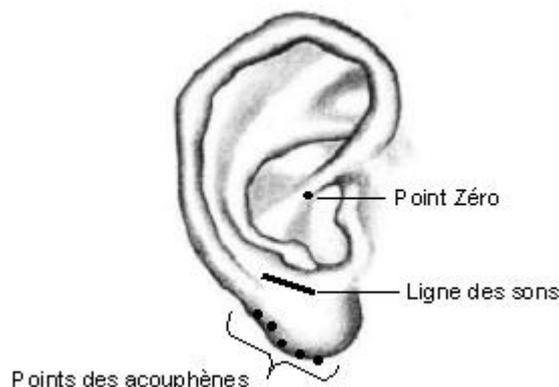




Tinnitus and its treatment in auriculotherapy

Until now no founded statistics were published on tinnitus treatment using auriculotherapy. Nevertheless, based on our daily practise we know that needles placed on the ear work for treatment of tinnitus. Obviously, one shall know the correct treatment technique, which is quite specific for the treatment of this pathology.

In contrast to the other pathologies, there is no so called « tinnitus point » on the ear. When we want to treat this pathology, it is necessary to first « make points appear », which are detectable using the electric point detector. To do so, the therapist shall needle the so called « zero point ». As soon as this point is needled, points of lower electrical cutaneous resistance will appear immediately on the ear. Thanks to the appearance of these new points, it is possible to have an action on the tinnitus pathology. These points are situated on the periphery of the ear lobe and correspond (on the somatotopic scale) to the cerebral cortical areas. Little semi permanent needles are placed on these points, and remain for some days on the ear.



The obtained results are not constant. Sometimes they can be spectacular and it is possible to assist to quasi total remission. In most cases the tinnitus does not disappear but the patients tolerate it more easily. It is not rare, in order to complete the treatment with needles, to prescribe a food diet to our patient, as we know that certain foods (as coffee, tea, alcohol) lead to a tinnitus outburst.

It is interesting to note that in auriculotherapy the for the tinnitus treatment used points are points having action on the brain. In fact, we know that the cerebral participation is quite important in tinnitus pathology.

Conclusion

Though the auriculotherapy represents a therapeutic method principally used for migraine or pain treatment, this technique can also be used in tinnitus treatment and in quite large number of cases helps to tolerate this pathology.

Docteur Raphaël NOGIER

Lyon, France