

Combination of Ornamentation and Health Preservation

Research on the Design and Application of the Combination of Acupoint Health Preservation Therapy and Ornaments

Wei Ding¹, Shaopu Liu^{2*}

¹Dalian Polytechnic University, Dalian, Liaoning 116034, China

²Southampton International College Dalian Polytechnic University, Dalian, Liaoning 116034, China

* E-mail: Liu_shaopu@163.com

ABSTRACT

This thesis examines the feasibility and inventiveness of combining acupoint health-preserving treatment with jewelry design in traditional Chinese medicine from an interdisciplinary perspective. By integrating ergonomics, aesthetics, and TCM acupoints, this thesis creates conceptual jewelry that embodies the three and reflects the harmony of jewelry design, and brings it to life. Under the principle of people-oriented philosophy, through an examination of jewelry design and traditional Chinese medicine's acupoint theory concepts, the optimal matching of body acupoints to the health preservation needs of contemporary young people is investigated and studied in order to expand the possibilities of contemporary health preservation jewelry, broaden the range of jewelry design and the methods of interdisciplinary innovative design, and transform health preservation jewelry into an auxiliary medical product with an aesthetic sense and utility. Promoting cross-domain functional design innovation in the area of jewelry design in China and generate far-reaching societal significance and commercial value.

Keywords: *acupoint massage, health care accessories, functional design, aesthetics; ergonomics.*

1. INTRODUCTION

More and more young people are focusing on daily health and wellness in the post-epidemic era, and the demand for wellness is increasing. Practicality and efficiency use have emerged as new requirements for contemporary consumers. However, most health care products on the market lack aesthetics and thus do not stimulate people's desire to buy, resulting in the inadvertent loss of a new generation of consumer groups. The thesis presents a variety of models of acupressure accessories for use in the health care and wellness industries, with the goal of achieving a benign interaction between medical treatment and accessories, as well as massage accessories for use by different people with varying needs of wellness.

Acupoint massage accessories may be utilized to treat people's bodily illnesses at any time and in any location, making up for conventional health care items' deficiencies. People are paying greater attention to health items these days, and they are more eager to engage in

interactions with them. As a result, healthcare product design research is more likely to include trans disciplinary core aspects and user interaction. Acupoint massage type health care jewelry has some viability as a blend of contemporary technology and traditional Chinese medicine. Although most such products are still in the theoretical stage and there is no genuine final product, health care jewelry offers significant potential as an inventive subject. It is also a positive exploration and development of traditional Chinese medicine and medical jewelry.

The three fields of traditional Chinese medicine, design, and ergonomics are all represented in this project. Questionnaires and field research methodologies are utilized in the project research to see whether acupoint massage can be used to cure traditional ailments while wearing accessories, and which acupoints can be maximized in utility by massage and form a relevant acupoint application model. At the medical level, this research aims to increase the physiological efficacy of acupoint massage-type health jewelry; at the design level,

it primarily focuses on the combination of acupoint health care and aesthetic jewelry, with the goal of addressing the problem that current health care products are not attractive enough, resulting in a narrow audience for young people.

2. THOUGHTS ON THE DESIGN AND APPLICATION OF THE COMBINATION OF ACUPOINT HEALTH PRESERVATION THERAPY AND ACCESSORIES

Interdisciplinary design programs have a lot of promise in health care and tidal flow technologies, and "health preservation" isn't only about physical health, but also about people's ability to govern their own lives and the advancement of medical technology. Despite the fact that the worldwide percentage of users of health-preserving goods is steadily expanding, present products have technology gaps and pricing discrepancies that prevent consumers from gaining a quantitative grasp of their own physical state.

