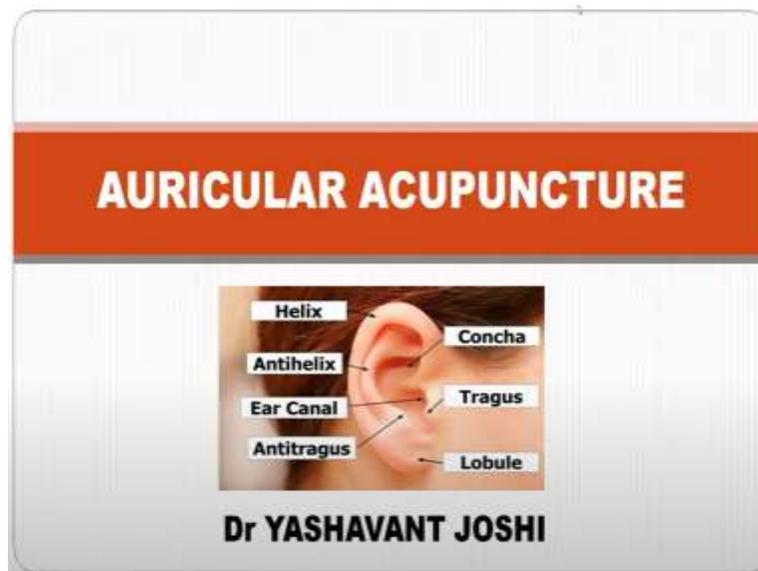


Certificate in Integrative Palliative Care – 3
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Week-06
Lecture 53: Auricular Acupuncture

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Hello friends, Namaskar. This is the last lecture of our week number 6, Auricular Acupuncture or you can call it Ear Piercing. Very interesting lecture and I have added an Indian component also because Ear Piercing is very, very common in India. What you see on the image, these are the basically six acupoints on the ear which provide lots of health benefits that will come, it will come in part two of the lecture.

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PRELUDE

- You've probably heard of traditional acupuncture, which uses small needles to stimulate points throughout your body, including your ears.
- But there's another type of acupuncture that focuses exclusively on your ears. It's called auricular acupuncture.
- This is a type of Auriculo Therapy, which describes any acupressure or acupuncture treatment that's limited to your ears.

You have probably heard of traditional acupuncture which uses small needles to stimulate points throughout your body including your ears. But there is another type of acupuncture that focuses exclusively on your ears only, nowhere else, no other part of your body.

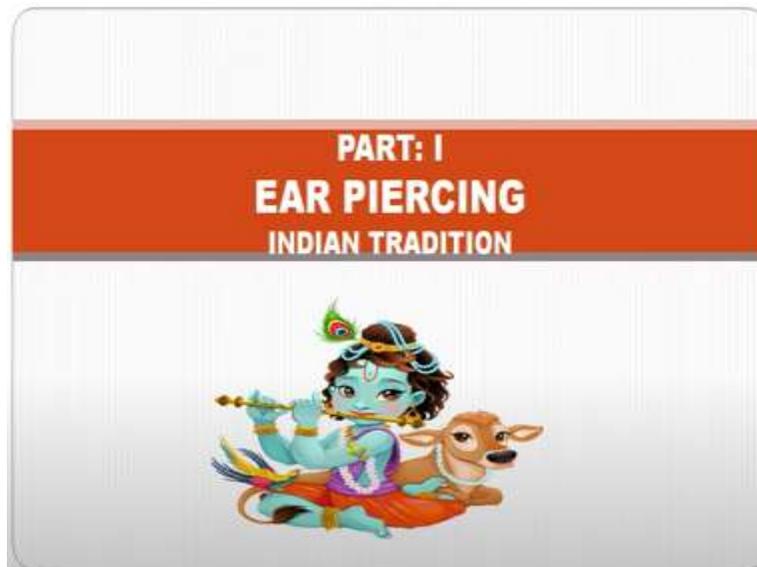
It is just around your ear, in the ear that acupuncture can be done. That is called auricular. It is called auricular acupuncture. There is a type of auriculotherapy which describes any acupressure or acupuncture treatment that is just limited to ears only and nothing else.

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For ease of explanation and understanding, divided into three parts. Part one, ear piercing, Indian tradition. Why do we have ear piercing, that tradition, all over India? North, south, east, west, city, villages, anywhere. Part two, auricular acupuncture and part three types of ear piercing.

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Who is this? Lord Krishna, child Krishna and you can just see ear piercing, the left ear of Lord Krishna.

So, this particular tradition, it is into India since last hundreds of centuries, thousands of years back.

