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THE POSSIBILITY OF APPLYING REFLEXOTHERAPY USING THE «BALANCING OF HEXAGRAMS» METHOD IN COMPLEX REHABILITATION OF WOMEN WITH REPRODUCTIVE DISORDERS

The article is devoted to one of the important problems – complex treatment of infertility. And although this problem can be overcome only with a comprehensive approach – the joint efforts of reproductive medicine doctors, the task of a reflexotherapy doctor is to prepare the patient «energetically» for a successful in vitro fertilization procedure, or for some other special technique.

Complex treatment using reflextherapy methods has been used for a long time, not only in the case of neurological diseases, but also in various psychosomatic disorders, which can be an obstacle to the onset of pregnancy complex approach was used to treat a patient with infertility in particular the method of «balancing hexagrams».

Purpose. *To consider the peculiarities of the use of reflexotherapy according to the method of «balancing hexagrams» in the complex rehabilitation of patients with reproductive disorders.*

Scientific novelty. *For the first time in our country, the technique of compiling acupuncture prescriptions and acupuncture using the method of «balancing hexagrams» was used in the complex rehabilitation of patients with reproductive disorders.*

Methods. *We consider one clinical case of the use of reflexotherapy using the method of «balancing hexagrams» in the complex rehabilitation of a patient with infertility. The used methods of clinical objective examination, the syndromal diagnosis method of traditional Chinese medicine, the pulse diagnosis method, and the tongue diagnosis method are shown. The method of making an acupuncture prescription according to the method of «balancing hexagrams» is discussed in detail and concretely in this case.*

Results. *As a result of treatment using the method of «balancing hexagrams», the repeated procedure of in vitro fertilization was successfully completed, pregnancy occurred and ended with the birth of a healthy child.*

Conclusions. *1. Patients with reproductive disorders are seen in the practice of a reflexologist.*

2. The use of the acupuncture method «balancing hexagrams» can be effective in the complex of treatment measures for reproductive disorders.

Key words: *rehabilitation, reflexotherapy, «balancing hexagrams» method, reproductive disorders, infertility.*

Наталія Свиридова, Геннадій Чуприна, Віталій Середа, Ольга Вернер, Надія Тордія. МОЖЛИВІСТЬ ЗАСТОСУВАННЯ РЕФЛЕКСОТЕРАПІЇ ЗА МЕТОДИКОЮ «БАЛАНСУВАННЯ ГЕКСАГРАМ» У КОМПЛЕКСНІЙ РЕАБІЛІТАЦІЇ ЖІНОК З РЕПРОДУКТИВНИМИ РОЗЛАДАМИ

Стаття присвячена одній з важливих проблем – комплексному лікуванню неплідності. І хоча цю проблему можна подолати лише комплексним підходом – спільними зусиллями лікарів-репродуктологів, задача лікаря-рефлексотерапевта – підготувати пацієнтку «енергетично» для успішної процедури екстракорпорального запліднення, або до якоїсь іншої спеціальної методики.

Комплексне лікування з використанням методів рефлексотерапії застосовується вже давно не тільки при неврологічних захворюваннях, але і при різних психосоматичних розладах, що можуть являти собою перешкоду настання вагітності.

Мета. Розглянути особливості застосування рефлексотерапії за методом «балансування гексаграм» в комплексній реабілітації пацієнток з репродуктивними розладами.

Наукова новизна. Вперше в нашій країні використано методику складання акупунктурних рецептів і акупунктуру за методом «балансування гексаграм» в комплексній реабілітації пацієнток з репродуктивними розладами.

Методи. Ми розглядаємо один клінічний випадок застосування рефлексотерапії за методом «балансування гексаграм» в комплексній реабілітації пацієнтки з неплідністю. Показані використані методи клінічного об'єктивного обстеження, метод синдромальної діагностики традиційної Китайської медицини, метод діагностики по пульсу, метод діагностики по язичку. Детально обговорюється методика складання акупунктурного рецепту за методом «балансування гексаграм» і конктетно в цьому випадку.