2.1. Functional Research/Design of the Combination of Acupoint Health Preservation Therapy and Accessories

The notion of acupoints has existed in traditional Chinese medicine since ancient times. Acupuncture massage is one of the elements that may best illustrate the particularity and practicality of traditional Chinese medicine, especially in light of the recent national-level focus on traditional Chinese medicine after the coronavirus pandemic. The acupuncture points are located throughout the body, the internal meridians of the internal organs serve as routes for the circulation of qi and blood in the human body, and they also serve to link the limbs and bones on an exterior level. A basic and lightweight concept version of the example model may be used to effectively suit the body's acupuncture points and meridians and collaterals in a quick and easy manner. The scope of the concept version model in the jewelry field may be determined based on the demands of consumers in conjunction with aesthetics, materials, practicality, technology, and other aspects. Diversification and utility are two features of today's fashion jewelry designs. With the aid of modern technologies and materials, it has not only shown great practicability in everyday life and medical care, but it has also made new tries and thinkings, therefore widening the scope of current jewelry design, such as a multifunctional and therapeutic accessory.^[1] According to the findings of this research, health care is strongly tied to the design of the product,^[2] the connection and communication between people and health care consumer goods, and functional design are predicted to become the next market growth point in the near future.

This thesis aims to provide a variety of conceptual

models through research, literature reading, and interdisciplinary research methods to investigate how people use acupoint health therapy in the field of jewelry design, as well as which aspects are appropriate for people to continue to improve this research.

2.1.1. Maximize Product Functionality with Ergonomics

Everyday products that are ergonomically designed have a huge impact on people's lives. Ergonomics in design is a strategy to attain maximum efficiency at minimal expense by focusing on the interaction between people and things in terms of their functional effect relationship. Through human-centered thinking, the three most essential factors, people, object, and environment, are applied to the design-oriented design discipline, allowing the design to steadily evolve toward product science and maximize value^[3]. As a result, in order to optimize the effect and functioning of the product, it is required to actively employ one's capacity to change and reflect.

"Theory of Hierarchy of Wants," developed by Abraham Maslow, asserted that, among the five levels of human needs, fulfillment of lower levels by the American psychologist Abraham Maslow serves as a precondition for the creation of high-level needs. When combined with the "HCD" concept, the center and scale of jewelry design are centered on people, resulting in the "humanization" of the jewelry design process. A number of factors must be met in order to achieve a balanced and coordinated psychological and physiological scale among users^[4]: First, according to the size of the human body structure and action domain (the external part of the human); second, in accordance with human psychological feelings and "two views" (the internal part of the human); third, practicality and functional innovation; fourth, the introduction and application of relevant software. Oura Ring announced officially the release of the third version of its smart ring technology (see Figure 1) Customers' complicated requirements for culture, health care, aesthetics, technology, and other factors are met by this product. In terms of design, the bulky bracelet style has been abandoned, and the product's functionality has been optimized for the human body's size and action domain. In terms of hardware, the new addition of a new heart rate sensor and additional temperature sensors has been made. The sleep and heart rate tracking functions, which utilize the user's body temperature fluctuations to make predictions, are a must-have feature for fitness aficionados. Nowadays, traditional jewelry has become more in tune with the needs of the human body itself in terms of weight and shape; as a result, health jewelry will also be influenced by ergonomics, gradually transitioning to comfortable and practical, constantly fitting the human body structure, achieving aesthetics, functionality, and comfort of in-depth examination, and meeting the inner satisfaction of consumers.



Fig.1 Oura Ring's Third Generation Smart Ring



Fig. 2 Li Peng's Design Work -- " Ling Han Independence"

2.1.2. *Using Aesthetic Theory to Shape the New Look of Health Preservation Therapy Ornament*

"The essence of beauty is the realm of freedom." In the current sense, the study of the relationship between aesthetic activities and human beings' living situations should serve as the foundation for the study of the aesthetic^[5]. That is, paying more attention to people and life itself, to feel beauty from the heart. When compared to science, economics, and everyday life, modern aesthetics may be more in touch with people's spiritual needs via art than these other disciplines. At the moment, the diverse aesthetic pattern serves as a logical and aesthetically pleasing development foundation for the design of jewelry. Firstly, under the influence of aesthetics, contemporary jewelry design has not only evolved into a conductor of the relationship between jewelry and body but also into a rational emotional expression and an indispensable functional product of the Chinese human body itself; Secondly,^[6] the aesthetic carrying role of jewelry carries its aesthetic requirements internally, as well as outwardly, bearing the mainstream culture and regional aesthetic variances. Modern jewelry, in contrast to traditional jewelry, is affected by the elements listed above and is endowed with more spirituality as well as dynamic varied beauty. The aesthetics of contemporary jewelry is not limited to traditional styles^[1,5,6], but rather, it is richer and more diverse in terms of materials, colors, and materials; it is also more interesting and expressive in terms of aesthetic interest, emotional expression, and meeting the requirements of design applications. Whether it is traditional Chinese natural aesthetic combined with a minimalist aesthetic, as in the case of designer Li Peng's "Ling Han independence" (see Figure 2), or plastic jewelry made from recycled PET materials, as in the case of designer Fabianan Gadano (see Figure 3). Aesthetics embellish jewelry, and jewelry, in turn, is a design language that embellishes aesthetics, much as Donald believes in "Design Psychology" that "beautiful objects are simpler to use." As a result, customers are more likely to select health accessories with an attractive product appearance and accessories that match application criteria.