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EAR PIERCING

Ear piercing is an ancient Indian practice, which is also known as Karna Vedha. It is one of the 16 sacraments, rituals and sacrifices done to mark the various stages of human life and to signify cultural heritage and upbringing.



It is an ancient Indian practice which is also known as Karna Vedha. Karna means ear, Vedha means piercing. Karna Vedha, Karna means ear, Vedha means piercing. It is one of the 16 sacraments, rituals and sacrifices done to mark the various stages of human life and to signify cultural heritage and upbringing.

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EAR PIERCING

Not just good looks, ear piercing has health benefits too!



Generally we see girls, ladies, they get their ear piercing done and they think it gives a good look, but they do not understand, they never think that ear piercing has lots of and lots of health benefits too. Let us see them.

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EAR PIERCING INDIAN TRADITION

Reproductive Health

- According to Ayurveda, the lobe of the ear has an important point right in the centre. This point is one of the most important areas for reproductive health. Moreover, piercing of ear also helps maintain a healthy menstrual cycle in females.



First point is reproductive health. According to Ayurveda, the lobe of the ear, this is the lobe of the ear, lobe of the ear has an important point right in the center, just here right in the center. This point is one of the most important areas for reproductive health.

Moreover, piercing of ear also helps maintain a healthy menstrual cycle in females.

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EAR PIERCING INDIAN TRADITION

Brain Health

- Ear piercing at an early age in kids is said to ensure proper brain development. The ear lobes have the meridian point that connects the right hemisphere to the left hemisphere of the brain. Piercing of this point helps activate these parts of the brain. Principles of acupressure therapy also claim that when these meridian points are stimulated, it helps in healthy and quick development of the brain.



Brain health. Ear piercing at an early age in kids is said to ensure proper brain development. The ear lobes have the meridian point that connects the right hemisphere to the left hemisphere of the brain. We generally say the brain has got two hemispheres, right and left.

So, if you get your ear lobe pierced, both these lobes both these lobes of brain get connected. Piercing of this point helps activate these parts of the brain. Principles of acupressure therapy also claim that when these meridian points are stimulated, it helps in healthy and quick development of the brain.

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**EAR PIERCING
INDIAN TRADITION**



Energy

- It is said that when people wear earrings, the flow of energy is maintained in their bodies.

Energy. It is said that when people wear earrings, the flow of energy is maintained in their body.

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EAR PIERCING INDIAN TRADITION

Eyesight

- The centre point of the ear is where the centre for vision lies. Thus, applying pressure to these points helps improve the eyesight.



Eye sight, the center point of the ear where the center for vision lies, central point of the ear, this is the central point of the ear. Thus applying pressure to these points helps improve the eye sight, improves ear health.

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EAR PIERCING INDIAN TRADITION

Improves Ear Health

- As per Ayurveda, the point where the ear is pierced is where two essential acupressure points are present – master sensorial and master cerebral points.
- These two points are the key players in maintaining the hearing of your child.
- Acupressure experts say it's a good spot to help relieve symptoms of tinnitus (ringing or buzzing of ears).



As for Ayurveda, the point where the ear is pierced is where two essential acupressure points are present. Master sensorial and master cerebral points. These two points are the key players in maintaining the hearing of your child.

Acupressure experts say it is a good spot to help relieve symptoms of tinnitus. Tinnitus is sometimes we get ringing or buzzing in the some sort of sound. It is not external sound. Some buzzing takes place in your ears, that ringing and that is called tinnitus.

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**EAR PIERCING
INDIAN TRADITION**

**Prevents Conditions Like OCD,
Nervousness And Anxiety**

- Along with the healthy development of the brain, ear piercing keeps conditions like hysteria at bay.
- This area is also the seat of the master cerebral, which governs the working of the brain, claims the acupressure theory.
- It is said that applying pressure at these points helps keep mental illnesses like OCD, anxiety and nervousness at bay.



Prevents conditions like OCD, nervousness and anxiety, all psychological diseases.

Along with the healthy development of the brain, ear piercing keeps condition like hysteria at bay. This area is also the seat of the master cerebral which governs the working of the brain, claims the recuperation theory. It is said that applying pressures at these points helps keep mental illnesses like OCD, anxiety and nervousness at bay.

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EAR PIERCING INDIAN TRADITION

Improves Digestion

- Stimulation of this point is said to maintain one's digestive system.
- This is also the hunger point and its stimulation reduces the chances of obesity.



Improved digestion. Stimulation of this point is said to maintain one's digestive system.

This is also the hunger point and its stimulation reduces the chances of obesity. Hunger point. Therefore, *lal mirchi*, that is red chilli, That shows the hunger. Generally we like chutneys, you know, some sauce made of red chili.