Результати. В результаті лікування за методом «балансування гексаграм» повторна процедура екстракорпорального запліднення завершилась вдало, вагатність наступила і закінчилась народженням здорової дитини.

Висновки. 1. Пацієнти з репродуктивними розладами зустрічаються в практиці рефлексотерапевта.

2. У комплексі лікувальних заходів при репродуктивних розладах ефективним може бути застосування акупунктурного методу «балансування гексаграм».

Ключові слова: реабілітація, рефлексотерапія, метод «балансування гексаграм», репродуктивні розлади, неплідність.

Introduction. According to WHO, approximately 1 in 6 women in the world suffers from infertility. Its treatment is an important demographic and socio-economic problem worldwide, for the solution of which assisted reproductive technologies are used. Assisted reproductive technologies are methods of treating infertility, in which manipulations with reproductive cells, individual or all stages of preparation of reproductive cells, processes of fertilization and development of embryos before their transfer to the recipient's uterus are carried out in vitro [1].

During 2006 – 2015, the number of initiated treatment cycles using the methods of assisted reproductive technologies increased by 3.5 times and amounted to 18,871 treatment cycles in 2015. The frequency of clinical pregnancy from initiated treatment cycles of assisted reproductive technologies in 2015 was 36.56% against 33.53% in 2006.

Therefore, there is no doubt about the professionalism of domestic specialists, which makes assisted reproductive technologies attractive both for the Ukrainian population and for foreigners.

At the same time, there are cases when, after applying several procedures of assisted reproductive technologies, a clinical pregnancy did not occur in a woman. Then, as preparation for the use of a special procedure of assisted reproductive technologies, the use of reflexotherapy methods can be considered.

Complex treatment using reflextherapy methods has been used for a long time, not only in the case of neurological diseases, but also in various psychosomatic disorders [2, 4, 5, 6], which can be an obstacle to the onset of pregnancy [8, 9, 10, 11]. It is known that acupuncture, especially in the «distal» points of acupuncture (there are 66 of them in total and they are located in the distal parts of the limbs – below the knee to the toes and below the elbow to the fingers of the hand, and according to the method of «balancing hexagrams» it is they that are used) has a powerful effect on the central nervous system, able

to have a positive effect in the case of psychosomatic disorders. Below, we would like to cite a clinical case where a complex approach was used to treat a patient with infertility in particular the method of «balancing hexagrams».

Presentation of the main material. The method of «balancing hexagrams» is one of the methods of compiling acupuncture prescriptions [7, 12], of which there are many in the practice of acupuncture. It is used as an adjunct to basic acupuncture treatment.

In acupuncture, after mastering the basics of the profession, important importance is attached to the preparation of acupuncture recipes. We would like to remind you that the hexagrams of the I-ching were considered by K.G. Jung (one of the creators of psychoanalysis) as a «source of archetypes», and that K.G. Jung even proposed a method of selecting the «individual human hexagram» in prognostic terms by tossing coins. The I Ching hexagrams can also be used in various ways to make acupuncture recipes.

For example, the «affected» hexagram is always located next to the used one, and when their lines are opposite, an acupuncture procedure is performed. «Pure» hexagrams (corresponding to acupuncture meridians – Qian VB and V, Dui C and MC, Li RP, Zhen GI, Xun P, Kan E, Gen IG and TR, Kun F and R) are used as «afflicted» and in the corresponding the acupuncture meridians are used for the acupuncture procedure.

«Forbidden» hexagrams are not used: No28 Da-Go (redevelopment of the great), No29 Xi-Kang (repeated danger), No39 Jian (obstacle), No47 Kun (exhaustion). Other hexagrams are used based on indications.

The method of «balancing hexagrams» is used with 20 specially selected «auspicious» hexagrams, and when the lines of them and the «affected» hexagram are opposite, an acupuncture procedure is performed. This method dates back to the time of Wen Wang (approximately 8-7 centuries BC), who invented it.

