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APPLICATION OF REFLEXOTHERAPY ACCORDING TO THE METHOD OF "BALANCING HEXAGRAMS" IN COMPLEX REHABILITATION OF NEUROPATHY OF THE RADIAL NERVE

Abstract. The article is devoted to one of the most pressing problems of neurology – neuropathy of peripheral nerves. Often, various diseases, especially those aggravated under the influence of psycho-emotional stress and other adverse psychosocial factors, are accompanied by long-term symptoms. Medicinal methods of treatment are not fully effective, so it is necessary to resort to non-medical technologies. Combined treatment of neuropathy of peripheral nerves by reflexotherapy methods has been used for a long time, mainly when there is a delay in the recovery of their functions, and first of all, their motor functions.

Purpose. To consider the features of the use of reflexology by the method of "balancing hexagrams" in the complex rehabilitation of neuropathy of the radial nerve with a prolonged course.

Scientific novelty. For the first time in our country, the method of making acupuncture prescriptions and acupuncture using the method of "balancing hexagrams" was used in the complex rehabilitation of neuropathy of the radial nerve with a prolonged course.

Methods. We consider one clinical case of the use of reflexology using the method of "balancing hexagrams" in the complex rehabilitation of the radial nerve neuropathy. 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 patient’s condition improved: first of all, the functions of the radial nerve improved, the trophic and motor activity of the muscles it innervates has improved.

Conclusions. 1. Patients with neuropathy of the radial nerve with a prolonged course are seen in the practice of a neurologist and a reflexologist. 2. The use of the acupuncture method "balancing hexagrams" can be effective in the complex treatment measures for neuropathy of the radial nerve with a prolonged course.

Key words: rehabilitation, reflexotherapy, "balancing hexagrams" method, radial nerve neuropathy with a prolonged course.
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 [1; 3; 4; 5; 7; 8; 9]. Below, we would like to cite a clinical case where a complex approach was used to treat a patient with neuropathy of the radial nerve with a prolonged course using reflexotherapy methods, in particular the method of "balancing hexagrams".

Presentation of the main material. The method of "balancing hexagrams" is one of the methods of compiling acupuncture prescriptions [6; 10], of which there are many in the practice of acupuncture. It is used as an adjunct to basic acupuncture treatment.

Clinical case: patient V., 27 years old, turned to a reflexologist in the winter of 2015 with complaints that his right hand hangs down and his fingers are half-bent, and it is impossible to retract the first finger of the hand. There is a decrease in sensitivity between the 1st and 2nd fingers on the back of the hand. It was possible to clarify that these symptoms appeared in him after a deep sleep with his hand hanging over the edge of the bed, 4 months ago. During the examination, it was established that there is also hypotrophy of the back muscles of the forearm, in particular, the brachioradialis muscle on the right. In addition, the person is bothered by a feeling of fullness and dull pain in both costal and subcostal areas, irritability, and loss of appetite. The previous medical treatment was ineffective.

The patient is distrustful, he perceives interest in his personality and problems somewhat suspiciously, which gave us the reason to apply hexagram No. 18 Gu (Damage) in the complex of his acupuncture treatment – or rather, "correction of damage", which follows from the general meaning of this hexagram.

The meaning of hexagram No. 18 Gu (Damage) [3] in traditional Chinese medicine (TCM):

General meaning: the mountain cleanses the wind from corruption.

Image: three vampires piss blood.

Symbol: A bad situation cannot last forever.

Offer services to your parents; do not allow, so as not to start the business again; the unpleasant situation is over, everything must change; the source of new growth is to follow a plan to improve health; assess your condition well; use the deep level and start the process of change.

Medical significance

Prognostic: long-term chronic diseases caused by long-term stress, non-compliance with diet, sexual excesses, misfortunes. Radical treatment, such as surgery, is indicated. Death is possible.


An objective examination showed that there is pain along the colon acupuncture meridian on the right shoulder and forearm, in particular at the GI acupuncture points 12, 11, 10, 9, 8. EMG < 20% of the functional activity of the forearm extensor muscles.

Clinical diagnosis: tunnel syndrome of the right radial nerve in the area of the spiral canal of compression-ischemic etiology with deep paresis of the extensor muscles of the forearm and impaired motor function of the right hand, sensitive disorders in the area of autonomic innervation of the right radial nerve.

Acupuncture diagnosis: paresis of the right forearm and hand with slow recovery of functions (main); tongue with bluishness at the edges and a thin dirty-gray coating in the center and in the back third, a tense pulse, the largest in the III (superficial) position on the right, the second (deep) position on the left in amplitude and the smallest in the II (deep) position on the right, which means: signs of acupuncture meridian damage of the colon on the right; the liver attacks the spleen according to the "husband – wife" mechanism.

Thus, the "affected" hexagram is Zhen, and the "affected" acupuncture meridian is the colon meridian (Fig. 1). We choose a "favorable" hexagram for this condition. It is Gu, I Ching hexagram № 18.

Assessing positively the hexagram № 18 Gu as "favorable", it should be noted that positive changes in the patient's condition appeared immediately after applying the "balancing hexagrams" method. The use of the Gu hexagram corresponds to the patient's clinical symptoms (weakness of the extensors of the hand and forearm), his mental temperament, the main and additional acupuncture diagnoses, as well as the season of acupuncture.

The "affected" Zhen hexagram corresponds to "Tree", as do both of her Zhen trigrams, and the affected colon acupuncture channel corresponds to "Metal", and "Metal", as we know [4] from the Wu-xing concept, controls "Tree", indicating a good prognosis for acupuncture treatment. The upper trigram of hexagram № 18 Gu refers to "Earth", which is the mother of "Metal" according to Wu-xing. And its lower trigram refers to the "Tree", as well as the "struck" hexagram. That is,

Fig. 1 [adapted by 10]. Correspondence in traditional Chinese medicine of the strokes of the "affected" Zhen hexagram to the colon acupuncture meridian points.
"Earth" gives energy to overcome a negative situation, "Tree" heals "Tree", and "Metal" controls "Tree".

Acupuncture prescription for this case (Fig. 2): the male patient has problems on the right (paresis of the extensor muscles of the cyst and forearm), we need to inject acupuncture points GI – 1, 2, 3, 4, 11 on the left side. On the right side, we prick acupuncture points P – 11, 10, 9, 8, 5 (a paired channel that enhances treatment, acupuncture points for influence are similar to the number of lines of the "affected" hexagram) [6; 10].

The procedure of acupuncture according to the method of "balancing hexagrams" was carried out 2 times during the course of treatment, which consisted of 12 procedures. A "nosological" acupuncture recipe was also used, in particular the following acupuncture points: GI 10, 15; TR 4, 5; IG 3, 4; PC 107; AP 62-69; E 34, 36, 40; VB 34, 39; V 60 [2].

As a result of treatment using the "balancing hexagrams" method, the patient's condition improved: first of all, the functions of the radial nerve improved, the trophic and motor activity of the muscles it innervates has improved.

Conclusions.
1. Patients with neuropathy of the radial nerve with a prolonged course are seen in the practice of a neurologist and a reflexologist.
2. The use of the acupuncture method "balancing hexagrams" can be effective in the complex of treatment measures for neuropathy of the radial nerve with a prolonged course.

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