УЛК 615.814.1

DOI https://doi.org/10.32689/2663-0672-2023-5-2

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Бібліографічний опис статті: Гусєв Т., Свиридова Н., Марценюк І., Сибірякін Я., Чуприна Г., Середа В. (2023). Рефлексотерапія за методом «балансування гексаграм» в комплексній реабілітації захворювань з больовим синдромом. *Сучасна медицина, фармація та психологічне здоров'я*. 2023. Вип. 5 (14). С. 14–19. DOI: https://doi.org/10.32689/2663-0672-2023-5-2

Bibliographic description of the article: Gusev, T, Svyrydova, N., Martseniuk, I., Sibiryakin, Y., Chupryna, G., Sereda V. (2023). Zastosuvannya refleksoterapii za metodom «balansuvannya geksagram v kompleksniy reabilitatsii zachvoruvan z bollovym syndromom [Reflexotherapy according to the method of "balancing hexagrams" in the complex rehabilitation of diseases with pain syndrome]. *Suchasna medytsyna, farmatsiia ta psykholohichne zdorovia – Modern medicine, pharmacy and psychological health*, 5 (14), 14–19. DOI: https://doi.org/10.32689/2663-0672-2023-5-2

REFLEXOTHERAPY ACCORDING TO THE "BALANCE OF HEXAGRAMS" METHOD IN THE COMPLEX REHABILITATION OF DISEASES WITH PAIN SYNDROME

Abstract. The article raises the following topical issues – complex treatment of diseases with pain syndrome: disorders of functions of the gastrointestinal tract abd cephalalgias. Various diseases, especially those that occur with a pain syndrome, and those that are aggravated adverse psychosocial factors, manifest themselves with a protracted course. Medicinal methods of treatment are not fully effective, so non-medicinal technologies should be resorted to. Combined treatment using reflexotherapy methods has been used for a various diseases, it is especially when other methods are insufficiently effective.

The article as well presents the main theoretical principles of the "Balancing of Hexagrams" method and its practical implementation. A two clinical case is also presented: a patient with subacute gastritis with psychoemotional disorders and patient with cephalalgia of the occipital area with cervico-brachialgia.

Summing up, it should be noted that patients with diseases of the gastrointestinal tract with psychoemotional disorders and patients with cephalalgia of the occipital region with cervico-brachialgia are seen in the practice of neurologists and reflexologists. In the complex of therapeutic measures for diseases of the gastrointestinal tract with psychoemotional disorders and cephalalgia of the occipital region with cervico-brachialgia, the use of the acupuncture method "balancing hexagrams" can be effective.

Purpose. To consider the peculiarities of the use of reflexotherapy by the method of "balancing hexagrams" in the complex rehabilitation of patients with diseases of the gastrointestinal tract with pain syndrome, cephalgia of the occipital region.

Scientific novelty. For the first time in our country, the technique of making acupuncture prescriptions and acupuncture using the method of "balancing hexagrams" was used in the complex rehabilitation of patients with diseases of the gastrointestinal tract with pain syndrome, cephalgia of the occipital region.

Methods. We consider two clinical cases of the use of reflexology using the method of "balancing hexagrams" in the complex rehabilitation of patients with diseases of the gastrointestinal tract with pain syndrome, cephalgia of the occipital region. The methods of clinical objective neurological examination, the method of syndromic diagnosis of traditional Chinese medicine, the pulse diagnosis method, and the tongue diagnosis method were used.

Results. As a result of treatment using the "balancing hexagrams" method, the condition of the patients improved: in the first case, the pathological manifestations of the gastrointestinal tract, back pain decreased, in the second case, the frequency and intensity of headaches in the back of the head, pain in the right arm decreased.

Conclusions: 1. In the practice of a reflexologist, gastritis is encountered, and with this disease, reflexology methods are effective first of all for psycho-emotional disorders.

