

NATURAL PRODUCTS, CAM THERAPIES, AND TRADITIONAL CHINESE MEDICINE

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Use of Auriculotherapy for smoking reduction

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Tobacco is one of the most consumed products in the world. One of its main components, nicotine, is considered as a factor that causes dependence because it is a psychoactive substance that promotes pleasure, changes in the brain functions and is behind several diseases such as lung cancer and many other pathologies that depress the health of the human beings.

There are countless campaigns and treatment programs to reduce smoking, among them is Traditional Chinese Medicine, a set of therapeutic practices that observe the human being as a whole, where health maintenance depends on the vital energy Qi circulate in harmony in the individual. The objective of this study was to evaluate the contribution of Auriculotherapy to the reduction of smoking. This is an experimental descriptive study in which 9 individuals, men and women who smoked 15 cigarettes a day, participated in the stimulation of specific points in the ear in a protocol established by the authors by fixing mustard seeds in the auricular points made in one meeting per week for 6 weeks. Treatment efficacy was assessed by comparing the Fagerström tolerance questionnaire, completed before and after the treatment period. The work concluded that Auriculotherapy is a great resource for tobacco addiction control as shown in Figure 1, where all participants not only reduced the number of cigarettes smoked per day but also showed significant changes in dependence and the need to smoke, in just six weeks with one appointment per week.

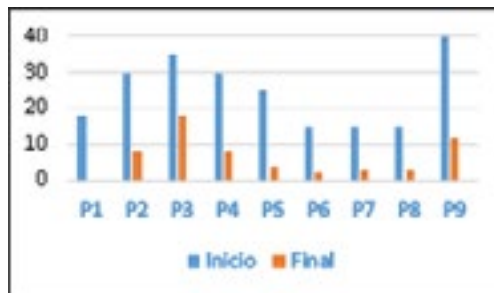


Figure 1: Caption: P=participant; Cigarettes per day=0, 10, 20, 30, 40; Blue column=Start of survey; Orange column=end of survey

Biography

Fabio Pimentel holds Bachelor's Degree in Physical Education, Postgraduate Diploma in Acupuncture; Traditional Medicine in Scientific Naturopathy, Post-graduation in Scientific Clinical Naturopathy, and Master's in Education. He is a Professor of Technology in Aesthetics and Cosmetics at the University of Santa Cruz do Sul, Brazil. He has a professional and teaching experience in the area of Physical Education in Integrative and Complementary Naturopathy, especially in the areas of Acupuncture, Auriculotherapy, Aromatherapy, Manual Massage, Reiki, Phytotherapy, Iridology, Reflexology and Consultant in Techniques of Wellness Centres. He is dedicated to Naturopathy for more than 35 years.

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