

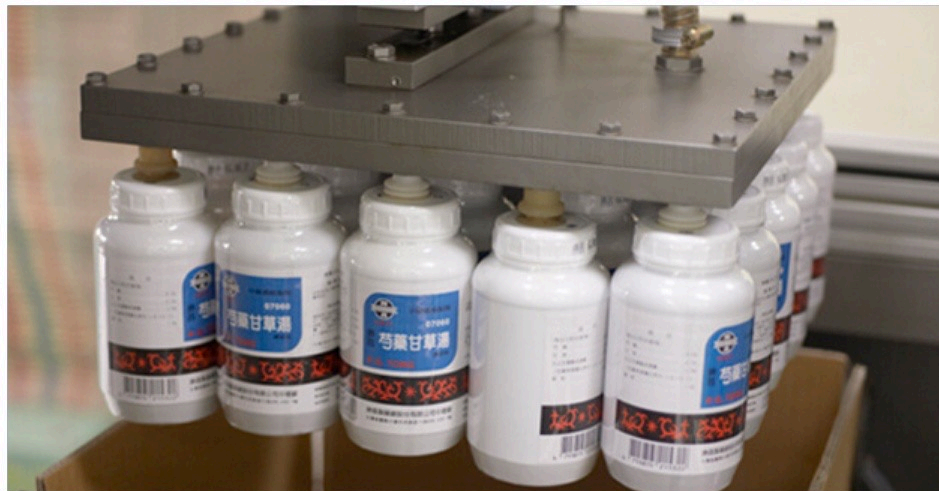


# **BATTLEFIELD ACUPUNCTURE & HERBAL EXTRACT GANULES FOR PAIN RELIEF**

Ricky Kuo, DAOM, LAc

## Battlefield Acupuncture

## Concentrated Extracted Herbal Granules



圖位

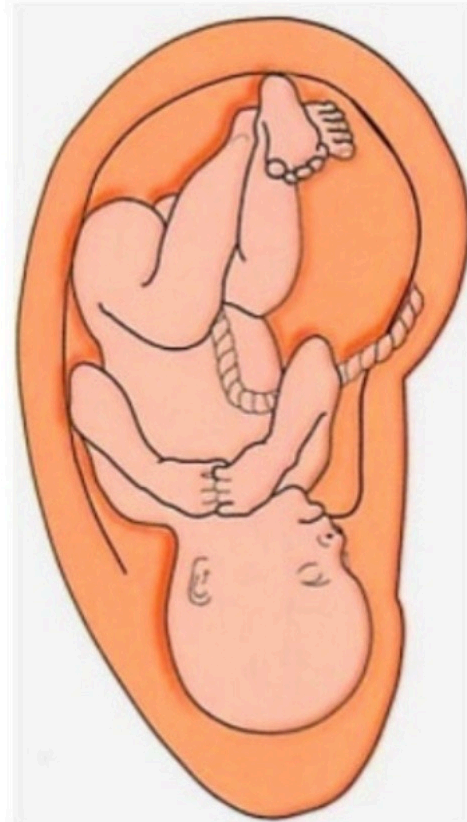
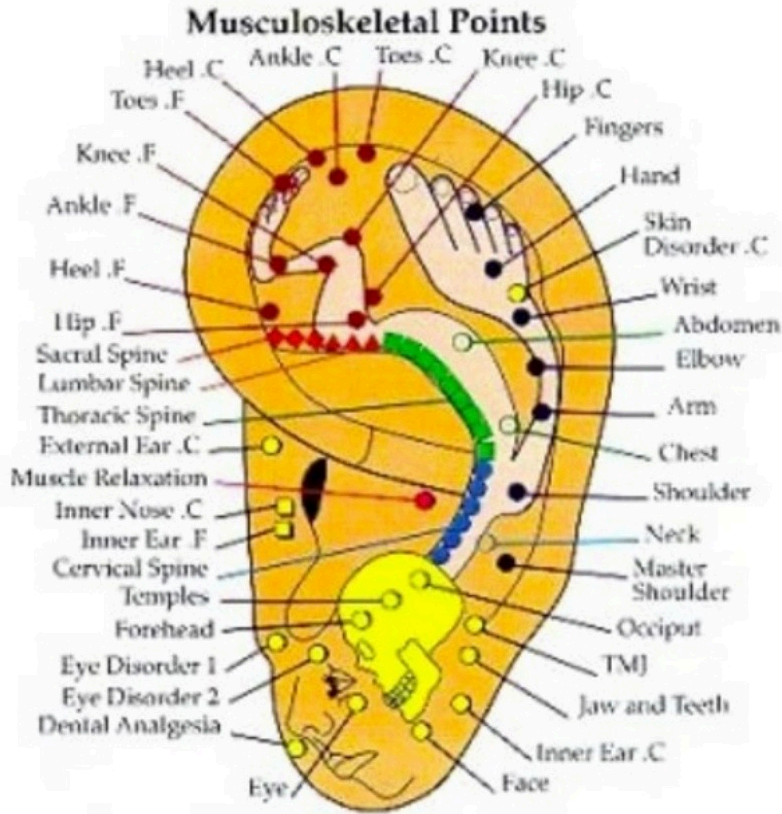
圖全止起經諸人俯