- $2. \ In \ the \ complex \ of \ treatment \ measures \ for \ gastritis, the \ use \ of \ the \ acupuncture \ method \ "balancing \ hexagrams" \ can \ be \ effective.$
- 3. For headaches in the occipital region and cervicobrachialgia in complex rehabilitation, the use of the acupuncture method "balancing hexagrams" can also be effective.

Key words: reflextherapy, "balancing hexagrams" method, diseases of the gastrointestinal tract with pain syndrome, cephalalgia of the occipital area, cervicobrachialgia.

РЕФЛЕКСОТЕРАПІЯ ЗА МЕТОДОМ «БАЛАНСУВАННЯ ГЕКСАГРАМ» В КОМПЛЕКСНІЙ РЕАБІЛІТАЦІЇ ЗАХВОРЮВАНЬ З БОЛЬОВИМ СИНДРОМОМ

Аннотація. У статті піднімаються такі актуальні питання – комплексне лікування захворювань з больовим синдромом: розладів функцій шлунково-кишкового тракту і цефалгій. Різні хвороби, особливо ті, що проявляються больовим синдромом, і ті, що погіршуються під впливом несприятливих психосоціальних факторів, проявляються затяжним перебігом. Медикаментозні методи лікування тут не є повністю ефективними, тому доводиться вдаватися до немедикаментозних технологій. Комплексне лікування з використанням методів рефлексотерапії має місце при різних захворюваннях при різних захворюваннях, особливо коли інші методи недостатньо ефективні.

У статті також представлені основні теоретичні положення методу «балансування гексаграм» та його практична реалізація. Також наведено два клінічні випадки: пацієнт з підгострим гастритом з психоемоційними розладами і пацієнт із цефалгією потиличної ділянки з цервіко-брахіалгією.

Підводячи підсумок, слід зауважити, що хворі із захворюваннями шлунково-кишкового тракту з психоемоційними розладами та хворі з цефалгіями потиличної області з цервіко-брахіалгією зустрічаються в практиці невролога та рефлексотерапевта. У комплексі лікувальних заходів при захворюванях шлунково-кишкового тракту з психоемоційними розладами і цефалгій потиличної області з цервіко-брахіалгією може бути ефективним застосування акупунктурного методу «балансування гексаграм».

Мета. Розглянути особливості застосування рефлексотерапії за методом «балансування гексаграм» в комплексній реабілітації хворих з захворюванями шлунково-кишкового тракту з больовим синдромом, цефалгією потиличної області

Наукова новизна. Вперше в нашій країні використано методику складання акупунктурних рецептів і акупунктуру за методом «балансування гексаграм» в комплексній реабілітації хворих з захворюванями шлунково-кишкового тракту з больовим синдромом, цефалгією потиличної області.

Методи. Ми розглядаємо два клінічні випадки застосування рефлексотерапії за методом «балансування гексаграм» в комплексній реабілітації хворих з захворюванями шлунково-кишкового тракту з больовим синдромом, цефалгією потиличної області. Використані методи клінічного од'єктивного неврологічного обстеження, метод синдромальної діагностики традиційної Китайської медицини, метод діагностики по пульсу, метод діагностики по язику.

Результати. В результаті лікування за методом «балансування гексаграм» стан хворих поліпшився: у першому випадку зменшились патологічні прояви з боку шлунково-кишкового тракту, болі в спині, у другому – частота та інтенсивність головних болів у потилиці, болі в правій руці.

Висновки. 1. У практиці рефлексотерапевта зустрічається гастрит і при цьому захворюванні методи рефлексотерапії ефективні в першу чергу при психоемоційних розладах.

- 2. У комплексі лікувальних заходів при гастриті ефективним може бути використання методу акупунктури «балансування гексаграм».
- 3. При головних болях потиличної області і цервікобрахіалгії у комплексній реабілітації також може бути ефективним використання методу акупунктури «балансування гексаграм».

Ключові слова: рефлексотерапія, метод «балансування гексаграм», захворюваня шлунково-кишкового тракту з больовим синдромом, цефалгія потиличної області, цервікобрахіалгія.

