

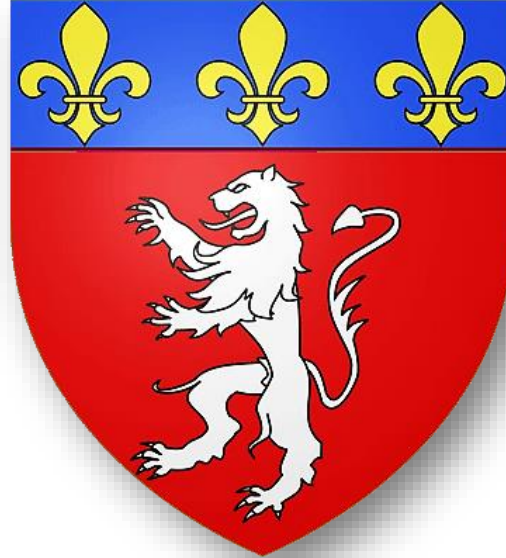
The Discovery of Auriculotherapy



Dr. Paul Nogier

Dr. Paul Nogier (1908-1996) was a physician from Lyon, France. His father (Thomas Nogier 1874 – 1956) was a pioneer in the field of radiology and professor at the medical school in Lyon. In 1939 on the eve of the Second World War in Europe, Dr. Paul Nogier graduated from medical school. Before Dr. Nogier begin his medical practice, he attended many seminars on topics such as acupuncture, chiropractic and homeopathy to name just a few.

Logo of Lyon, France



It was his love of learning that aided Nogier in solving the ear's 2500-year-old secret. One day in 1951 Nogier treated two patients in his clinic in the same day. These two patients had something particular in common; they both had a small scar in the upper part of their ear, known as the anti-helix. Nogier found this particularly odd.

Dr. Paul Nogier's First Auricular Point



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Nogier has said that if only one of those patient entered his clinic that day, he may have never discovery auriculotherapy. Nogier questioned those two patients about their scars. Both patients reported that they suffered from sciatic pain in the past.

Limitations of Western Medicine



Both patients said they initially sought out and received conventional western medicine and pharmacological therapy for their pain. When these treatments failed to yield any relief, they sought the help of a local practitioner (named Madame Barrin) in Marseille, France. Her treatment of cauterizing the upper ear of these patients succeeded in relieving their pain.



Madame Barrin

Intrigued by what his patients told him Dr. Nogier asked his patients who this person was. He was very interest by this procedure and results his patients experienced. Nogier wanted to meet this healer to find out more about this treatment. Both patients told Nogier the healers name was Madame Barrin from Marseille, France.

Nogier Goes to Marseille



Nogier went to Marseille (200 miles south of Lyon) to meet with Madame Barrin. After meeting with Madame Barrin and learning her technique of cauterization of the upper portion of the ear (anti-tragus). Nogier returned to his clinic in Lyon to try it out.