# Auricular Micro Therapy

## 耳醫學 Ěr Yī Xué

Ricky Kuo, L.Ac, DAOM





# Auricular Acupuncture





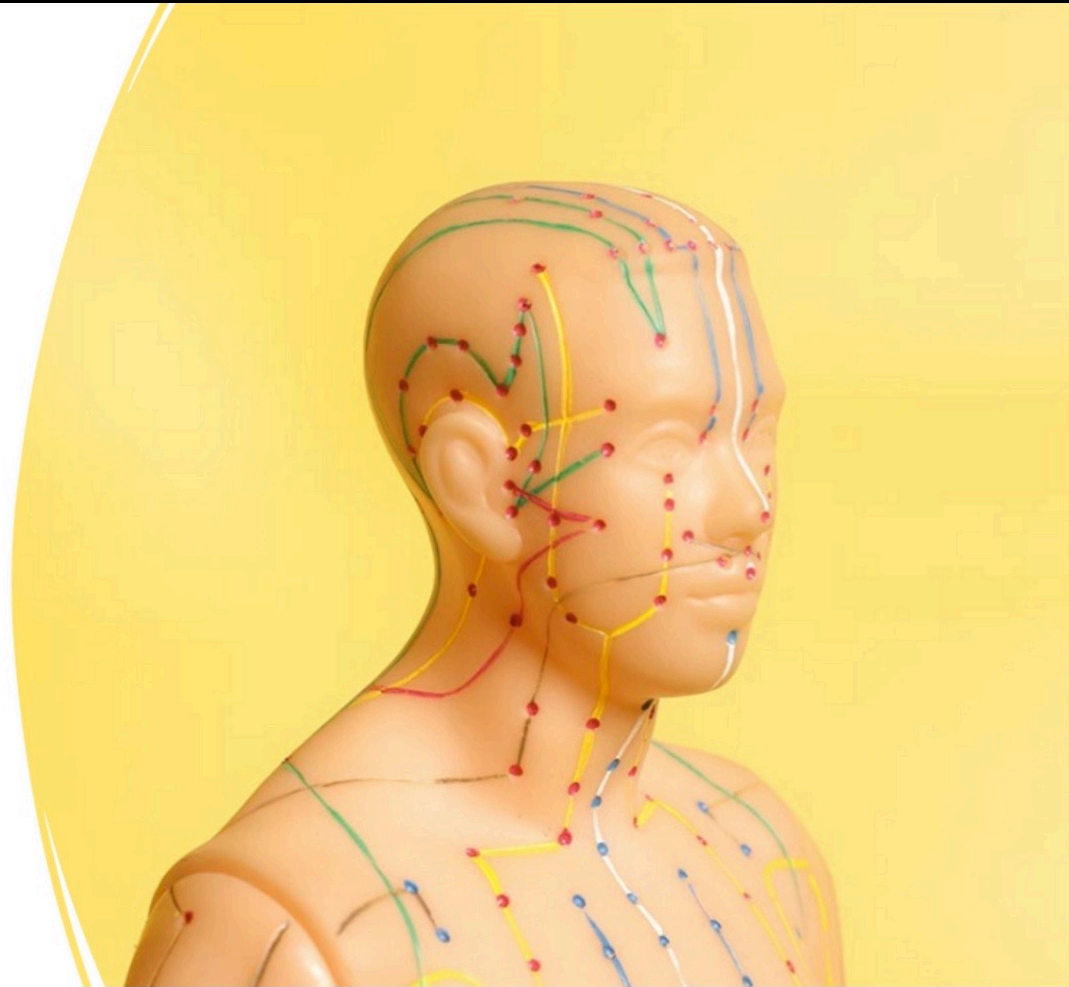
# INTRODUCTION OF AURICULAR MEDICINE

In ancient China, there were no ear acupuncture points.

# Introduction – Huang Di Nei Jin & Ear

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- 6 yang meridians
- 6 yin meridians
- Ear and Kidney
- Kidney and pre-natal



# Introduction – Auricular History 460–380 BC

- Ancient Greece and Rome: Hippocrates and Galen recorded ear rings and other form of ear stimulation for various problems.
- Ancient Persia: Recorded use of cauterization of the ear for sciatica treatment.
- Middle Ages in Europe: Recorded use of ear cauterization for neuralgia, toothaches, eye problems and sciatic pain.

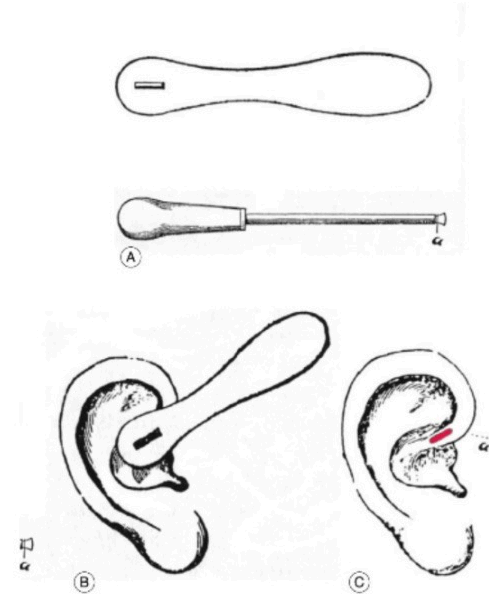


De cauterizatione doloris aurium.  
Quando accidit dolor in aure a frigore. et curatur cum solutivis et re-  
quadrinatione quam diximus in diversis  
et non remouetur dolor tunc igitur cau-  
terizandum est quod nominatur punctum. et hoc est factum



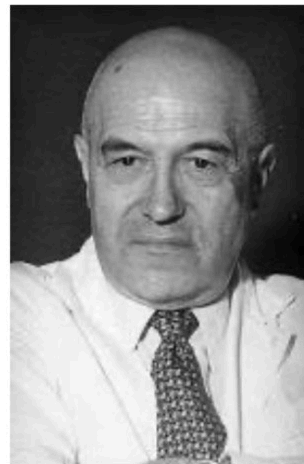
# AURICULAR HISTORY UNVEILED: THE 1850 MILESTONE

- The most crucial year for the development of contemporary ear acupuncture was 1850.
- French Journal des Connaissances Mé dico-Chirurgicales, in its issue of 1 May, published an article on the cauterization of the ear as a radical treatment for sciatica.
  - A female patient who had been suffering with sciatica for between 8 and 10 months.
  - She chose to be treated by a blacksmith who applied a red-hot iron to her outer ear to 'cut her sciatic nerve'. She recovered and after 20 days she was pain-free without relapse.

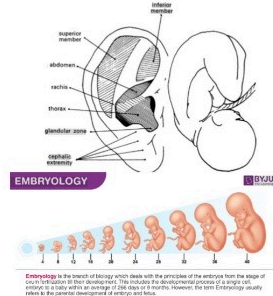


# AURICULAR THERAPY: FROM DISCOVERY TO MODERN PRACTICE

- The years 1950-51 were important ones for the French physician **Paul Nogier** of Lyons (1908-1996)
- Nogier was impressed by the scar on the anthelix borne by some patients who had been treated for sciatica by healers in south-eastern France. Those patients got rapid recovery from pain within hours, or even minutes, after treatment.
- At first he applied cauterizations and later a less harmful method such as pins or acupuncture needles
- Nogier palpated and stimulated patients' auricles in order to relieve the different pain syndromes they presented.