Fig.3 Plastic Jewelry Designed by Fabianan Gadano

2.2 *Classification and Curative Effect of Accessories Designed in Combination With Ergonomics, Aesthetics, and TCM Acupoints*

By using the idea board model to facilitate communication between many disciplines and product users, pertinent research indicates^[12] that focused initiatives will better enhance the health care industry's growth. Not only does the interdisciplinary design technique possess the scientific validity and interoperability inherent in the merging of many disciplines, but it also adheres to the future development of medical health care and the characteristics of constant renewal and iteration. Based on the fact that the sub-health become younger in average age has caused the young groups in the society to pay attention to daily health preservation and health care, with the treatment and alleviation of insomnia, imbalance of Qi and blood and shoulder and neck discomfort as the product aim. After the review of relevant literature combined with ergonomics and aesthetics, designed hand, ear, and neck health care accessories and two physical modeling models.

2.2.1. *Model Diagram and Curative Effect of Hand Accessories*

Insomnia is a widespread condition for the majority of modern people, and hand jewelry focuses on the topic of insomnia, which is presently seeing a surge in demand, with the goal of providing accessible, comfortable, and elegant health jewelry to alleviate insomnia symptoms.

Shenmen acupoint^[11] is one of the points on the Hand Shao Yin Heart meridian. It is positioned on the lateral

side of the wrist joint (i.e., the little finger side), in the ulnar carpal flexor tendon's radial recess. This acupoint is beneficial for treating symptoms such as anxiety and

sleeplessness, as well as excessive dreaming and neurasthenic. The Hegu acupoint sometimes referred to as the purlicue is located on the Hand Yangming Large Intestine meridian and is also referred to as the universal acupoint. Prolonged pressure on the spot has been shown to extend life, alleviate insomnia, and increase sleep quality (see Figure 4)



Fig.4 Acupoint Diagram of a Hand

The hand ornament (Figure 5) distinguishes itself as an ornament rather than medical equipment, allowing users to personalize the product to match their own health.

Several notable massage spots are included in the design of the hand accessories at the respective acupoints (Hegu, Taiyuan, Daling, and Shenmen acupoints). In light of the aforementioned study findings as well as the health requirements of today's young people, a combination of the finger and wrist is used. For the purpose of increasing requirements based on various hand types and criteria. It is recommended that when using this product, acupuncture points on the left and right hands should be pressed alternately with moderate force for thirty times on each hand, or that the pain be pre-adapted by puncturing. The ornament can achieve massage of key acupuncture points and produce significant soothing effects on the disease. A regular experiment of acupoint selection for the treatment of insomnia by acupoint massage was conducted by Huang Ruiying et al.^[13], in which they examined the correlation, frequency, and collocation of commonly used acupoints numerous times with the goal of selecting the acupoints with the greatest effect on improving insomnia through experiments. In addition, combined with Chen Xiaoyan's^[14] intervention study in sub-health insomnia patients, The experimental group received acupoint massages at intervals of 30 and 60 days, whereas the control group received only antidepressant and anti-anxiety medications without acupoint massage. It can be seen from the data that massaging the same acupoints with high frequency can relieve insomnia (Table 1)



Fig.5 Design drawing of hand ornaments

Table 1. Experimental Data of Stimulating Acupoint Massage on Insomnia Symptoms^[14]

Treatment time(d)	Apparent effect	Effective	Ineffective	Effective rate(%)
30	23	74	27	78.2
60	35	83	6	95.2

the product's functional range and wearing stability; the product is designed to be simple and elegant, and it is more practical and aesthetically pleasing than medically function equipment. The product material is intended to be made of a memory alloy, which has the qualities of both health preservation and beauty and may therefore enhance the experience of product consumers.

