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**NATIONAL STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

GB/T 21709.3-2021

Replacing GB/T 21709.3-2008

**Standardized manipulations of acupuncture and moxibustion -
Part 3: Ear acupuncture**

针灸技术操作规范 第3部分：耳针

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Table of Contents

- 1 Scope
- 2 Normative references
- 3 Terms and definitions

Foreword

This document is in accordance with the provisions of GB/T 1.1-2020 "Guidelines for Standardization Work Part

1. Structure and Drafting Rules of Standardization Documents" Drafting. This document is the third part of GB/T 21709 "Acupuncture Technical Operation Specification". GB/T 21709 has released the following parts.

- 3. Ear acupuncture;
- 4. Triangular needle;
- 6. Acupoint injection;
- 8. Intradermal needles;
- 9. Acupoint application;
- 10. Acupoint embedding;
- 11. Electroacupuncture;
- 13. Mount needles;
- 16. Abdominal Needle;
- 17. Nose needles;
- 18. Oral and Lip Needles;
- 19. Wrist-ankle needles;

1 Scope

China's national standardised manipulation for ear acupuncture. It is Part 3 of GB/T 21709 and specifies the operating steps and requirements, the precautions and the contraindications for the technique, applying to the practice of ear acupuncture. Auricular acupuncture is the best known of the micro-systems: the external ear is treated as a map of the body, and points on it are needled, pressed or seeded to address conditions elsewhere.

It is used far beyond the tradition it came from - for pain, for nausea, and above all in addiction and smoking cessation programmes, where a short standard protocol is applied by staff who are not acupuncturists. That last fact is why a written standard matters here more than for most techniques. The ear is small, the points are close together, and the map is detailed, so the practical question is not what to do but how to locate and how deep to go. And the anatomy is unforgiving in a specific way: the auricle is cartilage covered by skin with very little tissue between, its blood supply is poor, and an infection that reaches the cartilage becomes perichondritis, which is difficult to treat and can permanently deform the ear. So the standard covers the needle and the alternative instruments - the press needle, the intradermal needle and the seed or bead used for continuous stimulation - the disinfection, which is the clause that carries the most weight, the location of points and the depth and angle of insertion, the retention time for indwelling devices and how long a seed may be left, the instructions given to the patient who will press it at home, and the contraindications and the handling of complications. Issued on 26 November 2021, it replaces GB/T 21709.3-2008.

This document specifies the operation steps and requirements, precautions and contraindications of ear acupuncture. This document applies to the operation of ear acupuncture technology.

2 Normative references

There are no normative references in this document.

3 Terms and definitions

The following terms and definitions apply to this document.

- 3.1 Ear acupuncture A series of operations such as filiform needles, pressing pills, embedding needles, pricking blood, electroacupuncture, massage, etc., are used to stimulate ear points to prevent and treat diseases.
- 3.2 Ear acupuncture A method of using filiform needles to prick the ear points to prevent and treat diseases.
- 3.3 Ear pill pressing method earplastertherapy A method of using specific pellets to press ear points to prevent and treat diseases.
- 3.4 Earneedle-embeddingtherapy A method of using snap needles to bury the ear points to prevent and treat diseases.
- 3.5 Ear pricking therapy A method of pricking ear bleeding with a certain needle to prevent and treat diseases.
- 3.6 Earelectro-acupuncturetherapy A method of using electric acupuncture to stimulate ear points to prevent and treat diseases.

3.7 Ear massage A method of using hands or ear massage sticks to stimulate ear points to prevent and treat diseases.

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