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EAR PIERCING INDIAN TRADITION

Sperm Production

- In men, ear piercing is believed to help in sperm production and that is why ear piercing for boys is a compulsory tradition in various communities to help maintain their reproductive health.
- **The Right Age And Time To Get Ear Piercing Done, According To Ayurveda: Ear piercing should be done in the 10th, 12th or 16th day or in the 6th, 7th or 8th month.**
Or you can get it done in any odd years from the year of childbirth.

Sperm production. In man, ear piercing is believed to help in sperm production. And that is why ear piercing for boy is a compulsory tradition in various communities to help

maintain their reproductive health. The right age and time to get ear piercing done according to Ayurveda is 10th, 12th or 16th day or in the 6th or 7th or 8th month. And a boy is just a child or you can get it done in any odd years from the year of child birth. In short, ear piercing should be done when a child is too young.

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EAR PIERCING INDIAN TRADITION

- **Ear Piercing Is Specific To Each Gender**
- When a girl's ears are pierced, the left ear is pierced first. On the other hand, when a boy's ear is pierced, the right ear is pierced first.
- This is because these specific points coincide with the masculine and feminine halves of a person.
- It is believed that the right side of the body is the masculine side, while the left half is the feminine side.



Ear piercing is specific to each gender. When a girl's ears are pierced, the left ear is pierced first. On the other hand, when a boy's ear is pierced, the right ear is pierced first. This is because these specific points coincide with the masculine and feminine half of a person. It is believed that the right side of the body is the masculine side, while the left half is the feminine side.

That is all about Indian tradition of ear piercing. I thought I must tell you because the audience of this particular course that is certificate in integrative palliative care, I hope it will run in thousands because this is our third course. In earlier courses, the foundation certificate in palliative care and certificate course in palliative care, that was the second course, we had almost about 3,000, between 3,000 to 4,000 people watching those things. So in this also, the girls and boys will understand what piercing is all about.

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How Does It Work?

- In TCM, acupuncture is based on the theory that your health depends on the flow of qi (energy) in your body. This energy travels along invisible pathways, known as meridians, that are found throughout the body.
- According to TCM, a blocked or disrupted flow of qi can have a negative effect on your physical and mental health. Acupuncture aims to restore the flow of qi by resolving any blockages or disruption.
- Traditional acupuncture does this by targeting points found throughout your body, including your ears.

Auricular, let us see the western version.

Acupuncture is based on the theory that your health depends on the flow of Qi in your body. This energy travels along invisible pathways known as meridians that are found throughout the body. According to TCM, a blocked or disrupted flow of Qi can have a negative effect on your physical and mental health. Acupuncture aims to restore the flow of Qi by resolving any blockages or disruption. Traditional acupuncture does this by targeting points found throughout your body including your ears.

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This is the ear piercing, central part of the ear.

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What Are The Potential Benefits?

People use auricular acupuncture to tackle a range of health concerns, including:

- Chronic Pain, Especially Low Back Pain
- Migraine
- Anxiety
- Insomnia
- Cancer Pain And Chemotherapy Side Effects
- Weight Loss
- Substance Use Disorder
- Depression
- Digestive Issues
- Allergies

What are the potential benefits? Auricular acupuncture can tackle the following chronic pain especially low back pain, low back pain, migraine, anxiety, insomnia, cancer pain and chemotherapy side effects, weight loss, substance use disorder, depression, digestive issues and different allergies.

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Is There Any Research To Back Up Its Benefits?

There's limited evidence that auricular acupuncture can treat health conditions on its own. However, there's promising research suggesting it can be beneficial for a range of health conditions, especially when combined with other treatments.

1. Pain Relief

- A **2017** research review looked at 10 studies on auricular acupuncture for pain relief. The results of these studies suggest that auricular acupuncture can provide relief when used within 48 hours of pain onset. Still, the authors emphasized the need for more high-quality research to support these findings.

There is very limited evidence that auricular acupuncture can treat health condition on its own. However, there is promising research suggesting it can be beneficial for a range of health conditions. We will just take on first, that is a pain relief.

There is a survey which was conducted in 2017 and the results suggest that when used properly within 48 hours of pain onset, then it gives better benefits. Substance use disorder recovery. There is also some evidence to support the use of auricular acupuncture for help with.

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Is There Any Research To Back Up Its Benefits?

