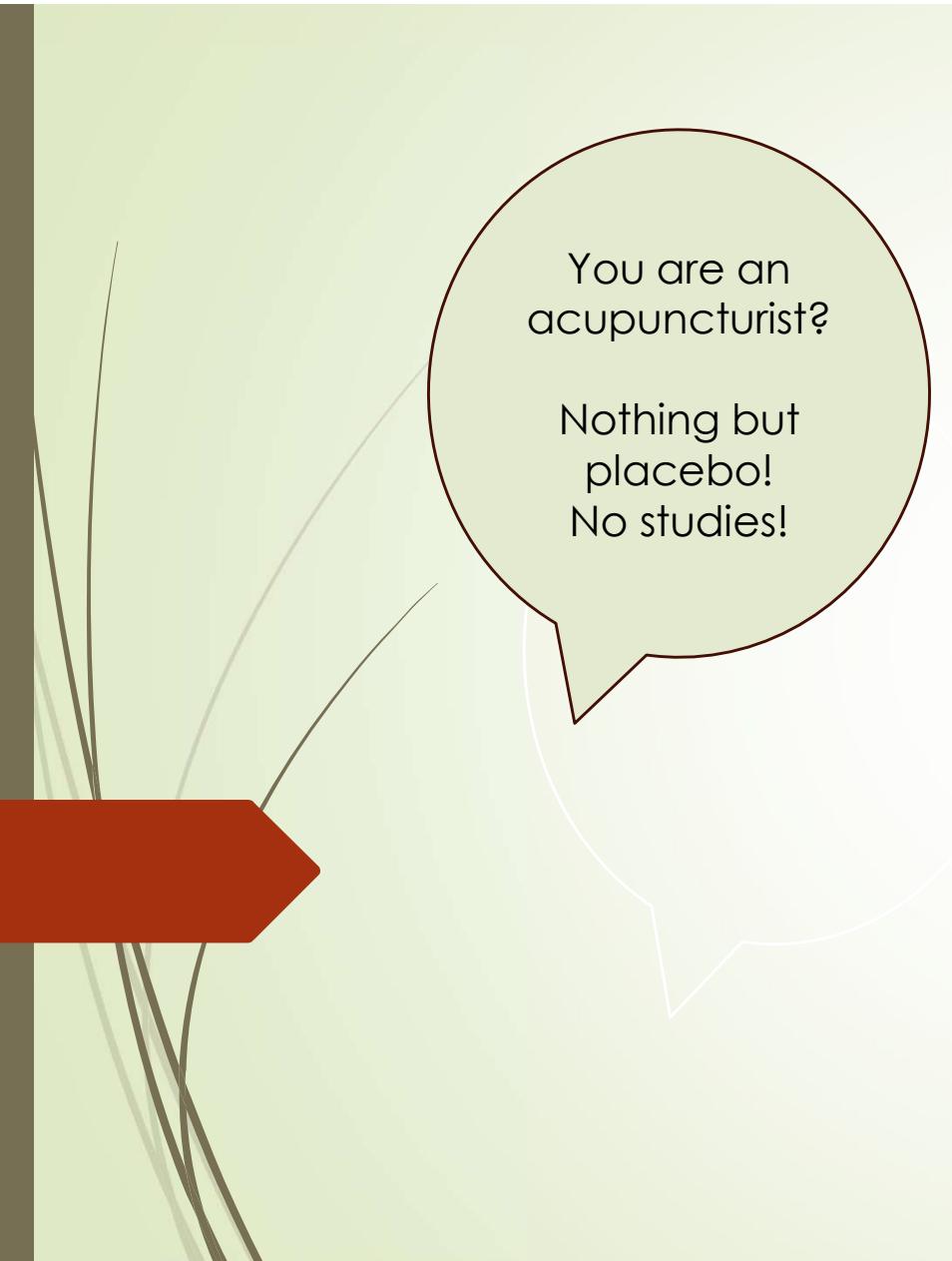




# NADA Research and the acceptance of NADA

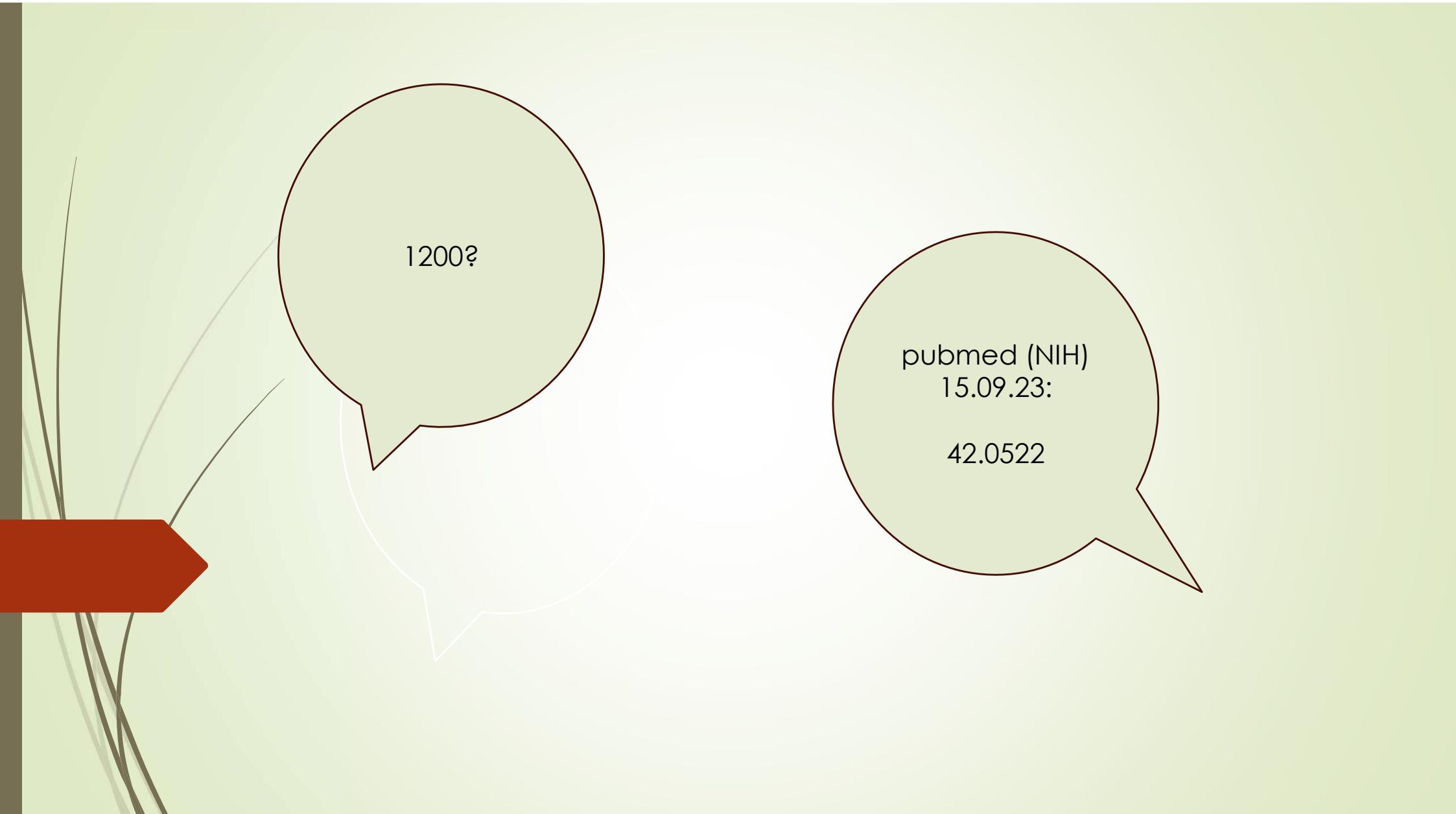
What's the main problem ?



You are an  
acupuncturist?

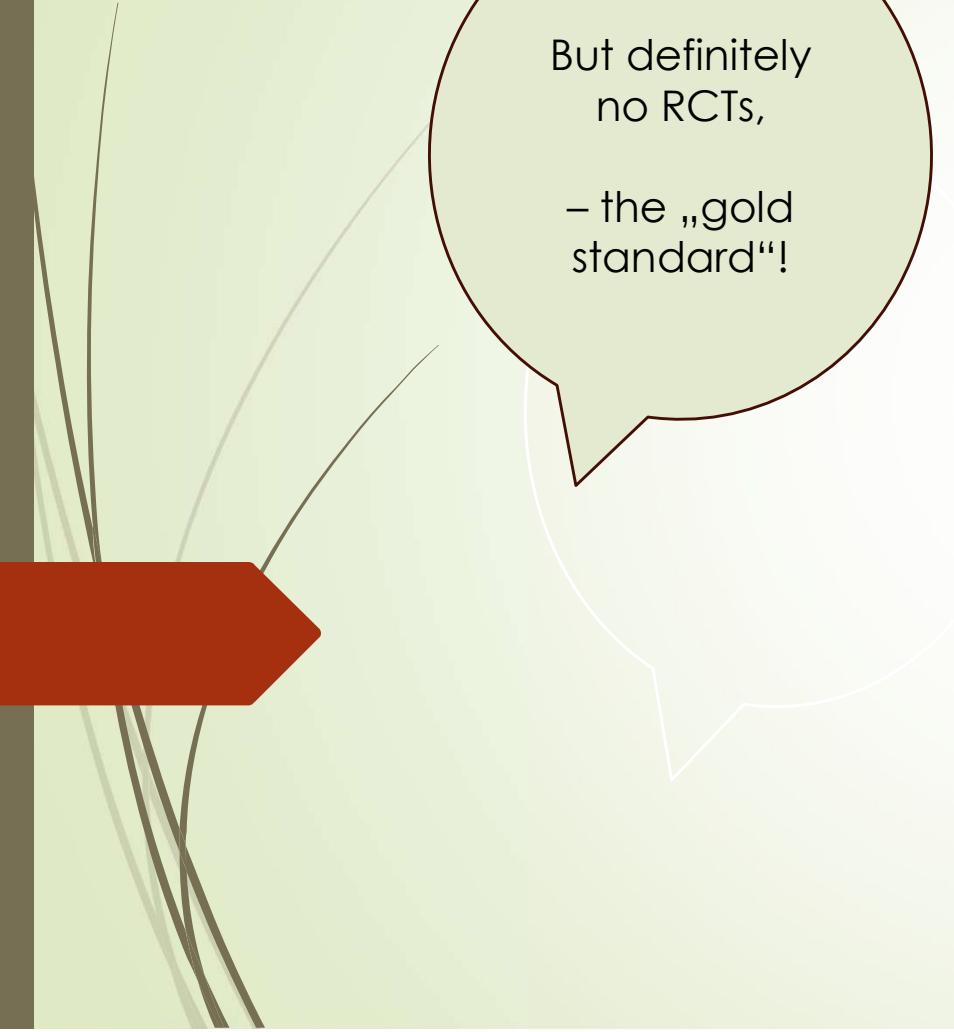
Nothing but  
placebo!  
No studies!

