

## **“Health 6.0” Programme: Special Points and Merits as Compared with Other Programmes**

Before any doctor makes the diagnosis and starts treatment he or she examines the patients and sends them to get a check-up. Methods of checking-up are quite different: a cardiologist would use cardiological methods, and a urinologist would use methods applied in uronology, etc. For example no urinologist would diagnose a patient using the data obtained via cardiological methods. So if acupuncturists before starting treatment would carry out diagnosis by methods built on the notions of acupuncture and not according to the diagnosis made by clinicians the effectiveness of their treatment would rise considerably.

Efficiency of acupunctural treatment as well as treatment method selection depends largely on two factors: first on the energy amount in the meridians (excess or deficiency) and second on the energy state in them (that is stagnation or circulation). “Health 6.0” program for the first time in the history of medical computer diagnostics takes into consideration the latter.

In some books on reflex therapy based on Ancient Chinese manuals one can read that in case of energy deficiency or excess in a meridian a tonic and a sedative points should be pressed respectively and after that in order to boost the effect the source-point may also be pressed. This interpretation shows that the translator from the Chinese did not possess complete understanding of the energy circulation mechanism in reflex therapy and so the inadequate translation misleads practitioners. The source-point should be pressed not to boost the effect produced by the main points activation, but in case of stagnant energy in a meridian this point should be activated first in order to transform energy from its stagnant state into the circulating state. After that either tonic or sedative point is pressed which increases or decreases the amount of energy in a meridian. This explains why patients experience some exacerbation during the second or the third treatment procedure: by that time a meridian overfilled with energy gets still more overfilled while energy is being transformed from the state of stagnation into the state of circulation. Later the energy conductivity restores and sharply decreases the excess energy, as a result the patient feels better.

According to the rules of classical reflex therapy the energy surplus in the given meridian should be redistributed along other meridians which lack energy. This surplus may be caused by two factors: either it is a surplus of the meridian own energy or Pathogenic Bioclimatic Energy (Cold, Wind, Fire, Humidity, Dryness) penetrated this meridian and this led to a general energy surplus. Practically none of the acupuncturists diagnoses the cause of the meridian energy surplus. And this is important because if a doctor redistributes the energy surplus along other meridians in order to make the energy amount normal and this energy contains Pathogenic Bioclimatic Energy the latter will go to other meridians connected with the meridian in question. So the patients feel aggravation of their states. To prevent this it is necessary first to determine whether the meridian contains the Pathogenic Bioclimatic Energy or not. Then this energy should be filtered out from the patient's body and only after that the surplus energy in this meridian can be reduced by regular means.

“Health 6.0” Program comprises twenty diagnostics methods. One of them allows to examine all the 84 systems of the body. To treat a patient successfully, the doctor must be able to find out all the disorders, functional ones among them, otherwise treatment becomes less effective and as a result the patient gets disappointed with such treatment and reflex therapy itself gets discredited. So the patient turns to the traditional medicine, which can only offer treatment of organic disorders while the root of the disease remains intact. Complex methods of diagnostics let obtain data not only on the main meridians but also on a larger number of secondary meridians where disorders appear much earlier and whose task is to prevent the affection of the main meridians.

Since Biorhythmologic processes have sinusoidal shape a surplus of something at a certain moment will smoothly become a shortage of the same in the long run. But the transfer cannot miss the point of equilibrium or norm. That is why another mistake of the primitive diagnostic programmers is as follows: when diagnostics of pathological changes is made by an acupuncture point at the moment of energy transition from the state of surplus to that of shortage (or vice versa) in the equilibrium zone it is possible to come to a mistaken conclusion that no changes have occurred. To avoid this 1 or 2 additional points connected with the main one under probe should be controlled too. Biorhythmic changes in the points

belonging to such a group cannot be synchronous. Thus even if we get normal readings in the main point under probe changes in any of the points of the group mean a departure from the norm in the system under probe. Not taking into consideration all this results in lower diagnostics reliability and the doctor believing the system to be healthy does not treat it at all. Since all systems of the human body are interconnected (i.e. redundant energy in some of them necessarily brings about energy shortage in other systems connected with them) the doctor sees an illogical outline of pathological changes in the body and thus all the ensuing corrections of the other systems become uncontrolled and nonsensical.

This program allows to detect any departures from the norm before patients experience any symptoms of a disease and so it becomes possible to reveal hidden disorders in the secondary energy systems and to eliminate them thus preventing diseases or turning their development into a milder course. Remember: Prevention is the best cure.

Another basic point in acupuncture is following the proper technologies of treatment. But hardly any practitioner ever follows this rule. None of them would ever dream of first cutting the umbilical cord of a newly-born child and only then tying it. The same is true of reflex therapy: if doctors do not follow certain procedures in certain orders while treating patients the efficiency of treatment drops substantially though the points activated in each case are the same.

To ensure higher reliability of diagnostics seasonal activity of meridians is taken into consideration during processing examination data.

Certain order of acupuncture procedures should be formed because of the following reasons: since all of the body's energy systems are interconnected the medical treatment of one system may worsen the condition of another system connected with the first one but which is in an abnormal state. That is why side-effects of the treatment on other systems should be taken into consideration and if possible avoided when making the list of points for treatment. To achieve this it is first necessary to remove disorders in the systems which react to treatment by side-effects and only then to treat the systems originally chosen for treatment. By doing this we prevent the appearance of various aggravation during treatment.

While processing the results of the check-up doctors should take into account the seasonal activity of the meridians which makes the diagnosis more reliable. A possibility to calculate the time of the activities of meridians and acupuncture points is also installed in the programme. But these biorhythms are calculated according to the time of sun dawn and sun set and so the time of the activity of these meridians and acupuncture points equals two hours only during vernal and autumnal equinox. During the rest of the year this period of time is less than two hours in winter in the day time and longer than two hours in summer in the day time. If the above information is not taken into consideration it becomes useless to treat open ancient points both in winter and in summer according to equal two-hour periods of activity.

There are many computer programs on medical diagnostics but for the first time in the description of the topography of acupunctural points we describe not only those belonging to the system of the main meridians but those of the secondary energy system. And that is an invaluable assistance in choosing methods of treating the latter.

It is hardly possible to overestimate the importance of the above-given data for achieving good results in treatment. This is basic information but for some obscure reason very few doctors pay attention to it.

For more detailed information see other points under the title "Reflexotherapy" on my site <http://acupuncture.ru/>

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