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**THE USE OF REFLEXOTHERAPY ACCORDING TO THE METHOD OF «BALANCING HEXAGRAMS»  
IN THE COMPLEX REHABILITATION OF VERTEBROGENIC LUMBOISCHIALGIA  
WITH LONG-TERM PAIN SYNDROME**

*The article raises the following topical issues – the topic of complex rehabilitation of vertebrogenic lumboischialgia with long-term pain syndrome. Various pathological conditions, especially those that occur with a pain syndrome, manifest themselves in a protracted course. It often happens when there is some viscerogenic problem that complicates the situation: then a psychosomatic component is formed, which prolongs the disease. Medicinal methods of treatment are then not fully effective, so non-medicinal technologies of comprehensive rehabilitation should be resorted to. Among such methods in the complex rehabilitation of vertebrogenic lumboischialgia with long-term pain syndrome, reflexology methods are respected.*

*Reflexotherapy is indicated in the case when the previous treatment is not effective enough. Reflexotherapy for vertebrogenic lumboischialgia with long-term pain syndrome is indicated both due to its powerful pain-relieving mechanisms and due to the fact that it is able to improve the psycho-emotional state and is able to remove excessive pathological impulses, mainly vagal, which occurs against the background of the pathology of the affected organ and causes the prolongation of vertebrogenic lumboischialgia.*

*The article also presents the main theoretical principles of the «balancing hexagrams» method and its practical implementation. It is shown that this method is one of the methods of making acupuncture prescriptions based on the I Ching. A clinical case is presented: acupuncture treatment of a patient with vertebrogenic lumboischialgia with long-term pain syndrome. The methods of acupuncture diagnostics are presented, the description of acupuncture correction is given, the features of the «favorable» hexagram are considered.*

**Purpose.** *To consider the features of the use of reflexology using the method of «balancing hexagrams» in the complex rehabilitation of a patient with vertebrogenic lumboischialgia with long-term pain syndrome.*

**Scientific novelty.** *For the first time in our country, the technique of compiling acupuncture prescriptions and acupuncture using the «balancing hexagram» method was used in the complex rehabilitation of a patient with vertebral lumboischialgia with long-term pain syndrome.*

**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 vertebrogenic lumboischialgia with long-term pain syndrome. Methods of clinical objective neurological examination, syndromic diagnosis method of traditional Chinese medicine, pulse diagnosis method, and tongue diagnosis method were used.*

**Results.** *As a result of the treatment using the «balancing hexagrams» method, the patient's condition improved: the intensity and frequency of pain in the back and left leg significantly decreased, the range of motion in the spine and left leg increased, and sleep improved.*

**Conclusions.** *1. In the practice of a neuropathologist and a reflexologist, there are patients with vertebrogenic lumboischialgia with a long-term pain syndrome.*

2. The use of the acupuncture method of «balancing hexagrams» can be effective in the complex of treatment measures for vertebral lumboschialgia with long-term pain syndrome.

**Key words:** vertebrogenic lumboschialgia with long-term pain syndrome, rehabilitation, reflexotherapy, «balancing hexagrams» method.

## **Віталій Середа, Наталія Свиридова, Геннадій Чуприна, Ольга Вернер, Надія Тордія. ЗАСТОСУВАННЯ РЕФЛЕКСОТЕРАПІЇ ЗА МЕТОДОМ «БАЛАНСУВАННЯ ГЕКСАГРАМ» В КОМПЛЕКСНІЙ РЕАБІЛІТАЦІЇ ВЕРТЕБРОГЕННОЇ ЛЮМБОШИАЛГІЇ З ТРИВАЛИМ БОЛЬОВИМ СИНДРОМОМ**

У статті піднімаються такі актуальні питання – тема комплексної реабілітації вертебrogenної люмбошіалгії з тривалим больовим синдромом. Різні патологічні стани, особливо ті, що протікають з больовим синдромом, проявляються затяжним перебігом. Часто це буває, коли є якась вісцерогенна проблема, що ускладнює ситуацію: тоді формується психосоматичний компонент, що й пролонгує захворювання. Медикаментозні методи лікування тоді не є повною мірою ефективними, тому слід вдаватися до немедикаментозних технологій комплексної реабілітації. Серед таких методів у комплексній реабілітації вертебrogenної люмбошіалгії з тривалим больовим синдромом користуються переважно методи рефлексотерапії.

Рефлексотерапія показана у тому випадку, коли виявляється недостатньо ефективним попереднє лікування. Рефлексотерапія при вертебrogenній люмбошіалгії з тривалим больовим синдромом показана як завдяки своїм потужним протибольовим механізмам, так і за рахунок того, що вона здатна поліпшити психоемоційний стан, і здатна зняти зайву патологічну імпульсацію, переважно вагусну, яка виникає на тлі патології ураженого органу і викликає пролонгацію вертебrogenної люмбошіалгії.