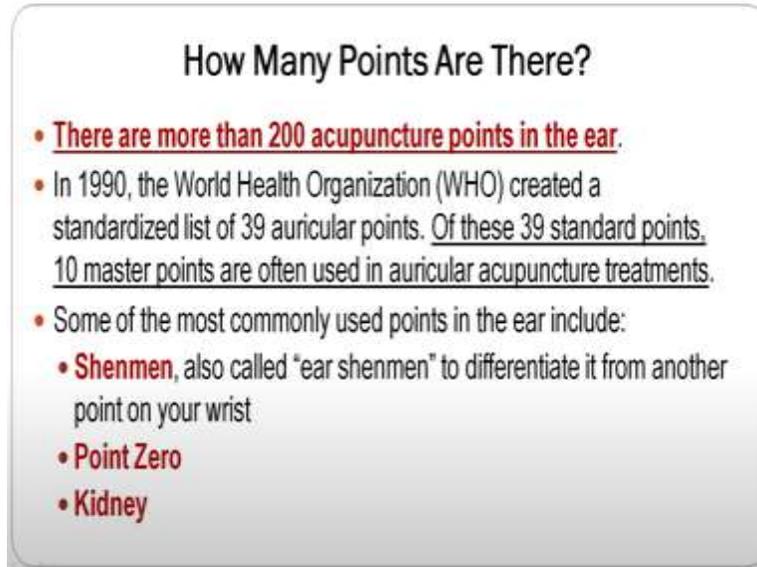
There's limited evidence that auricular acupuncture can treat health conditions on its own. However, there's promising research suggesting it can be beneficial for a range of health conditions, especially when combined with other treatments.

2. Substance Use Disorder Recovery

- There's also some evidence to support the use of auricular acupuncture for help with substance use disorder. A 2017 study looked at 100 people in treatment programs who also received ear acupuncture.
- Those who had at least two sessions of twice-weekly auricular acupuncture during treatment reported having an improved quality of life, increased energy, and less alcohol use after 3 and 6 months.
- The participants were also more likely to find a job after leaving the treatment program, according to the study results.

Substance use disorder. There is a 2017 study which generally substantiate this particular claim.

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How Many Points Are There?

- There are more than 200 acupuncture points in the ear.
- In 1990, the World Health Organization (WHO) created a standardized list of 39 auricular points. Of these 39 standard points, 10 master points are often used in auricular acupuncture treatments.
- Some of the most commonly used points in the ear include:
 - **Shenmen**, also called "ear shenmen" to differentiate it from another point on your wrist
 - **Point Zero**
 - **Kidney**

There are more than 200 acupuncture points in the ear, just in the ear only more than 200 acupuncture points.

In 1990, the World Health Organization created a standardized list. Of these 39 standard points, 10 master points are often used in auricular puncture treatments. Some of the most commonly used points in the ear include Shenmen, also called Ear Shenmen, to differentiate it from another point on your wrist, point zero, kidney.

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What Should I Expect From A Session?

- Acupuncture sessions may vary slightly from provider to provider. Some may use a combination of acupuncture points, while others might focus primarily on the master points.
- But in general, a practitioner will start by going over the symptoms you want to address. They'll likely ask you a few questions about your:
 - Sleeping Habits
 - Past Or Current Medical Issues
 - Mental Health Concerns
 - Diet And Digestion

What should I expect from a session of auricular acupuncture? This session may vary slightly from provider to provider, who is your acupuncturist is different. Some may use a combination of acupuncture points, while others might focus primarily on the master points.

But in general a practitioner will start by going over the symptoms you want to address. He will likely ask you a few questions about yourself, your sleeping habits, past or current medical issues you have, your mental health concerns and diet and digestive system.

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What Should I Expect From A Session?

- If you're having acupuncture done on your ear, you'll likely spend the session in a **seated position**. But if you're having other points stimulated, you may be asked to **lie on your stomach, back, or side**.
- Next, the practitioner will bring inserting needles. This may sting briefly, though some people don't report feeling anything during the session.
- With the needles inserted, you'll sit or lie quietly for between **10 and 20 minutes**. Finally, the needles will be removed, which is usually painless.

What should I expect from a session? You are having acupuncture done on your ear you likely spend the session in a seated position. Auricular acupuncture is generally done you don't require to sleep or lie down anywhere you remain seated on the chair it will be done on a seated position we saw an image earlier that the boy was just sitting over there and he was here was being punctured But if you are having other points stimulated, you may be asked to lie down on your stomach, back or side. Next, the practitioner will bring inserting needles.

This may sting briefly, though some people do not report feeling anything during the session. These needles are little different from the needle what I saw you in the acupuncture lecture. These needles are not so fine and sharp. With the needles inserted, you will sit or lie quietly for between 10 and 20 minutes. Finally, the needles will be removed which is usually painless.

