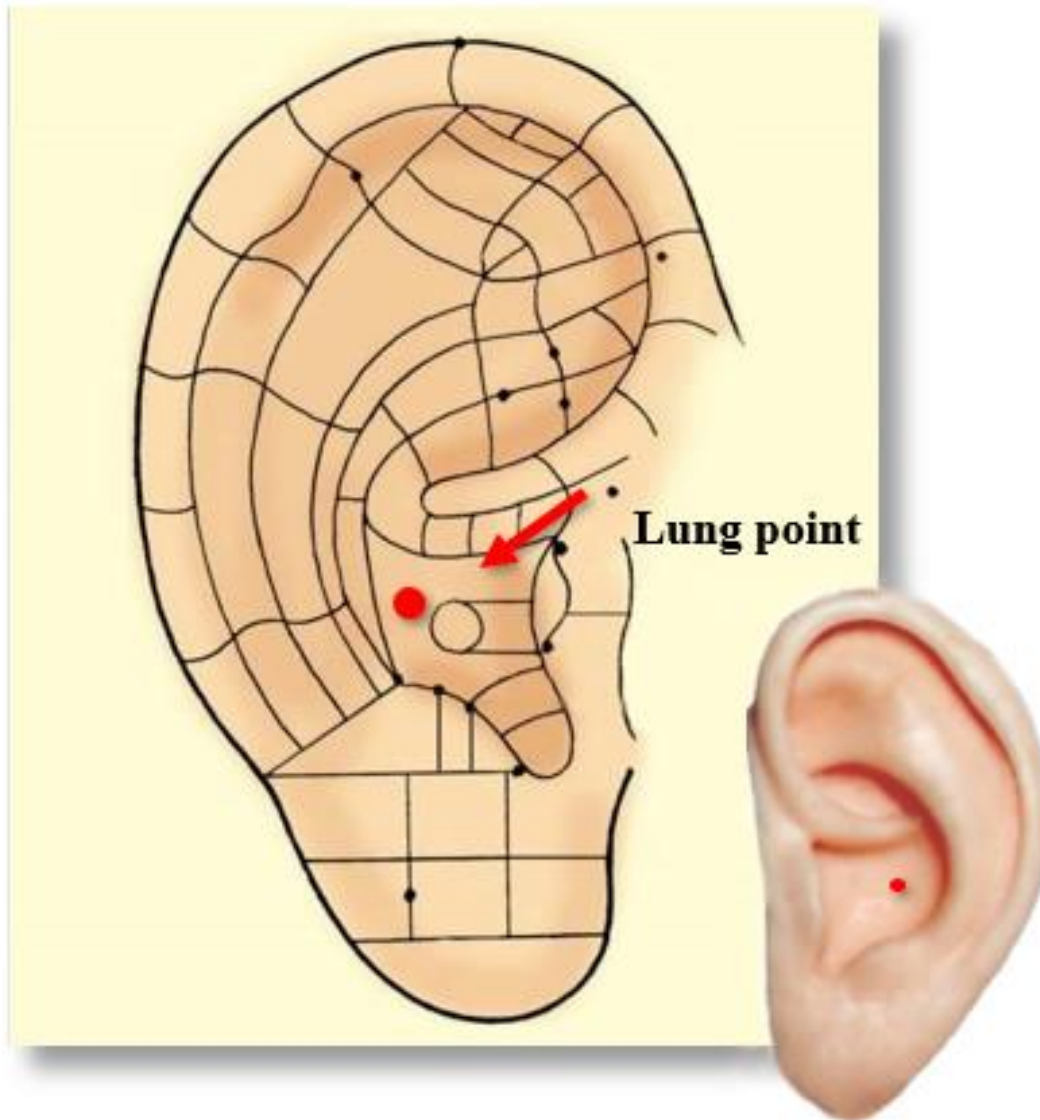
Lung Point (Required key point, alternate ear)
Improves the function of lungs.

Zero Point (add as needed, alternate ear)
help relieving pain, and certain allergic reaction.

Shenmen (add as needed, alternate ear) have
tranquilizing effect, for anxiety, insomnia, HBP.