2.2.2. Ear Accessories Model Diagram and Curative Effect

On the human ear, there are 183 acupuncture point. Each of the organs and every region of the body has a corresponding acupuncture point beneath the ear, massaging the ear on a regular basis is equivalent to massaging the body. Women are more likely than males to wear earrings, thus earrings that are functionally designed are more likely to address women's therapeutic requirements, such as those associated with qi and blood insufficiency, menstrual discomfort, and other ailments.

As pointed out by Lu Chunxia^[15] and others, the auricular points for the treatment of female Qi and blood insufficiency and dysmenorrhea are internal genital, endocrine, Shenmen, kidney, sympathetic, and subcortical (see Figure 6). The employment of a bump design and a streamlined design in this ear ornament (Figure 7) seeks to both cure the pain caused by the disease and fulfill the user's desire for the appearance of the ear ornament at the same time

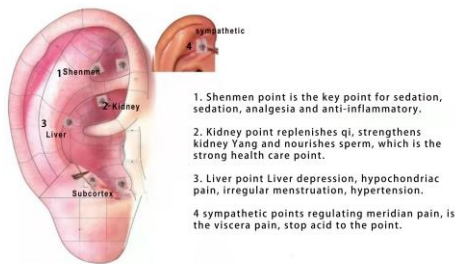


Fig.6 Auricular Points for Female Dysmenorrhea

According to Liu Hongqiong et al.^[16], an experiment including acupoint massage in the treatment of female dysmenorrhea was conducted in the material design. Acupoint stimulation is used to stimulate acupoints in the ears in this experiment, and the experimental group is the treatment group, whilst the control group is merely given medication therapy. According to the experimental results (Table 2), auricular point sticking and massage therapy is a practical and effective technological way for the treatment of dysmenorrhea due to the fact that it is a noninvasive and easy procedure that is also relatively inexpensive. According to the possibilities of earring materials examined by the study data shown above, it is intended to employ 3D printing technology to create a sample model of natural rubber material. On the one hand, a soft rubber material can improve the wearing comfort of a product by reducing stimulation of bumps on the ears and preventing long-term redness and damage; on the other hand, it can more accurately improve the user experience by using a design method that is more in line with ergonomics when it comes to material and shape functions.



Fig.7 Design Drawing of Ear Ornament

Table 2. Changes of Dysmenorrhea Degree Before and After Massage Therapy and Drug Therapy^[16]

Group	Dysmenorrhea Degree Before Treatment	Dysmenorrhea Degree After Treatment	P
Therapy Group	6.12±1.04	3.56±1.53 [※]	< 0.05
Control Group	6.28±1.12	5.72±0.69	

Note: “[※]” indicates that there exists a statistical Difference, P < 0.05

2.2.3. Drawing of the Neck Ornament

Although the neck is the thinnest part of the body, it is the "lifeline" connecting the head to the torso. From the perspective of traditional Chinese medicine,^[11] the neck is also the place where the whole body's channels and collaterals run through, including five important meridians including the Governor channel, Bladder channel, Small Intestine channel, Gallbladder channel, and Tri-Jiao channel. Moreover, the Renying acupoint, Shuitu acupoint, Tiantu acupoint, and Jianjing acupoint in the front part of the neck are all important points for the health preservation of the neck. (For details, see Figure 8)

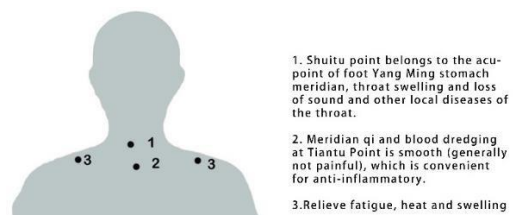


Fig.8 Acupoints of Neck

The Jianjing acupoint belongs to the Gallbladder channel, which is the intersection of many pivotal meridians. ^[17] It has the significant health care effect of relieving rigidity of muscles and activating collaterals, regulating the vital energies, and relieving pain. By massaging these acupoints, the symptom of insomnia can be treated step by step. Also, this therapy has a certain therapeutic effect for frequent headaches, insomnia, and hypertension. Therefore, the neck ornament designed in accordance with this acupoint can achieve the effect of relieving body aches and pains.

