

# Can auriculotherapy help relieve chronic constipation?

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Nearly 1 in 6 adults worldwide may suffer from chronic constipation and, over time, the disorder can cause serious complications. Auriculotherapy, a form of acupuncture that involves stimulating targeted points on the outer ear, may help in managing constipation.

Evidence from numerous clinical studies published between 2007-2013 that evaluated the effectiveness of auriculotherapy in treating patients with constipation is presented and discussed in a Review article in *The Journal of Alternative and Complementary Medicine*.

Li-Hua Yang and coauthors from the Hospital of Nanjing University of Traditional Chinese Medicine, Jiangsu Province Hospital of Traditional Chinese Medicine, and Southeast University School of Public Health, Nanjing, China, analyzed the results of 17 published studies, comparing the effectiveness of auriculotherapy in managing and relieving constipation and in alleviating symptoms associated with [constipation](#) between affected patients and a control group.

The authors present their data and conclusions in the article "[Efficacy of Auriculotherapy for Constipation in Adults: A Systematic Review and Meta-Analysis of Randomized Controlled Trials](#)".

**More information:** The article is available free on *The Journal of Alternative and Complementary Medicine* [website](#) until September 25, 2014.

Provided by Mary Ann Liebert, Inc

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