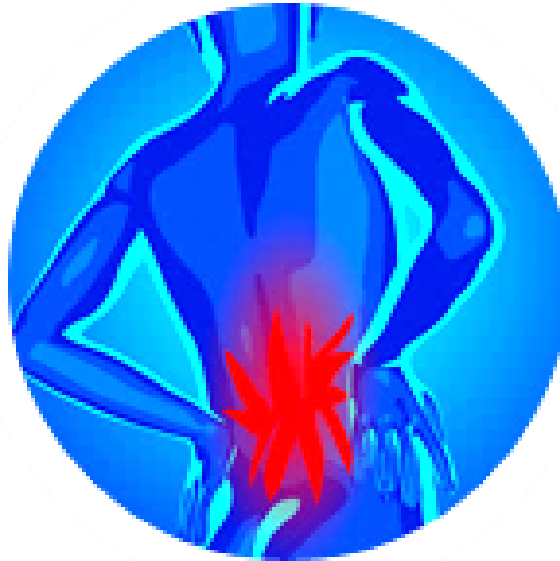
Paul Nogier at Work



Paul Nogier, M.D. Treating a patient

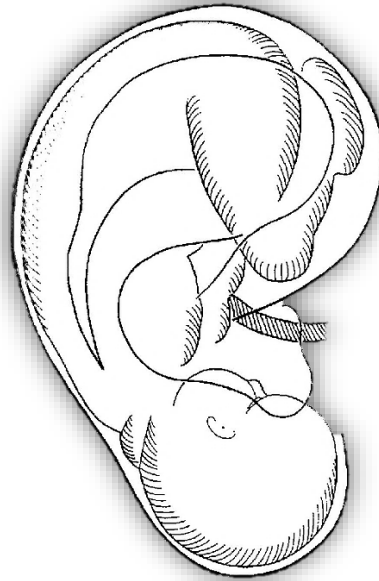
It wasn't long before Nogier had the opportunity to treat his first patient with Madame Barrin's technique. To his amazement the patient's sciatic pain dissipated in just a few moments. Excited about the possibility of this new treatment, Nogier knew he had to treat more patients to verify this was not a placebo effect.

Why Only For sciatica Pain?



Nogier was able to help most of his patients Who suffered with sciatic pain. Usually within minutes to a few hours. To his dismay Nogier was only able to relieve those who suffered from sciatica with this treatment. He tried using this technique on other Muscular skeletal pains with no success. It was these failures that got Dr. Nogier thinking? why does this technique only treat sciatic pain?

Dr. Paul Nogier's Invention The Inverted Fetus



The Little Man In the Ear

Being a student of multi-disciplines such as acupuncture and chiropractic Nogier knew that sciatic pain originated from the L5 - S1 lumbar region. It was from this observation that Nogier hypothesized that area of the ear might be a reflex point of the lower back. It was this thought that led Dr. Nogier to his breakthrough, what is now known as the inverted fetus in the ear, also called the little man in the ear.

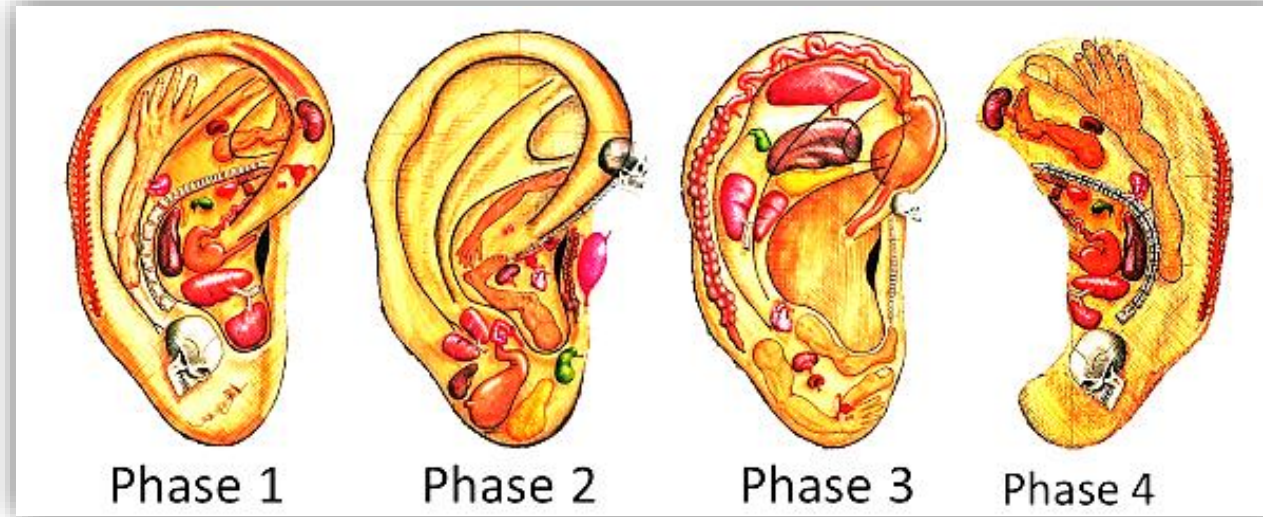
The Little Man In The Ear



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From that one area used to treat sciatica pain, Dr. Nogier was able to map the entire body on the surface of the outer ear. His original invention of the inverted fetus in the ear lead to the medical specialties now known as Auriculotherapy and Auriculomedicine.

