



**Recommendations on Auxiliary  
Acupuncture Treatment  
of COVID-19**

**American Association of Chinese Medicine and  
Acupuncture has formulated  
2020.3.31**

## Disclaimer

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.

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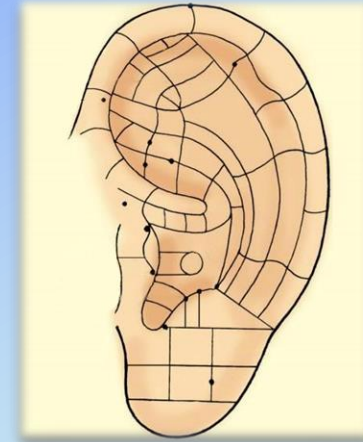
## Recommendation on Ear Acupuncture [1]

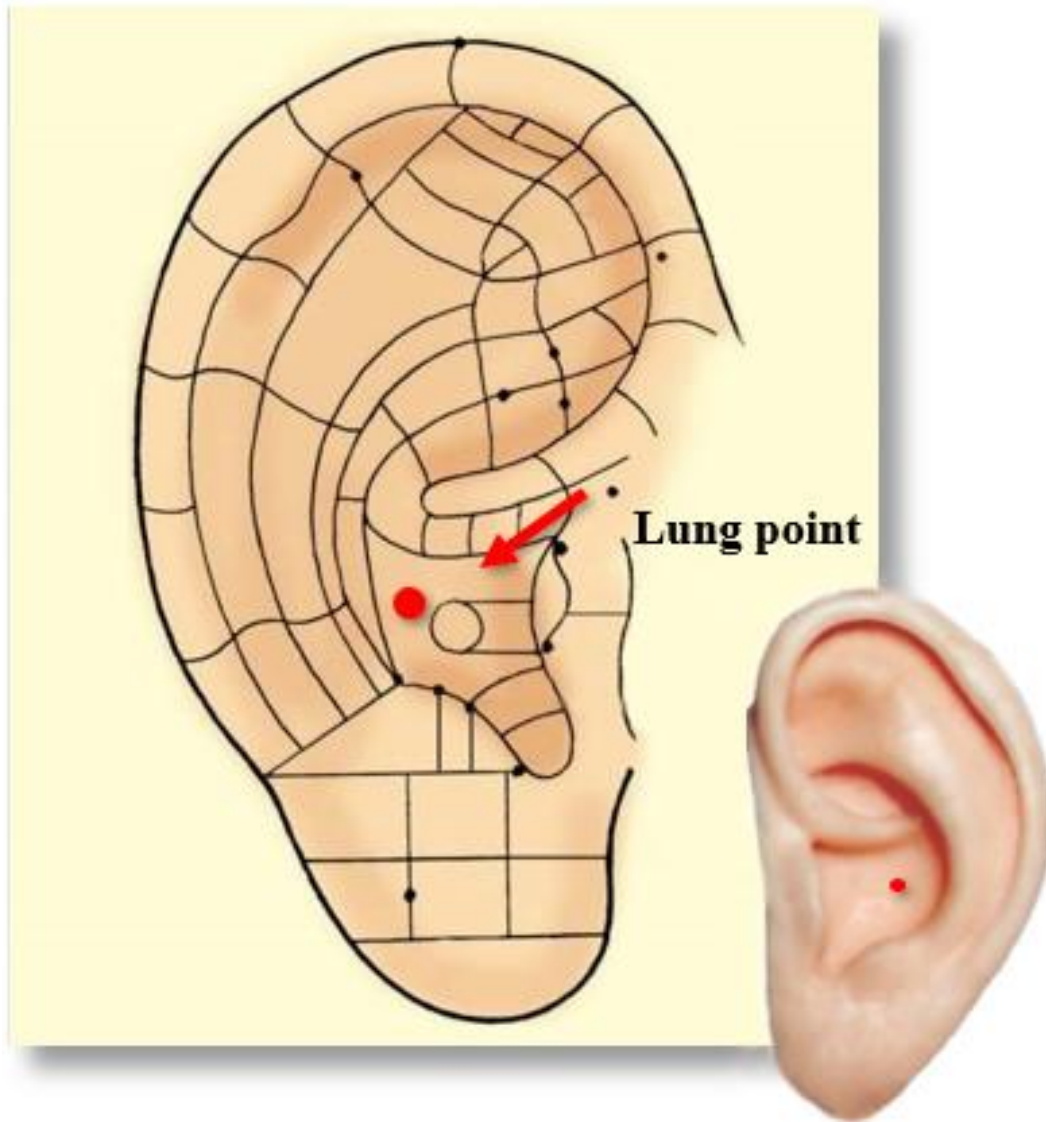
**Lung Point** (Required key point, alternate ear)  
Improves the function of lungs.

