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**THE USE OF REFLEXOTHERAPY ACCORDING TO THE METHOD OF «BALANCING HEXAGRAMS»
IN COMPLEX REHABILITATION OF CHRONIC TENSION HEADACHE**

The article raises the following topical issues – the topic of comprehensive treatment of chronic tension headache. In terms of prevalence, this is the most frequent headache among all cephalalgias. This pain is such that a person can endure it for a week, but it is prone to a prolonged course. Reflexotherapy is indicated in the case when the previous treatment is not effective enough.

Reflexotherapy for cephalgias 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 cephalgias.

The article also presents the main theoretical principles of the «balancing hexagrams» method and its practical implementation. A clinical case is presented: chronic tension headache in a patient with secondary insomnia, arterial hypertension, chronic gastritis. 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 chronic tension headaches.*

Scientific novelty. *For the first time in our country, the method of compiling acupuncture prescriptions and acupuncture using the method of «balancing hexagrams» was used in the complex rehabilitation of chronic tension headaches.*

Methods. *We consider one clinical case of the use of reflexotherapy using the method of «balancing hexagrams» in the complex rehabilitation of chronic tension headache. 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 treatment using the «balancing hexagrams» method, the patient's condition improved: the intensity of the headache decreased, muscle spasms and blood flow to the face began to bother him less, blood pressure stabilized, sleep disorders, and bitterness in the mouth became less pronounced.*

Conclusions. *1. In the practice of a neuropathologist and a reflexologist, there are patients with chronic tension headaches.*

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

Key words: *chronic tension headache, rehabilitation, reflexology, «balancing hexagrams» method.*

Геннадій Чуприна, Віталій Середа, Наталія Свиридова, Ольга Вернер, Надія Тордія. ЗАСТОСУВАННЯ РЕФЛЕКСОТЕРАПІЇ ЗА МЕТОДОМ «БАЛАНСУВАННЯ ГЕКСАГРАМ» В КОМПЛЕКСНІЙ РЕАБІЛІТАЦІЇ ХРОНІЧНОГО ГОЛОВНОГО БОЛЮ НАПРУГИ

У статті піднімаються такі актуальні питання – тема комплексного лікування хронічного головного болю напруги. За поширеністю – це самий частий головний біль серед усього числа цефалгій. Цей біль такий, що людина може його

терпіти впродовж тижня, але він схильний до пролонгованого перебігу. Рефлексотерапія показана у тому випадку, коли виявляється недостатньо ефективним попереднє лікування.

Рефлексотерапія при цефалгіях 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 цефалгії.

В статті також представлено основні теоретичні засади методу «балансування гексаграм» і його практичну реалізацію. Подано клінічний випадок: хронічний головний біль напруги у хворого з вторинною інсомнією, артеріальною гіпертензією, хронічним гастритом. Наведено методи акупунктурної діагностики, подано описання акупунктурної корекції, розглянуто особливості «сприятливої» гексаграми.

Мета. Розглянути особливості застосування рефлексотерапії за методом «балансування гексаграм» в комплексній реабілітації хронічного головного болю напруги.

Наукова новизна. Вперше в нашій країні використано методику складання акупунктурних рецептів і акупунктуру за методом «балансування гексаграм» в комплексній реабілітації хронічного головного болю напруги.

Методи. Ми розглядаємо один клінічний випадок застосування рефлексотерапії за методом «балансування гексаграм» в комплексній реабілітації хронічного головного болю напруги. Використані методи клінічного об'єктивного неврологічного обстеження, метод синдромальної діагностики традиційної Китайської медицини, метод діагностики по пульсу, метод діагностики по язичку.

Результати. В результаті лікування за методом «балансування гексаграм» стан хворого поліпшився: зменшилась вираженість головного болю, м'язові спазми і припливи крові до обличчя стали менше його турбувати, стабілізувався артеріальний тиск, стали менше вираженими розлади сну, гіркота у роті.

Висновки. 1. У практиці невропатолога та рефлексотерапевта зустрічаються хворі на хронічний головний біль напруги.

2. У комплексі лікувальних заходів при хронічному головному болі напруги ефективним може бути застосування акупунктурного методу «балансування гексаграм».

Ключові слова: хронічний головний біль напруги, реабілітація, рефлексотерапія, метод «балансування гексаграм».

Introduction. The effective use of reflexotherapy in the case of delayed recovery of the functions in many cases has long been known [1,3,4].

In acupuncture, if you have already mastered the basic techniques of manipulating acupuncture needles and acupuncture diagnostics, an important point is the process of making acupuncture prescriptions [6,7,8].

Sometimes it happens that the patient has already received a course of treatment with reflexotherapy methods with an incomplete effect [4]. Then the method of making acupuncture recipes «balancing hexagrams» comes to the rescue [11].

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 [11].

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 [11].

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 [11].

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 [5,11].

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 T., 43 years old, turned to a reflexologist in February 2018 with complaints of long-term dull throbbing headaches in the parietal and temporal regions (more on the left), swelling in the eyes and redness in them (more left). Periodic redness of the face, rise in blood pressure up to 150/90 mm also bothered me. mercury art., sleep disturbances, bitter taste in the mouth and muscle spasms. Prior to that, he had already undergone treatment courses (drug and acupuncture) with a neurologist and a reflexologist with an incomplete effect.

Clinical diagnosis: chronic tension headache; secondary insomnia and arterial hypertension; chronic gastritis.