Procedure please follow the ear acupuncture
operation routine, and the requirement of different
auricular acupoints.

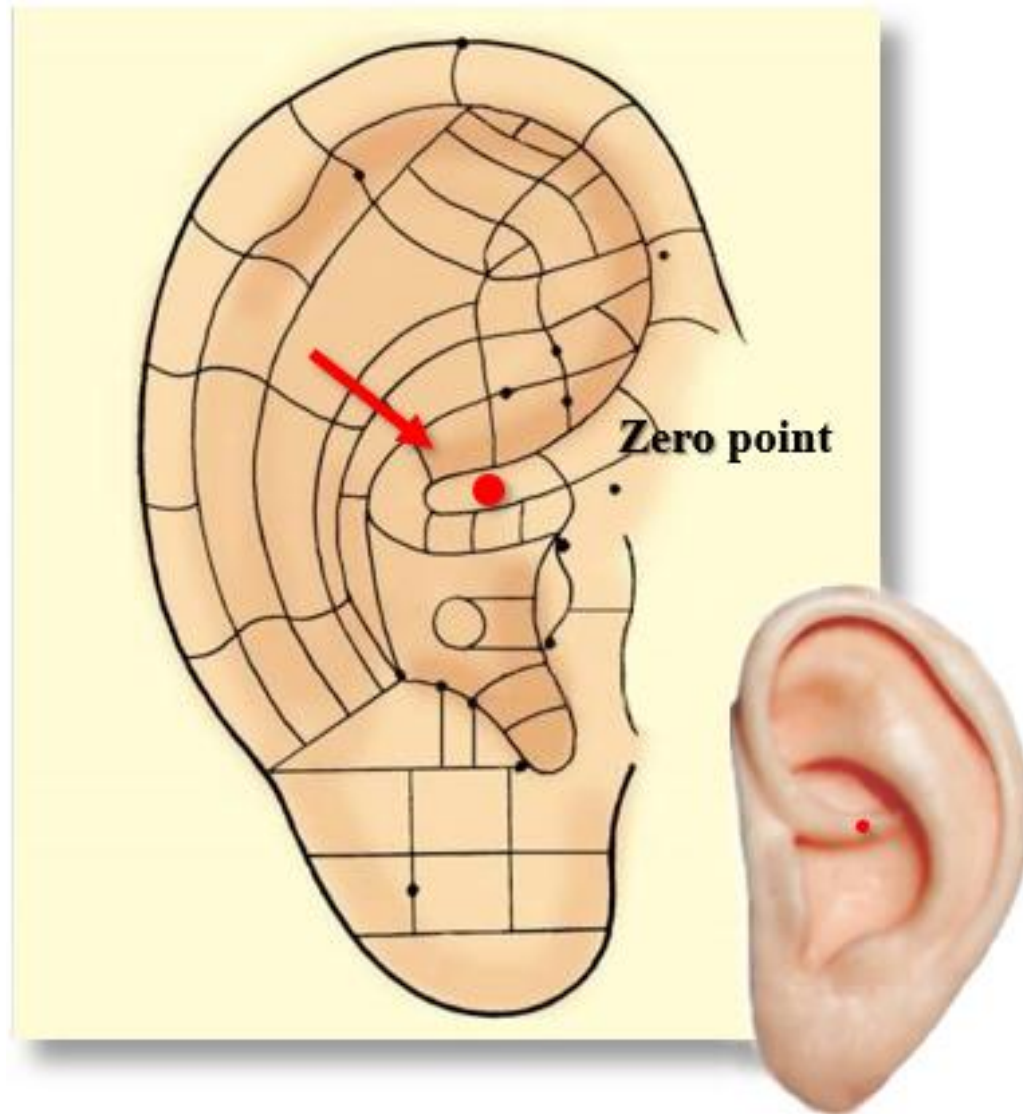




Lung point

Location: In the inferior hemi-concha and lies in the most concave part of the inner foothill of the antihelix.