Topicality. Complex treatment using reflexotherapy methods has been used for a long time, not only in the case of gastrointestinal diseases, but also in various types of pain syndromes [2; 3; 4; 5; 6; 7; 8; 9]. Below, we would like to cite a 2 clinical case where a comprehensive approach was used to treat a patient with subacute gastritis with secondary vertebrogenic long-term pain syndrome and sleep disorders in the form of insomnia, using reflexotherapy methods, and in the treatment of a patient with cephalalgia of the occipital area with cervico-brachialgia, in particular the method of "balancing hexagrams" [11; 12].

Presentation of the main material. Among the possible etiological factors, the most frequent in relation to gastritis are stressful situations at work, in everyday life, in the family (95.5%), non-compliance with the diet (79.8%), alcohol abuse (18.9%). In 56.3% of cases, patients with gastritis had actual psychogenia, and in 20-25% – they were observed in childhood.

Modern studies have really shown that reflexotherapy methods are effective in the complex treatment of many disorders of the gastrointestinal tract, including gastralgia, diabetic gastroparesis, gastroptosis, gastritis, peptic ulcer disease, Crohn's disease, postoperative atony of the stomach and intestines, functional disorders (irritable bowel syndrome, constipation and diarrhea). Reflexotherapy is effective for all diseases of the gastrointestinal tract, because it is innervated mainly by the autonomic nervous system, but primarily when there is a psycho-emotional component (stress) in its etiology.

Reflextherapy is used in the treatment of digestive disorders only in a complex of therapeutic measures [3; 4; 5]. Most often, a combination of reflextherapy methods and medical treatment is used (just as in traditional Chinese medicine – phytotherapy). Basic drugs of Chinese herbal medicine for disorders of the gastrointestinal tract: St. John's wort, licorice, bezoar, ginseng [3; 4; 5].

The method of "balancing hexagrams" is one of the methods of compiling acupuncture prescriptions [10; 11; 12], of which there are many in the practice of acupuncture. It is used as an adjunct to basic acupuncture treatment.

Subacute gastritis is considered in the syndromal diagnosis of traditional Chinese medicine as "syndromes": "Cold-Damp attack the stomach", "Invasion of Damp-Heat into the stomach", "Retention of food in the stomach" [3; 4; 8].

"Cold-Dampness attacks the stomach" (clinical signs): a feeling of fullness in the epigastrium and pain, which increases with cold and decreases with warming. Burping or vomiting after eating; white slippery coating on the tongue and a slow pulse.

"Invasion of Moisture-Heat into the stomach" (clinical signs): feeling of fullness and tension in the stomach (mainly in the epigastrium), loss of appetite, nausea, vomiting, bitter taste and feeling of sticky saliva in the mouth, belching sour; heaviness in the limbs and trunk, tension and fullness in the chest and epigastrium; a sticky white coating on the tongue with a slightly yellow tint and a soft, rapid pulse.

"Retention of food in the stomach" (clinical signs): fullness, tension and pain in the epigastrium and abdomen, acid belching and anorexia; there may also be vomiting and increased intestinal motility; the coating on the tongue will be dirty-white, thick and sticky, and the pulse will be slippery.

Clinical case 1: patient V., 56 years old, man, turned to a reflexologist at the beginning of the summer of 2015 with complaints of a feeling of fullness, dull pain and tension in the abdomen (mainly in the epigastrium), a sharp decrease in appetite, nausea, a bitter aftertaste, and a feeling of sticky saliva in the mouth, acid belching, heartburn, long-term pains that radiated from the epigastrium to the back paravertebrally, at the level of the lower thoracic spine, irritability. These feelings bothered him for more than a month, as

a result of which he lost sleep and lost 10 kg of weight, medical treatment was ineffective. MRI of the thoracic and lumbar spine: medial herniations of the XI and XII discs of the thoracic and I lumbar vertebrae. Soreness during palpation of paravertebral points of the lower thoracic spine.

