

Subject:

Allergies, Allergic Rhinitis

Study Conducted: Country: Institution:

China

Tianjin Reflexology Association

Citation:

Shihui, L., Shuwer, C., Shuting, Z., "Healing 20 Cases of Allergic Rhinitis with Auricular Reflexology." 2002 China Reflexology Symposium Report, pages 37-38.

Synopsis:

In a period of 2 to 3 years, 20 cases of Allergic Rhinitis were treated with Auricular reflexology by sticking small seeds on points located on the back side of the ears. Each patient was asked to press the points 4 times a day at 60 strokes each for one minute. In a typical case, Wang, a 44 year old female had suffered allergic rhinitis for more than 10 years. The symptoms included itching and running nose, stuffy nose, insomnia, headache, etc. Medicine treatment had no effect. After 2 times of auricular seed-sticking therapy, the symptoms were relieved with good sleep and disappearance of nasal sound. She was cured after 3 sessions of ear reflexotherapy treatment.

Conclusion:

It was verified that auricular reflexotherapy had satisfactory effect in treating allergic rhinitis.

Reflexology Research provided courtesy of the
[American Academy of Reflexology](#), Bill Flocco, Director.