Guess, how  
many studies:  
800?  
1000?  
1200?



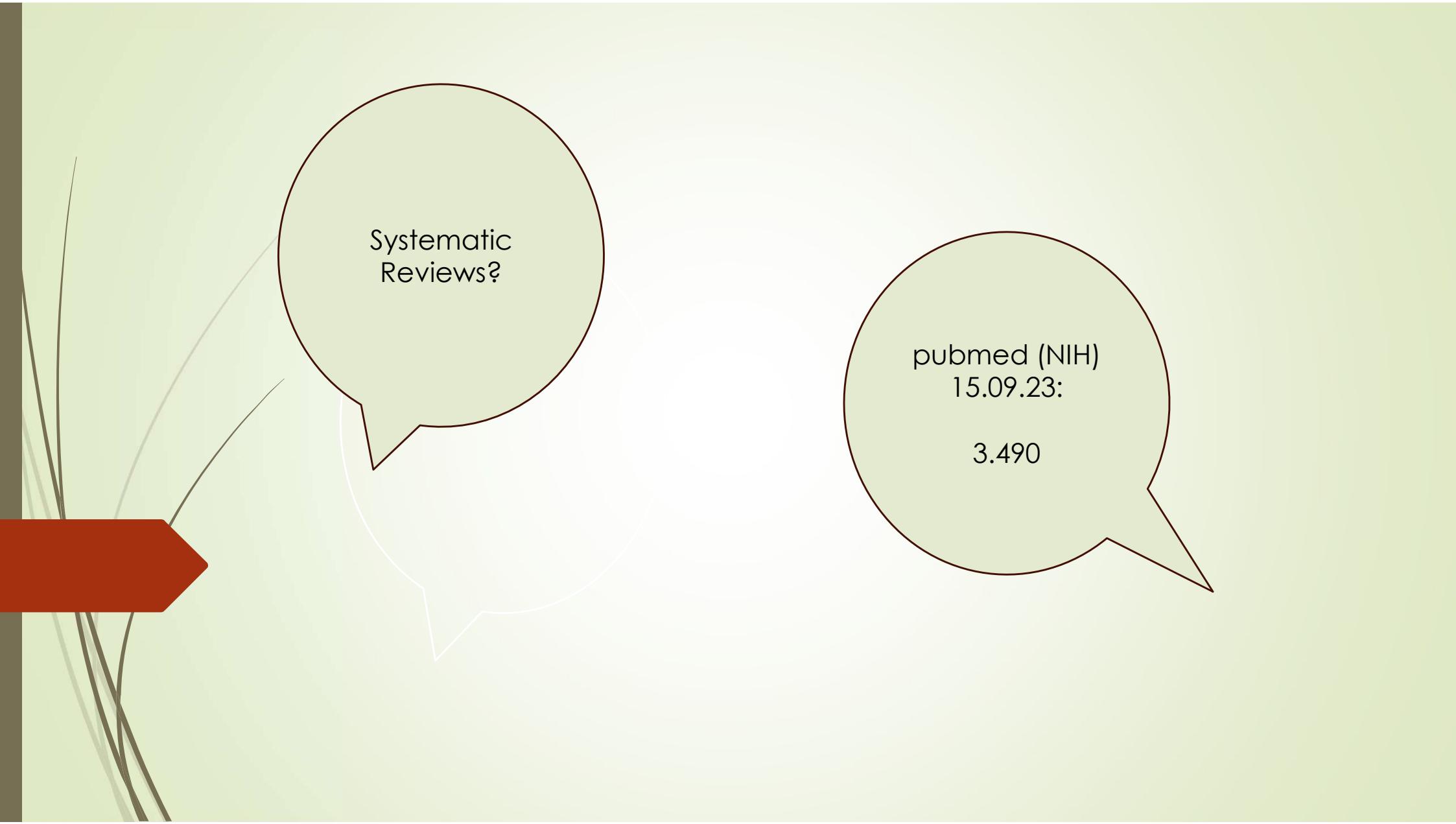
1200?

pubmed (NIH)  
15.09.23:  
42.0522



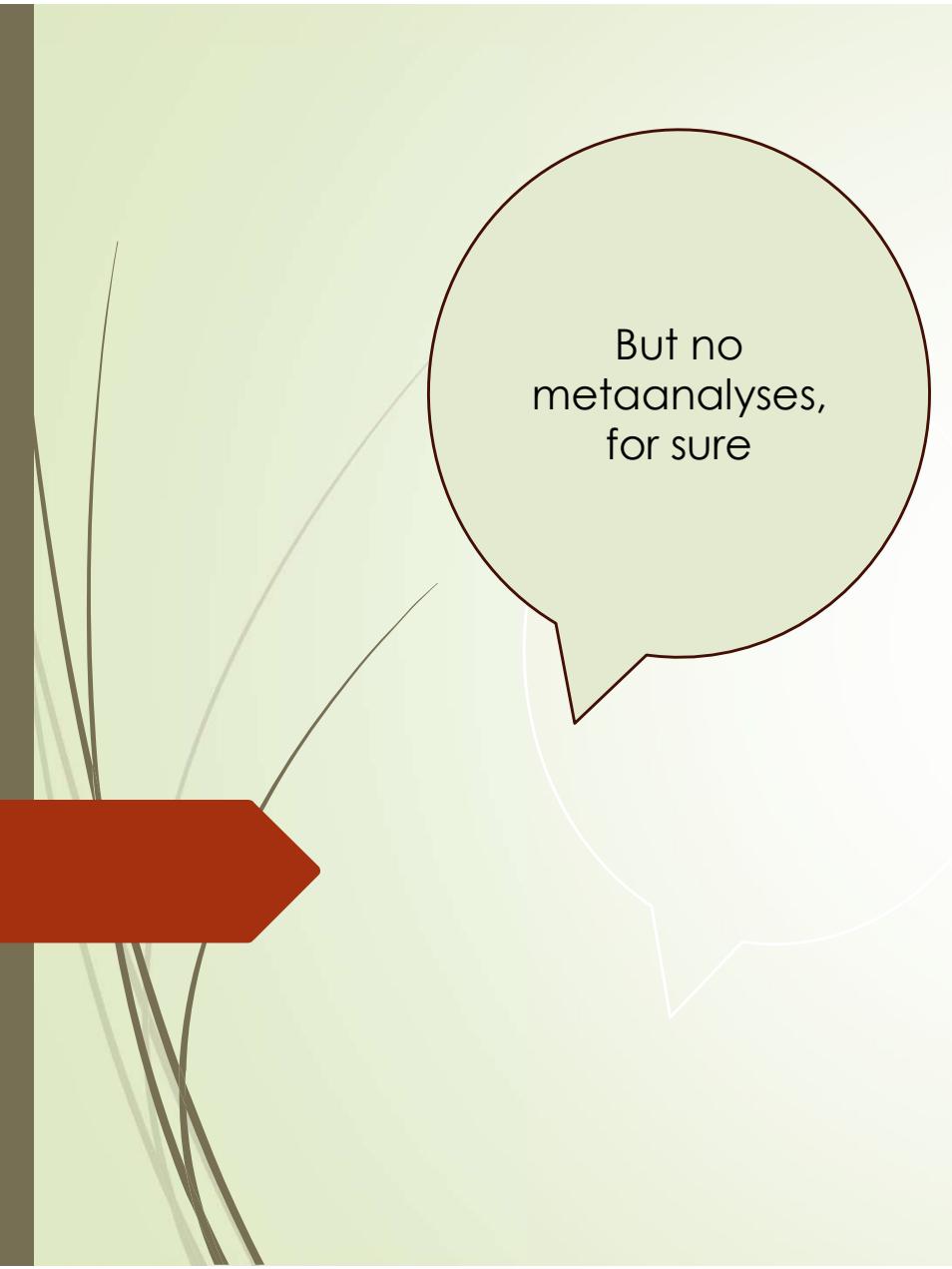
But definitely  
no RCTs,  
– the „gold  
standard“!