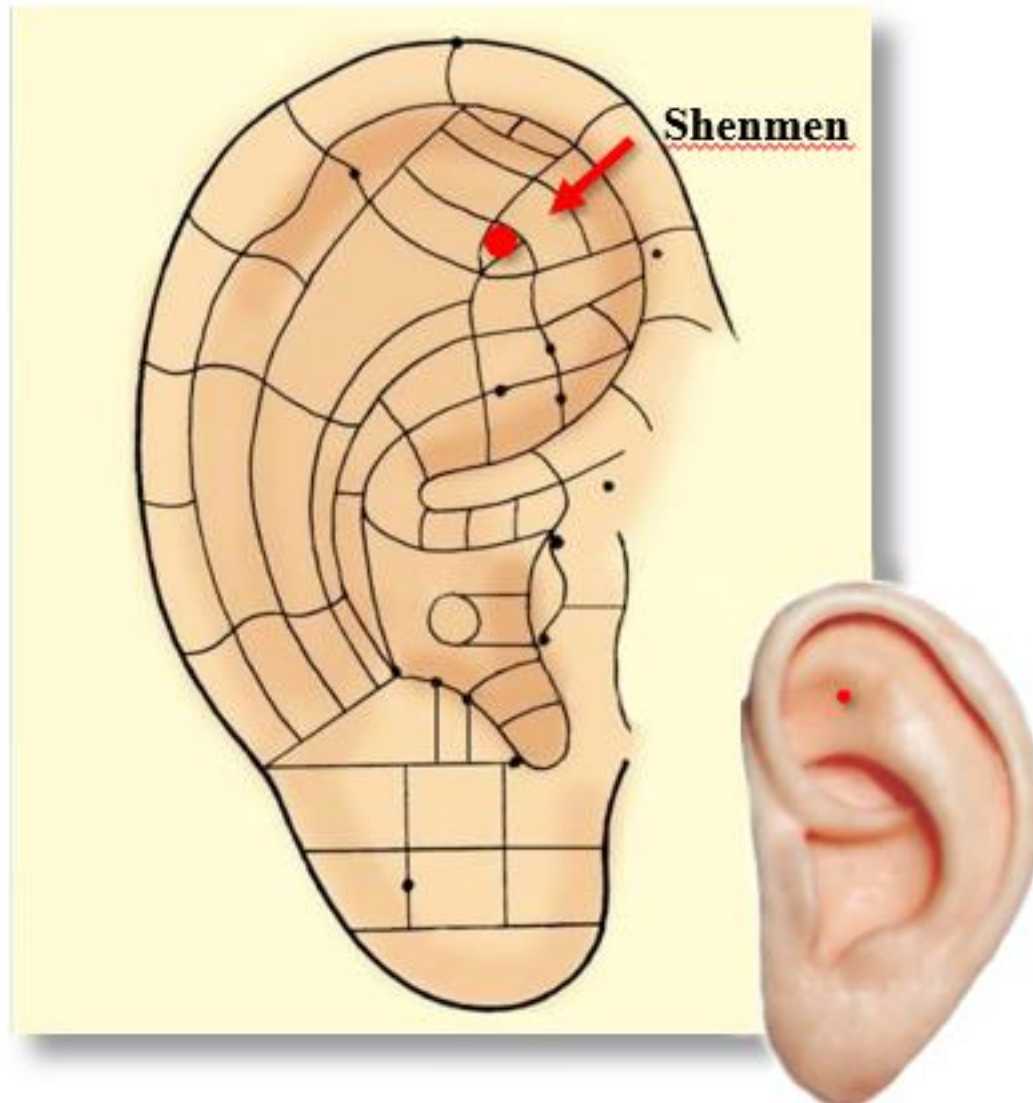
Indication: Coughing, asthma, hoarse voice, acne, urticarial.



Zero Point

Location: Point Zero is located on a notch near the base of the helix root where it begins to rise.

Indication: It is one of the most recognized auricular points and is used in the treatment of many ailments. Zero Point is known to have a powerful influence in treating various conditions including pain, anxiety, drug addiction, and inflammation.



Shen men

Location: lies in the triangular fossa and sits on the origin of the superior and inferior branches of the antihelix.

