

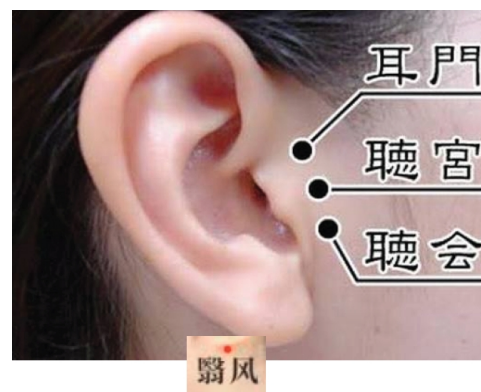
Tinnitus 耳鳴

Tinnitus is the perception of noise or ringing in the ears without an external source, affecting 10–25% of adults. It is a symptom of underlying conditions—such as hearing loss, ear injuries, or circulatory issues—rather than a disease. While often chronic, management includes sound therapies and hearing aids.

- **Sounds:** Ringing, buzzing, roaring, clicking, or hissing, which may be constant or intermittent.

緩解耳鳴的黃金穴位

- 1. Yifeng 翳風穴 (TE 17) 功效：疏風通絡、鎮痛開竅，能有效消除頭面部火氣。
 - 2. Tinggong 聽宮穴 (SI 19) 功效：降濁升清，改善耳鳴與頭昏目眩。
 - 3. Emen 耳門 (TE 21) 功效：緩解耳朵悶塞感與聽力不佳
 - 4. Tinghui 聽會穴 (GB 2) 功效：促進內耳血液循環，緩解耳鳴及神經性頭痛。
 - 5. Zhongzhu 中渚穴 (TE 3) 功效：疏通三焦經，能有效清熱降火，是治療耳鳴的常用遠端穴位
- **Erjian 耳尖 (EX-HN6):** Located at the very tip of the ear auricle (when the ear is folded forward). Often utilized in auricular acupuncture to clear heat and alleviate buzzing. [1]
 - **Baihui 百會 (GV 20):** Located on the crown of the head, exactly on the midline and in line with the tips of the ears. It is used in scalp acupuncture to calm the mind, improve circulation, and reduce tinnitus-related stress



Can use earthing gadget to cover all the three acupoints in one go. Alternatively, cover the whole ear with a flat pure copper plate (>99% copper content) offering tray while sleeping.

可以使用接地裝置一次覆蓋所有三個穴位。或者，睡覺時用一塊扁平的純銅板（銅含量>99%）蓋住整個耳朵。