pubmed (NIH)  
15.09.23:  
9.531 RCTs



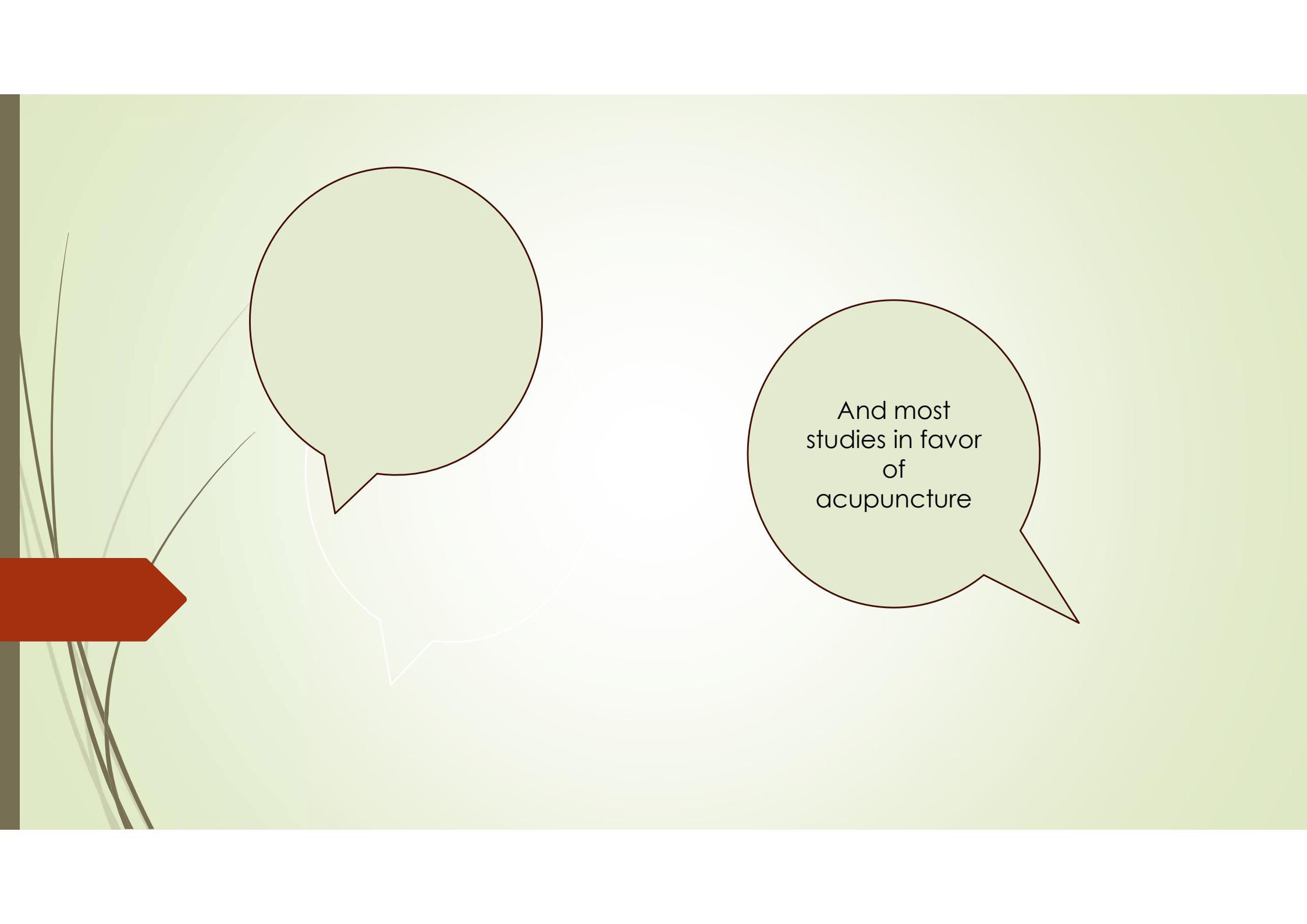
Systematic  
Reviews?

pubmed (NIH)  
15.09.23:  
3.490



But no  
metaanalyses,  
for sure

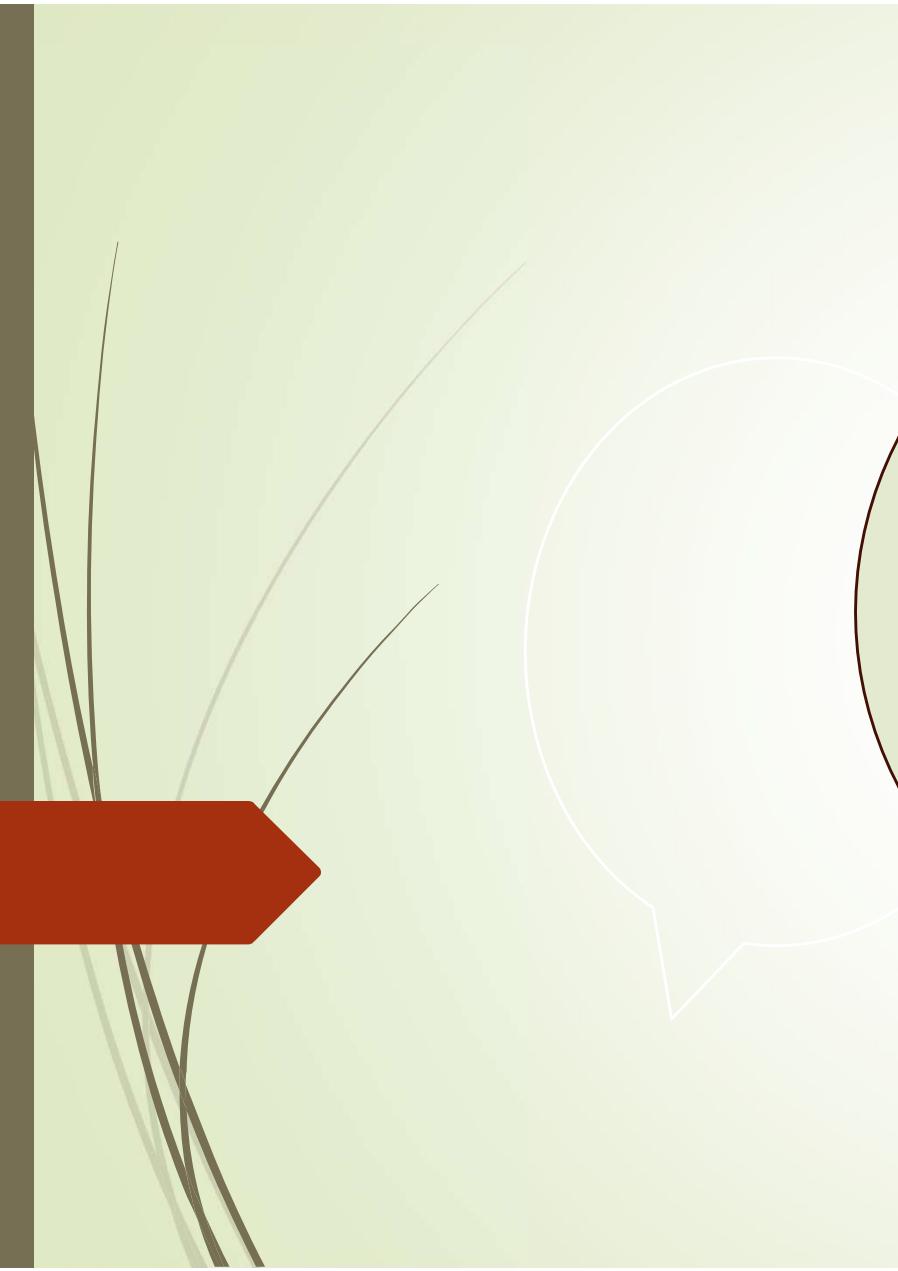
pubmed (NIH)  
15.09.23:  
2.970



And most  
studies in favor  
of  
acupuncture



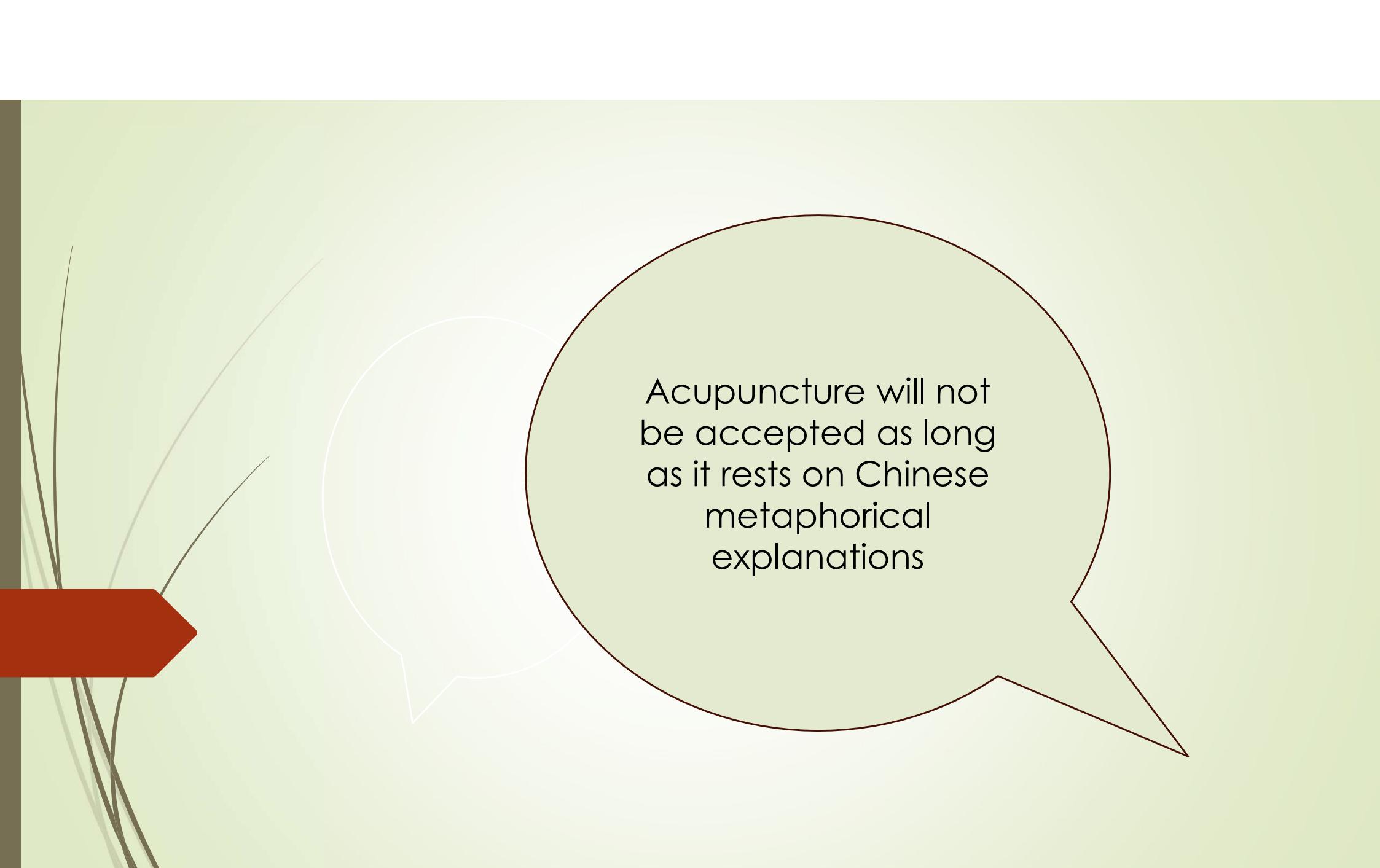
But why hasn't  
acupuncture  
become part of our  
conventional medicine  
yet?