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Is It Safe To Try?

- When performed by a trained and experienced acupuncturist, acupuncture is fairly safe, according to the National Center for Complementary and Integrative Health.
- If acupuncture isn't performed correctly or needles aren't sterile, you may be at risk for serious side effects. Licensed acupuncturists in the United States must use disposable needles, so receiving acupuncture from a licensed professional should minimize your risk for complications.
- **Some people do experience mild side effects after an acupuncture session, such as:**
 - Nausea
 - Dizziness
 - Pain or tenderness around the involved areas

Is it safe to try? When performed by trained and experienced acupuncturist, acupuncture is fairly safe, according to the National Centre for Complementary and Integrative Health. If acupuncture is not performed correctly or needles are not sterile, you may be at risk for serious side effects. Therefore, you must go to licensed acupuncturist only. Some people do experience mild side effects after an acupuncture session such as nausea, dizziness, pain or tenderness around the involved areas.

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Is It Safe To Try?

It's also best to avoid acupuncture if you:

- Are pregnant, as some points can induce labour
- Have a pacemaker, which could be affected by the mild electric pulse that's sometimes used with acupuncture needles
- Take blood thinners or have a bleeding disorder

It is also best to avoid acupuncture if you, this is a caution given to you.

You should avoid if you are pregnant. At some points can induce labor because of the pain something can happen. If you are having a pacemaker on your heart which could be affected by the mild electric pulse that is sometimes used with the acupuncture needles. If you take blood thinners or have a bleeding disorder then also you should avoid this auricular acupuncture.

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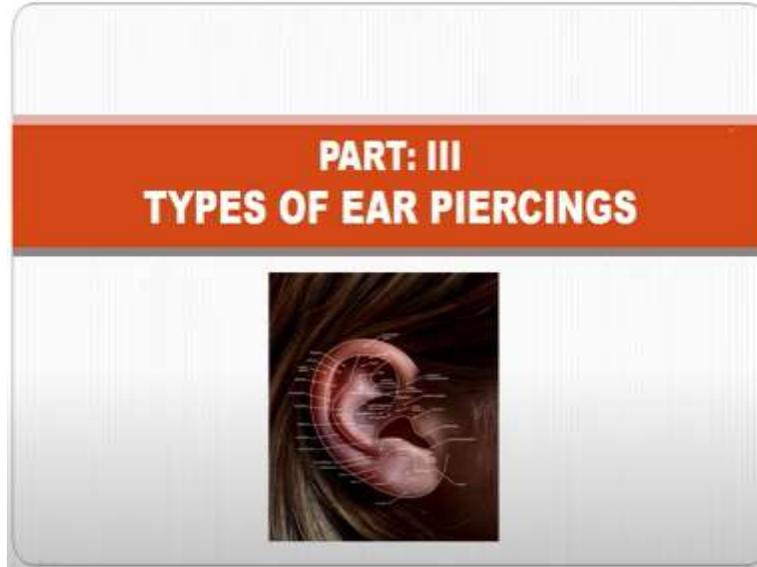
THE BOTTOM LINE

- Acupuncture in the ear is an alternative treatment that may help with common health issues, from chronic pain to digestion issues.
- If you're interested in trying alternative treatments or haven't had much luck with other approaches, auricular acupuncture might be worth a try.
- Be sure to see a licensed acupuncturist.

The bottom line. Acupuncture in the ear is an alternative treatment that may help with common health issues from chronic pain to digestion issues.

If you are interested in trying alternative treatments or haven't had much luck with other approaches, auricular acupuncture might be worth a try. However, be sure to see a licensed acupuncturist only.

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Now we come to the part three of our lectures that is a type of ear piercing.

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A slide with a white background and a red header bar. The header bar contains the text "5 Types of Ear Piercings" in red, bold, uppercase letters, and "Possible Health Benefits" in black, bold, uppercase letters below it. Below the header bar is a list of two bullet points in black text. To the right of the list is a 3D anatomical diagram of a human head in profile, showing the internal structures of the ear and the surrounding nervous system in red. The diagram shows the ear's connection to the brain and other parts of the body.