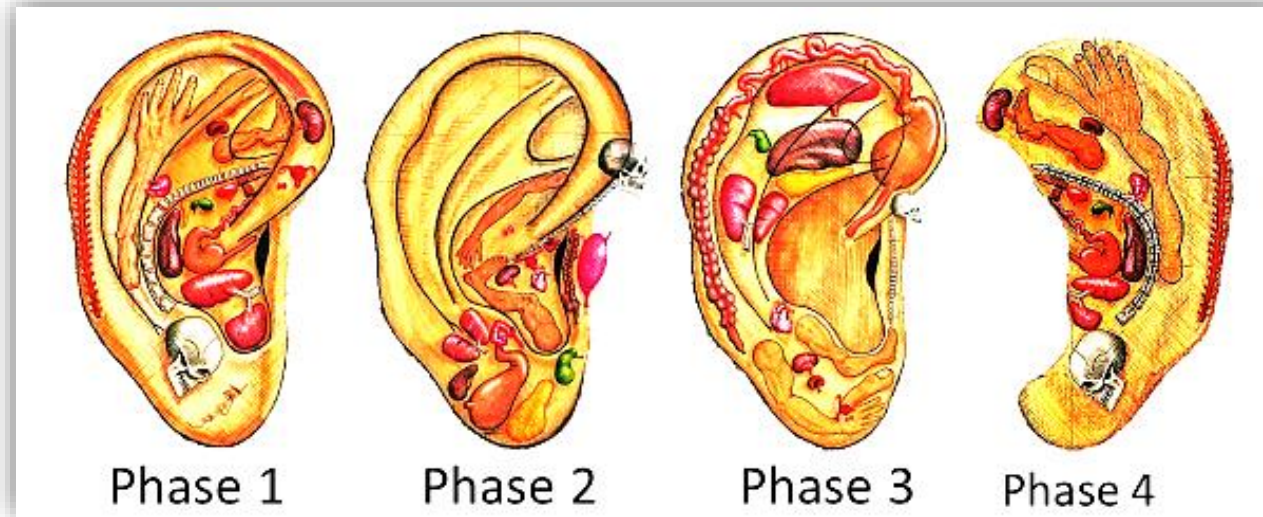
Auriculotherapy Expanded



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Nogier observed inconsistent results in some of his patients. Those patients with acute condition responded considerably well to auricular treatments. While those patients suffering from chronic illnesses respond poorly to the auricular treatments. Nogier's break though came in 1956 with his discovery of what he named the vascular autonomic signal (known as the VAS). This insight allowed him to understand in depth his patient's pathological kinetics.

Auriculotherapy Expanded



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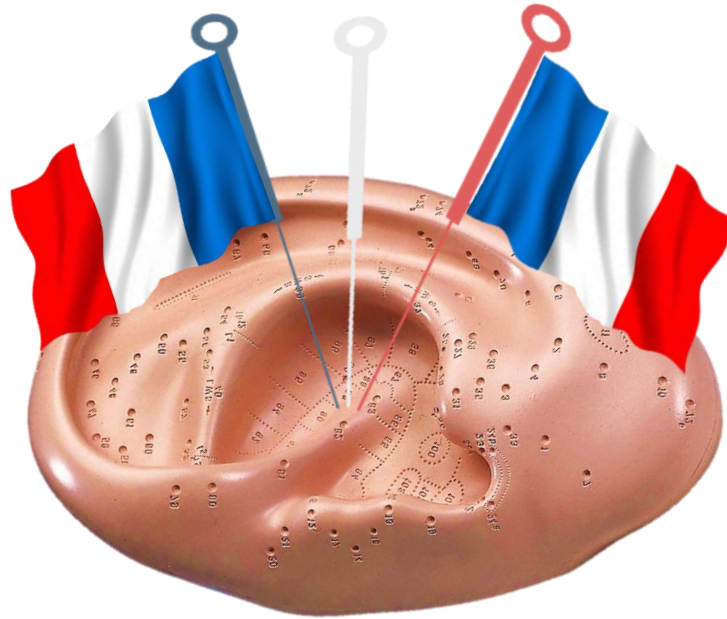
The VAS give Nogier clear evidence on the patient's pathology and stage of their disease. Is it acute, chronic or degenerate. This allowed Nogier expanded his one projection on the ear to include a total of 4 projection. The nomenclature of the phases are as follow, 1, acute, 2, degenerate, 3, chronic, and fourth known as the posterior ear is motor muscular projection