**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.

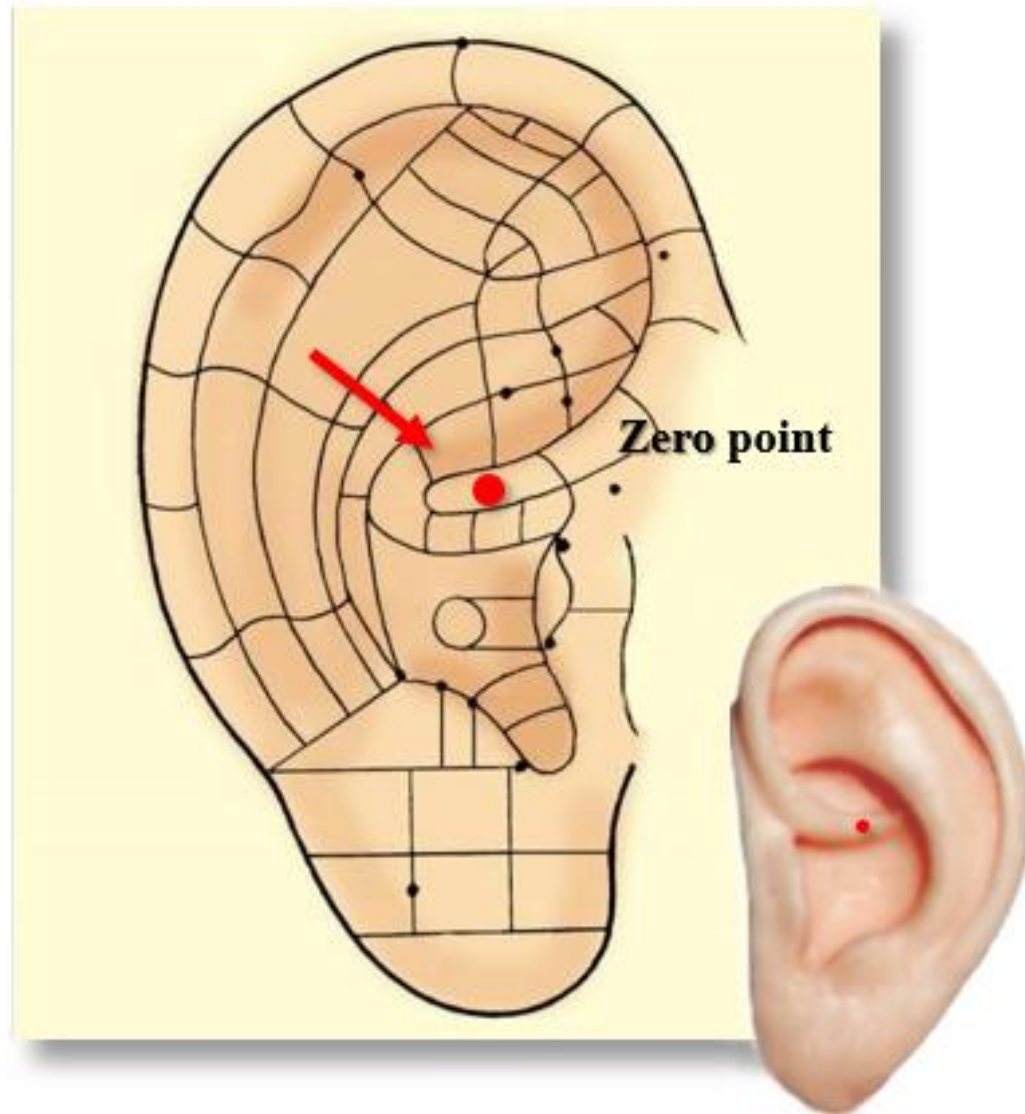




## Lung point

**Location:** In the inferior hemi-concha 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.



## Shen men

**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)

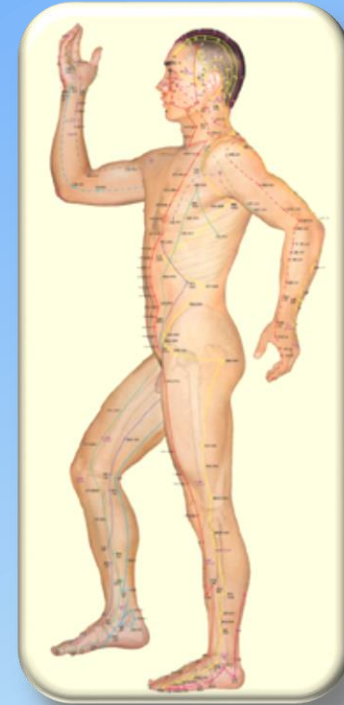
**Cough or difficult breathing:** add LU6 (kong zui)

