

МІЖРЕГІОНАЛЬНА АКАДЕМІЯ УПРАВЛІННЯ ПЕРСОНАЛОМ
INTERREGIONAL ACADEMY OF PERSONNEL MANAGEMENT



ISSN 2786-7153 (Print)
ISSN 2786-7161 (Online)

**СУЧАСНА МЕДИЦИНА,
ФАРМАЦІЯ
ТА ПСИХОЛОГІЧНЕ ЗДОРОВ'Я**

**MODERN MEDICINE,
PHARMACY
AND PSYCHOLOGICAL HEALTH**

**ВИПУСК 2 (16)
ISSUE 2 (16)**

2024



**Видавничий дім
«Гельветика»
2024**

***Recommended for publication
by Interregional Academy of Personnel Management
(Minutes No. 8 dated 27.06.2024)***

Modern Medicine, Pharmacy and Psychological Health / [chief editor N. Svyrydova]. – Kyiv: Interregional Academy of Personnel Management, 2024. – Issue 2 (16). – 112 p.

Journal «Modern Medicine, Pharmacy and Psychological Health» is a peer-reviewed scientific medical edition, which publishes materials of scientists of various levels in the form of scientific articles for the purpose of their dissemination both among domestic researchers and abroad.

Editorial board do not necessarily reflect the position expressed by the authors of articles, and are not responsible for the accuracy of the data and references.

Until September 2, 2022, the journal had a name “Psychological Health”.

***The idea of creating
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*Registration of Print media entity: Decision of the National Council of Television and Radio Broadcasting of Ukraine:
Decision No. 1173 as of 11.04.2024.*

The journal “Modern Medicine, Pharmacy and Psychological Health” is included in the List of scientific professional periodicals of Ukraine (category B) according to the Order of the MES of Ukraine № 530 (Annex 2) dated 06.06.2022, Order of MES of Ukraine No. 1166 (Annex 3) dated 23.12.2022, Order of MES of Ukraine No. 491 (Annex 3) dated 27.04.2023. Specialities: 225 – Medical psychology, 226 – Pharmacy, 221 – Stomatology, 222 – Medicine.

All electronic versions of articles in the collection are available on the official website edition
<http://journals.maup.com.ua/index.php/psych-health>

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UDC 615.814.1

DOI <https://doi.org/10.32689/2663-0672-2024-2-1>

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THE USE OF REFLEXOTHERAPY ACCORDING TO THE METHOD OF «BALANCING HEXAGRAMS» IN THE COMPLEX REHABILITATION OF THORACALGIA WITH LONG-TERM PAIN SYNDROME

The article raises the following topical issues – the topic of complex rehabilitation of thoracalgia with long-term pain syndrome. Often, seizures that occur with a pain syndrome have a psychosomatic component and are manifested by a protracted course. For a reflexologist, this should mean that there is some viscerogenic problem that is connected to a certain functional system, which prevents the complete recovery and preservation of the symptoms of the disease. This system can have projections on certain parts of the body and manifest itself as a pain syndrome. It can also be related to acupuncture meridians. And then it is important to identify this system, find the «affected» acupuncture meridian, and make an appropriate acupuncture prescription for special treatment of the patient. The acupuncture method of «balancing hexagrams» contributes to this.

Acupuncture techniques are usually used when previous treatment is not effective enough. Acupuncture for thoracalgia with long-term pain syndrome is indicated both due to its powerful pain-relieving mechanisms and due to the fact that it is able to improve the psycho-emotional state and can remove excessive pathological impulses, mainly vagal, which occurs against the background of the pathology of the affected organ and causes the prolongation of the pain syndrome.

The article also shows the basics of the «balancing hexagrams» method, it is said that this method is one of the methods of compiling acupuncture prescriptions based on the I Ching. A clinical case is presented: acupuncture treatment of a patient with thoracalgia with long-term pain syndrome. The methods of acupuncture diagnostics are presented, the description of acupuncture correction is given, the features of the «favorable» hexagram are considered.

Purpose. To consider the peculiarities of using acupuncture according to the method of «balancing hexagrams» in the complex rehabilitation of a patient with thoracalgia with long-term pain syndrome.

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 a patient with thoracalgia with long-term pain syndrome.

Methods. We consider one clinical case of the use of reflexology using the method of «balancing hexagrams» in the complex rehabilitation of a patient with thoracalgia with a long-term pain syndrome. 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 treatment using the «balancing hexagrams» method, the patient's condition improved: the intensity and frequency of chest pains significantly decreased, general activity and sleep improved.

Conclusions. 1. In the practice of a neuropathologist and a reflexologist, there are patients with thoracalgia with a long-term pain syndrome.

2. In the complex of therapeutic measures for thoracalgia with long-term pain syndrome, the use of the acupuncture method «balancing hexagrams» can be effective.

Key words: thoracalgia with long-term pain syndrome, rehabilitation, reflexotherapy, «balancing hexagrams» method.