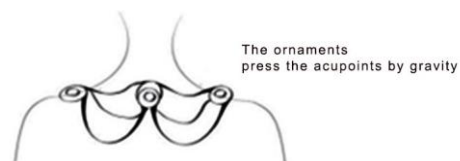


Fig.9 Design Drawing of the Neck Ornament

2.3 Research on Appearance Preference of Health Preservation Ornaments

Based on ensuring the functionality of the health preservation ornaments, the research team adopted the strategy of transforming the product appearance from a single decorative product into a combination of functionality and aesthetics. And at the same time, in order to constantly improve the consumer's experience degree, the team has always been people-oriented. This design pattern with the combination of ornamental and health preservation value was put up with by the integration of different areas. And based on inheritance, this design aims to be innovative and provide personalized and accurate health preservation services to consumers.

Health preservation, in fact, is the application and conversion of design, medicine, and traditional Chinese medicine with the concept of people-orientation. In late 2021, this sort of health preservation product was piloted in Wenzhou, and some suggestions and experiences of users were collected through offline experience in pharmacy chains and community health service centers, and also individual households.

To master the popularity of hand and ear ornaments, the questionnaire survey and field research (done by setting up an offline experience platform) were conducted respectively. The survey target was designed for three age groups of young, middle-aged and elder people, the survey questionnaire was about the purchase attitude of health preservation products. And as for the offline research, the wearing experience and appearance preference were investigated. The research data are as follows (Table 3 and Table 4).

Table 3. Consumers' Purchasing Attitudes towards Health Preservation Products

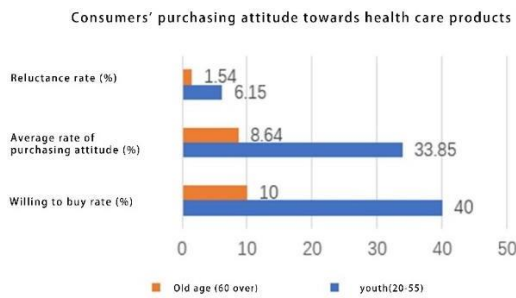
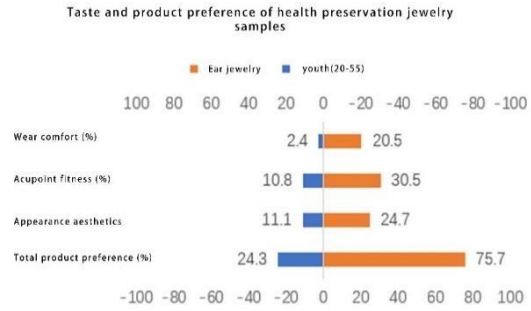


Table 4. Wearing Experience and Product Preference of Health Preservation Ornaments



From what has been discussed above, it can be concluded that most consumers have a positive attitude towards health preservation ornaments. Especially, the exquisiteness and functionality of the product's appearance are more cared by consumers. Consequently, health preservation can be the integration of health and design, and it can function as a medium to expand the market awareness and popularity of related products.

Therefore, compared to the current medical and health preservation industry, the design strategy has been an indispensable part of the product's core competencies. Using design as an interdisciplinary bridge can transform the health preservation products from the single medical product to the products that are more functional and comprehensive.

3. THE FUTURE DEVELOPMENT OF ACUPOINT HEALTH PRESERVATION ORNAMENTS

3.1 Development Opportunities

With the rapid advancement of the economy, the domestic health preservation industry is developing exceptionally fast. Particularly in recent years, more and more young people start to care about the concept of health preservation, accelerating the springing up of more health preservation brands. Compared with the traditional wearable health preservation clothing, the acupoint health preservation ornament is still in the exploration stage. Although some sports such as yoga are very effective for improving our body's resistance and maintaining a healthy state, this kind of ornament is a feedback to modern people's physiological needs. Simultaneously, it is the result of mutual achievement of the art design, science and technology, and other related disciplines.^[9] Now, greater demand for small-sized health preservation equipment has been proposed by consumers. However, the portability and universality of current fitness equipment are unable to fully cope with today's busy and fast-paced lifestyle. While the health preservation ornament can be the accessory that will meet the design needs of people in terms of management, treatment and portability. Serving as an auxiliary tool, it can better satisfy consumers' intention of health preservation and thus, be favored by subhealthy people and the elderly population.