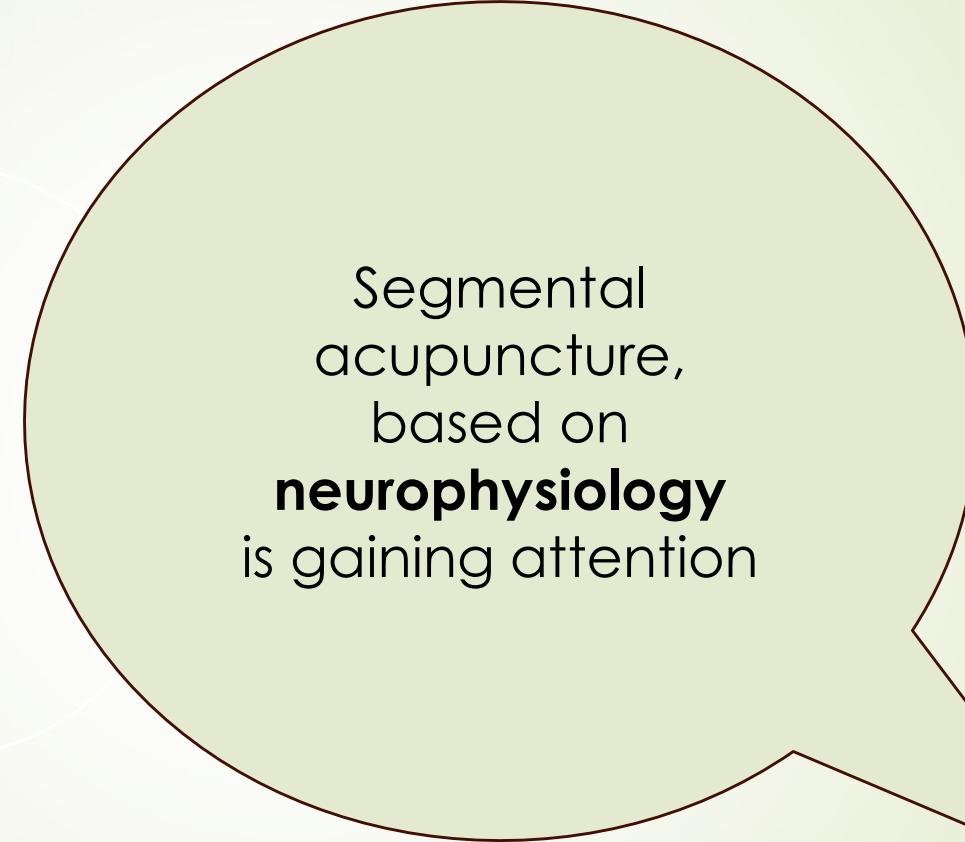
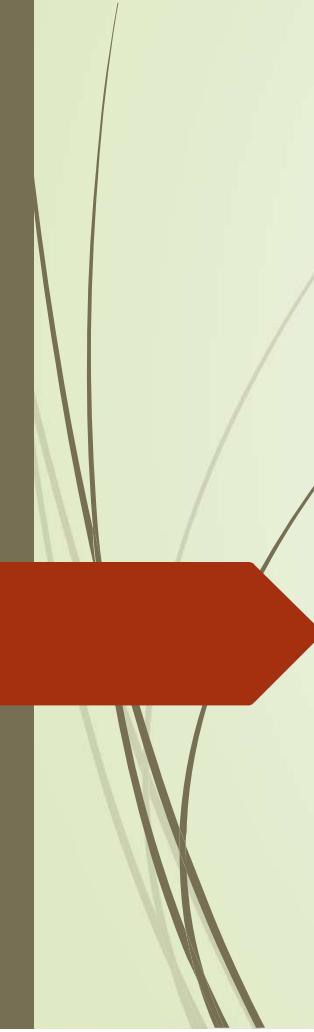
It is a cultural problem:

What must not be,  
cannot be!

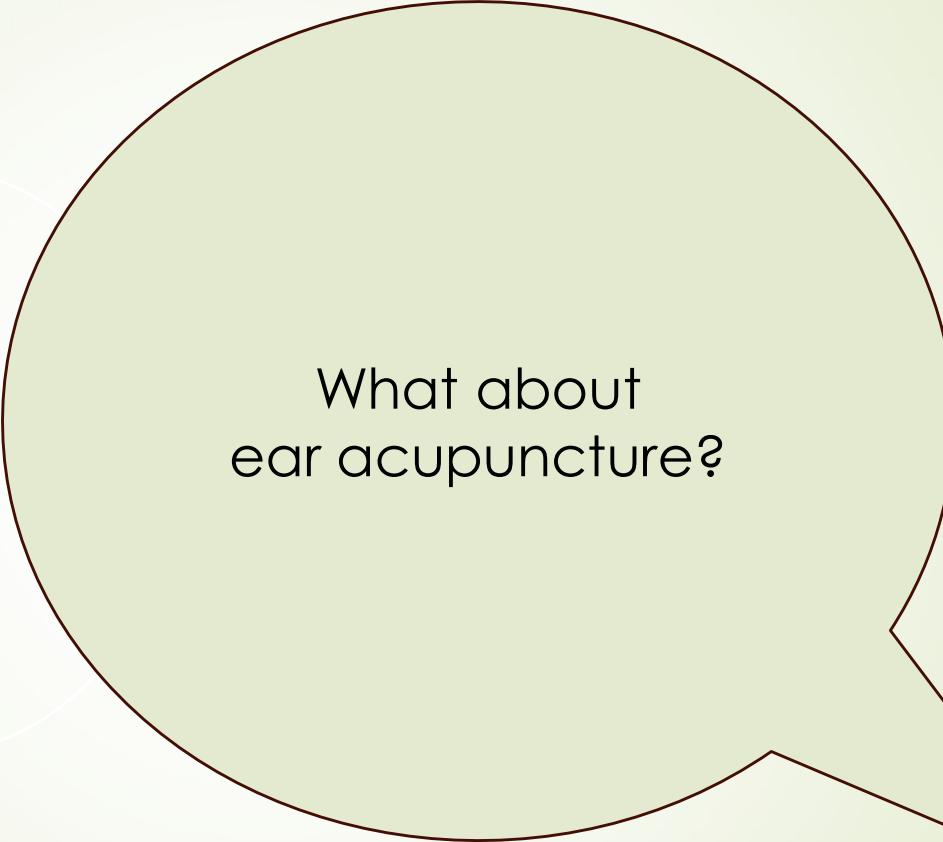
Was nicht sein darf,  
nicht sein kann!