Hexagrams of the I Ching, from among which the «auspicious» hexagram is chosen: No. 7 Shi (Army), No.

8 Bi (Approach), No. 9 Xiao Chu (Education of children), No. 11 Tai (Prosperity), No. 13 Tong Zhen (Like-minded), No. 14 Da Yu (Possessing the Great), No. 18 Gu (Spoiling), No. 19 Lin (Visiting), No. 24 Fu (Return), No. 26 Da Chu (Education of the Great), No. 31 Xian (Interaction), No. 32 Heng (Permanence), No. 34 Da Zhuang (Power of the Great), No. 37 Jia Zhen (Domestic), No. 40 Jie (Decision), No. 42 Yi (Multiplication), No. 50 Ding (Sacrificer), No. 55 Feng (Remainder), No. 61 Zhong Fu (Inner Truth), No. 63 Ji Ji (Already the End).

The method of «balancing hexagrams» is used primarily when there are psycho-emotional problems (psychosomatics) in various diseases, the frequency of its application: 1 session for 4-5 «nosological» (ordinary) acupuncture procedures.

The first thing to do using this method is to find the «affected» acupuncture meridian based on acupuncture diagnostic methods. Then you need to pick up, in accordance with it, the «affected» hexagram. And then, from 20 possible options, choose a «favorable» hexagram.

Acupuncture procedure using the «balancing hexagrams» method:

according to this method, an acupuncture procedure is performed at the acupuncture points of the «affected» acupuncture channel (there is a correspondence between the acupuncture channel, its distal acupuncture points and the hexagram), when the lines of the «affected» hexagram are opposite to the lines of the «favorable» hexagram.

Acupuncture points corresponding to these risks are pricked because they coincide with the places of CHI stagnation in the given acupuncture channels, and when these acupuncture points are pricked, the stagnation should be eliminated – that is, the acupuncture channel is cleared. Treatment of CHI disorders in the acupuncture channel restores the energy balance in it.

Clinical case:

Patient M. is a 33-year-old woman with infertility. After carrying out 2 procedures of in vitro fertilization, pregnancy did not occur. Her husband is healthy. She turned to a reflexologist in the spring of 2012.

Among the complaints and clinical neurological signs, the patient had severe vagotonia with a significant subjective feeling of coldness in the feet and lower back and a decrease in libido; among the general clinical manifestations – edema in the legs and paleness of the skin.

Clinical diagnosis: primary infertility, lack of effect from 2 procedures of in vitro fertilization.

Acupuncture diagnostics: during pulse diagnostics, a deep and slow pulse was determined. During diagnosis of the tongue, the tongue was pale, with a subtle white coating.

Thus, the acupuncture diagnosis was: kidney YANG deficiency, that is, the ovum does not have enough vital

energy for fertilization to occur. The reflex therapist's task is to prepare the patient «energetically» for the repeated in vitro fertilization procedure.

According to traditional Chinese medicine, the kidneys are responsible for the process of reproduction, their reserve of «reserve energy» contributes to fertilization, the hexagram corresponding to the kidneys is Kun, («affected») – the element «Earth» – YIN. (the «affected» acupuncture meridian is the kidney meridian) (Fig. 1).

We choose a «favorable» hexagram for this condition: it is Feng, I Ching hexagram No. 55.

The general meaning of hexagram No. 55 Fen in traditional Chinese medicine [3]:

Thunder Fire makes enough

Step into today's clarity and say goodbye to yesterday's darkness.

Medical value

Prognostic: acute febrile diseases. Pains that quickly change localization. Liver YANG excess. Sexual overexertion. Eye disease. Pathology of pregnancy. Influenza with «Wind» and «Cold» with significant fever. Damage to the heart due to excessive YANG of the liver. Kidney YANG deficiency. Juvenile tuberculosis. Senile dementia.