Dr. Paul NOGIER (1908-1996)



Embryology is the branch of biology which deals with the principles of the embryonic from the stage of fertilization to the development. This includes the development process of a single cell embryo to a fully formed embryo of the adult form. Embryology is the study of the development of the embryo and fetus.

# THE DAWN OF CHINESE EAR ACUPUNCTURE: A CLOSE LOOK AT 1958

- December 1958 issue of the Shanghai Journal of Chinese Pharmaceuticals and Medicine, Yeh Hsiao-Lin published a summary of Nogier's three articles entitled 'Introduction to ear acupuncture therapy'.
- Modern China: Incorporated Somatotopic Pattern of Nogier in 1958. Leading to the mappings found in CAM and Shanghai.

**Western Medicine**



**+**

**TCM**





# DIVING INTO THE DEPTHS: THE THEORY OF AURICULAR ACUPUNCTURE

## Microsystem

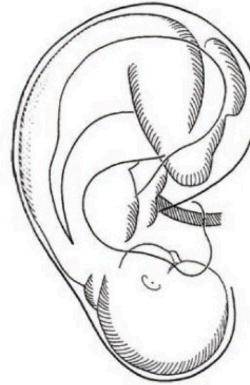
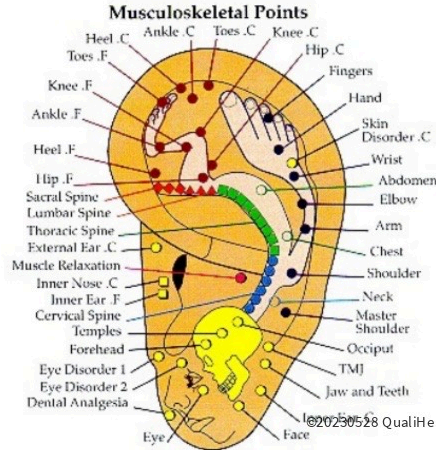


FIGURE 1: Inverted fetus. Modified from [10].

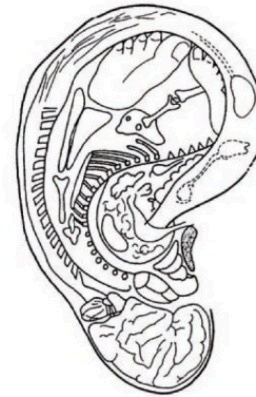


FIGURE 4: Somatotopy. Modified from [10].

# BATTLEFIELD ACUPUNCTURE (BFA)



Battlefield acupuncture is a form of acupuncture developed by **United States Air Force** Colonel Dr. Richard Niemtzw in 2001, which is used to treat **pain** and other combat-related ailments. It involves the insertion of **five** small needles in specific points on the head and ear to stimulate energy flow, reducing pain and aiding recovery from injury.

# BATTLEFIELD ACUPUNCTURE (BFA)



During the Iraq and Afghanistan wars, a type of non-conventional therapy known as “battlefield acupuncture” (BFA) gained traction at Walter Reed Army Medical Center to treat the pain of wounded military men and women. “Western medicine was great for helping these patients but had its failures,” BFA originator retired Air Force Col. Dr. Richard Niemtzw wrote in an essay in the journal Medical Acupuncture.



# BATTLEFIELD ACUPUNCTURE (BFA)



VA researchers have studied the therapy and published an [article](#) with their findings in the August 2021 issue of the journal Pain Medicine. The article, titled “The Implementation and Effectiveness of Battlefield Auricular Acupuncture for Pain,” discusses the promise and challenges of the approach.

# BATTLEFIELD ACUPUNCTURE (BFA)



Chronic (long-lasting) pain **affects more than 50 million adults** in the U.S., according to the Centers for Disease Control and Prevention (CDC).

# BATTLEFIELD ACUPUNCTURE (BFA)



Medications have long been the mainstay of pain management. But these pharmaceuticals—including opioids, which are commonly prescribed for chronic pain—can be risky and have unwanted side effects. In reducing Veterans' pain while also lessening risk, VA offers battlefield acupuncture among other non-medication alternatives.

# BATTLEFIELD ACUPUNCTURE (BFA)



These points are believed to affect the entire body. The needles are meant to stay in the ears for several days. Precisely how the therapy works is unclear, but the needles may stimulate the central nervous system and reduce the sensation of pain by affecting parts of the brain such as the hypothalamus.

# BATTLEFIELD ACUPUNCTURE (BFA)



In the Pain Medicine article, BFA has been found to provide immediate, short-term reductions in pain for many. “It’s not a long-term fix,” Taylor emphasizes. “But for some people, it represents the first time in a long time they’ve had their pain reduced for even a moment.”



# BATTLEFIELD ACUPUNCTURE (BFA)



The research found that a high proportion of patients benefited, with more than 75 percent of them reporting some immediate decrease in pain intensity after the treatment. In another study, a research team led by VA's Dr. Dan Federman looked at patients attending an in-demand VA battlefield acupuncture clinic. The investigators found a decrease in pain in 82% of patients, on average, including patients seen in group settings and those seen in individual settings.