**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.



Key point  
add ST36  
(zu san li)



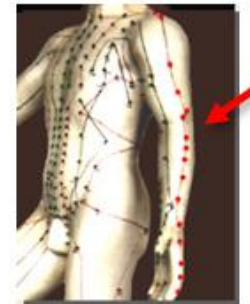
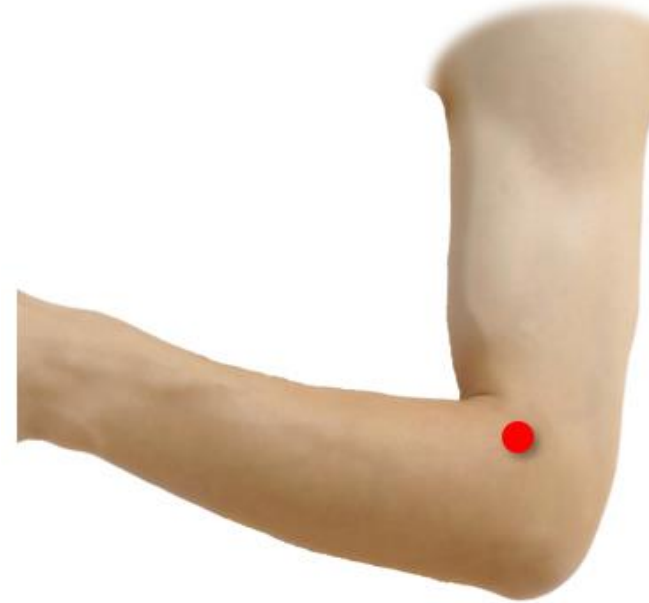
## Low fever: add LI11(Qu chi)

Hand Taiyin Meridian Acupuncture Points.

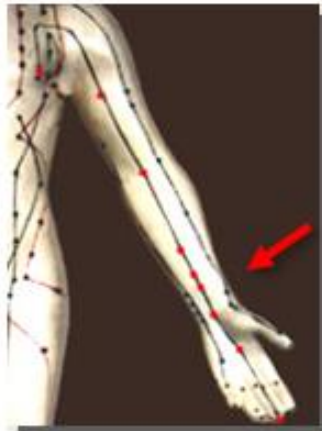
**Location:** At the midpoint of the line joining the lateral humeral epicondyle and the center of the cubital crease.

**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.



Low fever  
add LI11  
(qu chi)



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

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

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 <sup>[9]</sup>, stomachache, elbow and arm soreness.

**Application:** Perpendicular insertion 0.5-0.8 inch.

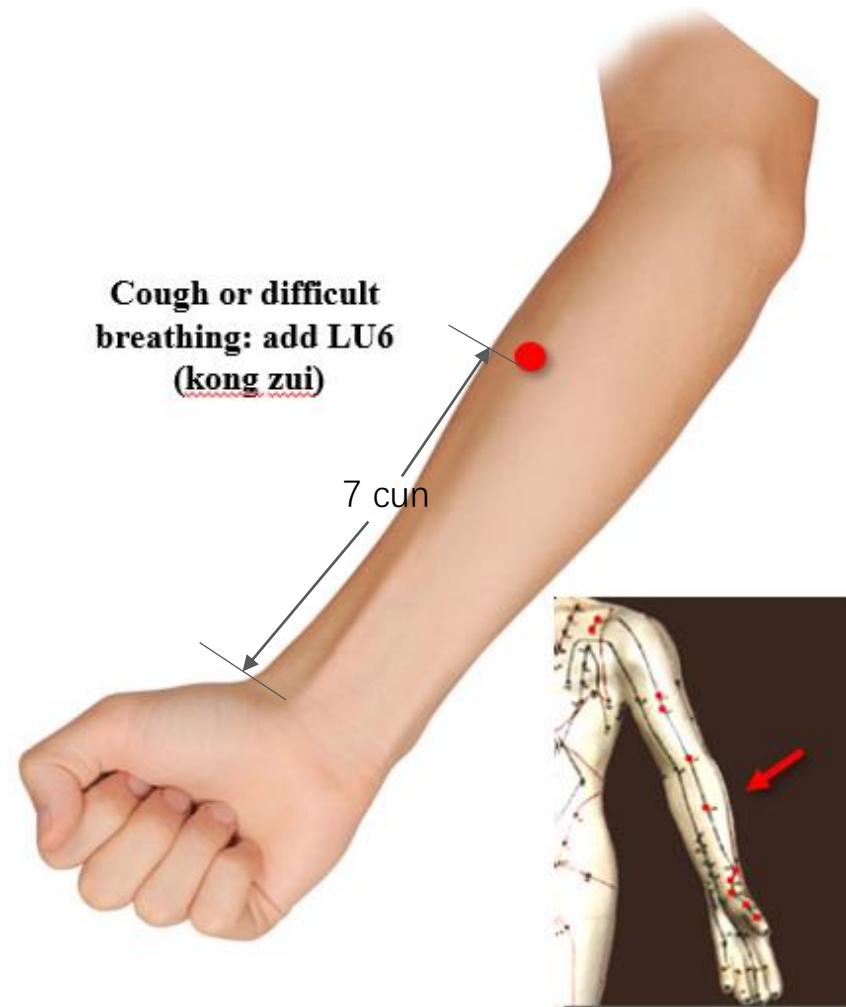
## Cough or difficult breathing: add LU6 (kong zui)