Indication: anxiety, stress, HBP, depression, insomnia, pain, addiction.

Recommendation on Somatic Acupuncture

Key point: ST36 (zu san li), required, help restore the balance of immune system and Improve gastrointestinal symptoms.

Low fever: add LI11 (qu chi)

Chest tightness: add PC6 (nei guan)

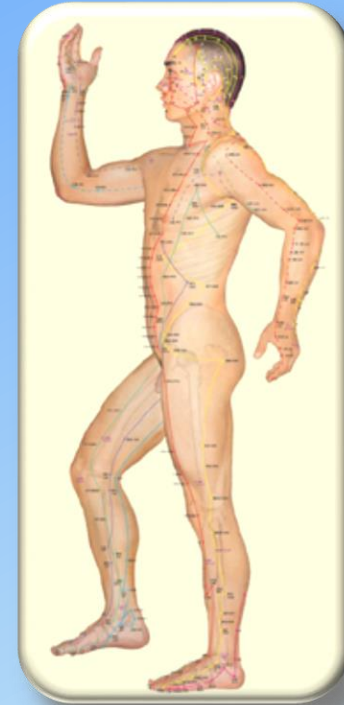
Cough or difficult breathing: add LU6 (kong zui)

Lower GI complaints, e.g. diarrhea, constipation, bloating:
add ST25 (tian shu)

High fever: add DU14 (da zhui)

Procedure

Please follows the acupuncture operation routine and the acupuncture requirements of different acupoints.



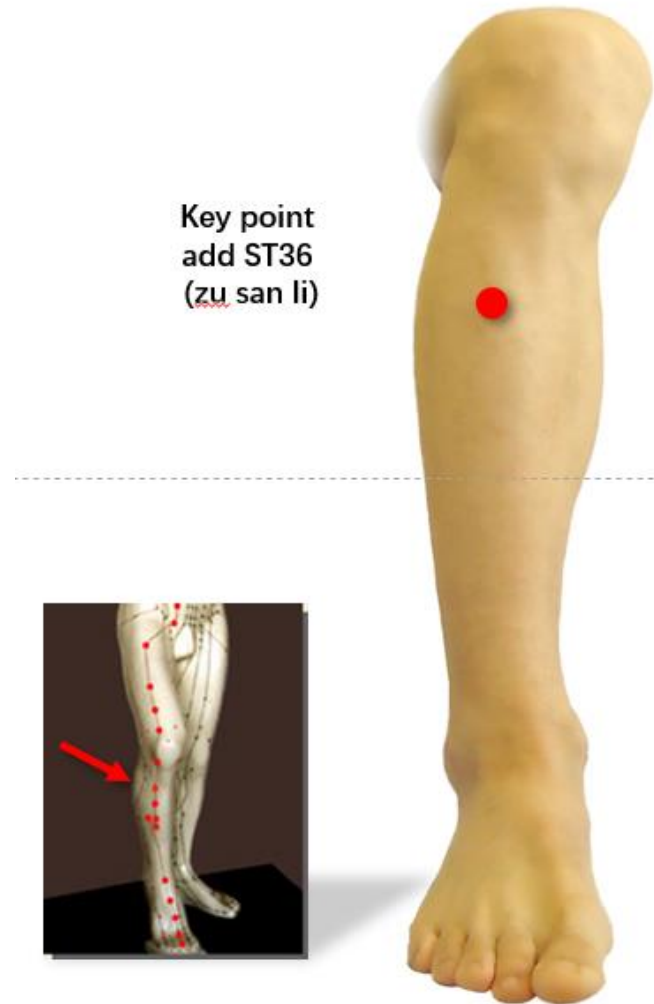
Required Key point: ST36 (Zu san li)

Foot Yangming Meridian Acupuncture Points.

Location: On the lateral of the lower leg, 3 cun below ST 35, on the line joining ST 35 and ST 41.

Indications: Gastrointestinal disease, e. g. abdominal pain, bloating, diarrhea, and constipation, and help restore the balance of immune system.

Application: Perpendicular insertion into 0.7-1.5cun.



Low fever: add LI11(Qu chi)

Hand Taiyin Meridian Acupuncture Points.