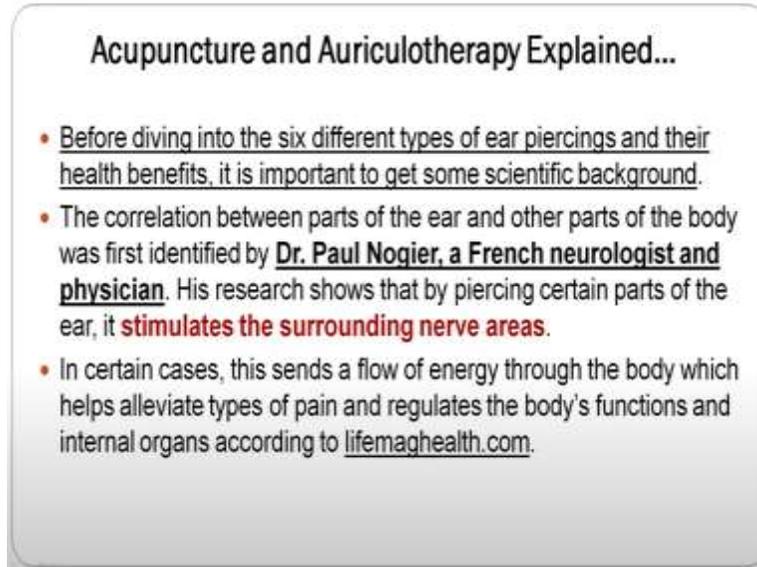
- Alexandra Rush reports on some of the health benefits that you might possibly gain just by piercing your ears.
- This phenomenon is looked into by two specific fields: acupuncture and auriculotherapy.

I will tell you about five types of ear piercing and its possible health benefits. Alexandra Rush reports on some of the health benefits that you might possibly gain just by piercing your ears.

This phenomena is looked into by two specific fields acupuncture and auriculotherapy. This diagram tells you it is here that your ear is located. Now, if you see this diagram then lots of nervous systems and other things they are coming out from your ears and

they are going to various different parts of your head. Earlier I said that ear puncture, ear piercing might affect your vision. It improves your vision because there are certain nerves which are going towards ears.

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Acupuncture and Auriculotherapy Explained...

- Before diving into the six different types of ear piercings and their health benefits, it is important to get some scientific background.
- The correlation between parts of the ear and other parts of the body was first identified by **Dr. Paul Nogier, a French neurologist and physician**. His research shows that by piercing certain parts of the ear, it **stimulates the surrounding nerve areas**.
- In certain cases, this sends a flow of energy through the body which helps alleviate types of pain and regulates the body's functions and internal organs according to lifemaghealth.com.

Before diving into the six different types of ear piercing and their health benefits, it is important to get some scientific background. The correlation between parts of the ear and other parts of the body was first identified by Dr. Paul Nogier, a French neurologist and physician. That is a modern medicine, otherwise in India it has been noticed, it has been acknowledged thousands of years back that piercing is very, very beneficial for health effects.

Dr. Paul Dozier, his research shows that by piercing certain parts of the ear, it stimulates the surrounding nerve areas. In certain cases, this sends a flow of energy through the body which helps alleviate types of pain and regulates the body functions and internal organs according to lifemaghealth.com.

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Acupuncture and Auriculotherapy Explained

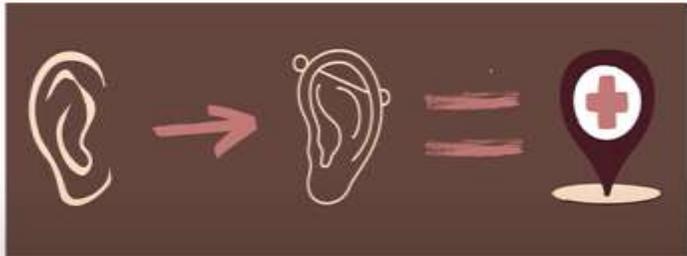
- **There are two different cultural approaches to auriculotherapy.** "The Asian approach is based on the understanding of health and disease of Traditional Chinese Medicine, using concepts such as qi, yin, yang and five elements."
- In contrast, Dr. Nogier's approach was biomedical, using concepts of neurophysiology. explains Gary Stanton in a scholarly journal article. This science is now researched worldwide, and the results are being published in other journals. Auriculotherapy is now considered by many people acceptable.

There are two different cultural approaches to auriculotherapy. The Asian approach, that is our approach is based on the understanding of health and disease of traditional Chinese medicine using concepts such as qi, yin, yang and five elements.

In contrast, what is western approach? It is biomedical using concepts of neurophysiology. This science is now researched worldwide and the results are being published in other journals. Auriculotherapy is now considered by many people acceptable all over the world.

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Can You Gain Health Benefits Simply By Piercing Certain Parts Of Your Ear?



Can you gain health benefits simply by piercing certain parts of your health? This is what it is.

Yes, you can get some health benefits.

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These are the ear points. If you pierce here, this is the allergy point. If you have got some allergy, lots of people have got allergy to particular things, some weather or even if they eat something, they have their allergy. Shen Men point, autonomic point, point 0.

