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APPLICATION OF REFLEXOTHERAPY USING THE «BALANCING HEXAGRAMS» METHOD IN COMPLEX REHABILITATION OF COMPRESSION-ISCHEMIC NEUROPATHY OF THE FEMORAL-GENITAL NERVE

This article is devoted to one of the important problems of neurology – compression-ischemic neuropathy of the peripheral nerve. With such disorders, we often deal with pain. Various diseases, especially those that occur with a pain syndrome, manifest themselves in a protracted course. It often happens when there is some viscerogenic problem that complicates the situation: and the task of the reflexologist to whom the patient turned is to identify this problem – namely, to identify the problematic meridian of acupuncture and using its connections (and the method of «balancing hexagrams» – this is the establishment of inter-meridian connections) to act on them.

When we use acupuncture methods as part of complex treatment, we should know that they are effective precisely in the presence of a pain syndrome and precisely because of their powerful analgesic properties: under the influence of acupuncture, afferent pain impulses are inhibited due to the blocking of Na⁺ channels, inhibition of the entry of Ca²⁺ ions into the cell, reducing the activity of glutamate and its receptor and reducing pain; the amount of GABA in the cerebrospinal fluid increases and its receptor is activated.

Purpose. *To consider the peculiarities of the use of reflexotherapy according to the method of «balancing hexagrams» in the complex rehabilitation of compression-ischemic neuropathy of the femoral-genital nerve.*

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 compression-ischemic neuropathy of the femoral-genital nerve.*

Methods. *We consider one clinical case of the use of reflexotherapy using the method of «balancing hexagrams» in the complex rehabilitation of compression-ischemic neuropathy of the femoral-genital nerve. 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 intensity of burning pains in the area of the left testicle and pain in the lower back on the left side decreased.*

Conclusions. *1. Patients with compression-ischemic neuropathy of the femoral-genital nerve are seen in the practice of a neurologist and a reflexologist.*

2. In the complex of therapeutic measures for compression-ischemic neuropathy of the femoral-genital nerve, the use of acupuncture method «balancing hexagrams» can be effective.

Key words: *rehabilitation, reflexotherapy, «balancing hexagrams» method, compression-ischemic neuropathy of the femoral-genital nerve.*

Наталія Свиридова, Тарас Гусєв, Ігор Марценюк, Ярослав Сибірякін, Геннадій Чуприна, Віталій Серєда. ЗАСТОСУВАННЯ РЕФЛЕКСОТЕРАПІЇ ЗА МЕТОДИКОЮ «БАЛАНСУВАННЯ ГЕКСАГРАМ» У КОМПЛЕКСНІЙ РЕАБІЛІТАЦІЇ КОМПРЕСІЙНО-ІШЕМІЧНОЇ НЕВРОПАТІЇ СТЕГНОВО-СТАТЕВОГО НЕРВА

Ця стаття присвячена одній з важливих проблем неврології – компресійно-ішемічній невропатії периферичного нерва. При таких розладах ми часто маємо діло з болем. Різні захворювання, особливо ті, що протікають з больовим синдромом, проявляються зтяжним перебігом. Часто це буває, коли є якась вісцерогенна проблема, що ускладнює ситуацію: і задача лікаря-рефлексотерапевта, до якого звернувся пацієнт, виявити цю проблему – а саме, виявити проблемний меридіан акупунктури і використовуючи його зв'язки (а метод «балансування гексаграм» – це і є встановлення міжмеридіанних зв'язків) подіяти на них.

Коли ми використовуємо у складі комплексного лікування методи акупунктури, то повинні знати, що вони ефективні саме при наявності больового синдрому і саме завдяки своїм потужним протибольовим властивостям: при впливі акупунктури відбувається гальмування аферентних больових імпульсів за рахунок блокування Na^+ каналів, гальмування входу йонів Ca^{2+} в клітину, зниження активності глутамату і його рецептору і зменшення болю; зростає кількість ГАМК у цереброспінальній рідині і відбувається активація її рецептору.

Мета. Розглянути особливості застосування рефлексотерапії за методом «балансування гексаграм» в комплексній реабілітації компресійно-ішемічної невропатії стегново-статевого нерва.

Наукова новизна. Вперше в нашій країні використано методику складання акупунктурних рецептів і акупунктуру за методом «балансування гексаграм» в комплексній реабілітації компресійно-ішемічної невропатії стегново-статевого нерва.

Методи. Ми розглядаємо один клінічний випадок застосування рефлексотерапії за методом «балансування гексаграм» в комплексній реабілітації компресійно-ішемічної невропатії стегново-статевого нерва. Використані методи клінічного од'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 хворого поліпшився: насамперед, зменшились за інтенсивністю пекучі болі у ділянці лівого яєчка, болі у попереку зліва.

Висновки. 1. Пацієнти з компресійно-ішемічною невропатією стегново-статевого нерва зустрічаються в практиці невролога і рефлексотерапевта.

2. У комплексі лікувальних заходів при компресійно-ішемічній невропатії стегново-статевого нерва ефективним може бути застосування акупунктурного методу «балансування гексаграм».

Ключові слова: реабілітація, рефлексотерапія, метод «балансування гексаграм», компресійно-ішемічна невропатія стегново-статевого нерва.