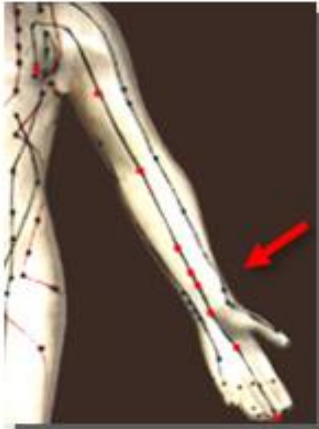
Location: At the midpoint of the line joining the lateral humeral epicondyle and the center of the cubital crease.

Indications: Fever and febrile disease, allergy, sore throat, eye pain with redness, rubella(measles), upper limb motor impairment.

Application: Perpendicular insertion into 1.0-1.5cun.



Low fever
add LI11
(qu chi)



**Chest tightness
add PC6
(nei guan)**

Chest tightness: add PC6 (nei guan)

Hand Jueyin Meridian Acupuncture Points.

Location: On the palmar aspect of the forearm, 2 cun above the transverse crease of the wrist, between the tendons of m. palmaris longus and m. flexor carpi radialis.

Indications: Cardiac pain, palpitations, vomiting, stomachache, elbow and arm soreness.

Application: Perpendicular insertion into 0.5-0.8cun.

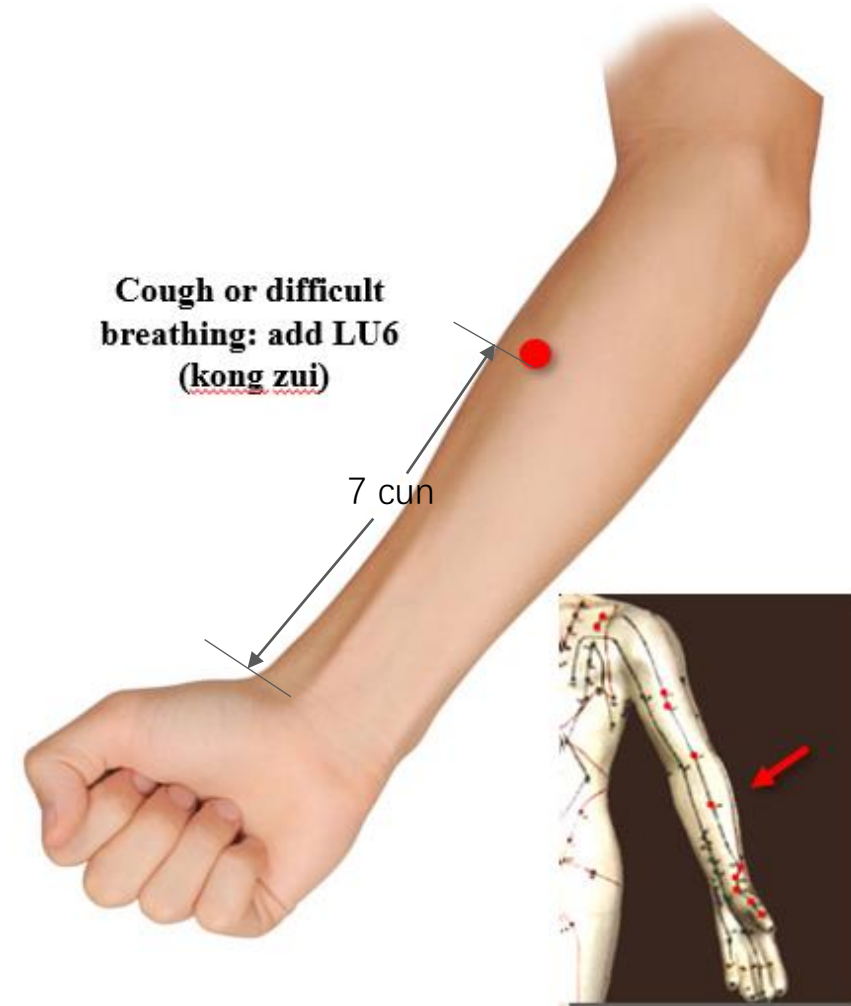
Cough or difficult breathing: add LU6 (kong zui)

Hand Taiyin Meridian Acupuncture Points

Location: At the front of the forearm, on the line joining the lateral end of the wrist and the center of the cubital crease 7 cun, above the transverse crease of the wrist.