Ольга Вернер, Наталія Свиридова, Геннадій Чуприна, Віталій Середа, Надія Тордія. ЗАСТОСУВАННЯ РЕФЛЕКСОТЕРАПІЇ ЗА МЕТОДОМ «БАЛАНСУВАННЯ ГЕКСАГРАМ» В КОМПЛЕКСНІЙ РЕАБІЛІТАЦІЇ ТОРАКАЛГІЇ З ТРИВАЛИМ БОЛЬОВИМ СИНДРОМОМ

У статті піднімаються такі актуальні питання – тема комплексної реабілітації торакалгії з тривалим больовим синдромом. Часто захворювання, що протікають з больовим синдромом, мають психосоматичний компонент і проявляються затяжним перебігом. Для лікаря-рефлексотерапевта це повинно означати, що є якась вісцерогенна проблема, яка пов'язана із певною функціональною системою, що і заважає повному відновленню та збереженню симптомів захворювання. Ця система може мати проєкції на певні ділянки тіла і проявлятися больовим синдромом. Вона також може бути зв'язана із меридіанами акупунктури. І тоді важливо цю систему виявити, знайти «уражений» меридіан акупунктури, і скласти відповідний акупунктурний рецепт для проведення спеціального лікування пацієнта. Цьому і сприяє акупунктурний метод «балансування гексаграм».

Акупунктурні методики, зазвичай, застосовуються у тому випадку, коли виявляється недостатньо ефективним попереднє лікування. Акупунктура при торакалгії з тривалим больовим синдромом показана як завдяки своїм потужним протибольовим механізмам, так і за рахунок того, що вона здатна поліпшити психоемоційний стан, і може зняти зайву патологічну імпульсацію, переважно вагусну, яка виникає на тлі патології ураженого органу і викликає пролонгацію больового синдрому.

В статті також показано основи методу «балансування гексаграм», йдеться про те, що цей метод є одним з методів складання акупунктурних рецептів, заснованих на І-цзині. Подано клінічний випадок: акупунктурне лікування хворої з торакалгією з тривалим больовим синдромом. Наведено методи акупунктурної діагностики, подано описання акупунктурної корекції, розглянуто особливості «сприятливої» гексаграми.

Мета. Розглянути особливості застосування акупунктури за методом «балансування гексаграм» в комплексній реабілітації хворої з торакалгією з тривалим больовим синдромом.

Наукова новизна. Вперше в нашій країні використано методику складання акупунктурних рецептів і акупунктуру за методом «балансування гексаграм» в комплексній реабілітації хворої з торакалгією з тривалим больовим синдромом.

Методи. Ми розглядаємо один клінічний випадок застосування рефлексотерапії за методом «балансування гексаграм» в комплексній реабілітації хворої з торакалгією з тривалим больовим синдромом. Використані методи клінічного об'єктивного неврологічного обстеження, метод синдромальної діагностики традиційної Китайської медицини, метод діагностики по пульсу, метод діагностики по языку.

Результати. В результаті лікування за методом «балансування гексаграм» стан хворої поліпшився: інтенсивність і частота болів у грудях помітно зменшились, поліпшились загальна активність, сон.

Висновки. 1. У практиці невропатолога та рефлексотерапевта зустрічаються хворі на торакалгію з тривалим больовим синдромом.

2. У комплексі лікувальних заходів при торакалгії з тривалим больовим синдромом ефективним може бути застосування акупунктурного методу «балансування гексаграм».

Ключові слова: торакалгія з тривалим больовим синдромом, реабілітація, рефлексотерапія, метод «балансування гексаграм».

Introduction. Often, seizures that occur with a pain syndrome have a psychosomatic component and are manifested by a protracted course [5]. For a reflexologist, this should mean that there is some viscerogenic problem that is connected to a certain functional system, which prevents the complete recovery and preservation of the symptoms of the disease [5]. This system can have projections on certain parts of the body and manifest itself as a pain syndrome. It can also be related to acupuncture meridians. And then it is important to identify this system, find the «affected» acupuncture meridian, and make an appropriate acupuncture prescription for special treatment of the patient. The acupuncture method of «balancing hexagrams» contributes to this.

Acupuncture techniques are usually used when previous treatment is not effective enough [2,9,10,11,12]. Acupuncture for thoracalgia with long-

term pain syndrome is indicated both due to its powerful pain-relieving mechanisms and due to the fact that it is able to improve the psycho-emotional state and can remove excessive pathological impulses, mainly vagal, which occurs against the background of the pathology of the affected organ and causes the prolongation of the pain syndrome [2,9,10,11,12].

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 [13].

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 [1,7,13].

Clinical case: the patient, a 35-year-old woman, consulted a reflexologist with chest pains on the right side, heaviness in the hips and feet, on the right, deterioration of sleep at the beginning of spring 2019. Previous medical treatment by a neurologist was not completely effective.