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.



**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.



**Celestial Pivot  
add ST25 (tian shu)**

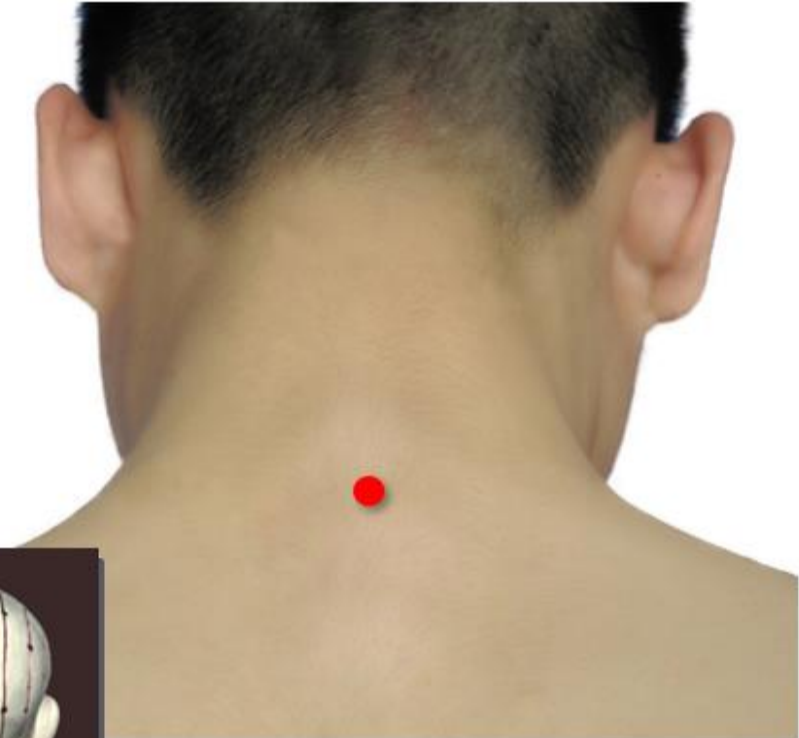
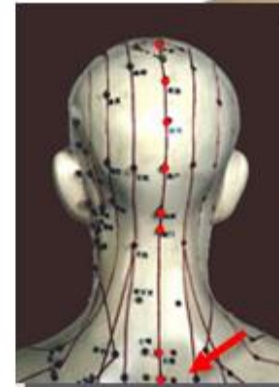
**High fever:  
add DU14 (da zhui)**

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.



**High fever  
add DU14 (da zhui)**

## Recommendation on Scalp Acupuncture

### Foot Motor and Sensory Area

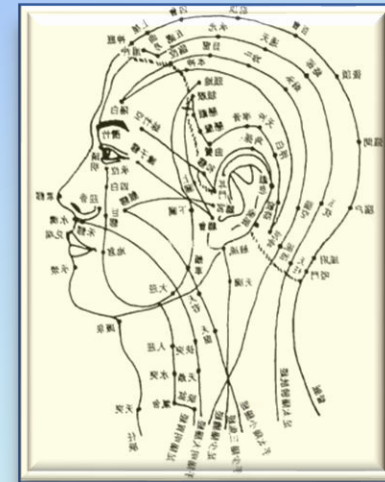
2 parallel needles, help improve the immune system, enhance physical strength, work like a tranquilizer, relieve pain, and calm anxiety.