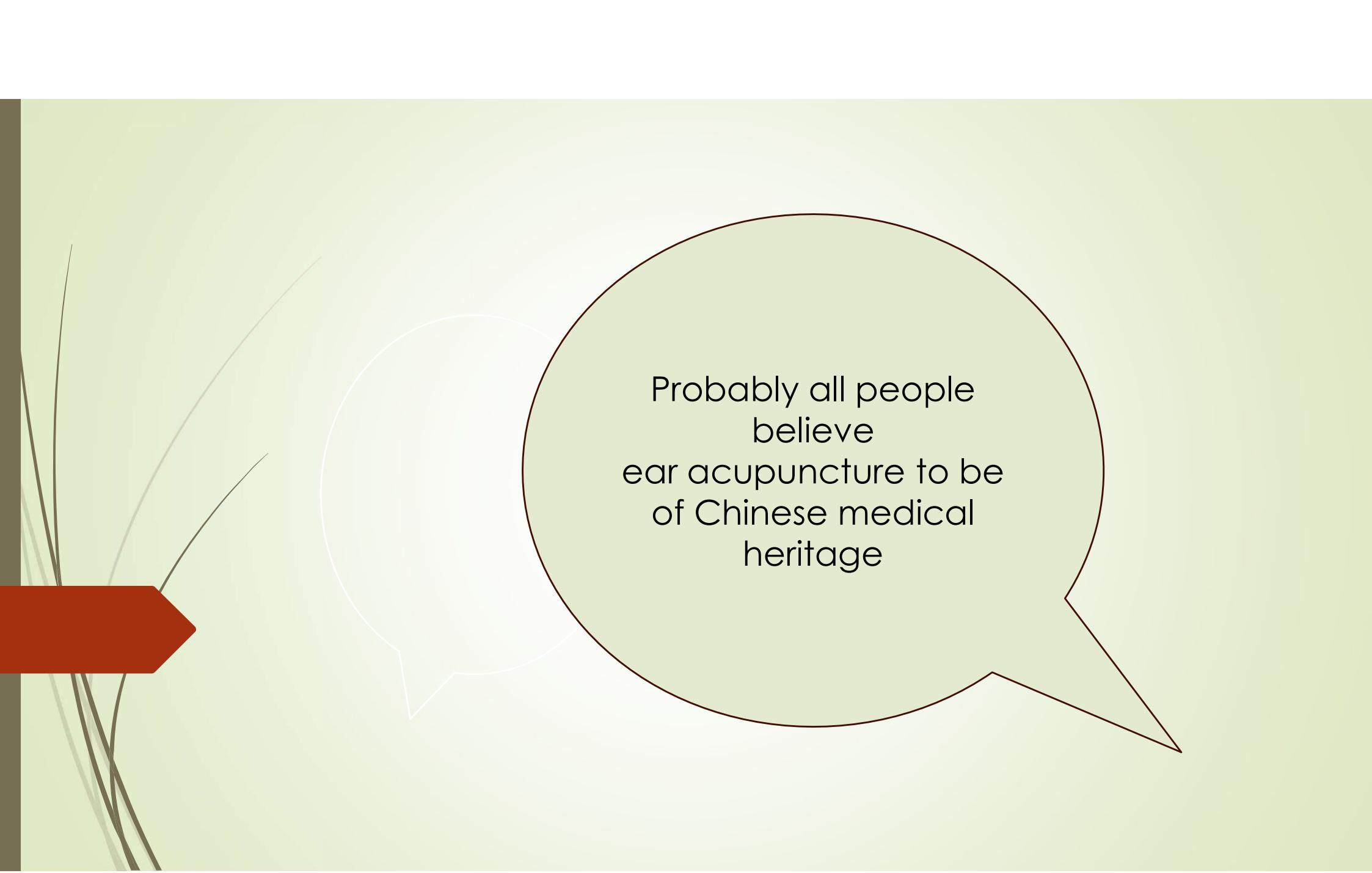
Acupuncture will not  
be accepted as long  
as it rests on Chinese  
metaphorical  
explanations



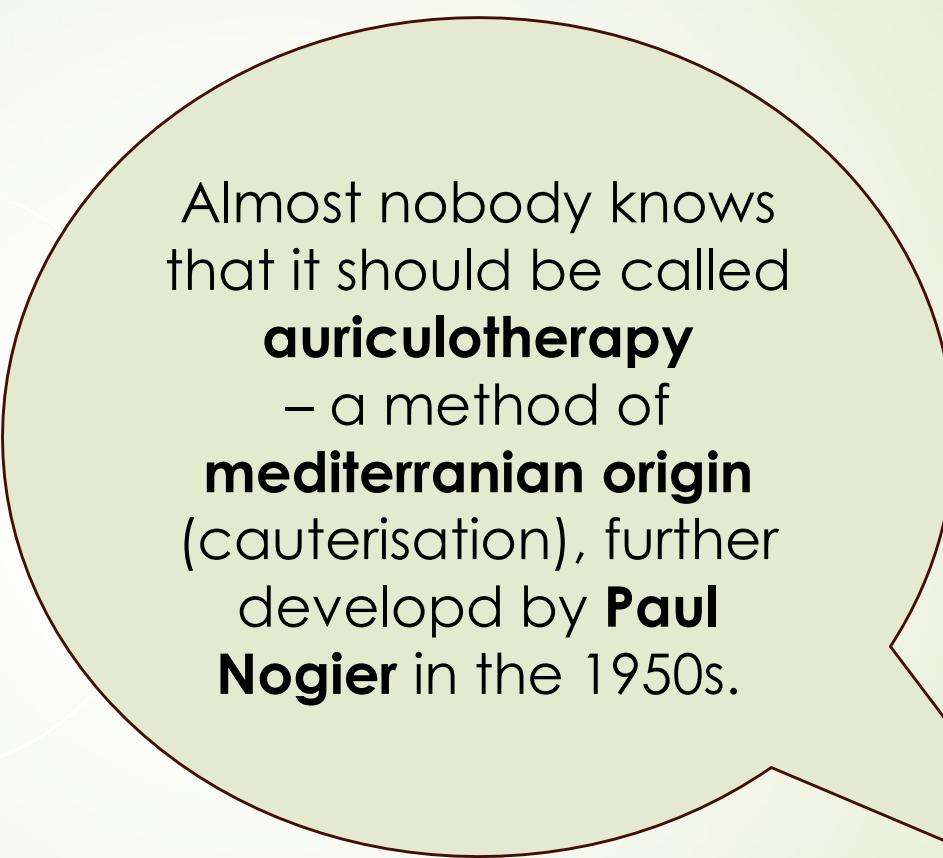
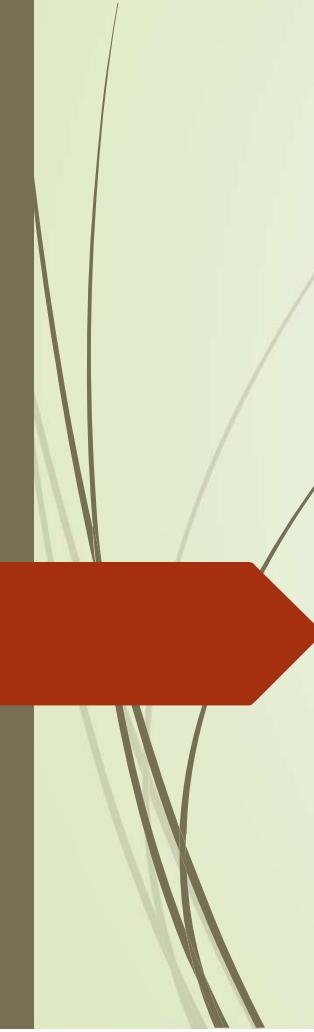
Segmental  
acupuncture,  
based on  
**neurophysiology**  
is gaining attention



What about  
ear acupuncture?

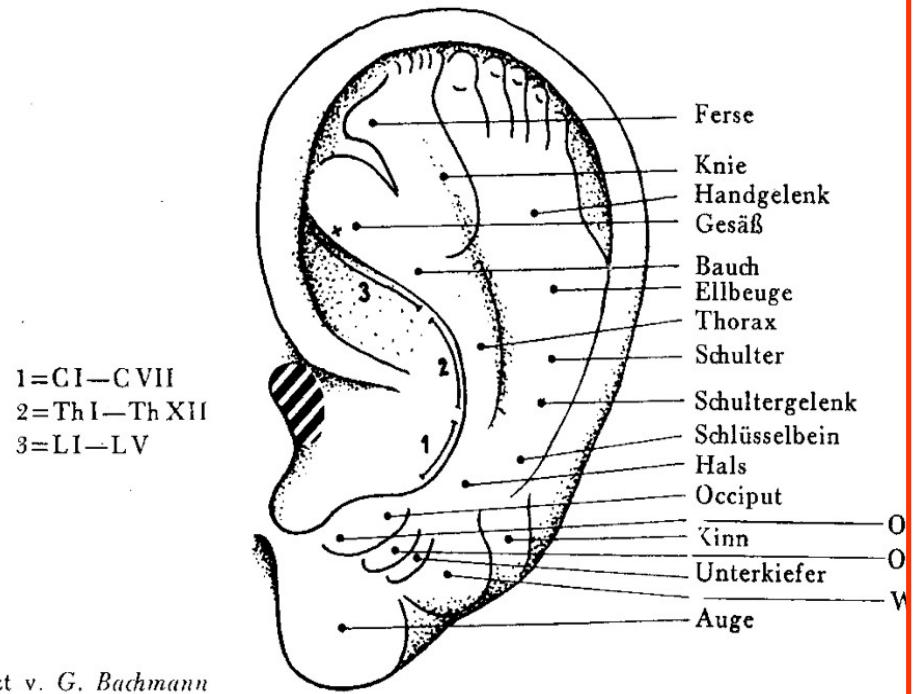


Probably all people  
believe  
ear acupuncture to be  
of Chinese medical  
heritage



Almost nobody knows  
that it should be called  
**auriculotherapy**  
– a method of  
**mediterranean origin**  
(cauterisation), further  
developed by **Paul  
Nogier** in the 1950s.