Acupuncture diagnosis: headache due to the rise of hyperactive liver YANG (main). Other symptoms of the patient are also explained by the same hyperactive YANG of the liver: rush of blood to the face, arterial hypertension, sleep disturbances, chronic gastritis.

The tongue was red with a thin yellow coating, a stringy and rapid pulse was observed. The pulse was maximal in II position (deep) on the left and minimal in III position (also deep) on the left, which means deficiency of YIN («mother», kidney) and excess of YANG («son», liver).

So, an additional (syndromal) acupuncture diagnosis was: hyperactivity of the hepatic «Fire».

So, the affected hexagram is Kun, which corresponds to the element «Earth»-YIN

The «affected» meridian of acupuncture is the liver meridian (Fig. 1).

We choose a «favorable» hexagram for this condition. It is Da Chu (Education through the great), I Ching hexagram No.26 (one of its meanings is a good tip to use in a convenient situation) Fig. 2, [2,4,6].

6	☰	☷	Liv 8	K 10
5	☰	☷	Liv 5	K 7
4	☰	☷	Liv 4	K 4
3	☰	☷	Liv 3	K 3
2	☰	☷	Liv 2	K 2
1	☰	☷	Liv 1	K 1

Fig. 1. Correspondence in traditional Chinese medicine of the strokes of the «affected» Kun hexagram to the liver and kidney acupuncture meridian points [adapted by 11].



Fig. 2 Image for Hexagram No. 26 of I Ching Da Chu [6].

The previous state of integrity is the period when a person develops his best virtues and accumulates his merits. If they are implemented correctly, then so is a person can acquire enormous moral powers. They are, actually so to speak, and is the great one who can continue to educate. But such great moral strength is needed and the great object of their action. This object should be so wide, so that you can go beyond your personal boundaries. Therefore, the most important thing in this situation is to get out of your own way narrow sphere. In the previous situation, it was already achieved known synthesis of what is known and known again. But if a person would turn this synthesis only to his own benefit, then it would mean only overcoming one's faults. Here it is necessary to act in such a way that this action extends to other people, only then it can be called great. Of this reason can be said that it is not only meant here upbringing big, but also great upbringing. Therefore, in the text we see: «Education is great. Favorable stability. Hosulk not only from your home. Happiness. Favorable ford across a big river» [2]. The general meaning of the hexagram No. 26 Da Chu (possession of the great) in traditional Chinese medicine [2,4,6]:

General imaginative meaning: Mount Heaven is raised by the great.

Image: a dragon hiding in a valley.

Symbol: a mountain is made of grains of sand.

Support. Feeding. Harvest. Be active. Success.

Great achievements. Carry things together. Avoid applying too thinly.

Rely on a professional advisor. Be focused on the goal for a favorable outcome. Manage the collection of many energies, make a large accumulation. Focus your positive energy in a favorable place. Accumulate spirit. Favorable time to overcome significant obstacles. Medical value. Prognostic: significant intoxication. Symptoms worse at night than during the day. Dominant symptoms. Chronic cough. Tuberculosis. Anury. Abscesses. Indications for acupuncture treatment: diseases due to chronic stress. Severe or prolonged headache. Depression. Cramps all over the body. Anxiety that disrupts brain activity. Constipation with abdominal pain. Illness due to pathogenic «Wind». The rise of the hyperactive «Heat» to the top.

Characterizing hexagram No. 26 Da Chu positively, it should be noted that the upper trigram of hexagram No. 26 Da Chu – Gen corresponds to «Earth», and its lower trigram – Qian – corresponds to «Metal».

That is, «Earth» heals «Earth», and «Metal» is the «son» of «Earth», which is important in the treatment of «excess» (hyperactive liver Yang syndrome is «excess» from the point of view of traditional Chinese medicine).

Also, the lines of this hexagram, which are opposite to the lines of the «affected» hexagram (according to which acupuncture points should be selected for influence), correspond to the patient's clinical symptoms. In addition, this hexagram is positively correlated with the acupuncture season. And, thus, we choose the following acupuncture points for influence (Fig. 3):

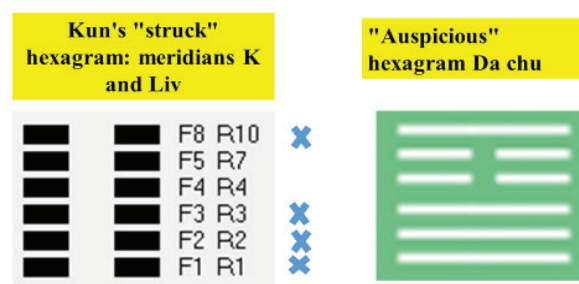


Fig. 3 Acupuncture points for exposure. We choose points corresponding to the «opposite» (on the «affected» hexagram in relation to the «favorable» hexagram) -1,2, 3, 6 dashes for the acupuncture effect [adapted by 11]. Acupuncture prescription for this case (Fig. 3),[5,11]:

The male patient has problems on the left side (pains mainly in the left temple and eye symptoms mainly on the left side), we inject acupuncture points Liv 1, Liv 2, Liv 3, Liv 8 on the right side.

On the left side, we prick acupuncture points G 44, G 43, G 41, G 34 (a paired channel that enhances the effect of 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: GV 20, B 10, EX 1 (Si-Shen-Tsung), Liv 3, K 3, SP 6, SI 3, B 67, PS 9, TE 5, G 5, G 20, G 34, G 39, G 41, G 43, AP-35 (temple), AP-36 (top of skull), AP-97 (liver), AP-96 (pancreas/gallbladder) [1,3].

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