The First Publication of Auriculotherapy



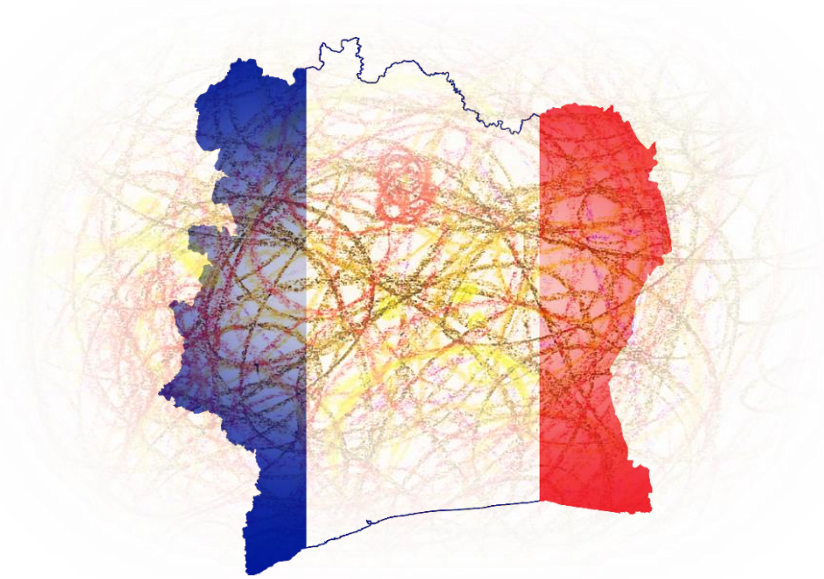
in 1956, five years after his first observation of those two patient's ear's, Dr. Nogier published his first article on his discovery, he introduced the world to the inverted fetus of the ear. The article was published in a respected German acupuncture journal (DZA) that was circulated worldwide.

New Medical Specialty



Nogier's article caught the attention of Chinese acupuncturists. In the years to follow China incorporated Nogier's discovery into their acupuncture programs. At the age of 51 Dr. Nogier went from an unknown physician in Lyon, France, to worldwide acclaim for his discovery. Nogier named his invention "Auriculotherapy" (also known as auricular acupuncture).

Why the Confusion?



Over time there was some confusion on the discovery of auriculotherapy. The confusion stems from Dr. Nogier's replacing the barbaric technique of scarring the ear, to using an acupuncture needle in achieving the same effect..”

Credit For Auriculotherapy



In a 1959 article published in the Chinese **periotic** Medical Journal Ta-Chung-I-hsueh (translates "Popular Medicine") the Chinese government officially credited Dr. Paul Nogier on his discovery of the new auricular system. China recognized him as the "Father of Auricular Acupuncture."

Nogier's Auriculotherapy Timeline



1951 Paul Nogier treats two patients in a short period of time. Both patients had the same small scar on their ears. His patients report the scar is from a treatment to heal sciatica.



Later that same year Dr. Nogier travels to Marseille to meet with the practitioner (Madame Berrin) that treated these patients on the ear to relieve their back pain.



In that same year Nogier learns the scarring technique and uses it successfully in his clinic. Nogier tries to use the same technique to treat other medical conditions with no success.

Auriculotherapy Timeline Continued



While studying manipulation techniques in 1953, Nogier hypothesized the antihelix could correspond to the lumbar-sacral region of the body. From this hunch Nogier realized that the antihelix represented the entire spine. He goes on to systematically map out the human body on the surface of the ear.



In February of 1956 Nogier was invited to present his discovery at the Societe Mediterraneenne d'Acupuncture in Marseille. In September of 1956 Nogier was invited by Dr. Gerhard Bachmann, president of the German Association of Acupuncture, to give a similar speech in Wiesbaden, West Germany

Auriculotherapy Timeline Continued



A few months later in 1956, the journal Deutsche Zeitschrift für Akupunktur (DZA) published 6 years of Dr. Nogier's research in three different issues. The first detailed maps of the ear were officially born.