b. 1



First publication of the somatotope: German Journal of Acupuncture 1957

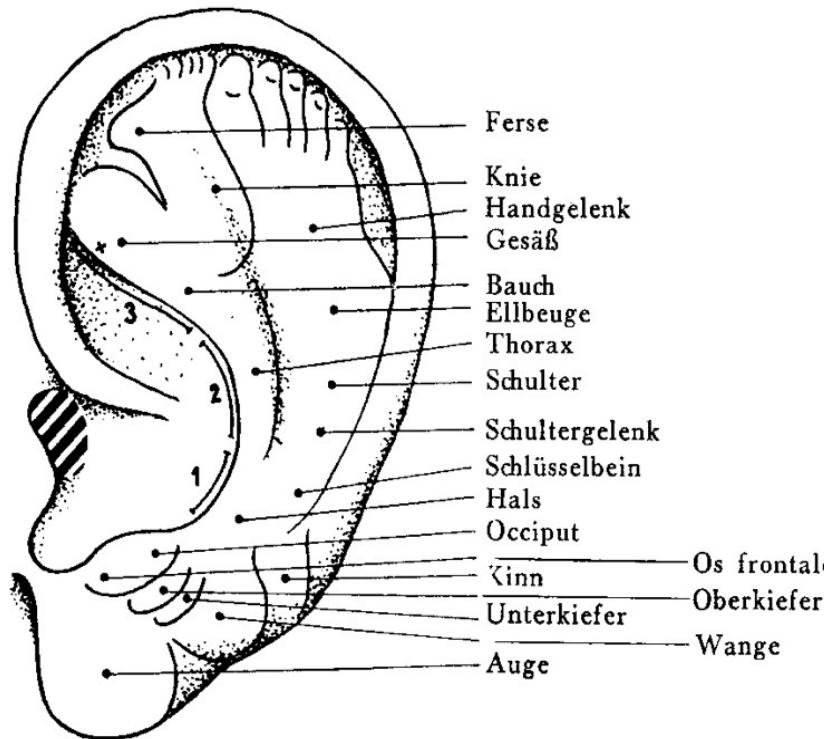
到了近代，1956 年山东莱西县卫生院首先报导针刺耳部能够治疗喉痹症。1957 年法国 P. Nogier 氏在学习针灸疗法的基础上，对耳部和人体各部的联系也作了细致的观察，并应用于临床，增补了耳穴部位，使耳针疗法有了发展。

Translation of Nogier's article, Shanghai 1958

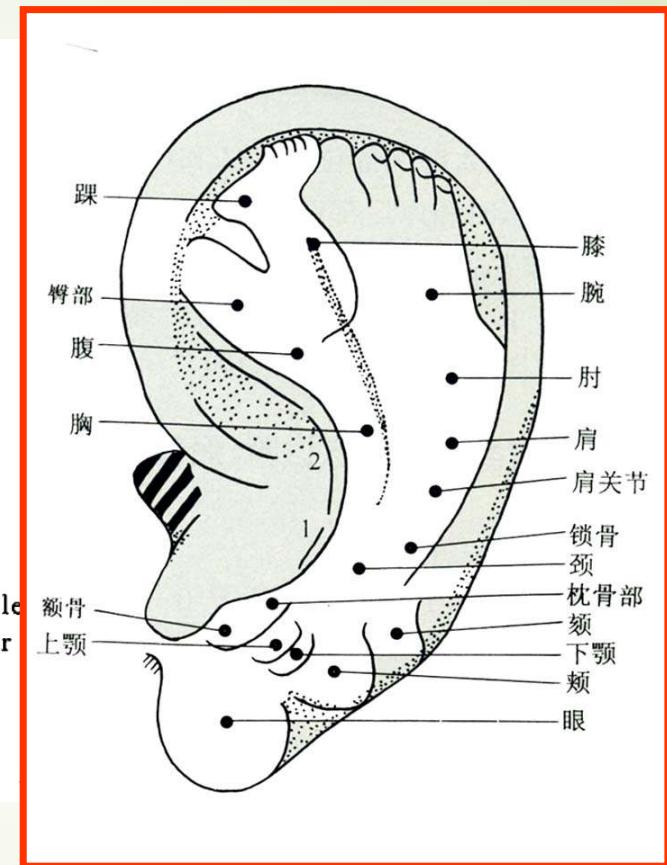
- a) acceptance of a new development not known in TCM
- b) false claim that Nogier had developed it while researching acupuncture

Abb. 1

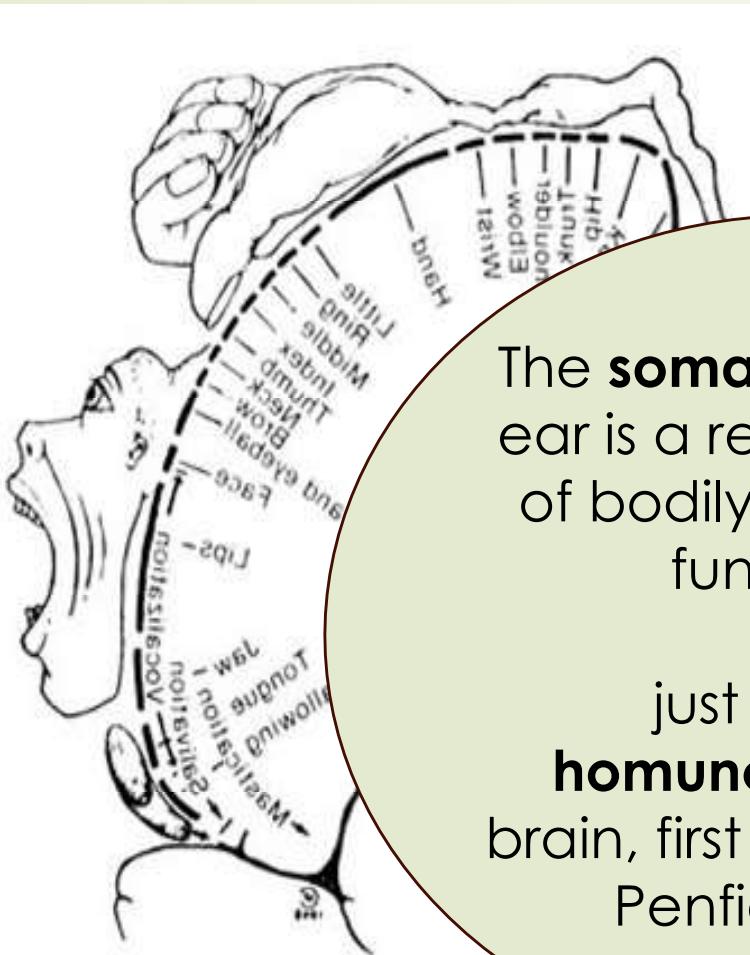
1=CI—C VII  
2=Th I—Th XII  
3=LI—LV



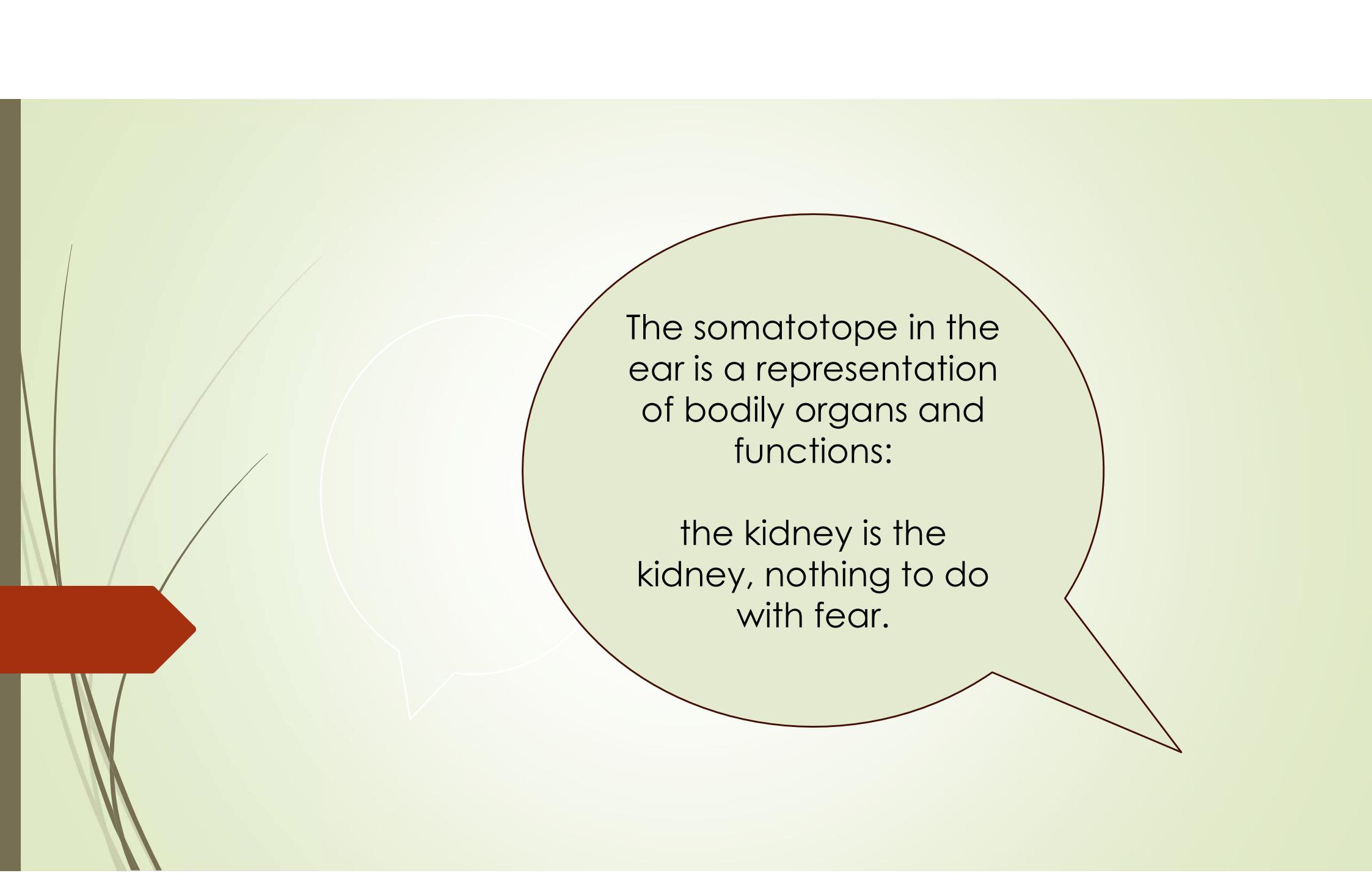
Gez. u. übersetzt v. G. Bachmann



Translation of Nogier's article, Shanghai 1958

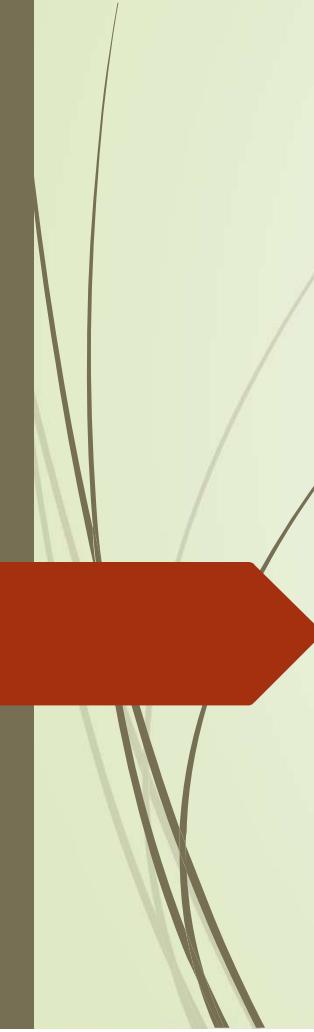


The **somatotope** in the ear is a representation of bodily organs and functions:  
just like the  
**homunculus** in the  
brain, first described by  
Penfield 1950.