Indications for acupuncture treatment: acute diseases with hyperthermia. Persistent heat syndrome. Rapid dynamics of symptoms with the onset of pain. An excess of YANG of the liver affects the heart. Kidney YANG deficiency. Blood stasis. CHI and Blood Disorders [4, 12].

Evaluating positively the hexagram No. 55 Feng, it should be noted that it has the following general meaning: fullness, fruitfulness, fertility, expansion, harmony, a sign of significant changes that should be accepted, action, success, which can be clearly associated with the desired onset of pregnancy.

In addition, this hexagram is associated with «internal positive energy that should be used for long-term improvement of function» (ie, it will work throughout the pregnancy process). And it is directly indicated for the correction of the «YANG kidney deficiency» condition.

The upper trigram of hexagram No. 55 Feng – Zhen corresponds to «Tree», and its lower trigram – Li – corresponds to «Fire», both have an influence on «Earth». That is, «Tree» controls «Earth», and «Fire» is the «mother» of «Earth», which is important in the treatment of «insufficiency» («kidney YANG deficiency»).

One of the two widespread concepts of traditional Chinese medicine: «all diseases arise due to deficiency». There are four types of deficiency (CHI deficiency, Blood deficiency, YIN deficiency, and YANG deficiency). In clinical practice, some patients have only one deficiency, some have two, and there are also patients

who have four deficiencies. The fewer the deficiencies, the milder the disease, and vice versa. As soon as a deficiency is formed, the patient loses resistance, and pathogens can easily enter the human body and cause disease [4, 5].

In addition, this hexagram is indicated for acupuncture use in the spring, which coincides with the season of acupuncture procedures.

Acupuncture recipe for this case:

The patient is a woman, so we prick the acupuncture points R-1, 3, 4 on the right side (the symptoms of the disease are generalized – infertility).

On the left side, we prick acupuncture points V 67, 65, 64 (a paired channel that enhances treatment, acupuncture points for influence are similar to the number of strokes of the «affected» hexagram).

The procedure of acupuncture according to the method of «balancing hexagrams» was carried out 3

times during the course of treatment, which consisted of 15 sessions.

The procedures were carried out every other day and also included the use of the prescription of extraordinary meridians (3rd pair), nosological prescription, namely acupuncture points: GI 4, F 3 («four gates»), E 36, 25; RP 4,6,10; VB 20, 34, 39; J 17, 15, 6; J -4, PC -49 zi chun («magic triangle of dysmenorrhea») [3,7,12].

As a result of treatment using the method of «balancing hexagrams», the repeated procedure of in vitro fertilization was successfully completed, pregnancy occurred and ended with the birth of a healthy child.

Conclusions. 1. Patients with reproductive disorders are seen in the practice of a reflexologist.

2. The use of the acupuncture method «balancing hexagrams» can be effective in the complex of treatment measures for reproductive disorders.

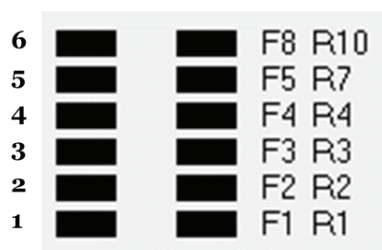


Fig. 1 [adapted by 12]. Correspondence in traditional Chinese medicine of the strokes of the «affected» Kun hexagram to the liver and kidney acupuncture meridian points.

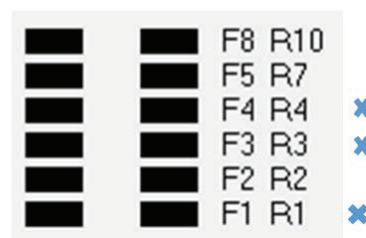


Fig. 2 [adapted by 12]. Acupuncture points for exposure. We choose points corresponding to the «opposite» (on the «affected» hexagram in relation to the «favorable» hexagram) – 1, 3, 4 dashes for the acupuncture effect.

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