

УДК 615.833.17-002-08+615.849.19+615.814.1
DOI <https://doi.org/10.32689/2663-0672-2023-5-7>

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Bibliographic description of the article: Svyrydova, N., Chupryna, G., Sereda, V., Krasnov, V., Novoshytskyi, V. (2023). Refleksoterapiya v kompleksniy reabilitatsii nevropatii lytsevogo nerva [Reflexotherapy in the complex rehabilitation of facial neuropathy]. *Suchasna medytsyna, farmatsiia ta psykholohichne zdorovia – Modern medicine, pharmacy and psychological health*, 5 (14), 42–46. DOI: <https://doi.org/10.32689/2663-0672-2023-5-7>

Бібліографічний опис статті: Свиридова Н., Чуприна Г., Середя В., Краснов В., Новошицький В. Рефлексо-терапия в комплексній реабілітації невропатії лицевого нерва. *Сучасна медицина, фармація та психологічне здоров'я*. 2023. Вип. 5 (14). С. 42–46. DOI: <https://doi.org/10.32689/2663-0672-2023-5-7>

REFLEXOTHERAPY IN THE COMPLEX REHABILITATION OF FACIAL NEUROPATHY

Abstract. The article is devoted to one of the urgent problems of neurology – neuropathy of the facial nerve. Combined treatment of neuropathy of the facial nerve with reflexotherapy methods has been used for a long time, mainly when there is a delay in the recovery of its functions, primarily, the motor functions of facial muscles.

The article also outlines the main theoretical principles of the “balancing hexagrams” technique and its practical implementation. A clinical case is also presented: neuropathy of the facial nerve with a delayed course. The methods of acupuncture diagnostics are described, the description of acupuncture correction is given, and the features of the “favorable” hexagram are considered.

Purpose. To consider the peculiarities of the use of reflexology by the method of “balancing hexagrams” in the complex rehabilitation of neuropathy of the facial nerve with a delayed course.

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 neuropathy of the facial nerve with a slow course.

Methods. We consider one clinical case of the use of reflexotherapy using the method of “balancing hexagrams” in complex rehabilitation of neuropathy of the facial nerve with a slow course. 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: there was an 80% recovery of facial muscle function on the left side (clinically, which is confirmed by electroneuromyography data).

Conclusions: 1. Neuropathy of the facial nerve with a protracted course occurs in the practice of a neurologist and a reflexologist. 2. In the combined treatment measures for neuropathy of the facial nerve with a protracted course, the use of the reflexotherapy method “balancing hexagrams” can be effective.

Key words: reflexotherapy, method of “balancing hexagrams”, neuropathy of the facial nerve with a protracted course.

РЕФЛЕКСОТЕРАПІЯ В КОМПЛЕКСНІЙ РЕАБІЛІТАЦІЇ НЕВРОПАТІЇ ЛИЦЕВОГО НЕРВА

Анотація. Стаття присвячена одній з актуальних проблем неврології – невропатії лицевого нерва. Комбіноване лікування невропатії лицевого нерва методами рефлексотерапії використовується давно, переважно тоді, коли має місце уповільнення відновлення його функцій, насамперед, рухових функцій м'язів.

У статті також викладено основні теоретичні положення методики «балансування гексаграм» та її практичну реалізацію. Також представлений клінічний випадок: невропатія лицевого нерва з уповільненим перебігом. Викладено методи акупунктурної діагностики, наведено опис акупунктурної корекції, розглянуто особливості «сприятливої» гексаграми.

Мета. Розглянути особливості застосування рефлексотерапії за методом «балансування гексаграм» в комплексній реабілітації невропатії лицевого нерва з уповільненим перебігом.

Наукова новизна. Вперше в нашій країні використано методику складання акупунктурних рецептів і акупунктуру за методом «балансування гексаграм» в комплексній реабілітації невропатії лицевого нерва з уповільненим перебігом.

Методи. Ми розглядаємо один клінічний випадок застосування рефлексотерапії за методом «балансування гексаграм» в комплексній реабілітації невропатії лицевого нерва з уповільненим перебігом. 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: відзначається відновлення функцій м'язів обличчя зліва на 80% (клінічно, що підтверджується даними електронейроміографії).

Висновки. 1. Невропатія лицевого нерва із затяжним перебігом зустрічається в практиці невролога та рефлексотерапевта. 2. У комплексному лікуванні невропатії лицевого нерва із затяжним перебігом ефективним може бути застосування методу рефлексотерапії «балансування гексаграм».

Ключові слова: рефлексотерапія, метод «балансування гексаграм», невропатія лицевого нерва з затяжним перебігом.

Topicality. The effective use of reflexotherapy in the case of delayed recovery of the functions of the facial nerve in its neuropathies has long been known [1; 3; 4; 8; 9; 10; 11].

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 [4; 5].

Sometimes it happens that the patient has already received a course of treatment with reflexotherapy methods with an incomplete effect [3]. Then the method of making acupuncture recipes “balancing hexagrams” comes to the rescue [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 [12].

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 [12].

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 [6; 12].

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 [6; 12].

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 B., 45 years old, turned to a reflexologist in the fall of 2015 with complaints of transferred neuropathy of the facial nerve on the left, which he developed this spring, after he was driving in a car with an open window (the effect of the pathogenic factor "Wind"), and cold air hit his face, neck and back of the head on the left. After comprehensive treatment and rehabilitation in the neurological department, he developed residual facial muscle weakness on the left side (according to ENMG – 35% of normal).