China was the first country to translate those articles and to validate Nogier's new discovery. In December of 1958, the Shanghai Journal of Chinese Pharmaceuticals and Medicine, published a summary of Nogier's three articles entitled "Introduction to ear acupuncture therapy."

Auriculotherapy Timeline Continued

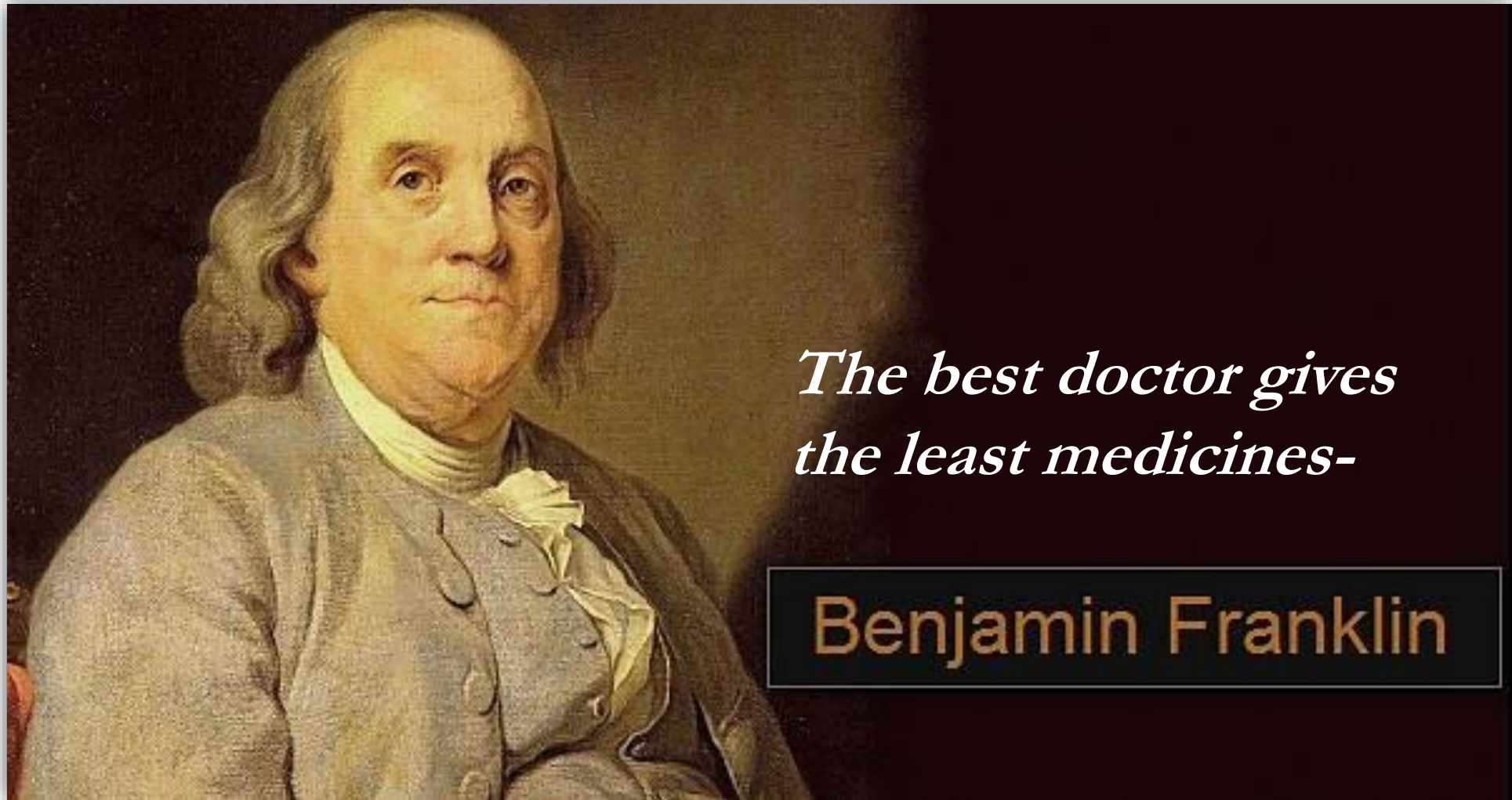


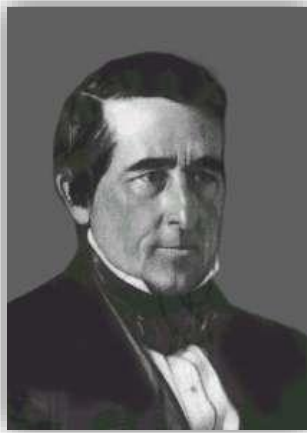
In 1959 Dr. Xu Zuo-Lin of Beijing performed a clinical trial on 255 patients using Nogier's auricular maps. Xu introduced a few new points which were linked to TCM. One of them was shenmen (the point of vitality) which became universally popular among acupuncturists. Shenmen is present in several Western auricular maps.



At the age of 51 Dr. Paul Nogier went from an unknown physician in Lyon, France, to worldwide acclaim for his discovery of this new medical specialty. He coined the term auriculotherapy for his new discovery. It is also known as auricular therapy, auricular acupuncture and sometimes as ear acupuncture.

What's My Roll In American Acupuncture





Franklin Bache, MD

Also in 1825, Franklin Bache, MD (the great-grandson of Benjamin Franklin) translated (from French) the work of J. Morand, *Mémoire sur l'acupuncture* (Memory on acupuncture). Bache also wrote the first research paper on acupuncture in the USA. Thus, the connection to the founding fathers of the United States of America. Acupuncture is as American as Apple pie.

While translating Morand's book, Bache decided to try acupuncture. He was an assistant physician at the state penitentiary in Philadelphia. Bache chose 12 patients to treat, who were all in extreme pain and suffered from the following conditions: three with muscular rheumatism, four with "chronic pains," three with neuralgia, and two with ophthalmia.