[10]The development of functional ornament is still in the starting and exploration stage, which is important in the process of transforming ornament from decorative items to required items. Functional ornament is the product of the demand of modern people and technological innovation. According to the market research on intelligent health preservation ornaments conducted by Liu Jiajun,[18] it is known that the development of functional ornament is the result of the interaction between science technology and technological development, and multi-disciplinary cooperation is needed for joint exploration in the future practice. Therefore, ornament does not merely function as high value-keeping and decorative item, it has penetrated and become an indispensable element in modern people's lives, and the future development of functional ornament has considerable prospects.

3.2 Development Shortcomings

Relevant literature has stated that[19]although TCM health preservation has developed into a unique industry, the degree of research and development of related products is weak, and a more complete system cannot be formed in terms of technology, design, and modality. Thus, shortcomings and disadvantages are spotted in the field of treatment, efficacy, and raw material. The acupoints are more likely to exist in places where there are more meridians and blood vessels, only the use of bone positioning method and vein positioning method to determine the acupoints is not rigorous enough. What is worse, the wrong positioning of some high-risk acupoints will cause physical harm and damage of organs. Although the meridian positioning, bone positioning, proportional bone measurement have been conducted before finding the acupoints, the product cannot guarantee the absolute accuracy for all users. Therefore, our program mainly focuses on the design and application of basic health acupoint massage ornaments while the adaptability of difficult and miscellaneous diseases is relatively low, which is not conducive to the expansion of classification of the health preservation ornaments.

In terms of material selection, most products on the market choose to use magnets to stimulate pressure on acupoints to cure diseases. But the general magnetic therapy takes a long time and the effect is not so significant. However, this product is intended to take shape memory alloy and natural rubber as raw materials, which can improve the comfort, but the impact on the biological efficacy of the product needs to be experimented further. On the basis of the basic determination of physiological efficacy, psychological efficacy, as the most obvious way of product efficacy, [19]is reflected through its effects. Wearing beautiful ornaments can produce a jubilant mood for people, and at

the same time, the wearer may have a strong psychological implication of the efficacy of the product. However, the definition of "beauty" of a product varies from person to person, and the result of psychological efficacy has certain deviations.

The stimulation of magnets for specific acupoints has been widely used in massage health preservation products, the magnets used are mostly permanent magnets, leading to the over-exaggeration of the therapeutic effect. Shape memory alloy has a unique shape memory effect, transformation pseudo elasticity, and other characteristics. And the natural rubber material has both flexibility and strength, with an amazing elongation rate and complete elastic memory. Thus, ornaments made of these two materials can be more ergonomic, bring users a better experience, and achieve a combination of physiological and psychological healing effects. However, there still exist some uncertain factors in the technical requirements of the product and consumer acceptance that need further experiments.

4. CONCLUSION

Combining the health preservation therapy of TCM and ornament design, this thesis aims to find out how to relieve diseases by the usage of health preservation ornaments. And the thesis also proposes a variety of example models of health preservation ornaments in applicable fields. Under the technological innovation and change of demands, health preservation ornaments have entered a new era, and its products themselves are increasingly rich in artistic, fashionable, and consumerized features. Through the use of Chinese medicine acupoints and meridian theory, and also the design strategy of combining ergonomics and aesthetics to enhance the aesthetic elements of health preservation ornaments, this thesis aims to broaden the design ideas of health preservation ornaments. Following the craze of interdisciplinary design in the new era, this thesis integrates spiritual and physiological needs and makes a useful search for better development and innovation of health preservation ornaments.

