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APPLICATION OF REFLEXOTHERAPY ACCORDING TO THE "HEXAGRAM BALANCING" METHOD IN THE COMBINED REHABILITATION OF DISEASES OF THE RESPIRATORY SYSTEM WITH PSYCHOEMOTIONAL DISORDERS

Abstract. The article is devoted to one of the most urgent problems of medicine – complex treatment of bronchial asthma. Often, various diseases, especially those that occur with aggravation under the influence of psycho-emotional stress, depression, asthenia and other adverse psychosocial factors, are accompanied by long-term symptoms. Medicinal methods of treatment are not fully effective, so non-medicinal technologies should be resorted to. Combined treatment of bronchial asthma using in rehabilitation reflexotherapy methods has been used for a long time, it is especially effective when there are also psychosomatic problems.

The article as well presents the main theoretical principles of the "balancing of hexagrams" method and its practical implementation. A clinical case is also presented: bronchial asthma in the patient with psychoemotional disorders. The methods of acupuncture diagnosis are presented, the acupuncture diagnosis is characterized in detail, the description of acupuncture correction is given, the methods of medical correction used in treatment, the features of the "favorable" hexagram are considered.

Thus, patients with bronchial asthma with psychoemotional disorders are found in the practice of a reflexologist. In the complex of therapeutic measures for bronchial asthma with psychoemotional disorders, 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 respiratory system with psycho-emotional disorders.

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 respiratory system with psycho-emotional disorders.

Methods. We consider one clinical case of the use of reflexotherapy using the method of “balancing hexagrams” in the complex rehabilitation of diseases of the respiratory organs with psycho-emotional disorders.

Results. As a result of treatment using the “balancing hexagrams” method, the patient’s condition improved: his psycho-emotional state normalized, he was able to completely give up alcohol, went on a diet; his respiratory conditions improved.

Conclusions. 1. Bronchial asthma occurs in the practice of a reflexologist, and with this disease, reflexotherapy methods are effective primarily for psycho-emotional disorders.

2. The use of the acupuncture method “balancing hexagrams” can be effective in the complex of treatment measures for bronchial asthma.

Key words: rehabilitation, reflexotherapy, "balancing hexagrams" method, bronchial asthma with psychoemotional disorders.

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Topicality. Complex treatment using reflexotherapy methods has been used for a long time, not only in the case of neurological diseases, but also in various psychosomatic disorders [5; 6; 7; 8; 10; 11; 12]. Below, we would like to cite a clinical case where a complex approach was used to treat a patient with bronchial asthma with psychoemotional disorders using reflexotherapy methods, in particular the method of “balancing hexagrams”.

An analysis of the frequency of risk factors for bronchial asthma showed that psycho-emotional stress is the most common among them, which is most likely a provoking etiological factor. Bronchial asthma is a classic example of a multifactorial disease in which numerous somatic and mental factors interact. According to H. Weiner and other authors [2; 4; 13; 14], emotional factors by themselves can hardly create sufficient conditions for the development of the disease, but in genetically favorable individuals they can initiate the asthmatic process. The neuropsychological factor mediates its influence on the functional state of the bronchi through sympathetic and parasympathetic regulation mechanisms [2; 4; 13; 14]. Influences that cause the contraction of the smooth muscles of the bronchi are transmitted along the vagus nerve through the pulmonary sympathetic plexuses – adrenergic phenomena that relax the smooth muscles of the bronchi [2; 4; 13; 14]. With bronchial asthma, a psychovascular syndrome is formed, the basis of which is the parasympathetic orientation of the vegetative tone and reactivity, the insufficiency of the sympathetic vegetative supply [2; 4; 13; 14].

Reflexotherapy methods are effective not only in diseases of the respiratory system [5; 6; 7; 8; 10; 11; 12], but also with depression, asthma and other psychosomatic disorders [5; 6; 7; 8; 10; 11; 12], and exaggerates the placebo effect, as stated by modern research [5; 6; 7; 8; 10; 11; 12].