Bache concluded that acupuncture caused no harm to his patients. Most experienced relief from their pain and in a few cases, there was no change at all. In some cases, needle insertion would cause moderate to severe pain before relief was achieved.

Between 1825 and 1826 Bache treated 17 more patients with acupuncture. This time, not all of the patients were inmates. Those 17 patients suffered from the following ailments: headaches, fever, elbow tumors and pulmonary inflammation. Bache reported the following results.



Below are the results of the 17 patients that Dr. Bache treated using acupuncture in 1825 – 1826 (first clinical acupuncture report)

7- patients were cured

7- patients were considerably relieved

3- patients reported little to no relief

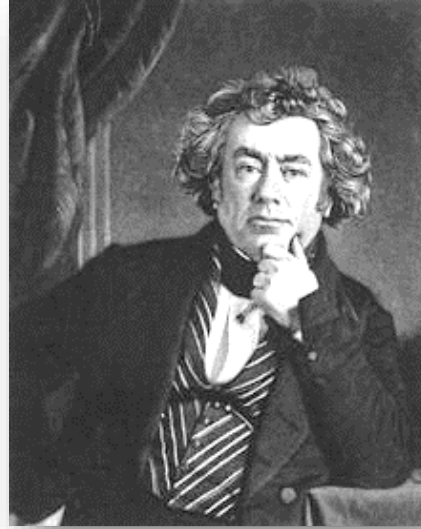
In conclusion Bache reported that acupuncture had remarkable power for “removing and mitigating pain.”

Observations From Bache's Paper

Bache concludes his paper by addressing why he did not go into the philosophy on acupuncture nor needle insertion. He refers the reader to his translation of Dr. Morand's "Mémoire sur l'acupuncture."

Even though Bache didn't address the philosophy behind his acupuncture treatments, it was obvious that he used mainly local points. With some of his patients he would start off by inserting the needle right in the site of pain. For some of his patients the pain was too much and Bache had to withdraw the needle. He also experimented with needle retention. In a few cases Bache retained the needles in for 1 to 1.5 hours. In other cases, he would retain the needles in from 3 to 10 hours and in two cases the needles were retained in for 24 hours. Bache discovered that some patients responded better when needles were left in for longer periods of time.