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 compression-ischemic neuropathy of the femoral-genital nerve 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 P, 40 years old, turned to a reflexologist in the summer of 2020 with complaints of periodic long burning pains in the left testicle, irritation, sleep disturbances, pain in the left leg, left knee joint, deterioration of vision in the left eye, periodic headaches in the parietal area of a compressive nature.

Clinical diagnosis: compression-ischemic neuropathy of the left femoral-genital nerve with causalgia in the area of the left testicle; vertebrogenic lumbago on the left; surgical intervention due to habitual meniscus tightening of the left knee joint, astigmatism of the left eye, tension headaches.

Note that almost all of his problems are on the left. They are also united in terms of acupuncture.

Acupuncture diagnosis (main): damage to the regular meridian of the liver. The hexagram corresponding to the liver is Kun, («afflicted») – the Earth-Yin element. Thus, the «affected» hexagram is the Kun, as the "affected acupuncture meridian is the liver meridian (Fig. 1).

The patient's tongue was red with a yellow coating, the pulse was fast and tense. So, an additional acupuncture diagnosis is hyperactivity of the hepatic «Fire». So, all the problems of this patient, in one way or another, are connected with the inferiority of the functional system «liver».

6	■	■	F8 R10
5	■	■	F5 R7
4	■	■	F4 R4
3	■	■	F3 R3
2	■	■	F2 R2
1	■	■	F1 R1

Fig. 1. [adapted by 10] Correspondence in traditional Chinese medicine of the strokes of the "affected" Kun hexagram to the liver and kidney acupuncture meridian points

We choose a «favorable» hexagram for this condition: it is Tze, I Ching hexagram №40. We chose this hexagram as «auspicious», first of all, because of its general meaning (remember, it translates as «resolv-

ing» – i.e., solving some problem – pain in the left testicle in this case).

Evaluating hexagram No. 40 Tze positively, it should also be noted that the following signs are inherent to it: release from obstruction or blockage, release of blocked energy [3].

The meaning of hexagram No. 40 Jie (Resolution) in traditional Chinese medicine [3]:

General Meaning – Thunder liberates and resolves Water.

The image is a prisoner released from prison.

Symbol – grasses and trees begin to grow strongly.

Let go of the situation; untie knots; relieve pain; good advice; problem solving; free from suffering; a new cycle has begun; difficulties end; release of blocked energy; the tool has the planned effect; go to the old emotional factor; evaluate your habits and actions as a potential basis for your physiological state.

Medical value

Prognostic: getting rid of chronic diseases. The spread of internal toxins on the external surface of the body. Relief from obstruction or blockage through surgery.

Indications for acupuncture treatment: disharmony between CHI and blood. Sore throat with excessive coughing. Vomiting Heat in the stomach. Stagnation of food. Pain in the abdomen, in the genitals. Convulsions Postpartum Blood stasis. Heartburn syndrome. Deficiency of the spleen and stomach.

In addition, this hexagram is associated with getting rid of chronic diseases. And it is directly indicated for acupuncture use in case of genital pain [3].

The upper trigram of hexagram №40 Jie (Zhen) corresponds to «Tree», and its lower trigram – Kan – corresponds to «Water», both have connections with «Earth» according to the Wu-Xing concept: that is, the upper and lower trigrams of this hexagrams interact like "mother and son" according to Wu-Sing [3; 10].

In addition, «Tree» controls «Earth», and «Water» comes under the control of «Earth», which is important in the treatment of «excess» (burning pains – according to traditional Chinese medicine, this is "excess"). The use of Tze's hexagram №40 as «favorable» also corresponds to the season of acupuncture.

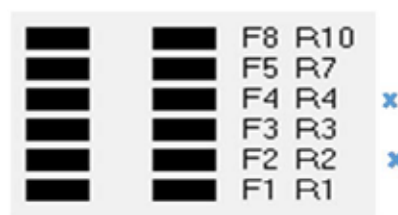


Fig. 2. [adapted by 10] Acupuncture points for exposure. We choose points corresponding to the «opposite» (on the «affected» hexagram in relation to the «favorable» hexagram) – 2,4 dashes for the acupuncture effect.

Acupuncture recipe for this case:

The male patient has problems on the left side (pain in the left testicle), we prick acupuncture points F 2, F 4 on the right side. On the left side, we prick acupuncture points VB 43, VB 40 (a paired channel that enhances the effect of acupuncture 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 3 times during the course of treatment, which consisted of 15 sessions.

A «nosological» acupuncture recipe was also used, in particular the following acupuncture points: F 3, F 5, F 7, F 8; V 17, V 18, V 19, Ba Liao (V 31 – V 34); IG 3, IG 6; E 25, E 31; RP 6; MC 6 [1,2].

As a result of treatment using the «balancing hexagrams» method, the patient's condition improved: first of all, the intensity of burning pains in the area of the left testicle and pain in the lower back on the left side decreased.

Conclusions. 1. Patients with compression-ischemic neuropathy of the femoral-genital nerve are seen in the practice of a neurologist and a reflexologist.

2. In the complex of therapeutic measures for compression-ischemic neuropathy of the femoral-genital nerve, the use of acupuncture method "balancing hexagrams" can be effective.

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