В статті також представлено основні теоретичні засади методу «балансування гексаграм» і його практичну реалізацію. Показано, що цей метод є одним з методів складання акупунктурних рецептів, заснованих на І-цзині. Подано клінічний випадок: акупунктурне лікування хворого з вертебrogenною люмбошіалгією з тривалим больовим синдромом. Наведено методи акупунктурної діагностики, подано описання акупунктурної корекції, розглянуто особливості «сприятливості» гексаграм.

**Мета.** Розглянути особливості застосування рефлексотерапії за методом «балансування гексаграм» в комплексній реабілітації хворого з вертебrogenною люмбошіалгією з тривалим больовим синдромом.

**Наукова новизна.** Вперше в нашій країні використано методику складання акупунктурних рецептів і акупунктуру за методом «балансування гексаграм» в комплексній реабілітації хворого з вертебrogenною люмбошіалгією з тривалим больовим синдромом.

**Методи.** Ми розглядаємо один клінічний випадок застосування рефлексотерапії за методом «балансування гексаграм» в комплексній реабілітації хворого з вертебrogenною люмбошіалгією з тривалим больовим синдромом. Використані методи клінічного об'єктивного неврологічного обстеження, метод синдромальної діагностики традиційної Китайської медицини, метод діагностики по пульсу, метод діагностики по язика.

**Результати.** В результаті лікування за методом «балансування гексаграм» стан хворого поліпшився: інтенсивність і частота болів у спині і в лівій нозі помітно зменшились, об'єм рухів у хребті і в лівій нозі збільшився, поліпшився сон.

**Висновки.** 1. У практиці невропатолога та рефлексотерапевта зустрічаються хворі на вертебrogenну люмбошіалгію з тривалим больовим синдромом.

2. У комплексі лікувальних заходів при вертебrogenній люмбошіалгії з тривалим больовим синдромом ефективним може бути застосування акупунктурного методу «балансування гексаграм».

**Ключові слова:** вертебrogenна люмбошіалгія з тривалим больовим синдромом, реабілітація, рефлексотерапія, метод «балансування гексаграм».

**Introduction.** We would like to remind you that the I-ching hexagrams have a certain meaning in psychoanalysis: guilt was 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. Also, hexagrams of the I Ching can be used in the preparation of acupuncture recipes.

Various pathological conditions, especially those that occur with a pain syndrome, manifest themselves in a protracted course [2,4,14]. It often happens when there is some viscerogenic problem that complicates the situation: then a psychosomatic component is formed, which prolongs the disease [4]. Medicinal methods of treatment are then not fully effective, so non-medicinal technologies of comprehensive rehabilitation should be resorted to. Among such methods in the complex

rehabilitation of vertebrogenic lumboschialgia with long-term pain syndrome, reflexology methods are respected [4].

Reflexotherapy is indicated in the case when the previous treatment is not effective enough. Reflexotherapy for vertebrogenic lumboschialgia with long-term pain syndrome is indicated both due to its powerful pain-relieving mechanisms and due to the fact that it is able to improve the psycho-emotional state and is able to remove excessive pathological impulses, mainly vagal, which occurs against the background of the pathology of the affected organ and causes the prolongation of vertebrogenic lumboschialgia [2,9,10,11,12].

**Presentation of the main material.** The method of «balancing hexagrams» is a method of compiling acupuncture recipes using the I Ching, it is used when there is a lack of «vital energy» (that is, energy

for recovery in case of some problem). Frequency of its application: 1 session for 4-5 «nosological» reflexotherapy procedures [13].

The purpose of the «balancing hexagrams» method is to transform the state of the «affected» acupuncture channel and the corresponding «affected» hexagram to the energy level of the «favorable» hexagram, thereby positively changing the CHI (vital energy) of the «affected» acupuncture channel and the CHI of the entire body [1,7,13].

Basics of the «balancing hexagrams» method: according to this method, we first determine the hexagram for an unbalanced (affected) acupuncture channel («affected hexagram»), then determine a «favorable» hexagram for it [1,7,13].

These two hexagrams are placed next to each other so that all six lines of each hexagram are next to each other.

These lines (Yao) of each hexagram reflect parts of the human body, acupuncture channels and pathological conditions, YIN and YANG categories, as well as acupuncture points.