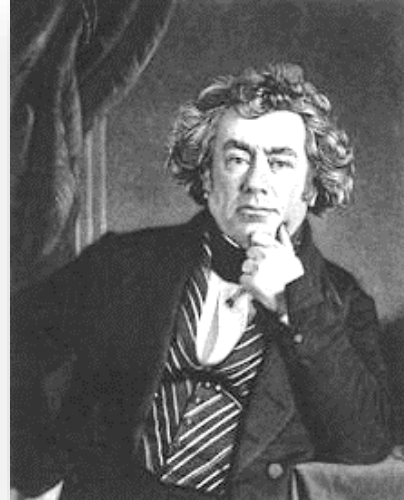
Bache may have been the most active acupuncturist of the 19th century, but Dr. Robley Dunglison was the most well known. Enter the most prominent acupuncturist of the time. Dunglison was an English-born physician who



Robley Dunglison

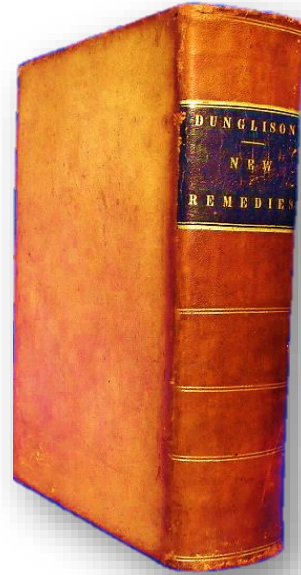
who studied medicine in England, Scotland, France, and received his medical degree in 1823 from the University of Erlangen in Germany. While studying in France Dunglison was a student of Dr. Dominique Jean Larrey, Napoleon's battlefield surgeon. In 1824 Thomas Jefferson asked Dunglison to join his faculty at the University of Virginia as a professor

of anatomy and medicine. Dunglison who was considered the "Father of American Physiology," He also served as Thomas Jefferson's personal physician too.



Major Works: Human Physiology (1832) New Dictionary of Medical Science and Literature (1833) New Remedy's, (1839-1856 seven editions) In New Remedies Dunglison wrote several accounts on uses and advantages of acupuncture. These accounts appeared in every edition of his work.

New Remedies



Electro-Punctu're and Galvano-Puncture

The operation consists in employing acupuncture in the usual way, either with a single needle, or with two or more; and making a communication between them and the prime conductor of an electrical machine in action; or they may be made to form part of the circuit in the discharge of a Leyden jar. In this way, the electrical influence may be graduated from the simple aura to a full shock.

Acupuncture Needle's



From New Remedy's

Perhaps the *porte-aiguille* or 'needle-holder' recommended by Dr. F. Bache,¹ is as good as any that has been invented. The needle, with its *porte-aiguille*, consists of a handle with a steel socket to receive the end of the needle, which may be fixed securely, after having been inserted, by the pressure of a small lateral screw. By this construction, the operator can at pleasure fix in the handle a needle of the length he may desire, and after inserting it he is enabled to detach the handle by relaxing the screw. After all, however, needles prepared in the simple manner mentioned above are adequate to every useful purpose.

➡ Besides common steel needles, those of gold, silver and platinum have been used, but it does not appear that one metal is preferable to another.

Types of Metals Used in Early Acupuncture

THE TRANSYLVANIA
JOURNAL OF MEDICINE
AND
THE ASSOCIATE SCIENCES

FOR APRIL, MAY AND JUNE. 1834

ARTICLE I. – An account of the vegetable alkalies, including their therapeutic action when applied internally, or by the endermic method. By ROBERT PETER, M. D. of Lexington Kentucky.

The Uses of Stainless-Steel and Platinum Needles

Page 18

Peter on Galvanic Electricity

M. Sarlandiere applied the galvanic current to internal parts, by means of the introduction of needles of steel or platinum, as in acupuncture, passing the current through them. In this way M. Majendie succeeded in curing some cases of amaurosis, which had resisted the action of the most violent means that surgery could employ, such as blisters, moxas, etc.

<https://collections.nlm.nih.gov/ext/mhl/62811020R/PDF/62811020R.pdf>

The Insertion of Acupuncture Needles

Page 7

Peter on Galvanic Electricity.

Acupuncturation consists in the introduction, into the body, of slender metallic needles, which are first driven through the skin by smart strokes with a small hammer and then, by twirling them in the fingers, carried to any required depth.

<https://collections.nlm.nih.gov/ext/mhl/62811020R/PDF/62811020R.pdf>