# ADVANTAGES OF BATTLEFIELD ACUPUNCTURE

1

It is easy to deliver and low-risk

2

It can effectively control pain while reducing opioid use

3

It offers an option for patients with a substance use disorder

4

It may help with pain where conventional approaches have fallen short

5

It can restore patients' hope for pain management and a better quality of life



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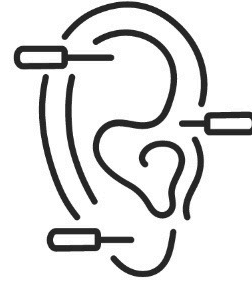
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# PATIENT SELECTION



All non-pregnant patients 18 years of age or older, regardless of medications or diagnoses, may be considered for the BFA technique if they have:



acute or chronic pain



an interest in  
receiving acupuncture  
treatment in the ear



ability to observe for  
the rare instance of  
inflammation



availability to follow  
up by phone or by visit

# PATIENT SELECTION



Patients should NOT receive BFA if:



they are pregnant or might be pregnant



a bleeding disorder is present (



there is active infection present in an ear which is to be treated (treat only the uninfected ear)



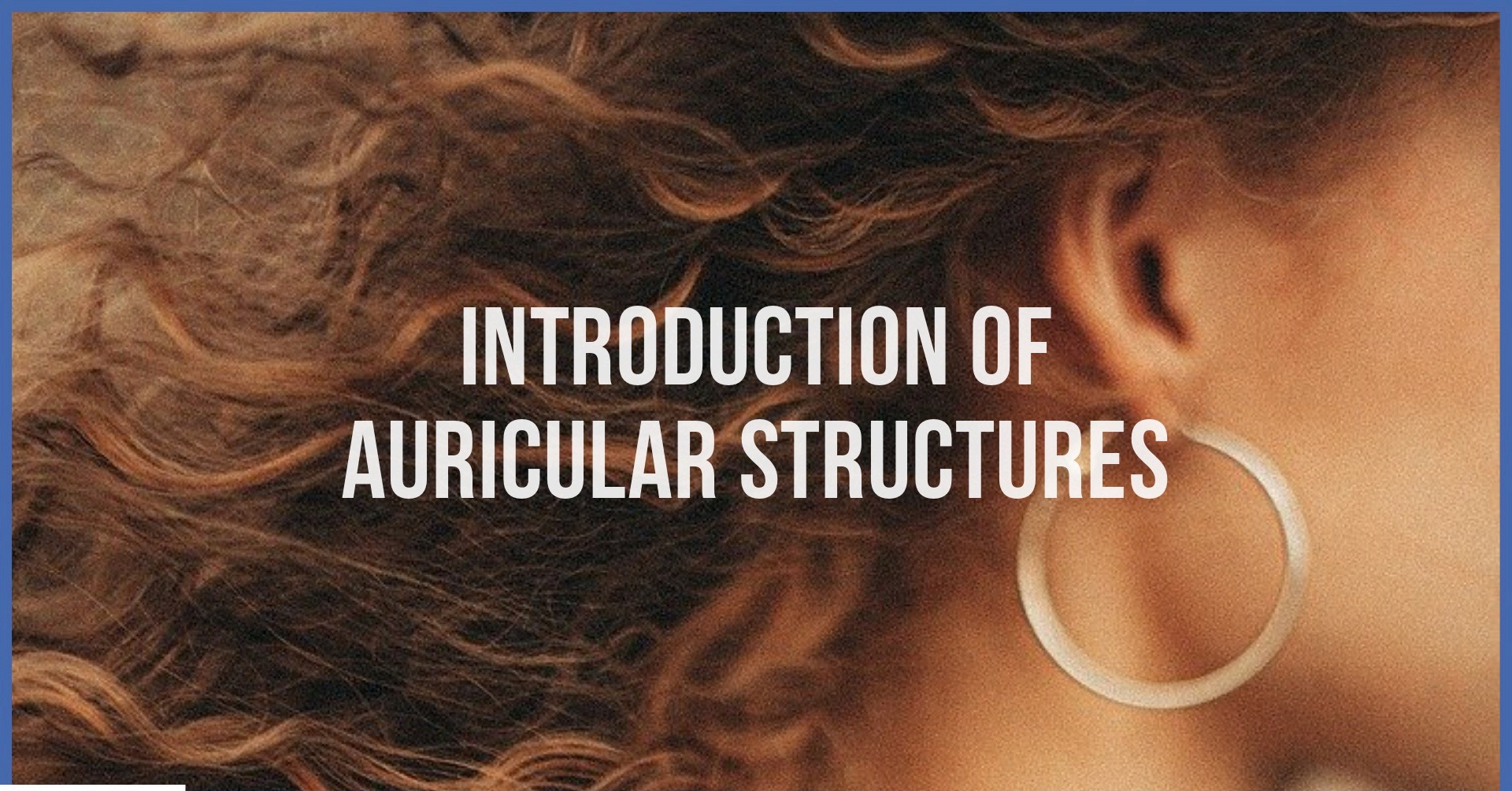
current or previous keloid scar formation on the either ear