The somatotope in the ear is a representation of bodily organs and functions:

the kidney is the kidney, nothing to do with fear.



The somatotope in the ear is a representation of bodily organs and functions:

The liver is the liver, nothing to do with anger or aggression.

*Allein die Tatsache, daß von Nadeln gesprochen wird, kann den Leser glauben lassen, daß die Auriculotherapie ein Zweig der Akupunktur sei...*

*Die Auriculotherapie hat aber, abgesehen von den Nadeln, die zur Behandlung dienen, nichts mit der Akupunktur gemeinsam.*

*Während die Akupunktur eine äußerst fesselnde, aber schwierige Wissenschaft ist, verwendet die Auriculotherapie keinerlei Begriffe, die unserem westlichen Verstand nicht zugänglich wären, und ist letzten Endes von großer Einfachheit.“*

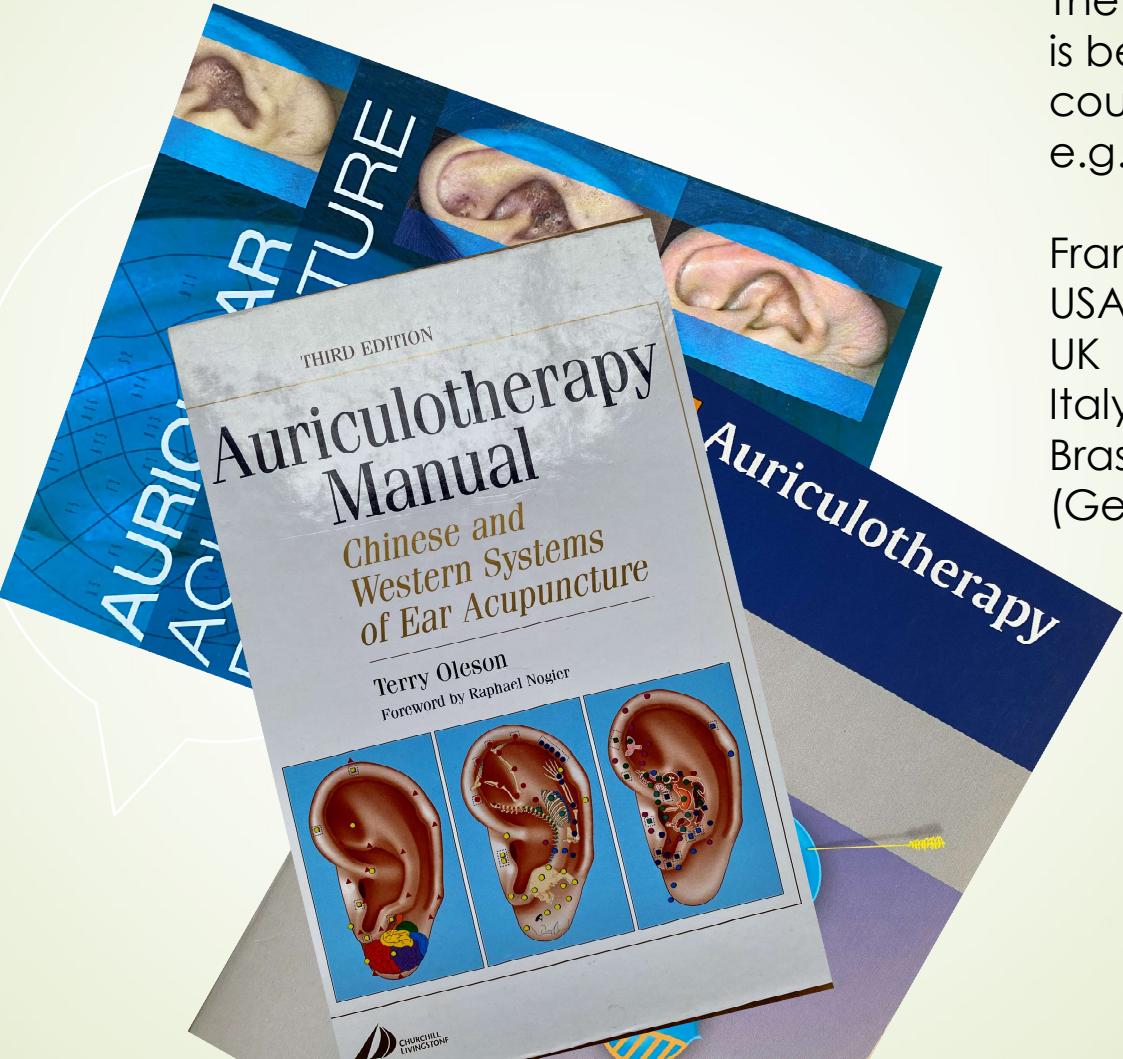
Paul Nogier 1969

The mere fact that needles are mentioned may lead the reader to believe that auriculotherapy is a branch of acupuncture... But auriculotherapy has nothing in common with acupuncture, apart from the needles used for treatment. While acupuncture is a most absorbing but difficult science, auriculotherapy uses no terms that would be inaccessible to our Western mind, and is ultimately of great simplicity.“

Paul Nogier 1969

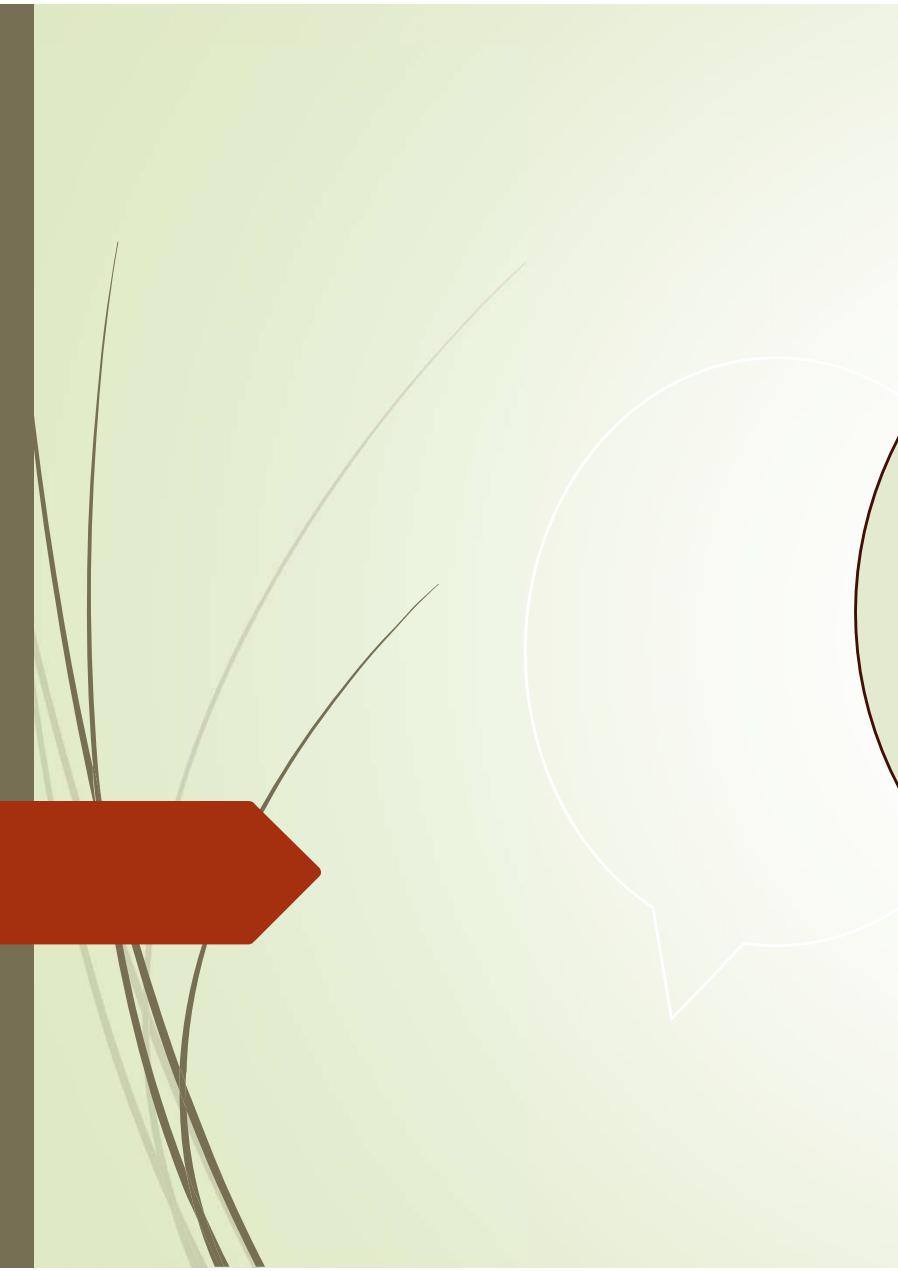
## Conclusion?

