

# Exploring the Effect of Auricular Acupressure in Caring Dysmenorrhea

Li-Chi Hwang<sup>1</sup> Tung-Yuan Lai<sup>2</sup> Hung-Chen Wu<sup>3</sup> Jun-Dai Lin<sup>1</sup> Li-Li Chen<sup>4</sup>

## Abstract

This study investigated how auricular acupressure affects caring dysmenorrhea. This quasi-experimental study enrolled 24 volunteers from a technological college. Subjects were randomly assigned to a treatment group (n=16) and a control group (n = 8). All the subjects were educated about traditional Chinese medicine menstrual care. Auricular outpoints were confirmed by an auricular measurement tool, and plant's seeds were placed at the selected outpoints. The auricular acupoints in the treatment group were Zigong, Liver, Endocrine, Shenmen, Spleen, and Pezui. The control group acupoints were Knee, Elbow, Shoulder, Tonsil, Face, and Teeth. The intervention procedure comprised applying acupressure to the first 3 auricular acupoints in each group 3 times daily for 3 minutes each time. The first 3 acupoints for each group were replaced at a 3-day intervals with their respective remaining 3 acupoints continuously over a 2-month period. The dysmenorrhea assessment data was gathered at the experiment start, after 1 month of treatment and treatment end. Data analysis obtained the following findings: (1) dysmenorrhea scores of were not significantly different between the two groups; (2) all subject dysmenorrhea scores and physical condition were significantly different after intervention. Experimental findings suggest that dysmenorrhea treatment should employ Chinese medical identification for appropriate application of auricular acupressure and traditional Chinese medical education of menstrual care to prevent and alleviate dysmenorrhea.

Key words: Dysmenorrhea, auricular acupressure, traditional chinese medical education of menstrual care

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<sup>1</sup>Instructor, School of Nursing, China Medical University.

<sup>2</sup>Associate Professor, School of Post Baccalaureate Chinese Medicine, China Medical University.

<sup>3</sup>Instructor, School of Chinese medicine, China Medical University.

<sup>4</sup>Instructor, School of Nursing, China Medical University; Concurrent Supervisor, China Medical University Hospital.

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Address Correspondence to: Li-Li Chen No.91, Hsueh-Shih Rd., Taichung 404, Taiwan (R.O.C.)