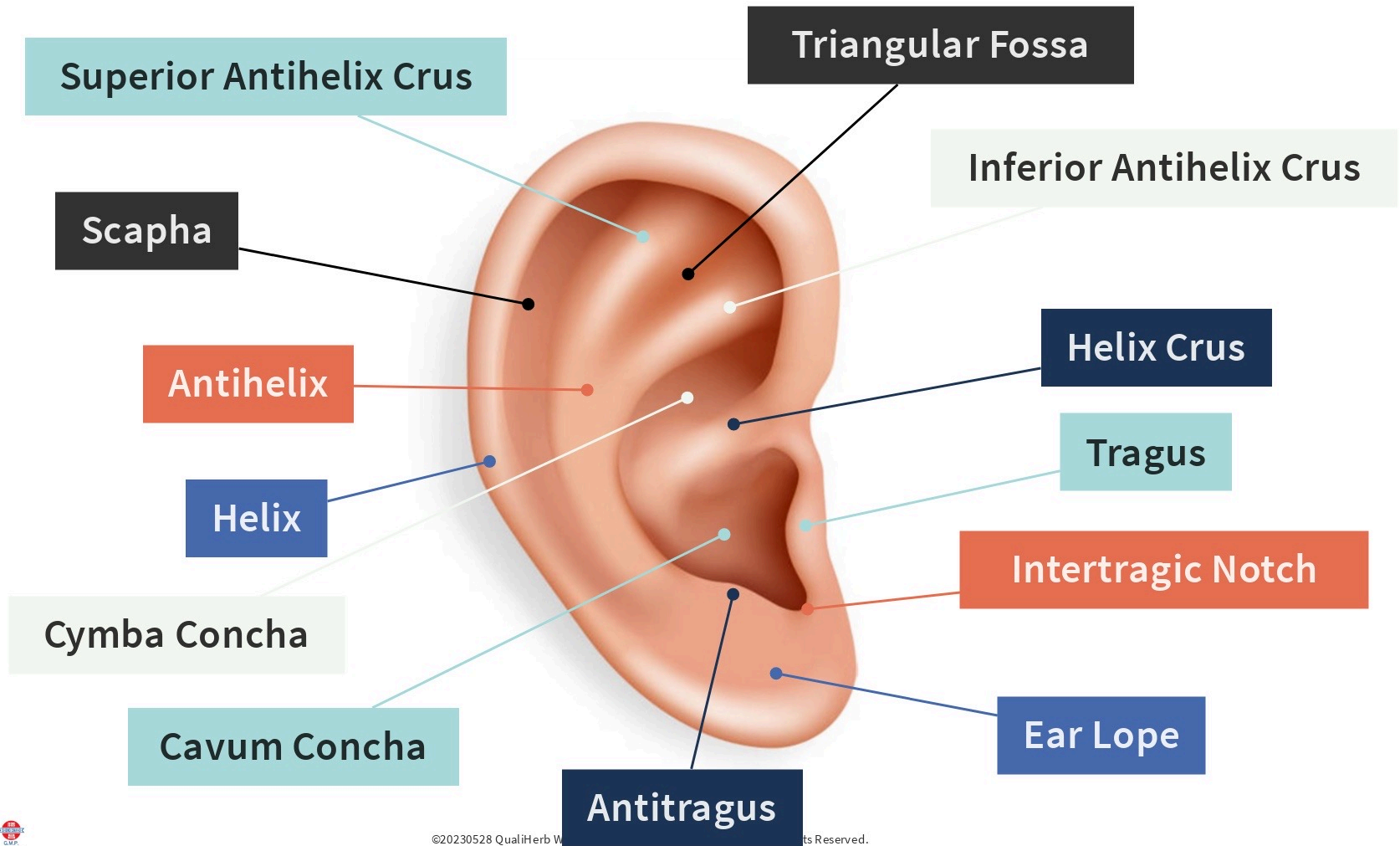
they have an aversion to needles or a vasovagal response to needle



patient not currently experiencing pai

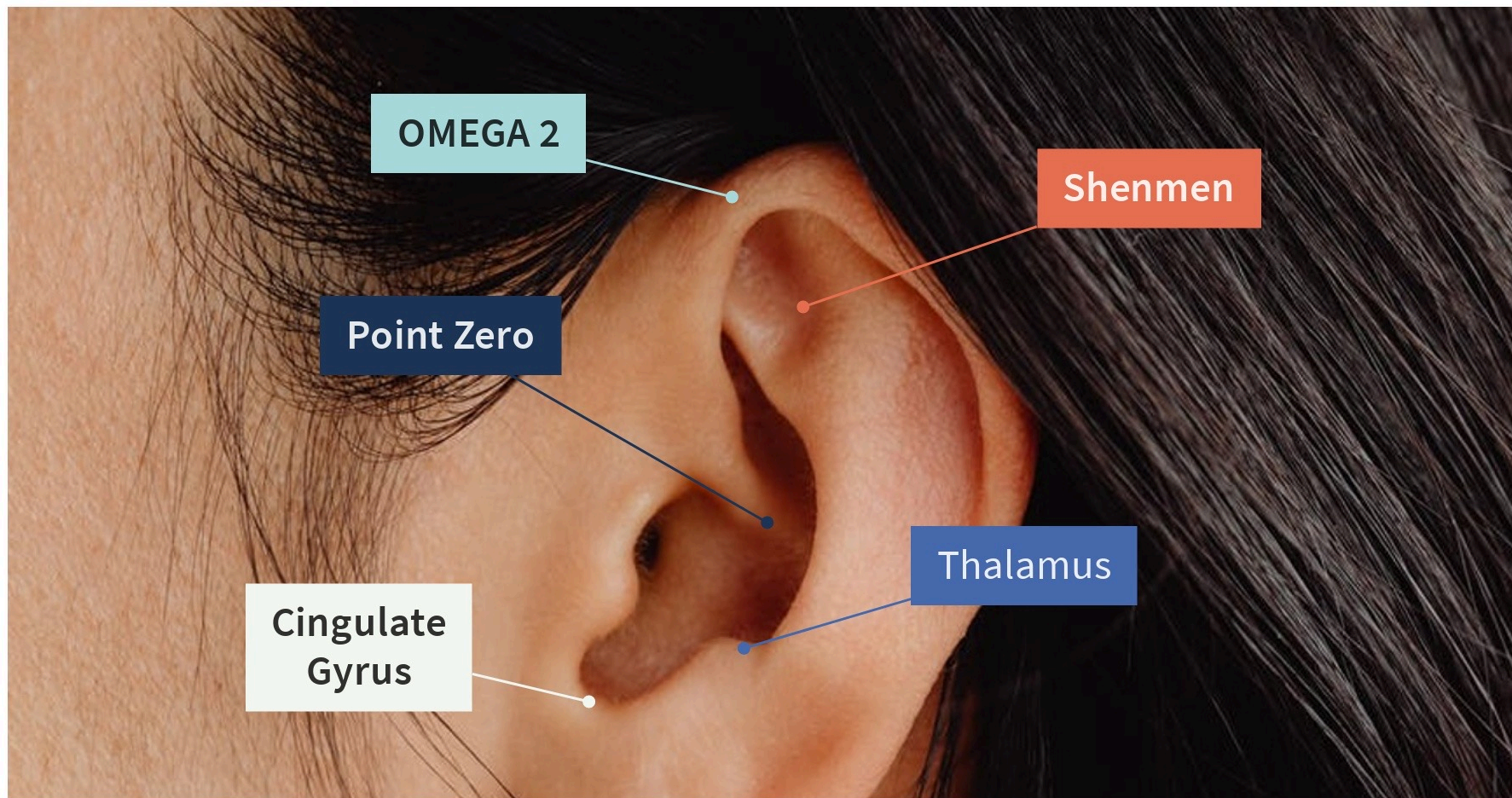
A close-up photograph of a person's ear. The ear is the central focus, with the ear canal clearly visible. A white, circular, ring-like object is placed inside the ear canal. The background consists of dark, wavy hair. The overall lighting is warm and soft.