Reflexotherapy procedure according to the method of «balancing hexagrams»: according to this method, an acupuncture procedure is performed at the acupuncture points of the «affected» acupuncture channel, when the lines of the «affected» hexagram are opposite to the lines of the «favorable» hexagram [1,7,13].

Acupuncture points corresponding to these risks are pricked, because they correspond to stagnation of CHI in these acupuncture channels, and when pricking these acupuncture points, stagnation must be eliminated – that is, the acupuncture channel is cleansed of stagnant energy. Treatment of CHI disorders in the acupuncture channel restores the energy balance in it.

At the same time, when the lines of the «affected» hexagram are similar to the lines of the «favorable» hexagram, the acupuncture procedure is not performed at the corresponding acupuncture points of the «affected» acupuncture meridian.

Thus, the treatment of the «affected» acupuncture channel consists in «bringing» the condition of the «affected» hexagram to the level of the «favorable» hexagram through an acupuncture procedure at the corresponding acupuncture points, thereby transforming the of the acupuncture meridian and the entire body.

Recommendations for using the «balancing hexagrams» method:

1. If the pathology is unilateral, we affect it from the opposite side.

2. If the pathology is bilateral (generalized), we affect men on the left, women on the right, and then on the opposite side.

3. Choosing a one- or two-sided acupuncture option depends on which of the options the doctor prefers.

4. It is also advisable to prick the «paired» acupuncture meridian on the opposite side, with the coincidence of the number of lines and points of acupuncture by function: well-well, source-source, etc.

Algorithm of the «balancing hexagrams» method:

1. Establish an acupuncture diagnosis.

2. Select an acupuncture channel («affected» acupuncture channel) for therapeutic effect.

3. Determine the hexagram for the affected acupuncture channel («affected» hexagram).

4. Determine for the affected hexagram a hexagram that balances its pathological condition («favorable» hexagram).

5. Perform an acupuncture procedure at the corresponding acupuncture points of the «affected» acupuncture channel.

Clinical case: patient Z., 45 years old, turned to a reflexologist in the spring of 2019 with complaints of long-lasting aching pains in the back, left buttock, and on the back surface of the left leg, mostly at night, which arose in December last year and continued throughout January, February and March, despite the medical treatment by a neurologist.

Clinical diagnosis: vertebrogenic lumboschialgia on the left, long-term pain syndrome.

Acupuncture diagnosis (main): damage to the meridian of the urinary bladder on the left (clinically, the patient had palpable tenderness along the course of the meridian of the urinary bladder on the left).

The patient also had pronounced vagotonia with a significant subjective feeling of coldness in the feet and lower back and sexual dysfunction (decrease in libido); among the general clinical manifestations – pastiness in the legs and paleness of the skin.

The tongue was large, pale, with a thin white coating, a deep and slow pulse was observed. The pulse was maximal in the III position (deep) on the left and minimal in the III position (also deep) on the right, which is a sign of «deficiency» of the YANG of the kidneys [6].

Thus, the additional (syndromal) acupuncture diagnosis was: «kidney YANG deficiency». The affected acupuncture meridian is the bladder meridian (V).

The hexagram that corresponds to it is Qian, («struck» hexagram) – the Metal-YANG element.

So the «affected» acupuncture meridian is the bladder meridian, and the «affected» hexagram is Qian. (Fig. 1).

We choose a «favorable» hexagram for this state: it is Hen, I Ching hexagram

No. 32.

Already in the previous hexagram (I Ching hexagrams are very closely related to each other and to understand their meaning, including the medical one, you need to understand all the details of this connection – hexagram No. 31 Xian, interaction) the

▬	VB34	V40
▬	VB38	V60
▬	VB40	V64
▬	VB41	V65
▬	VB43	V66
▬	VB44	V67

Fig. 1. Correspondence in traditional Chinese medicine of the strokes of the «affected» Qian hexagram to the urinary bladder and gall bladder acupuncture meridian points [adapted by 13]



Fig. 2 Image for hexagram No. 32 of I Ching Hen [8].



Fig. 3 Graphic representation of hexagram No. 32 Hen [3].

theme of constancy was outlined. If the interaction was not subject to some certain and constant inviolable and unchanging laws, then it could not acquire its sign of unity. Therefore, a situation called stability is considered as a private moment of the previous process. Transferred to the symbolism of the family, this is the constancy of marriage. However, sustainability aims to prepare for further human activity. Therefore, here it is necessary to keep in mind not only stability itself, but also the future exit to the outside. This is symbolized by the trigrams that make up this hexagram. The lower trigram is characterized by penetration, even mutual penetration [3].