The patient applied after she underwent a course of treatment by a reflexologist using basic reflexotherapy treatment. The reflexologist considered the patient's condition as: the invasion of Dampness-Heat into the stomach. He prescribed the following acupuncture treatment: basic (acupuncture points) – E 36, E 25, J 12, MC 6; additional: GI 4, GI 11 [8].

Clinical diagnosis: subacute gastritis with secondary vertebrogenic long-term pain syndrome and sleep disorders in the form of insomnia. Acupuncture diagnosis: a large, frequent pulse, the largest in the II position on the right and the smallest in the III position on the left, which means: the fire hits the water, or the stomach attacks the bladder (according to the "grandfather-grandson" mechanism, which can be in the case of an excess of the stomach and bladder deficiency). So, the patient has Stomach Fever affecting Water in the bladder. Thus, the "affected" meridian is the stomach meridian, and the "affected" hexagram is Kan (Fig. 1).

We choose a "favorable" hexagram for this state [4]. It is Tze, the I Ching hexagram No. 40 (solution - as a solution to some problem). Evaluating positively the Tze hexagram as "auspicious", it should be noted that: the use of the Tze hexagram corresponds to the clinical symptoms of the patient (abdominal pain with radiation to the back and "Stomach Heat" syndrome) and the season of acupuncture. Positive changes in the patient's condition appeared immediately after using the "balancing hexagrams" method. The upper trigram of Hexagram No. 40 Jie refers to "tree" (Zhen), and its lower trigram to "water" (Kan), and they interact as "mother and son" according to Wu-Xing, which is effective in the presence of pain. In addition, the acupuncture points of the "affected" acupuncture meridian (stomach) corresponding to the "affected" hexagram (Kan) are the most effective in the clinical application of acupuncture methods.

Acupuncture prescription for this case: the male patient has a systemic disease, without lateralization (pain in the epigastrium due to Gastric Heartburn syndrome), we inject acupuncture points E 42, E 41 [11; 12] on the left side. On the right side, we prick the acupuncture points RP 4, RP 5 (a paired channel that enhances the treatment, the 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 was 15 procedures (Fig. 2). A "nosological" acupuncture formulation was also used (see above).

According to the views of traditional Chinese medicine, headache is classified [8]:

- according to the affected channel (taiyang headache, yangming headache, shaoyang headache, taiyin headache, jueyin headache, shaoyin headache;
- in accordance with the external or internal pathogenic factor causing the lesion: headache due to the action of wind-cold, wind-heat, wind-humidity; headache due to the action of phlegm; headache due to BLOOD stasis; headache due to CHI deficiency.

According to the courses of acupuncture channels, headache is classified [8]:

- yangming headache includes frontal headache, pain in the eye socket and other pain due to problems with the eye, nose and teeth (such as glaucoma or sinusitis):
- shaoyang headache includes migraine and pain due to ear problems;
- taiyang headache includes occipital pain, and pain due to neck muscle tension and cervical osteochondrosis;
- jueyin headache includes parietal headache and pain due to hypertension.

So, in traditional Chinese medicine, headaches in the back of the head are classified as taiyang pains, and the affected meridian is the bladder meridian.

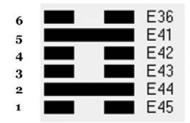


Fig. 1. Correspondence in traditional Chinese medicine of the strokes of the "affected"

Kan hexagram to stomach acupuncture meridian points [adapted by 11]

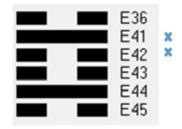


Fig. 2. Acupuncture points for exposure.
We choose points corresponding to the "opposite"
(on the "affected" hexagram in relation
to the "favorable" hexagram) - 4, 5 dashes
for the acupuncture effect [adapted by 11]

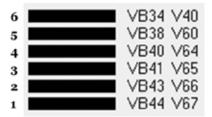


Fig. 3. Correspondence in traditional Chinese medicine of the strokes of the "affected" Qian hexagram to bladder and gall bladder acupuncture meridian points[adapted by 11]

Clinical case 2: patient K., 42 years old, man, turned to us at the beginning of the in winter of 2014, after she underwent a course of treatment by a neurologist and a reflexologist using basic neurological and reflexotherapy treatment.

