

# Acupressure for Home Use: Allergic Rhinitis

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**Parts of CM:** herbal medicine, acupuncture, acupressure, cupping, tuina massage, tai chi and moxibustion.

## Four diagnostic methods in Chinese Medicine:

- ✧ Inspection: Using visual inspection to observe any abnormalities in patients' vitality, complexion, tongue and bodily secretions.
- ✧ Auscultation: Listening & Smelling
- ✧ Inquiring: Inquiring about observable symptoms or signs and relevant medical history to aid diagnosis
- ✧ Palpation: pulse-taking and palpation in the abdomen

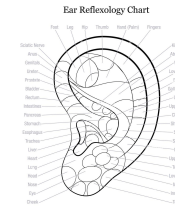
## 'Ten questions' related to the main complaint:

- ✧ Hot or cold feeling, Sweating, Head and body such as pain, Sleep, Appetite and digestion, Urine and Stool, Feeling in the chest and abdomen, Hearing and thirst, PMH-past medical history, Root cause and Menstruation (for women)

## Please note:

- ✧ Define and assess the risks of your complaint.
- ✧ See medical staff or find medical information in [www.1177.se](http://www.1177.se).
- ✧ Apply acupressure after your assessment of benefits and risks of acupressure.

Our focus: acupressure AND ear acupressure for home use



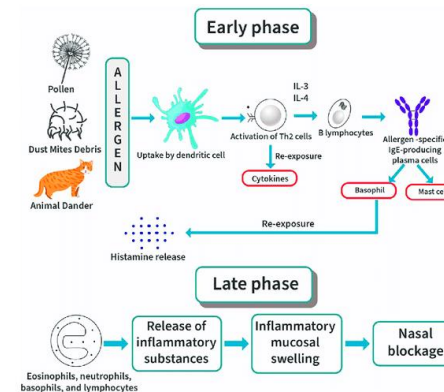
## Main functions of the nose:

- ✧ Helps in Inhalation
- ✧ Contributes to your sound
- ✧ Sense of smell
- ✧ **Filters and cleans air (like air conditioner)**
- ✧ **Warms and moistens air (like humidifier)**

**Common symptoms of allergic rhinitis:** sneezing, itchy nose, runny or blocked nose, cough, itchy, red and watery eyes, mucus that runs down the back of your throat (postnasal drip).

**Causes of allergic rhinitis:** pollen from trees, grass and weeds, house dust mites, mould, animals (animals dander, saliva, urine and sweat on the fur)

## Pathophysiology of allergic rhinitis:



**Holistic and systematic perspective of allergic rhinitis:**

- ✧ Nose is part of your respiratory system.
- ✧ Respiratory system relates and cooperates with other body systems
- ✧ Absorption of Nutrition matters
- ✧ Factors like Dry, cold and sensitive nasal mucosa that reduces the functions (air conditioner and humidifier) of nose can be modified.
- ✧ Unbalance Yin and Yang.

**Potential benefits of acupressure:**

- ✧ Less symptom such as itchy nose, runny or blocked nose, sore throat, headache
- ✧ Reduced frequency of sneezing
- ✧ Better sleep

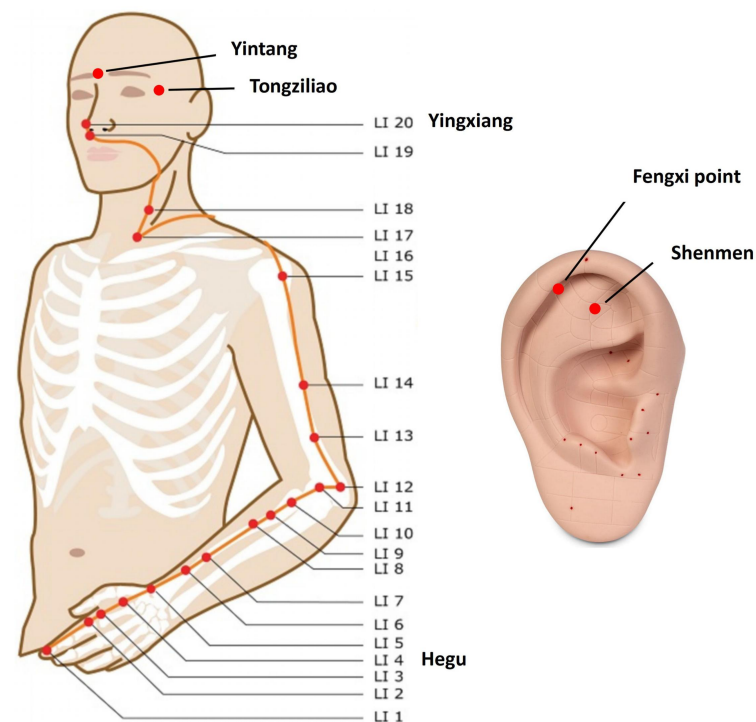
**Ideas of acupressure:**

- Define and localize the symptoms of allergic rhinitis
- Find the local acupoints based on meridian theory
- Collaborate the related acupoints
- Apply the therapies of Chinese medicine like acupressure and ear acupressure

**Acupressure points for symptom**

Symptom	Meridian & Channel	Acupoints
<b>Itchy &amp; dry nose</b>	Du meridian, Lung, Large intestine	Shangxing Du 23, Yintang and Yingxiang LI 20
<b>Watery nose and sneezing</b>	Ren meridian, Lung, Large intestine, Ear acupoints	Qihai, Yintang and Yingxiang LI 20 Shenmen and Fengxi points on the ear
<b>Forehead Pain</b>	Lung meridian, Large intestine and Gallbladder	Hegu LI 4, Yangbai GB 14

<b>Mild sore throat</b>	Lung meridian, Large intestine, Ear acupoints	Shaoshang LU 1, Hegu LI 4, Throat point on the ear
<b>Cough</b>	Lung, Pericardium	Chize LU 5, Neiguan PC 6
<b>Insomnia</b>	Du meridian, Pericardium Ear acupoints	Baihui Du 20, Neiguan PC 6, Ear Shenmen
<b>Itchy eyes</b>	Gallbladder meridian, Sanjiao meridian	Tongziliao GB1, Xiaoluo SJ 12



More information on acupuncture and herbs for allergic rhinitis at Wei Clinic.