# INTRODUCTION OF AURICULAR STRUCTURES









# BATTLEFIELD ACUPUNCTURE (BFA)

- **Cingulate Gyrus:** Part of the limbic lobe of the brain and is involved in processing emotion, learning and memory.

Do you know what the limbic lobe is in the brain? It's a part of the brain that helps us feel and remember emotions.

- **Thalamus:** Communicate of nervous system to cerebral cortex, reduce shock, restore tranquility.

Tranquility is a feeling of being peaceful and calm. It can help someone to feel relaxed and safe.

- **Omega 2:** Psychosomatic disorder and pain in limbs.

What correspondences exist between omega 2 on a Chinese ear map and traditional acupuncture points on the meridian system?

- **Shenmen:** Alleviates stress, pain, tension, anxiety, depression, insomnia, calms the mind.

This Shenmen (神門) shares the same purpose as HT7, as they both possess very similar functions.

- **Point Zero:** General homeostatic balance; autonomic brain controls visceral organs.

Homeostatic balance is the process of maintaining a relatively stable internal environment within the body despite fluctuations in external conditions.



# BATTLEFIELD ACUPUNCTURE POINTS



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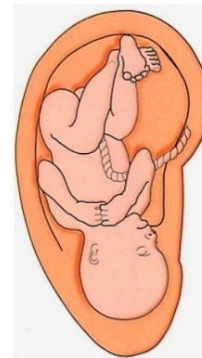
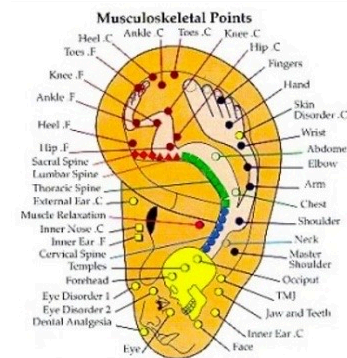
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# BATTLEFIELD ACUPUNCTURE POINTS



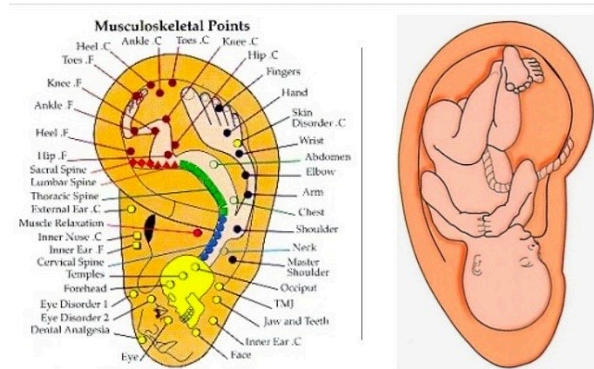
# THE HEALING TOUCH OF AURICULAR ACUPUNCTURE

from head to spine



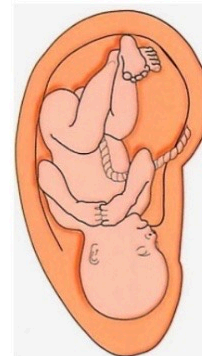
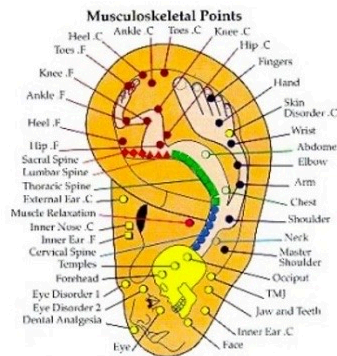
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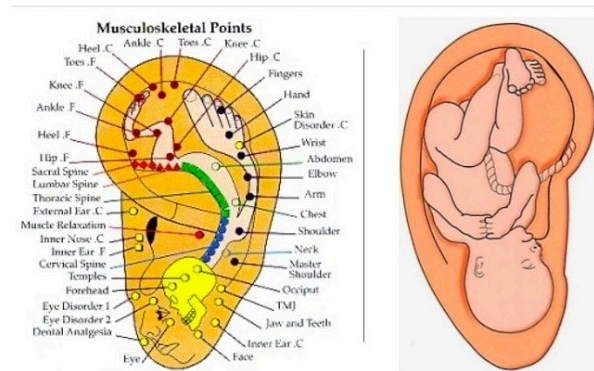
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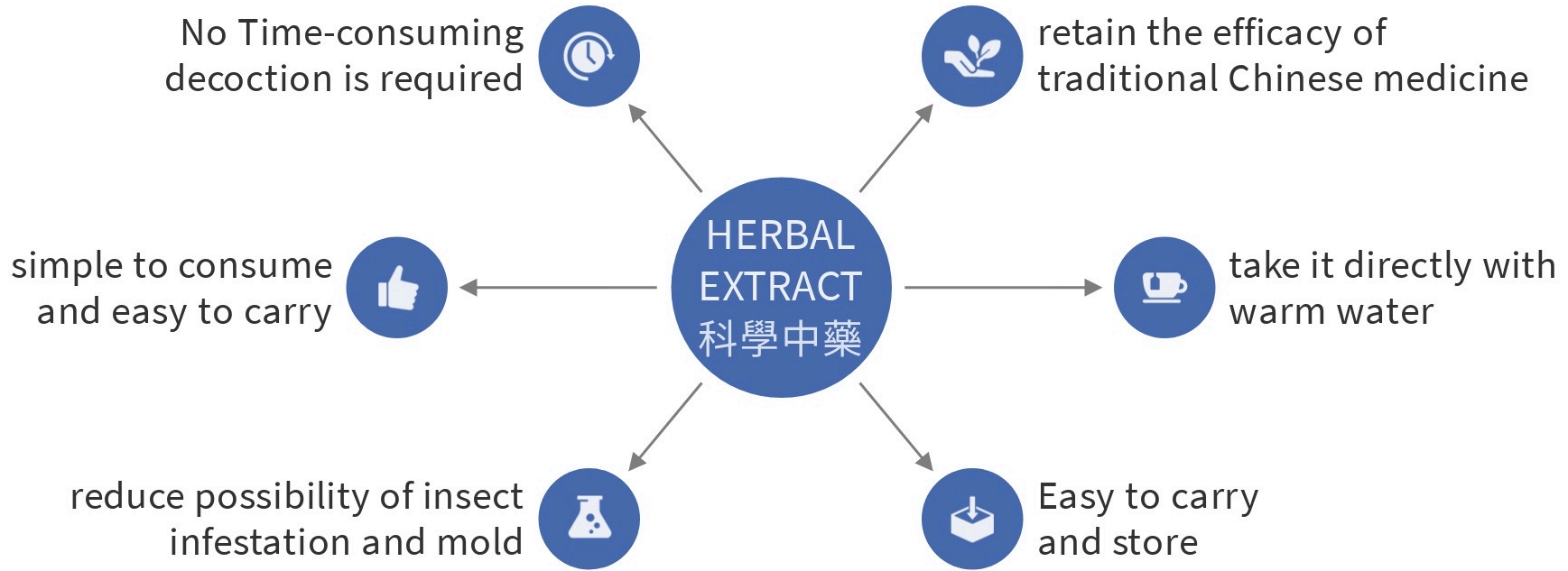