In terms of medication, the patient was prescribed Sermion, Actovegin, Pentoxifylline, Triplixam, Vitaxon, Armadine, Tocopherol, Tiocitam-Forte, Rosuvastatin, but this did not produce the desired improvement.

The reflexologist considered the patient's headaches to be taiyang headaches and applied the following acupuncture treatment: corporal acupuncture points are used: V 10 (Tian Zhu), VB 20 (Feng Chi), T 16 (Feng Fu), V 60 (Kun Lun), IG 3 (Hou Xi), V 62 (Shen Mai). According to the "opposite hand" rule, acupuncture points are used: IG 1 (Shang Jie) [8].

Micro-acupuncture systems are also used: auricular points – AP 29 (nape) and scalp zones – MS12 (occipital line), MS14 (lower-lateral occipital line). The patient underwent 10 reflexotherapy procedures, but the effect was incomplete.

We found the following complaints in the patient: pronounced headache in the back of the head, pain in the right shoulder joint, shoulders, general asthenia. Tall, asthenic build, long limbs and neck. Wears glasses. Soreness during palpation of the paravertebral points of the cervical spine and the cranio-cervical junction. MRI of the brain – without pathology, MRI of the cervical spine: medial herniations of the discs of the IV, V, VI cervical vertebrae. Ultrasound dopplerography: decrease in blood circulation in the main arteries on both sides, venous stasis of the brain.

Clinical diagnosis: initial manifestations of insufficiency of cerebral blood circulation, mainly in the vertebro-basilar basin, with cephalic, as then ic syndromes. Cervical osteochondrosis, cervico-brachialgia on the right.

Acupuncture diagnosis: headaches in the back of the head are referred to in traditional Chinese medicine as Taiyang pains, and the affected meridian is the bladder meridian, which corresponds to the Qian hexagram. That is, the "afflicted" hexagram is Qian. Signs

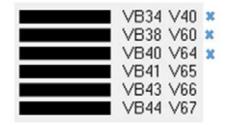


Fig. 4. Acupuncture points for exposure.

We choose points corresponding to the "opposite"

(on the "affected" hexagram in relation
to the "favorable" hexagram) - 4, 5, 6 dashes
for the acupuncture effect[adapted by 11]

of damage to the meridian of the urinary bladder, due to the weakness of the "kidneys" and the rise of CHI up.

We choose a "favorable" hexagram for this state [11,12]. It is Tai, the I Ching hexagram No. 11. Evaluating hexagram No. 11 Tai positively, it should be noted that it has the following characteristics: its lower trigram refers to Qian, and the upper one – to Kun, that is, they interact as "mother and son" according to Wu-Xing, which is effective in the presence of pain . In addition, they are completely "opposite" in terms of YIN-YANG. Also, the use of this hexagram as "auspicious" corresponds to the patient's clinical symptoms (headache in the back of the head, asthenia) and the season of acupuncture.

Acupuncture recipe for this case:

A male patient has a systemic disease, without lateralization (pain in the back of the head of the Tai Yang type due to damage to the acupuncture meridian of the urinary bladder), we inject acupuncture points V-64, 60, 40 on the left side. On the right side, we prick acupuncture points R-4, R-4,

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 procedures.

A "nosological" acupuncture recipe was also used, in particular: acupuncture points V 10; VB 20; T 14, V 11 "magic triangle of power"; TR 5; IG 3; GI 15; VB 34, 41; AP 29 [1].

Conclusions.

- 1. In the practice of a reflexologist, gastritis is encountered, and with this disease, reflexotherapy methods are effective first of all for psycho-emotional disorders.
- 2. In the complex of treatment measures for gastritis, the use of the acupuncture method "balancing hexagrams" can be effective.
- 3. For headaches in the occipital region and cervicobrachialgia in complex rehabilitation, the use of the acupuncture method "balancing hexagrams" can also be effective.

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