This is for the stomach digestive system. Oscillation, endocrine, master cerebral, master sensorial and thalamus. We will see in detail in next few slides.

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1. The Daith

- The daith is located in the smallest fold of cartilage in your ear, where the outer ridge that runs along the top of your ear connects to your inner ear, above the ear canal. **It is a popular theory that the location of this piercing may help to relieve migraines.**
- Daith piercings for migraine relief gained popularity in the mid-2010s, and supporters of this theory have been growing ever since.
- In one case study, a 54-year-old man who suffered from chronic migraines decided to get a daith piercing. After being pierced, he claims to have experienced a large reduction of migraine attacks.
- In the Facebook group 'Migraine Again' one member says: "I am so glad I got mine done. Been 7 weeks and have had 2 migraines instead of at least 15 in that time. Might be a placebo, might not, but I don't care either way, I just know I'm not in as much pain." Allegedly, the migraines will be relieved in different sides of the brain depending on which ear the daith is pierced on, however by having a daith on both ears, it will relieve the entirety of the brain.

The daith, the first point daith, d-a-i-th. It is located in the smallest fold of cartilage, which is the smallest fold? It is shown here, this one. There are various fold, this is one fold, this is another fold of the ear and this is the external ring.

This particular thing which we can say generally divides the ear into two.

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The daith piercing shown above is one of the most widely accepted medicinal alternatives **to stop migraines**. The support for this theory has only grown through the years.



This is the smallest This is the daith piercing. If you do this, like this, earring has gone like this. If you have the daith piercing, then it is a popular theory that the location of this

piercing may help to relieve migraines. Very important. And there are certain other things they have written, but this is the most important point.

The piercing on the part of daith, it improves your, it relieves migraines.

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2. The Conch

- Conch piercings are a type of cartilage piercing that is named after the spiral shape (a conch) that ears take after. Supposedly, this piercing targets the acupuncture points that aid in muscle relaxation.
- **To add to that, these conch piercings are also associated with the ability to combat chronic pain.**
- "I've been able to significantly reduce my codeine intake by about 90%. Before the conch piercing, there were days when I was taking as much codeine as I had been prescribed, and sometimes it didn't seem to touch the pain at all." describes one blogger who suffers from both Fibromyalgia and a degenerative condition.
- Though it may be one of the more intense ear piercings, there seems to be some benefits that are worth the effort.

Second, the conch. The conch piercing are a type of cartilage piercing that is named after the spiral shape of conch that pierce take after. Supposedly, this piercing targets the acupuncture points that aid in muscle relaxation.

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The conch piercing, while less popular due to the thick cartilage that must be pierced through, actually may have some post-benefits according to auriculotherapy.



This is the conch, conch that is what we generally blow in temple.

So, this part is called conch and that is where piercing takes place. This is associated with combat chronic pain. The conch piercing helps you in combat chronic pain.

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3. The Forward Helix

- The forward helix piercing is located on a small piece of skin at the very front of the ear that attaches the ear and the head together. **The forward helix may stimulate a specific acupressure point to help relieve tense muscles, encourage blood circulation, and prompt your body to release energy for healing.** By increasing the blood circulation and muscle tone for the face, as well as the rest of the body, this piercing might help to lessen the appearance of wrinkles on the face. This piercing is also relatively painless to get.

Third, the forward helix. The forward helix piercing is located on a small piece of skin at the very front of the ear that attaches the ear and the head together.

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Shown below is the forward helix, which has been studied to possibly show signs of improved blood circulation, as well as other health benefits.



Ear and head, this is the head part, ear part. So, it is here.

This is called forward helix. The forward helix may stimulate a specific acupressure point to help relieve tense muscles, these muscles. Encourage blood circulation and prompt your body to release energy for healing.

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4. The Helix

- **The helix piercing, also known simply as a cartilage piercing,** is located on the upper outer rim of the ear. There are two different types: flat and on the rim.
- There are also many variations to the helix piercing, including the single, double, or triple helix.
- Almost Famous Body Piercing, a tattoo and body jewelry shop in Maine, advocates for the helix piercing as a form of allergy relief. Located where the helix is usually pierced is a point called the allergy point, which if stimulated, or pierced, is said **to relieve symptoms of allergies** such as congestion or a sore throat. Depending where on the helix the piercing is placed, it can also possibly **aid with insomnia**.

Earlier we saw forward helix, now comes the helix. It is the cartilage piercing.

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The helix piercing is one of the most well known piercings currently, and unexpectedly it may offer some positive health benefits unknown to most.