# CHINESE HERBAL EXTRACT GRANULES

科學中藥 kē xué zhōng yào

# WHAT ARE THE BENEFITS OF HERBAL EXTRACT?

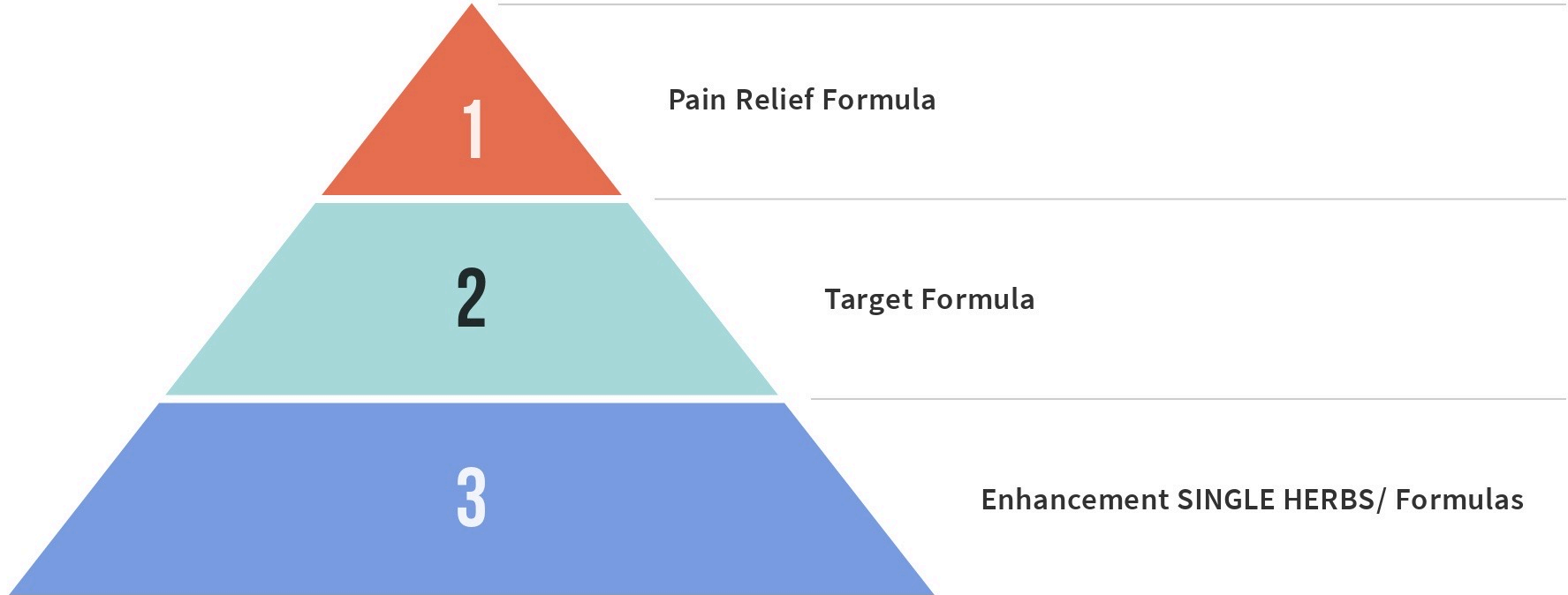




## WHAT IS FANG JIA FANG ?

*Fang Jia Fang* is the concept of using formulas like single herbs so that when you customize an herbal prescription you are adding formulas with formulas. The single herb ingredients in herbal formulas are decocted and extracted together so that the single herbs no longer retain their individual properties but have combined with all the other single herbs to create a unique formula that has its own specific properties and functions. When you then combine formulas together you are in essence adding the effects of each formula together and not the properties/functions of the single herbs within those formulas.

# FANG JIA FANG TREATMENT STRATEGY



# PAIN RELIEF FORMULAS



Shen Tong Zhu Yu Tang  
身痛逐瘀湯



Xue Fu Zhu Yu Tang  
血府逐瘀湯



Zheng Gu Zi Jin Dan  
正骨紫金丹



# XIE FU ZHU YU TANG 血府逐瘀湯

桃紅四物湯 Tao Hong Si Wu Tang	四逆散 Si Ni San	桔梗 Jie Geng	牛膝 Niu Xi
eliminate blood stasis regulate blood circulation	Move Qi Smooth/spread Liver Qi	Opens up and disseminates the Lung Qi, Raises Qi	Invigorates the blood and dispels blood stasis; down
Shu Di Huang, Dang Gui, Bai Shao, Chuan Xiong, Tao Ren, Hong Hua	Chai Hu, Zhi Shi, Bai Shai, Zhi Gan Cao	Raises Qi	Moves blood down

Tao Hong Si Wu Tang promotes blood circulation and dispels blood stasis. Si Ni San soothes the liver and relieves depression. When combined with Jie Geng, Chai Hu, and Zhi Ke, it is particularly effective in dispersing chest congestion. Niu Xi guides stagnant blood downward, facilitating the smooth flow of Qi and blood. This combination of **ascending** and **descending** actions helps to enhance the circulation of Qi and blood.