Clinical diagnosis: the condition after a transferred neuropathy of the facial nerve on the left with a deep pronounced left-sided paresis of facial muscles, slowing down the recovery of their function.

Using the data of traditional Chinese medicine, we identified the clinical symptoms of a patient with symptoms according to the tracing of hexagram lines on the face (Fig. 1) [7; 12].

The patient consulted a reflexologist, underwent a course of treatment, but the result of the treatment was incomplete.



Fig. 1. The relationship between the clinical symptoms of the patient and the location of the lines (dashes) of the hexagrams (forehead – 6 dash, eye socket – 5 dash, cheekbone – 4 dash, upper lip – 3 dash, lower lip – 2 dash, chin – 1 dash) [adapted by 7]

Due to the fact that a lot of time has passed since the acute neuropathy, and the function of facial muscles has not fully recovered (their deep paresis remained), we used the method of "balancing hexagrams" as part of complex acupuncture treatment.

Acupuncture diagnosis: deep paresis of the facial muscles on the left (distortion of the eyes and mouth to the right due to left-sided paresis of the facial muscles, from the point of view of traditional Chinese medicine, caused by the attack of the pathogenic factors "Wind" and "Cold" on the meridians and collaterals of the face with subsequent stagnation of CHI) (basic).

The tongue was large, pale, with a thick white coating, more in the center, a superficial, tense and slow pulse was observed. The pulse was maximal in the II position (superficial) on the right and minimal in the III position (also superficial) on the left, according to the mechanism of "reverse" control from the stomach (E) to the gallbladder (VB).

So, the additional (syndromal) acupuncture diagnosis was: "reverse" control by E on VB. So, the "affected" hexagram is Kan, which corresponds to the Earth-YAN element. The "affected" meridian of acupuncture is the stomach (Fig. 2) meridian.



Fig. 2. Correspondence in traditional Chinese medicine of the strokes of the "affected" Kan hexagram to the stomach acupuncture meridian points [adapted by 11]

The meaning of hexagram No. 34 Da Zhuang (great power) in traditional Chinese medicine [5]:

General Meaning: Thunder manifests Heaven's great power.

Image: a ram that searches the mud.

Symbol: curvature at the beginning and smoothness at the end.

Approximate. Listen to advice. Fullness of life. Great encouragement. Strive for success. Time to move forward. Avoid emotional excesses, strive for balance. Direct your energy in a favorable direction. Powerful Hexagram: Focus your energy with a sense of CHI for a favorable outcome.

Medical significance

Prognostic: extremely aggressive diseases. Illness with high fever. Excess liver.

Indications for acupuncture treatment: severe headaches. Muscle weakness, spasms. Liquid stagnation in the lower heater. The "Wind" of the liver rises to the heart. CHI rise to the head. Constipation. Stagnation of CHI and food in the middle of the heater. Diseases caused by overeating and excessive alcohol consumption. Damage to the nails.

We choose a "favorable" hexagram for this condition: it is Da Zhuang, I Ching hexagram No. 34. Evaluating hexagram No. 34 of Da Zhuang positively, it should be noted that the "afflicted" Kan hexagram corresponds to "Earth", as well as both of its Kan trigrams, and afflicted the acupuncture channel - E - corresponds to the "Earth", well, you and I know very well [3] the powerful energy that belongs to the "Earth". The upper trigram of the hexagram Da Zhuang - Zhen corresponds to "Tree", and its lower trigram - Qian - corresponds to "Metal" (we have a clinical situation - the reverse control of "Earth" over "Tree", and it is expedient to strengthen "Tree" (functional trigram). That is, "Earth" heals "Earth", and "Metal" is the "son" of "Earth", which

is important in the treatment of "insufficiency" (pareisis, that is, "insufficiency" from the side of traditional Chinese medicine). It is also important that acupuncture points, which we used for the acupuncture effect, correspond to the patient's symptoms, and it is advisable to use this hexagram (as a "facilitator") with a therapeutic purpose in autumn. Acupuncture prescription for this case (Fig. 3) [12]:

The patient has problems on the left side (damage of facial muscles), so we inject acupuncture points E-45, 43, 42, 41 on the right side.

On the left side, we prick acupuncture points RP-1, 3, 4, 5 (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 lasted 15 sessions.

A "nosological" acupuncture recipe was also used, in particular the following acupuncture points: TR 17, VB 20, VB 1, VB 2, VB 3, VB 34, E2, E 3, E 4, E 7, E 6, E 36, E 40, GI 4, MC 6, GI 20, TR 23, TR 5, V 1, PC 6, F 3, R 1, R 3, RP 4, AP 8, AP 11, AP 34 [2].



Fig. 3. Acupuncture points to influence. We choose the points on the "affected" meridian corresponding to the "opposite" lines (relative to the "affected" hexagram in relation to the "favorable" hexagram) - 1,3,4,5 lines to ensure the effect of acupuncture [adapted by 11]

As a result of the treatment using the "balancing hexagrams" method, the patient's condition improved: there was an 80% recovery of facial muscle function on the left side (clinically, which is confirmed by electromyography data).

Conclusions.

1. Neuropathy of the facial nerve with a protracted course occurs in the practice of a neurologist and a reflexologist.

2. In the combined treatment measures for neuropathy of the facial nerve with a protracted course, the use of the reflexotherapy method "balancing hexagrams" can be effective.

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