Clinical diagnosis: thoracalgia on the right with a long pain syndrome.

An objective examination showed that there is palpable tenderness along the stomach meridian on the right with a focus on acupuncture points E 17, E 18, E 19.

Acupuncture diagnosis [6]: 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 to the gall bladder. So, the «affected» acupuncture meridian is the stomach meridian. The stomach meridian corresponds to the Kan hexagram, which means that the «affected» hexagram is the Kan (Fig. 1).

☰	☷	E36
☰	☷	E41
☰	☷	E42
☰	☷	E43
☰	☷	E44
☰	☷	E45

Fig. 1. Correspondence in traditional Chinese medicine of the strokes of the «affected» Kan hexagram to the stomach acupuncture meridian points [adapted by 13].

We would like to remind you that the I-ching hexagrams have a certain meaning in psychoanalysis: guilt was considered by K.G. Jung (one of the creators of psychoanalysis) as a «source of archetypes», and that K.G. Jung even proposed a method of selecting the «individual human hexagram» in prognostic terms by tossing coins. Also, hexagrams of the I Ching can be used in the preparation of acupuncture recipes.

We choose a «favorable» hexagram for this state: it is Tai, I Ching hexagram No. 11 (Prosperity) Fig. 2, [3,8].



Fig. 2. Image for hexagram No. 11 of I Ching Tai [8].



Fig. 3. Graphic representation of hexagram No. 11 Tai [3].

Probably, in no hexagram is known such a harmonious ratio of the main categories – light and darkness, as it is given in this hexagram; although both forces (light and darkness) are recognized as equal, yet theoretically the active, centrifugal force of the world is preferred over the passive, centripetal force of darkness. This is expressed in the fact that sometimes (as in this case) the power of light is called great, and the power of darkness is called small. The power of light does not tend upward, while the power of darkness tends downward. But in the world, events take place for good only with a harmonious combination of both forces, which are ideally inclined to interact. One-sided redevelopment of one of them at the expense of the other leads to disastrous consequences. In this hexagram, all the power of light is concentrated below, and the power of darkness is above. Therefore, if we take into account the previously defined directions of their movement: light – up, and darkness – down, it becomes clear that here, like nowhere else, they come into interaction, having the widest access to each other [3].

You can look at it from the other side: the inner here is filled with the pure power of creativity, and on the outside it has fulfillment, that is, the full possibility of realizing a creative idea, which is not resisted by anything, and the external environment is completely subservient to it. Therefore, it is not surprising that

this maximum possibility of creation in the Izinit tradition is timed to spring, as the period of maximum development of creativity in nature. According to the mythological views of China, in the spring, the active power of light acts from the inside, from the roots of plants, causing their growth, and the power of darkness, like matter, overgrows it and communicates the external visibility, the realization of the power acting on light, as if endows it, and it receives the opportunity of complete development, because in such a situation everything great comes, and everything insignificant goes away [3].

Figurative meaning: Earth is happy thanks to Heaven [4].

Image: Heaven meets Earth.

Symbol: Obtaining a very large profit from a very small investment.

Little goes, big comes. Luck and success. Union of Heaven and Earth.

Good health. Time for growth and prosperity. Activity brings good luck. Favorable for all situations. The perfect balance of YIN-YANG, male-female. Representing the integration and harmony of health and the Earth. This is the January hexagram, it is good in spring and bad in summer and autumn.

Medical value [4]:

Prognostic. Harmony of YIN and YANG. Perfect health. A change in lifestyle means a deviation in health.

Indications for acupuncture treatment. Weakening of CHI. Gynecological diseases. Diseases of sexual origin. Genetic diseases. Family predisposition to diseases.

Pain syndromes. Diseases of the gastrointestinal tract. Head injuries. Amenorrhea.

Evaluating hexagram No. 11 Tai positively, it should be noted that it has the following characteristics: its trigrams «Heaven» and «Earth» correspond to the season of acupuncture, as does the «auspicious» hexagram itself.

The patient's clinical symptoms (heaviness in the hips and feet), pain along the stomach meridian, correspond to the used lines of the «affected» hexagram.

Acupuncture prescription for this case (Fig. 4), [1,7,13]:

The female patient has problems on the right side (chest pain along the stomach meridian), we inject acupuncture points E 45, 43, 41 on the left side.

On the right side, we prick acupuncture points RP 1, 3, 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 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 9, 10, 11; TR 5, 13; IG 3, 5; PC 53, 85; AP 62-69; F 2, 3, 13, 14; VB 24, 34, 39; V 59, 60.

Catamnesis. As a result of the treatment using the «balancing hexagrams» method, the patient's condition improved: pains in the right rib cage, heaviness in the hips and feet have significantly decreased, sleep has improved.



Fig. 4. Acupuncture points for exposure. We choose points corresponding to the «opposite» (on the «affected» hexagram in relation to the «favorable» hexagram) –1,3,5 dashes for the acupuncture effect [adapted by 13].

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