Foundation item:

A basic scientific research project of higher education in Liaoning Province of 2020 (L20BGL040)

First author: Wei Ding

Author contact: Shaopu Liu

Mailling address of donation copies: Qing gongyuan #1,Ganjingzi District, Dalian, Liaoning Province, CHINA (post code 116034)

Email address: liu_shaopu@163.com

REFERENCES

- [1] Chen Hong, Chen Ying. Brief Analysis for Design of Functional Jewelleries [J]. *Shanghai Arts&Crafts*, 2018(02): 75-77.
- [2] Accenture. Consumer survey on digital health in Australia [DB/OL]. 2018, Retrieved August 26, 2020, from https://www.accenture.com/t20180306T103559Z_w_/us-en/_acnmedia/PDF-71/accenture-health-2018-consumer-survey-digital-health.pdf.
- [3] Wu Qiaoli. Experimental Application of Human Engineering in Packaging Design [J]. *Knowledge-Economy*, 2008(05): 131-132.
- [4] Su Shizhen, Lu Qi. Ergonomics in Jewelry Design [J]. *Art and Design (Theory)*, 2010,2(10): 190-191
- [5] Lian Xiaomeng. Introduction to Contemporary Jewelry Design: Innovation of Jewelry Materials in the Context of Contemporary Aesthetics [J]. *Beauty & Times*, 2020(06): 104-106.
- [6] Xu Yunqi, Gu Huimin. Application of Aesthetic Intuition Theory in Modern Jewelry Design [J]. *Technology Wind*, 2021(18): 152-153.
- [7] Donald A. Norman—Emotional Design [J]. *Industrial Design*, 2017(06): 32-33.
- [8] Saving is the Aesthetic Principle of Successful Design [J]. *Beauty & Times*, 2013(02): 1.
- [9] Shao Enhong. How to Combine Therapeutic Objects and Contemporary Jewellery to Create a Treasured Functional Object [J]. *Shanghai Arts & Crafts*, 2013(02): 57-59.
- [10] Wu Qingman. Modern Functional Jewelry-New opportunities for Jewelry in the Age of Technology [J]. *Art Panorama*, 2017(11): 108-109.
- [11] Qu Bo. *The Book for Meridian and Acupoint Massage* [M]. Jindun Press, 2014.
- [12] Wu, J., Li, H., Cheng, S., & Lin, Z. The Promising Future of Healthcare Services: When Big Data Analytics Meets Wearable Technology [J]. *Information & Management*, 2016, 53(8): 1020-1033.
- [13] Huang Ruiying, Ma Xiaoqin, Yan Xinling. Analysis of Dialectical Acupoint Selection Rules of Acupoint Massage in Treatment of Insomnia. [J]. *Chinese Journal of Nursing*, 2021,56(03): 404-408.
- [14] Chen Xiaoyan, Dong Shenglian, Zhang Ying. A study on the Effect of Self-acupressure on the Intervention of Sub health Insomnia among College Students. [J]. *Hebei Journal of Traditional Chinese Medicine*, 2014,36(04): 565-566.
- [15] Lu Chunxia, Deng Xuejiao, Chen Miao, Xiao Caihong, Cui Jin. Different Stimulation Methods on Auricular Points for Primary Dysmenorrhea: a Randomized Controlled Trial [J]. *Chinese Acupuncture & Moxibustion*, 2021,41(07): 737-741.
- [16] Liu Hongqiong, Guo Xiaomin. Evaluation of Clinical Curative Effect of Auricular Plaster Therapy in Treating Dysmenorrhea [J]. *Chinese Community Doctors*, 2014,30(20): 106-107.
- [17] Huang Fumi, Wang Jun. *The Systematic Classic of Acupuncture and Moxibustion* [M]. People's Military Medical Press, 2005.
- [18] Liu Jiajun, He Jingyao, Chi Yifan, Lv Xinyi. Smart Jewelry Consumer Market Status Study Review [J]. *Art Science and Technology*, 2019,32(07): 93+127.
- [19] Si Fuchun, Song Xuejie, Gao Yan. Current Situation and Reflections on the Development of Chinese Medicine Health Care in China [J]. *TCM Research*, 2013,26(07): 1-3.
- [20] Ma Shijing, He Kui. Research on the Design of Acupressure-type Health Jewelry [J]. *China Gems&Jades*, 2021(01): 14-20.