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THE USE OF REFLEXOLOGY ACCORDING TO THE "BALANCING HEXAGRAMS" TECHNIQUE IN THE COMPLEX REHABILITATION OF ARTHROPATHIES

Abstract. Traditional Chinese medicine is half syndromes, not diseases. This is the identification of a wider range of problems than just individual nosologies: usually, this is a comorbidity, with regular involvement of other tissues, other systems. For example, the syndrome of traditional Chinese medicine "Congestion of the liver" includes the facilitated formation of various pain syndromes in a person, often their combination, and not just a liver disease such as hepatitis. Similarly, Bi syndrome includes more than just "pain in the knee" or osteoarthritis of the knee joint. The article describes the concept of Bi syndrome in traditional Chinese medicine, its classification. The article also presents the main theoretical principles of the "balancing hexagrams" method and its practical implementation. Also given is a clinical case: treatment of a patient with subacute postinfectious arthropathy of the right sphenoid and ankle joints.

Purpose. To consider the peculiarities of the use of reflexotherapy by the method of "balancing hexagrams" in the complex rehabilitation of arthropathies.

Scientific novelty. For the first time in our country, the technique of compiling acupuncture prescriptions and acupuncture using the method of "balancing hexagrams" was used in the complex rehabilitation of arthropathies.

Methods. We consider one clinical case of the use of reflexology using the method of "balancing hexagrams" in complex rehabilitation of arthropathies. 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. We consider one clinical case of the use of reflexotherapy using the method of "balancing hexagrams" in complex rehabilitation of arthropathies. 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 method of "balancing hexagrams", the patient's condition improved: it was possible to balance him and achieve a pain-free period.

Conclusions. 1. Patients with arthropathies are found in the practice of a reflexologist. 2. The use of the acupuncture method "balancing hexagrams" can be effective in the complex of treatment measures for arthropathies.

Key words: rehabilitation, reflexotherapy, "balancing hexagrams" technique, arthropathy.


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Topicality. In the 77th chapter of Su Wen, the human body should be imagined as: "Boundless like an ocean and deep like an abyss". From the standpoint of such observation, pain was considered as an obstruction and was called Bi [15]. It was also a syndrome, or a certain pattern, not just a nosology. It is characterized by obstruction of CHI and Blood in the meridians due to the invasion of external pathogenic wind, cold and humidity, which manifests itself as soreness, pain, numbness, a feeling of heaviness, swelling of joints and limbs, restriction of movement [11; 12; 13].

The Chinese term "Bi" means pain, numbness or rheumatism, and generally "sick"

It also integrates the verbs "bring", "give", "make" [3; 4; 5; 15]. That is: the pathogenic factor ("Wind") on the basis of internal imbalance ("Cold") brings pain to a person, gives him negative energy ("evil") and makes him sick.

Since joint pain is one of the most common symptoms in Bi syndrome, some Western doctors often translate "Bi syndrome" as "Arthralgia syndrome". Clinically, Bi syndrome includes many different acute phenomena (arthritis) or chronic diseases (arthropathies, arthrosis) in Western medicine, such as: rheumatism, rheumatoid arthritis, osteoarthritis, osteoarthritisis, fibrositis, lupus, gout, etc.

Etiology and pathogenesis of Bi syndrome in traditional Chinese medicine [9; 11; 12; 13; 15]:

According to in traditional Chinese medicine theory, Bi syndrome can be caused by any of the external or internal pathogenic factors:

1. External factors – muscle invasion, joints and meridians of pathogenic factors "Wind", "Cold" and "Humidity".


Classification of Bi syndrome with their clinical signs [9; 10; 11; 12; 13; 15]

Bi due to "Wind" – "flying Bi" – wandering (volatile) arthralgia without fixed localization; accompanied by increased sensitivity to wind; white plaque on the tongue, floating, stringy (tense – characteristic of pain) pulse.

Bi due to "Cold" – "painful Bi" – pronounced, rigid arthralgia with permanent localization; local sensations of cold, increased sensitivity to cold, pains ease in warmth, intensify in cold; a pale tongue with a white coating, a tight (characteristic of severe pain) pulse.

Bi due to "Moisture" – "fixed Bi" – fixed pain in the joints, local or general stiffness, swelling and numbness; intensification of pain in fog, wet and rainy days; dirty white (greasy) plaque on the tongue, large tongue (pastose), soft, slow and slippery pulse.

Bi due to "Heat" – "burning Bi" – arthralgia with local redness, swelling and burning sensation, itching; accompanied by fever, sweating and thirst; the tongue is red with a yellow-brown coating (greasy and dirty – action of "Moisture"), slippery and rapid pulse.

Bi due to Blood stasis – long-term intermittent arthralgia with swelling, stiffness and deformation of the joints, numbness of the limbs; purple tongue with ecchymoses, white or off-white plaque, intermittent and uneven pulse.

Chronic Bi with a deficiency of CHI and Blood – chronic periodic joint pains of weak or moderate intensity; general asthenia, fatigue, sensitivity to physical exertion, sweating, impotence; pallor of the skin, lips, periodic heartbeat, bad sleep; the tongue is pale, the pulse is deficient.