Presentation of the main material. The method of “balancing hexagrams” is one of the methods of compiling acupuncture prescriptions [3; 8; 9; 15], of which there are many in the practice of acupuncture. It is used as an adjunct to basic acupuncture treatment.

Clinical case: patient Z., 42 years old, agronomist. I turned to a reflexologist for help in the spring of 2017 for the second time, after the first successful use of reflexotherapy methods.
Now he was bothered by complaints of periodic severe anger, irritability, and aggression, which almost always occurred after drinking alcohol and provoked attacks of bronchospasm with all the respiratory symptoms inherent in bronchial asthma. Symptoms are most significant in the spring, in March-April.

Clinical diagnosis: bronchial asthma on the background of chronic obstructive bronchitis; chronic hepatitis. Drug treatment did not completely solve the problem.

At first, we used the Yuan-Lo rule for acupuncture treatment, and when it did not have a significant effect, we applied the “hexagram balancing” method.

Acupuncture diagnostics: intense frequent pulse, the largest in the II position on the left and the smallest in the I position on the right, which means: the tree hits the Metal, or the liver attacks the lungs (according to the “feedback” mechanism, which can be in the case of a significant deficiency of the lungs and excess liver). The fact that the symptoms of bronchial asthma are most pronounced in the spring is precisely related to the seasonal hyperactivity of the YAN-liver. The affected acupuncture meridian is the lung; the hexagram that corresponds to it is Xun, (“struck”) – the Tree-YIN element.

We choose a “favorable” hexagram for this state: it is Heng, I Ching hexagram No. 32. Evaluating hexagram No. 32 Hen, 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’s condition worsens and when he sought treatment is spring. Health problems during the “Tree” season are best remedied by applying the Heng hexagram, which is formed from two trigrams belonging to the “Tree” in acupuncture treatment.

It should also be noted that the “affected hexagram” Xun corresponds to “Tree”, as well as both of its trigrams, the affected acupuncture channel of the lungs corresponds to “Metal”. The upper trigram of the Hen-Zhen hexagram corresponds to the “Treev”, and its lower trigram – Xun – also corresponds to the “Tree”. That is, according to the concepts of traditional Chinese medicine, “Tree” treats “Tree”, and “Metal” (acupuncture lung meridian) is the “grandfather” of “Tree” – forming the same relationship as between the etiological factors of the disease. In addition, the lines of the “favorable” hexagram, which are opposite to the lines of the “afflicted” hexagram, correspond to the localization of the patient’s symptoms (abdomen – liver, chest – lungs, head – mental disorders).

The practical implementation of the “balancing hexagrams” method: first of all, it is carried out by selecting the “affected” acupuncture meridian and influencing it (in women – on the right, in men – on the left, if the symptoms of the disease are generalized, i.e., without lateralization or – from the side opposite to the lesion, if the pathology is unilateral).

Acupuncture prescription for this case: the male patient has a systemic disease, without lateralization (bronchial asthma, bronchospasm), we inject acupuncture points [3; 6; 9; 15] P- 8,7,5 on the left side; on the right side, we inject acupuncture points Gl – 4,5,11 (a paired channel that enhances 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 12 procedures. Also used “nosological” acupuncture recipe: F 2,3,14; R 3, 6,7,8, VB 34; J 22, 21, 17, 12, 6, 4; E 36, 40; Gl 10, 15; V-22, 23, 18, 13, 12, 43; PC 85 (huan-to-jia-tzu) [1].

After the course of treatment, the psycho-emotional state of the patient normalized, he was able to completely give up alcohol, switched to a diet; his respiratory conditions improved.

Conclusions. 1. Bronchial asthma occurs in the practice of a reflexologist and reflexotherapy methods are effective primarily for psycho-emotional disorders in the case of this disease.

2. In the combined treatment measures for bronchial asthma, the use of the acupuncture method “balancing hexagrams” can be effective.
References:


