Recommendations on Auxiliary Acupuncture Treatment of COVID-19

American Association of Chinese Medicine and Acupuncture has formulated
2020.3.31
These recommendations are intended for consideration by licensed Acupuncturists, and health care providers who are properly trained and legally certified in acupuncture, when choosing acupoints for alleviating some common symptoms caused by COVID-19.

There are no FDA-approved therapeutics or drugs to treat, cure or prevent COVID-19. These recommendations only suggest that acupuncture may help alleviate some common symptoms of the disease from a supportive care perspective.

These recommendations are not intended to replace your doctor’s diagnosis and care, or to supersede any of your doctor’s advice or prescriptions.

You are responsible for consulting your doctor before trying any new therapeutics.
Recommendation on Ear Acupuncture
Recommendation on Somatic Acupuncture
Recommendation on Scalp Acupuncture
**Recommendation on Ear Acupuncture** [1]

**Lung Point** (Required key point, alternate ear)
Improves the function of lungs.

**Zero Point** (add as needed, alternate ear)
help relieving pain, and certain allergic reaction.

**Shenmen** (add as needed, alternate ear) have tranquilizing effect, for anxiety, insomnia, HBP.

**Procedure** please follow the ear acupuncture operation routine, and the requirement of different auricular acupoints.
**Lung point**

**Location:** In the inferior hemiconcha and lies in the most concave part of the inner foothill of the antihelix.

**Indication:** Coughing, asthma, hoarse voice, acne, urticarial.
**Zero Point**

**Location:** Point Zero is located on a notch near the base of the helix root where it begins to rise.

**Indication:** It is one of the most recognized auricular points and is used in the treatment of many ailments. Zero Point is known to have a powerful influence in treating various conditions including pain, anxiety, drug addiction, and inflammation.
Shenmen

**Location:** lies in the triangular fossa and sits on the origin of the superior and inferior branches of the antihelix.

**Indication:** anxiety, stress, HBP, depression, insomnia, pain, addiction.
**Recommendation on Somatic Acupuncture** [2,3]

**Key point:** ST36 (zu san li), required, help restore the balance of immune system [4,5] and improve gastrointestinal symptoms.

**Low fever:** add LI11 (qu chi)

**Chest tightness:** add PC6 (nei guan)

**Cough or difficult breathing:** add LU6 (kong zui)

**Lower GI complaints, e.g. diarrhea, constipation, bloating:**
  - add ST25 (tian shu) [6]

**High fever:** add DU14 (da zhui) [7,8]

**Procedure**
Please follow the acupuncture operation routine and the acupuncture requirements of different acupoints.
Required Key point: ST36 (Zu san li)

Foot Yangming Meridian Acupuncture Points.

**Location:** On the lateral of the lower leg, 3 cun below ST 35, on the line joining ST 35 and ST 41.

**Indications:** Gastrointestinal disease, e.g. abdominal pain, bloating, diarrhea, and constipation, and help restore the balance of immune system.

**Application:** Perpendicular insertion 0.7-1.5 inch.
Hand Taiyin Meridian Acupuncture Points.

**Location:** At the midpoint of the line joining the lateral humeral epicondyle and the center of the cubital crease.

**Indications:** Fever and febrile disease, allergy, sore throat, eye pain with redness, rubella (measles), upper limb motor impairment.

**Application:** Perpendicular insertion 1.0-1.5 inch.
Hand Jueyin Meridian Acupuncture Points.

**Location:** On the palmar aspect of the forearm, 2 cun above the transverse crease of the wrist, between the tendons of m.palmaris longus and m.flexor carpi radialis.

**Indications:** Cardiac pain, palpitations, nausea and vomiting, stomachache, elbow and arm soreness.

**Application:** Perpendicular insertion 0.5-0.8 inch.
Hand Taiyin Meridian Acupuncture Points

**Location:** At the front of the forearm, on the line joining the lateral end of the wrist and the center of the cubital crease, 7 cun above the transverse crease of the wrist.

**Indications:** Hemoptysis (coughing blood), epistaxis (nosebleed), cough and wheezing, sore throat.

**Application:** Perpendicular insertion 0.5-1.0 inch.

**Cough or difficult breathing: add LU6 (kong zui)**
Celestial Pivot:  
add ST25 (tian shu)

Foot Yangming Meridian
Acupuncture Points.

**Location:** On the abdomen, horizontal to the umbilicus, 2 cun lateral to the anterior midline.

**Indications:** Abdominal pain, constipation, diarrhea, irregular menstruation, edema.

**Application:** Perpendicular insertion 0.7-1.2 inch.
High fever: add DU14 (da zhui)

Du Meridian Acupuncture Points.
**Location:** On the posterior midline, in the depression just below C7 spinous process.

**Indications:** Malaria, fever and febrile diseases, cough and wheezing, spine and back stiffness and pain.

**Application:** Oblique insertion upward 0.5-1.0 inch.
**Foot Motor and Sensory Area**

2 parallel needles, help improve the immune system, enhance physical strength, work like a tranquilizer, relieve pain, and calm anxiety.

**Thoracic Cavity Area**

One needle, for coughing, difficult breathing, and chest tightness.

**Procedure**

Please follow the scalp acupuncture operation routine.
Foot Motor and Sensory Area

**Location:** 1 cm apart from each side of the midpoint of the anterior and posterior midline, leading backward 3 cm horizontal line.

**Indications:** Contralateral lower limb pain, numbness, paralysis, acute lumbar sprain, cortical polyuria, nocturnal urination, uterine prolapse, etc.
**Thoracic Cavity Area**

**Location:**
Between the gastric area and the anterior and posterior midline, with a straight line of 2 cm above and below the hairline.

**Indications:**
Coughing, difficult breathing, and chest tightness, and bronchial asthma, etc.


Experts contributed in making the recommendations

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