Indications: Hemoptysis (coughing blood), epistaxis (nosebleed), cough and wheezing, sore throat.

Application: Perpendicular insertion into 0.5-1.0 cun.



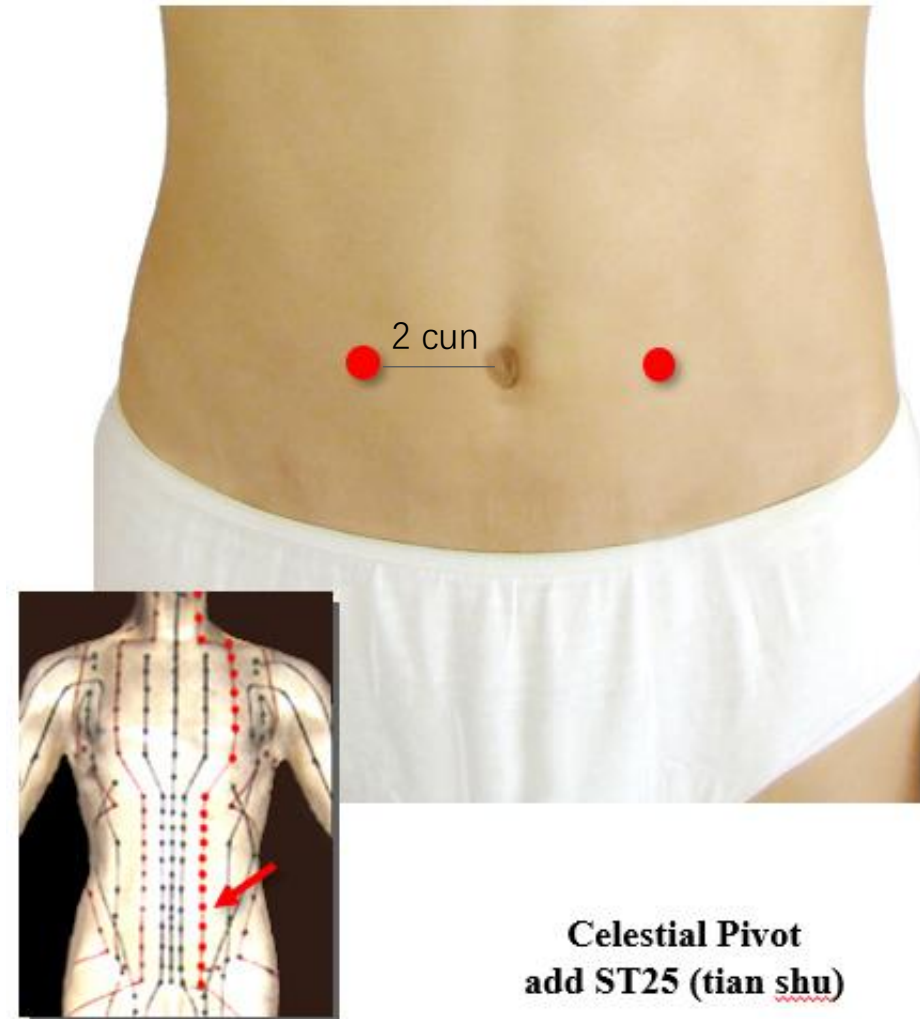
**Celestial Pivot:
add ST25 (tian shu)**

Foot Yangming Meridian
Acupuncture Points.

Location: On the abdomen,
horizontal to the umbilicus, 2 cun
lateral to the anterior midline.

Indications: Abdominal pain,
constipation, diarrhea, irregular
menstruation, edema.

Application: Perpendicular
insertion into 0.7-1.2 inch.