Chronic Bi with "Phlegm" in the joints – chronic periodic joint pains of medium intensity with severe swelling; swelling increases in humid weather or overeating; tongue with a thick, wet, dirty gray coating, the pulse is slippery.

The basic acupuncture recipe used for arthralgias [1; 3; 4; 5; 8; 9; 15]:

Shang Qiu (RP-5), Da Jui (T 14), He Gu (GI 4), Qu Chi (GI 11), Jian Yu (GI 15), Wai Guan (TR 5), Wan Gu (TR 4), Huan Tiao (VB 30), Xuan Zhong (VB 39), Feng Shi (VB 31), Yang Lin Quan (VB 34), Du Bi (E 35), Kun Lun (V 60).

Presentation of the main material. The method of "balancing hexagrams" is one of the methods of compiling acupuncture prescriptions [2; 6; 7; 14], of which there are many in the practice of acupuncture. It is used as an adjunct to basic acupuncture treatment.

Clinical case: patient C, 41 years old, turned to a reflexologist in the fall of 2016 with complaints of pain in the areas of the knee and ankle joints on the right with local redness, swelling, burning and itching. These symptoms appeared after he got sick with the flu more than 2 months ago, which he carried on his legs. The above disorders were accompanied by sweating and thirst. Heart palpitations are also a concern. Objectively: pain is observed during palpation along the stomach and gallbladder acupuncture meridian on the right in the areas of the knee, lower leg, and thigh.

Clinical diagnosis: subacute postinfectious arthropathy of the right sphenoid and ankle joints with vegetative dystonia syndrome.

Acupuncture diagnosis: arthropathy due to "Heat" stagnation (main).

The tongue is red with a yellow-brown coating, slippery and fast pulse, the largest in the II (superficial) position on the right and the smallest in the II position on the left (superficial), which means: the stomach attacks the gall bladder by the mechanism of "back" communication (additional).

Thus, the "affected" hexagram is Kan [2; 6; 7; 14] as the "affected acupuncture meridian" is the Stomach meridian.
Fig. 1 [adapted by 14]. Correspondence in traditional Chinese medicine of the strokes of the "affected" Kan hexagram to the stomach acupuncture meridian points

We choose a "favorable" hexagram for this condition. She is the Tongzhen (companions) of the I Ching hexagram No. 13; (we chose this hexagram – because its general meaning is the doubling of positive energy to overcome a problem) [3].

Positively evaluating the hexagram of Tun Zhen as "auspicious", it should be noted that: its use corresponds to the clinical symptoms of the patient (post-infectious conditions with arthropathy caused by the delay of "Heat") and the season of acupuncture. The upper trigram of hexagram No. 13 Tong Zhen refers to "Metal" (Qian), and its lower trigram to "Fire" (Li), and both have Wu-Xing influence on "Earth", to which the "afflicted" hexagram belongs and the "affected" acupuncture meridian.

The meaning of hexagram No. 13 Tong Zhen (companions) in traditional Chinese medicine [3]:

General meaning: Sky with Fire companions.
Image: a fish in water, that is, a creature "in its own environment"
Symbol: money is shared between two people
Moving forward, seeking harmony, perseverance brings success, seek advice from qualified people, start a health program (including acupuncture) or physical training, this will be very beneficial, do not be too concerned about the conditions of life, because they may be the cause of new problems, avoid negative thoughts and feelings to prevent impact on health and prosperity
Medical value:


Acupuncture recipe for this case: the male patient has problems on the right side (pain in the knee and ankle joints due to stagnation of heat), we inject acupuncture points E-45, 44, 43, 42, 36 on the left side [14] (Fig. 2). On the right side, we prick acupuncture points RP-1, 2, 3, 4, 9 (a paired channel that enhances treatment, acupuncture points for influence – similar to the number of lines of the "affected" hexagram) [14].

Fig. 2 [adapted by 14]. Acupuncture points for exposure. We choose points corresponding to the "opposite" (on the "affected" hexagram in relation to the "favorable" hexagram) – 1, 2, 3, 4, 6 dashes for the acupuncture effect

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 [15], in particular the recipe for acupuncture treatment: RP 10 – E 34 injection with burning and bloodletting "to move blood through the knee" and the recipe "to surround the knee with a cap of needles": E 36 (tzu-san-li); VB 32 (zhong-du), VB 33 (hi-yang-guan), VB 34 (yang-ling-quan); RP 9 (yin-ling-quan); F 7 (xi guan); PC 145 (tsia yin), PC 153 (lin hou), PC 154 (lin hou xia), PC 156 (he ding), with the addition of acupuncture points F 3 (tai chun), R 3 (tai –si), RP 6 (san- yin-jiao), V 60 (kun-lun), VB 40 (qiu-xu), Ashi (painful on palpation) points.

Catamnesis: as a result of the treatment using the "balancing hexagrams" method, the patient’s condition improved and the pain in the right knee and ankle joints decreased. Changes in the patient’s condition did not appear immediately, but it was still possible to balance him and achieve a pain-free period.

Список використаних джерел:


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