It also indicates what was acquired as a result of interaction at the previous level. The upper trigram

«lightning bolt» is characterized by the most active activity, i.e., going outside, which is manifested in this most active activity, when the law of constancy must be surprisingly strictly observed (Fig. 3). That is why the text of this hexagram reads: «Permanence. Accomplishment. Favorable stability. There will be no condemnation. It's good to have a place to perform». [3].

Evaluating hexagram No. 32 Hen positively, it should be noted that it has the following characteristics: this hexagram is suitable for acupuncture use in the spring, it is formed by two trigrams related to the element «Tree».

The time of year when the patient applied for treatment is spring (the season of spring is «Tree»,



according to the ideas of traditional Chinese medicine – from February 4 to April 17).

Health problems during the «Tree» season are best remedied when used in acupuncture treatment according to the "hexagram balancing" method of the hexagrams Hen and Yi, formed from two trigrams belonging to the «Tree».

Figurative meaning: Thunder gives Wind stability [5].

Image: the sun and the moon are always bright.

Symbol: the eternal change of the seasons of the year perpetuates the process of creating things.

The hexagram reflects sacred moments in a person's spiritual life. You should be firm and correct to achieve good results. Evaluate old symptoms as the cause of the current problem. Sensation of spiritual movements in the body. The place where Wu CHI connects with Shen (Wu CHI is known in China as an analogue of the primary CHI, the lower hump, which has a connection with the Yang of the kidneys). Formation of bone marrow: «filling of bones». The place where Heaven and Earth unite in the body. The Sun and the Moon shine brightly, both are auspicious. A Taoist priest gives instructions.

Note that hexagram Hen is an inverted hexagram of Yi Ching No. 42 Yi (enlargement). These two hexagrams are often used in the «hexagram balancing» method in the spring.

The medical meaning of hexagram No. 32 Hen [5]:

Prognostic: a permanent state of the disease. Pains from the wind. Chronic diseases with long-term stress, poor nutrition and unhealthy lifestyle. Very slow recovery.

Indications for acupuncture use: chronic pathology of the stomach due to a violation of the diet. Vomiting

Abdominal pains. Swelling in the legs. Damage to the nervous system as a result of chronic stress. Vertebrogenic lesions of the peripheral nervous system with pain syndrome. Chronic deficiency of CHI and Blood. Damp Cold in the lower heater. Cramps Chronic alcohol abuse.

Remember the «three-needle method» with similar symptoms – which says only one thing (i.e. «fixed» acupuncture recipes – in particular, and «magic triangles», «assistant – lo» – are based on the general rules of Chinese philosophy and medicine.

Acupuncture prescription for this case (Fig. 4),[1,7,13]:

The male patient has pain in the lower back on the left and the left buttock, leg, we prick acupuncture points V-67,60,40 on the right side.

On the left side, we prick acupuncture points R-1, 7, 10 (a paired channel that enhances acupuncture treatment, acupuncture points for influence are similar to the number of lines 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.

A «nosological» acupuncture recipe was also used, in particular the following acupuncture points: T-4, V-23 («magic triangle of the lumbar spine»); V-24, 25, 26, 31, 32, 36, 37, 63, P- 5,7,10; GI -11,10,4; R-2, 3, 8, 9; VB-34, 39; J – 6, 4.

**Catamnesis.** As a result of the treatment using the «balancing hexagrams» method, the patient's condition improved: the intensity and frequency of pain in the back and left leg significantly decreased, the range of motion in the spine and left leg increased, and sleep improved.

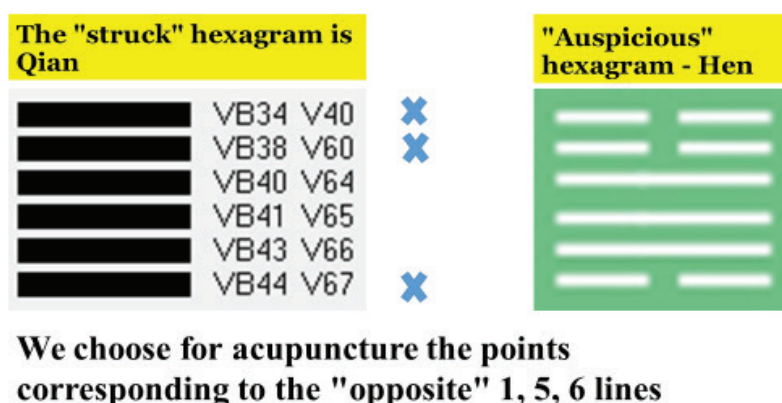


Fig. 4. Acupuncture points for exposure. We choose points corresponding to the «opposite» (on the «affected» hexagram in relation to the «favorable» hexagram) –1,5, 6 dashes for the acupuncture effect [adapted by 13].

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