# SHEN TONG ZHU YU TANG 身痛逐瘀湯

Táo Rén, Hóng Huā,  
Dāng Guī, Chuān  
Xiōng, Mò Yào

Promote blood  
circulation, resolve  
stasis, and alleviate  
pain.

Wǔ Líng Zhī, De Lóng

breaks up blood  
stasis and promote  
circulation

Qín Jiāo, Qiāng Huó

Releases exterior and  
disperses cold and  
dampness

Xiāng Fù

regulates Liver Qi and  
alleviates pain

Niú Xī

Strengthens the  
sinews and bones

Invigorates the Blood and dispels Blood Stasis

# ZHENG GU ZI JIN DANG 正骨紫金丹

Dīng Xiāng, Mù Xiāng, Xuè Jié, Er Chá, Shú Dà Huáng, Hóng Huā, Dāng Guī, Lián Ròu, Fú Líng, Bái Sháo, Mǔ dān Pí, Gān Cǎo

Invigorates the blood, dispels stasis, moves the qi, and alleviates pain

# TARGET FORMULAS



Chuan Xiong Cha Tiao San  
川芎茶調散



Ge Gen Tang  
葛根湯



Shao Yao Gan Cao Tang  
芍藥甘草湯



Chai Hu Gui Zhi Tang  
柴胡桂枝湯

# ENHANCEMENT SINGLE HERBS/ FORMULAS



Ru Xiang 乳香



Mo Yao 沒藥



San Ling 三棱

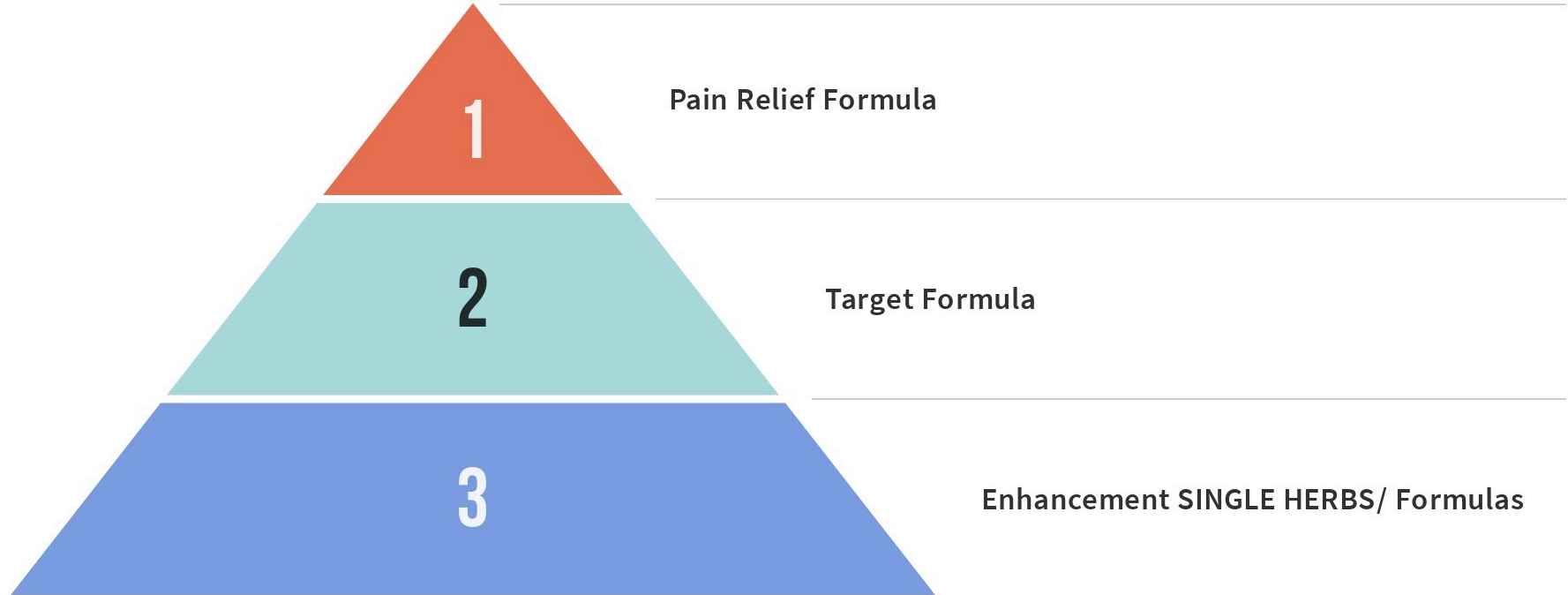


E Zhu 莪朮



Yan Hu Suo 延胡索

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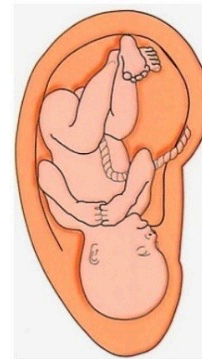
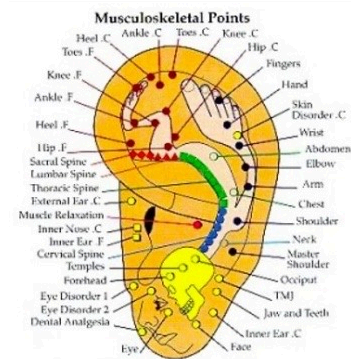
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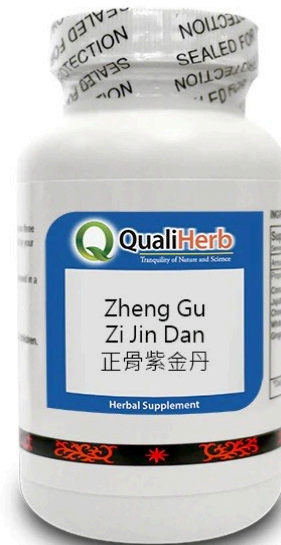
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THANK YOU