### Thoracic Cavity Area

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

### Procedure

Please follow the scalp acupuncture operation routine.

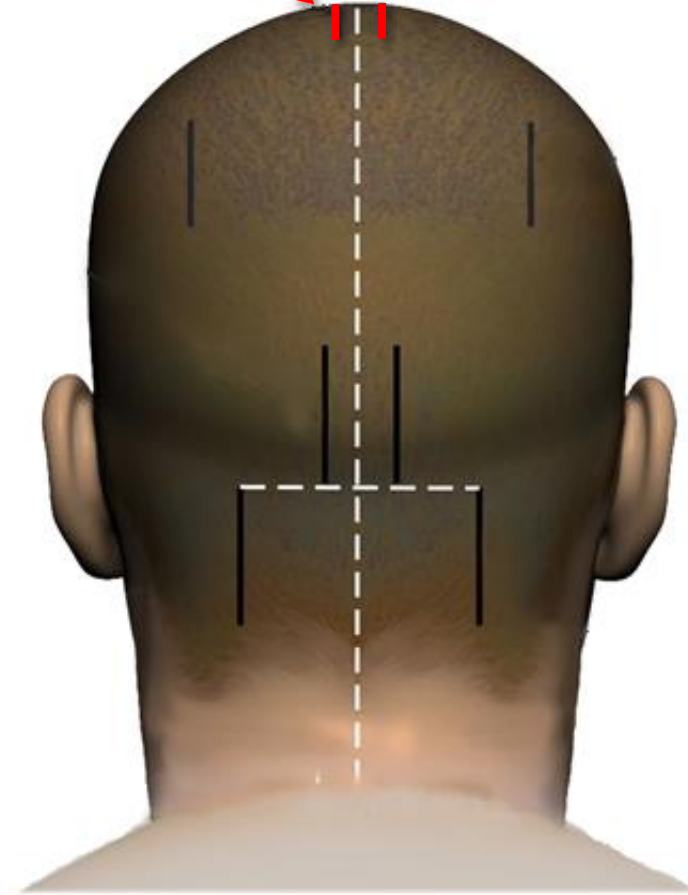


## Foot Motor and Sensory Area

**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.

**Foot Motor and Sensory Area**





## Thoracic Cavity Area

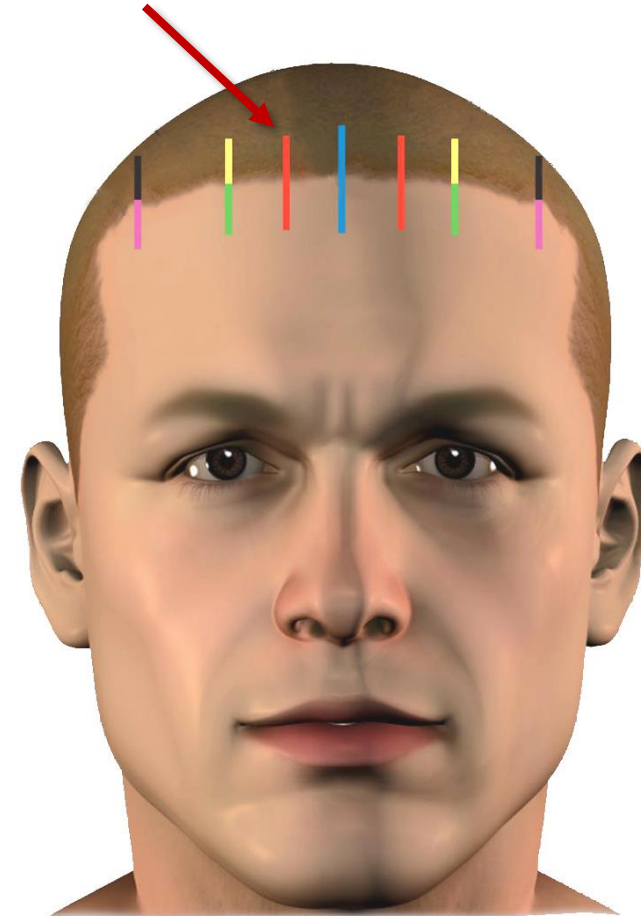
### Location:

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.

## Thoracic Cavity Area



## References

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- [9] Lee, Anna, Simon KC Chan, and Lawrence TY Fan. "Stimulation of the wrist acupuncture point PC6 for preventing postoperative nausea and vomiting." *Cochrane database of systematic reviews* 11 (2015). <https://doi.org/10.1002/14651858.CD003281.pub4>



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