Where is it located? This part. This is the main cartilage of your ear and the piercing takes place here on the upper part. This particular thing, it relieves symptoms of allergies as well as it can aid with insomnia.

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5. The Lobe

- **This common ear piercing is often given to children as their first piercing.** The first hole on the lobe is located at the bottom of the ear that lacks cartilage. The first hole is an acupuncture point appropriately named the vision point.
- According to hercampus.com, pirates believed that wearing a hoop in their ear **would improve their eyesight and allow for better sailing.**
- However, author Dave Feldman's Imponderables website quotes acupuncturist Dr. Steve Given from Santa Monica, California, as saying: "There are reports of people enjoying vision improvements after having their ears pierced. In fact, when I studied acupuncture, the subject of pirates piercing their ears just for this reason was discussed."
- Furthermore, the third lobe piercing may also help combat depression. Less evidence is available for the third lobe piercing, but body modifications can make us feel better about ourselves, so hormones released during and after the piercing process might also make us a bit happier.

Fifth, the lobe. This is the common ear piercing is often given to children as their first piercing. This is normal, this is common all over India.

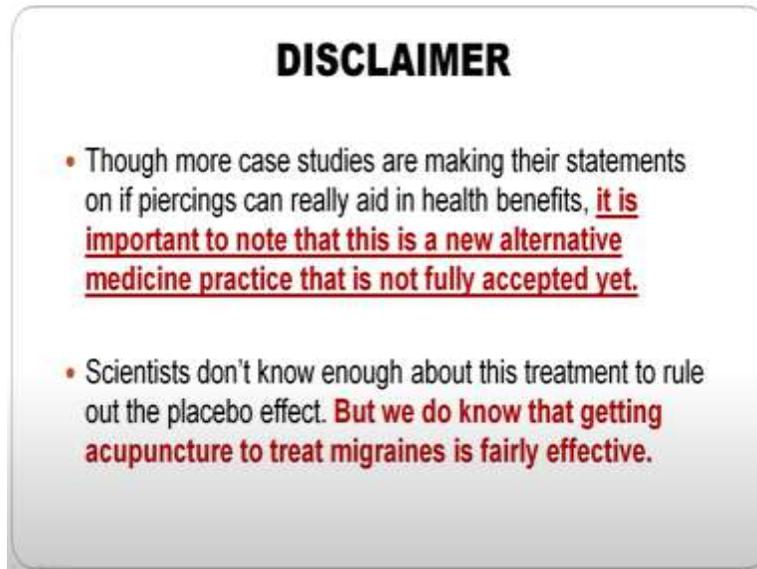
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Many young children receive their first piercing on the lower lobe (the first hole), maybe as a present from their parents or as a cultural/religious rite. However, there may also be some benefits to getting this very common piercing.



Like it is here, this part. It would improve their eyesight and allow for better sailing. So, but most of us, the people who have got the lobe pierce, they do not know that these are the health benefits accruing from such acupuncture.

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DISCLAIMER

- Though more case studies are making their statements on if piercings can really aid in health benefits, **it is important to note that this is a new alternative medicine practice that is not fully accepted yet.**
- Scientists don't know enough about this treatment to rule out the placebo effect. **But we do know that getting acupuncture to treat migraines is fairly effective.**

Disclaimer, dear friends, more case studies are making their statements on if piercing can really aid in health benefits.

It is important to note that This is a new alternative medicine practice that is not fully accepted yet. I am talking about western countries. This has been already fully accepted. I can roughly say that 50 to 60 percent of Indian populations have got their ear piercing done when they are children.

This is also a disclaimer. I can't claim it, but I personally think it that way and we do it traditionally. We do not worry about health benefits or not. Scientists do not know enough about this treatment to rule out the placebo effect. But we do know that getting acupuncture to treat migraine is fairly effective.

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CONCLUSION

- Piercings may initially have the effects previously mentioned, but once healed there is the possibility that the effect of the piercing may decrease over time.
- Piercings can also be dangerous, especially in cartilage areas, so it is important to clean the piercing every day in order to prevent bacterial infections and piercing bumps.
- In conclusion, if you are up to trying new alternative medicine practices and aren't opposed to having some fun bling in your ear, these five piercings may just be right for you.

In conclusion, your friend's piercing may initially have the effects previously mentioned.

But once healed, there is the possibility that the effect of the piercing may decrease over time. Piercing can also be dangerous, especially in cartilage areas. So it is important to clean the piercing every day in order to prevent bacterial infection and piercing bumps. In conclusion, if you are up to trying new alternative medicine practice and are not opposed to having some fun bling in your ear, this five piercing may just be the right for you. Thank you. Thank you friends.