**Celestial Pivot
add ST25 (tian shu)**

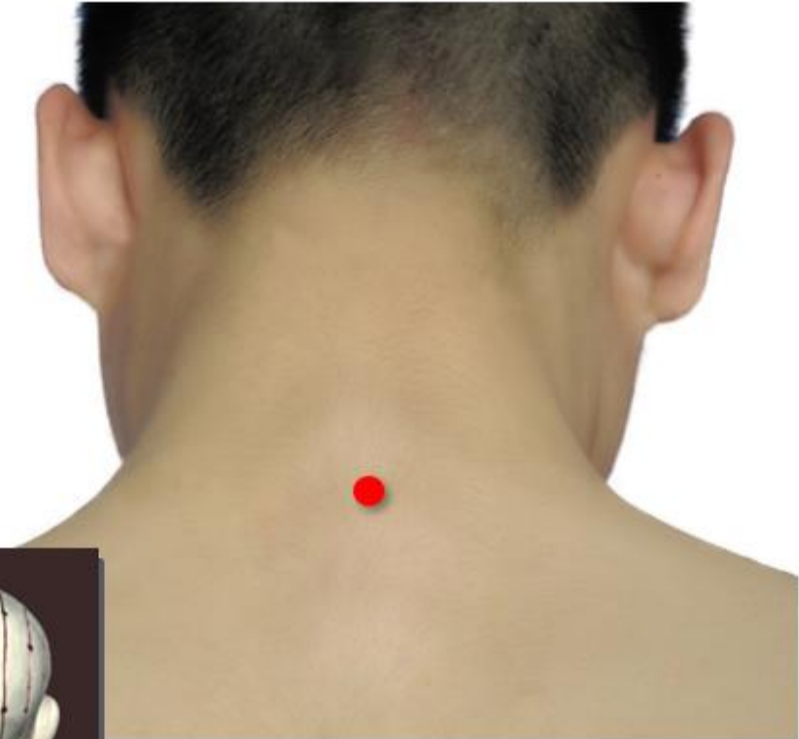
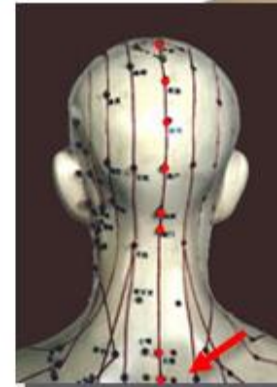
**High fever:
add DU14 (da zhui)**

Du Meridian Acupuncture Points.

Location: On the posterior midline, in the depression just below C7 spinous process.

Indications: Malaria, fever and febrile diseases, cough and wheezing, spine and back stiffness and pain.

Application: Oblique insertion upward 0.5-1.0cun.



**High fever
add DU14 (da zhui)**

Recommendation on Scalp Acupuncture

Foot Motor and Sensory Area

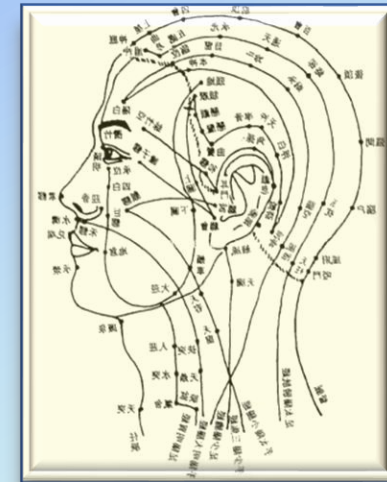
2 parallel needles, help improve the immune system, enhance physical strength, work like a tranquilizer, relieve pain, and calm anxiety.

Thoracic Cavity Area

One needle, for coughing, difficult breathing, and chest tightness.

Procedure

Please follows the scalp acupuncture operation routine.