Yes, we need studies,  
but if we want NADA to be  
**accepted**, to become part  
of an **integrated** medicine,  
we have to un-tie it from its  
Chinese image.



The term „auriculotherapy“  
is being used in many  
countries,  
e.g.,

France  
USA  
UK  
Italy  
Brasil  
(Germany)



Please, don't kill me!

**National  
Auriculotherapy  
Detoxification  
Association**



My suggestion:

Let's discuss it internationally!

Don't worry,  
it will take some time.

Good things come to those  
who wait.

In the meantime: let's do good  
NADA work and good research



Yes, we can!

Thank you for mindful listening!

ear acupuncture - Search Resu +

pubmed.ncbi.nlm.nih.gov/?term=ear+acupuncture

An official website of the United States government [Here's how you know](#)

Countdown: Noch 100 Tage  
www.buecher.de  
Nur HEUTE: Ihr 12% Rabatt-Gutschein\*1

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National Center for Biotechnology Information

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ear acupuncture

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Save Email Send to Sort by: Best match Display options

MY NCBI FILTERS

RESULTS BY YEAR

1,259 results

1 of 126

Effect of hand-ear acupuncture on chronic low-back pain: a randomized controlled trial.

Cite: Luo Y, Yang M, Liu T, Zhong X, Tang W, Guo M, Hu Y. J Tradit Chin Med. 2019 Aug;39(4):587-598. PMID: 32186108 Free article. Clinical Trial.

All the 152 participants with cLBP were randomly assigned to hand-ear acupuncture (n = 54), standard acupuncture (n = 50), or usual care groups (n = 48). ...Furthermore, hand-ear acupuncture is significantly more effective than the standardized ...

Effect of ear acupuncture on pregnancy-related pain in the lower back and posterior pelvic girdle: A multicenter randomized clinical trial.

Cite: Vas J, Cintado MC, Aranda-Regules JM, Aguilar I, Rivas Ruiz F. Acta Obstet Gynecol Scand. 2019 Oct;98(10):1307-1317. doi: 10.1111/aogs.13635. Epub 2019 Jun 1.

Abstract

Free full text

Full text

This screenshot shows the PubMed search results for the query "ear acupuncture". The search interface includes a search bar, sorting options (Best match), and a display options button. The results page displays 1,259 results across 126 pages. Two study abstracts are listed:

- Effect of hand-ear acupuncture on chronic low-back pain: a randomized controlled trial.** Cited by Luo Y, Yang M, Liu T, Zhong X, Tang W, Guo M, Hu Y. J Tradit Chin Med. 2019 Aug;39(4):587-598. PMID: 32186108. The abstract notes that hand-ear acupuncture was significantly more effective than standard acupuncture for chronic low-back pain.
- Effect of ear acupuncture on pregnancy-related pain in the lower back and posterior pelvic girdle: A multicenter randomized clinical trial.** Cited by Vas J, Cintado MC, Aranda-Regules JM, Aguilar I, Rivas Ruiz F. Acta Obstet Gynecol Scand. 2019 Oct;98(10):1307-1317. doi: 10.1111/aogs.13635. Epub 2019 Jun 1.

On the left sidebar, filters for text availability (Abstract, Free full text, Full text) and year range (1958 to 2023) are visible. A "RESULTS BY YEAR" chart is also present.



Log in



auriculotherapy



Search

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[User Guide](#)

Save

Email

Send to

Sort by:

Best match

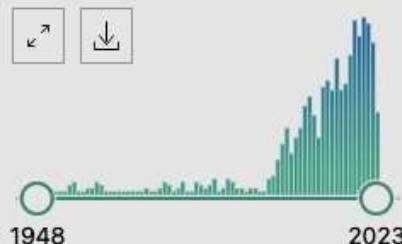
Display options

MY NCBI FILTERS

720 results

« < Page 1 of 72 > »

RESULTS BY YEAR



TEXT AVAILABILITY

Abstract

Free full text

Full text

**Auriculotherapy and reducing chronic musculoskeletal pain: integrative review.**

1 Morais BX, Ongaro JD, Almeida FO, Luz EMFD, Greco PBT, Magnago TSBS.

Cite Rev Bras Enferm. 2020 Nov 9;73(s6):e20190394. doi: 10.1590/0034-7167-2019-0394. eCollection 2020.

Share PMID: 33263671 [Free article.](#) Review. English, Portuguese.

OBJECTIVES: to describe the scientific evidence on the use of **auriculotherapy** to reduce chronic musculoskeletal pain in adults and the elderly. ...The treatment was developed in one or more sessions, using semi-permanent needles (42.9%) and electro-**auriculotherapy** ( ...

**Effects of auriculotherapy on stress, anxiety and depression in adults and older adults: a systematic review.**

2 Corrêa HP, Moura CC, Azevedo C, Bernardes MFVG, Mata LRPB, Chianca TCM.

Cite Rev Esc Enferm USP. 2020 Oct 26;54:e03626. doi: 10.1590/S1980-220X2019006703626.

National acupuncture detoxific x +

pubmed.ncbi.nlm.nih.gov/?term=National+acupuncture+detoxification+association

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National acupuncture detoxification association

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RESULTS BY YEAR

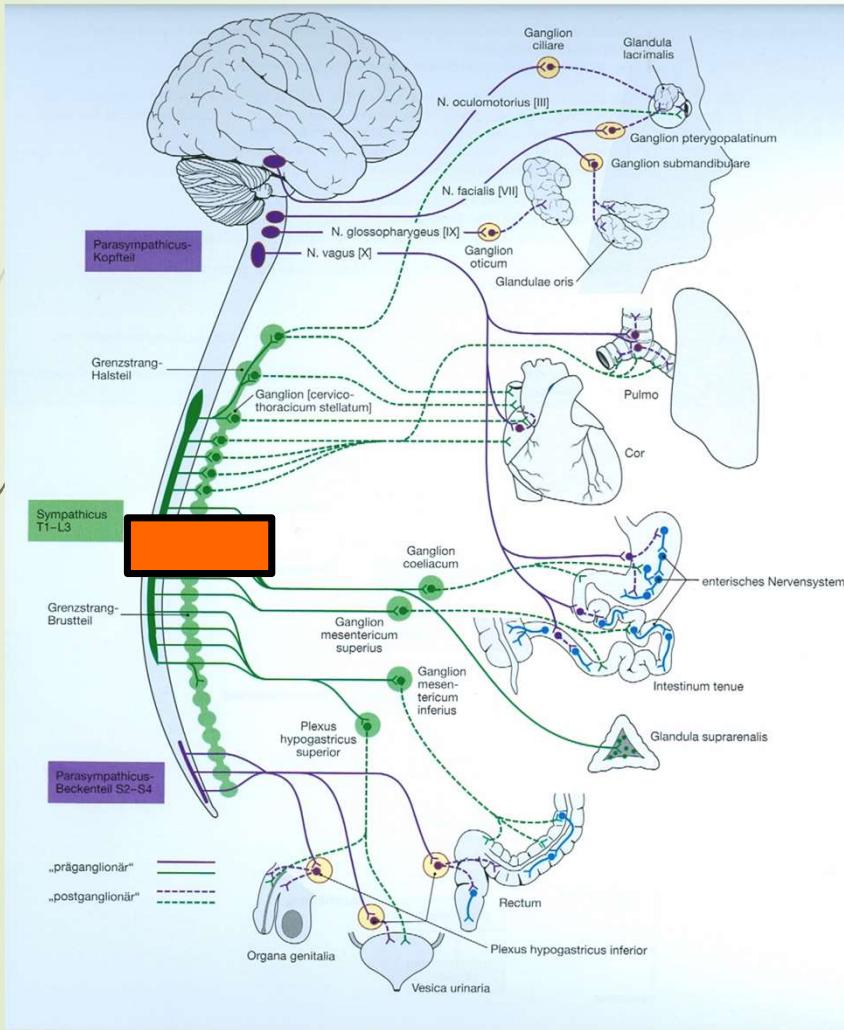
1988 2023

31 results Page 1 of 4

Ear Acupuncture according to the NADA (National Acupuncture Detoxification Association).  
Litscher G.  
Medicines (Basel). 2019 Mar 31;6(2):44. doi: 10.3390/medicines6020044.  
PMID: 30935106 Free PMC article.  
This editorial is a brief report on the National Acupuncture Detoxification Association (NADA) ear acupuncture and is intended to briefly summarize the main scientific work. The complementary addiction-detoxification auricular acupunct ...

Auricular acupuncture in the treatment of cocaine/crack abuse: a review of the efficacy, the use of the National Acupuncture Detoxification Association protocol, and the selection of sham points.

# Segment-Anatomie – die Bedeutung der Diaphragma-Ebene



Legende:

Organe oberhalb des **Zwerchfells**:  
Verschaltung über das Veg. NS in die  
obere Extremität  
(bis Th 7 bzw. 7. **Grenzstrangganglion**)

Organe unterhalb des Zwerchfells:  
Verschaltung über das Veg. NS in die  
untere Extremität  
(ab Th 10 bzw. 10. **Grenzstrangganglion**)

[**Grenzstrangganglien** Th 8 und Th 9  
projizieren sich nur in die Bauchhaut]

[Paulsen, Waschke. Sobotta – Atlas der Anatomie des Menschen.  
Kopf, Hals und Neuroanatomie. 2009: 341]