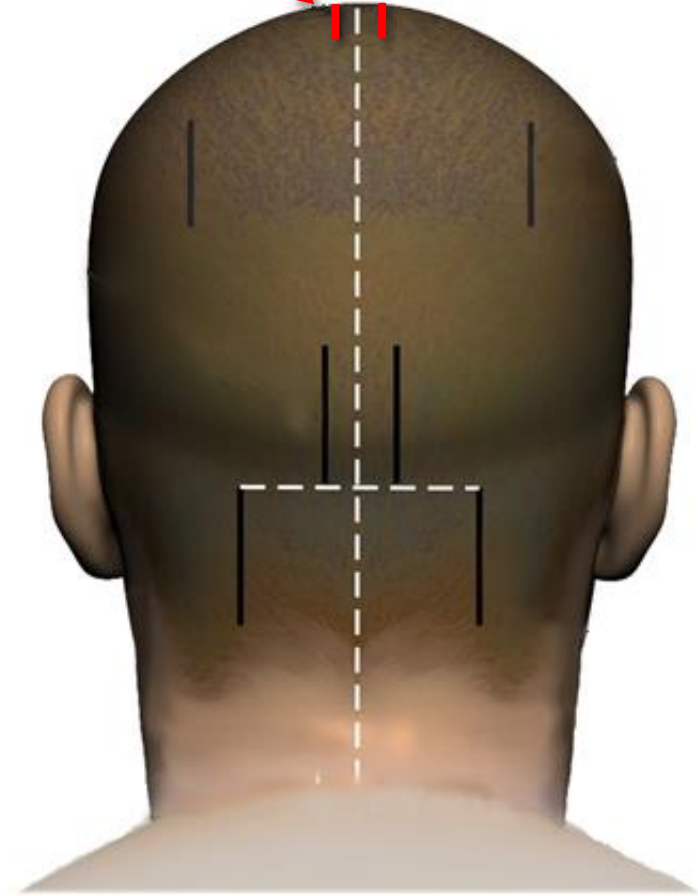


Foot Motor and Sensory Area

Location: 1 cm apart from each side of the midpoint of the anterior and posterior midline, leading backward 3 cm horizontal line.

Indications: Contralateral lower limb pain, numbness, paralysis, acute lumbar sprain, cortical polyuria, nocturnal urination, uterine prolapse, etc.

Foot Motor and
Sensory Area



Thoracic Cavity Area

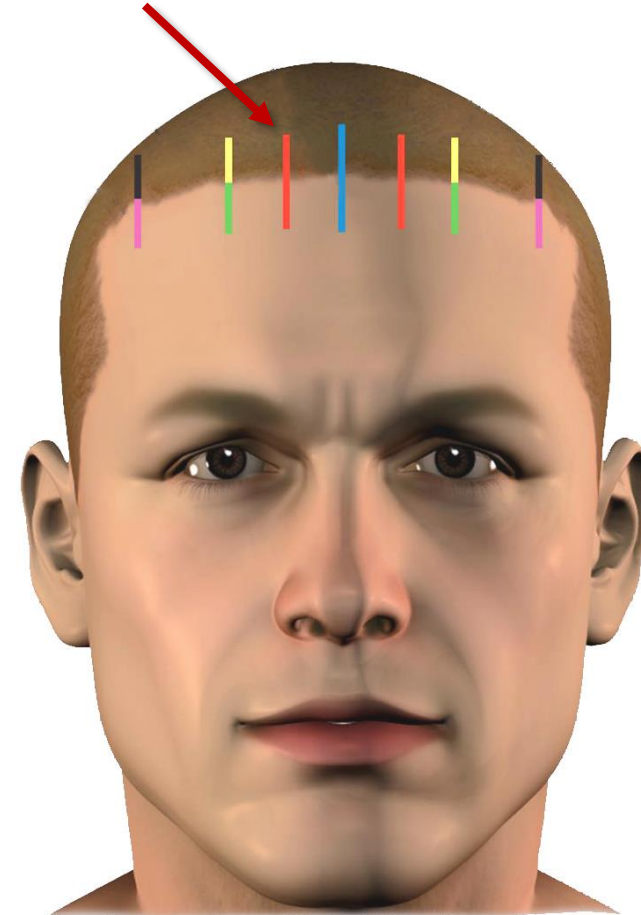
Location:

Between the gastric area and the anterior and posterior midline, with a straight line of 2 cm above and below the hairline.

Indications:

Coughing, difficult breathing, and chest tightness, and bronchial asthma, etc.

Thoracic Cavity Area





Experts contributed in making the recommendations

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