

## **Some Aspects of Reflex Diagnostics And Reflex Therapy**

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Any process in nature is based on the cause-and effect mechanism and any disease does not immediately manifest itself through morphological changes in organs: first hidden initial disorders appear in the body. These are functional disorders which sometimes last for a short and sometimes for a long period before the onset of a disease.

These disorders are quite invisible because the body copes with them with the help of its compensatory abilities. And only when either compensatory abilities are depleted or the attack is too strong the stage of compensation turns into the stage of decompensation. At this moment people who before that considered themselves to be absolutely healthy start experiencing the first symptoms of a disease.

The idea is that organs and systems of the human body are connected to certain points on the skin which are called acupuncture points. These points react to the tiniest functional disorders in the body through the so-called meridian connections and they start reacting long before organic changes appear while the disorders are still functional. These reactions are manifested in acupuncture points through changes in their magnetic field, temperature, electrical resistance, rate of biochemical reactions, cell composition in them and their size. The so-called "Zakharyin-Gedd Zones" are only enlarged and merged acupuncture points when the disorders in the body go too far.

Thus it becomes possible to detect changes in a body when they are still functional through for example measuring skin electric resistance or temperature in certain acupuncture points. To do the same and to the same extent by means of any clinical method of diagnostics is practically impossible. Each energy system and organ is connected to its own group of acupuncture points and among those points there exist the so-called representative points which bear maximum of reliable information about their system. And these very points should be used in diagnostical methods.

There is an erroneous belief that it is possible to learn about the condition of all the organs and systems of a human body after examining just a few acupuncture points. The authors of such a concept speak about an "express diagnostics" giving vast conclusions on the state of a patient's health taking into consideration the minimal number of readings. There must not be any "express methods of diagnostics" because the treatment efficiency depends on the results of the examination the accuracy of which in its turn depends on the number of the point under examination.

As far back as 1857 R. Dubois discovered that it is possible to diagnose patients on the grounds of functional disorders and not only on the grounds of organic changes revealed by clinical examinations and through the patient's complaints. Then in 1889 functional interrelation between acupuncture points and body systems was studied by J.K. Tarkhanov, in 1903 by V.U. Chagovets, in 1956 by S. Veidman. Later various electronic diagnostic methods were developed and approved on the basis of the studies made by A.K. Podshibyakin in 1952-1960, I. Nakatani in 1958, A.I. Netchushkin in 1973, and also by F.Y. Portnov, P. Nogier, R. Foll, I. Bratu and others. In 1988 the USSR Ministry of Health and the USSR Defense Ministry approved one by those methods which was used by the Soviet Cosmonauts during their space flights.

The experiments revealed the fact that various organs and systems of the body are linked to acupuncture points on the skin by a complex network of energy channels numbering 151 and that any slightest change in an organ immediately affects through these channels the state of these points. In human body there exist two systems of energy supply: the main one and the secondary one. The main system comprises twelve main and twelve feeding meridians. The secondary system protects the main one and is located at a different depth. It comprises skin-protective (sinew-muscle - 12); muscle-protective (12); closing-connective (18); inner-protective (special - 12); Lo-channels (27); miracle vessels (hereditary-controlling - 8); transverse-protective

(Shoo-Mao - 12); energy-accumulative (seas - 4); endocrine system (12); sky windows (10). It should be noted that several meridians may go through one and the same point.

For example, point P-7 (Lieque) is a point on the main Lung meridian, it is the starting point of both longitudinal and transversal Lo meridian of Lungs, The key-point of the miracle Gen My Vessel. Another example: point MC-5 (Jianshi) is a point on the main Pericardium meridian, the Tsing point of the Pericard feeding channel, the Metal point of the Pericard feeding channel, the point of the group Inn hand Lo-point of miracle vessels Inn Way My and Goon My.

Thus we can examine several energy systems at a time with the help of just one point or its combination with other points.

When doctors add other energy systems (meridian of nerve degeneration, meridian of epithelium and parenchyma degeneration, skin meridian, etc) they deviate from the traditional notions of reflex therapy which have been developed by specialists for thousands of years. There is no information either on how many points these "other" meridians contain. So before starting to create something "new" we should study everything that has been created before. Then the "new" invention will be based on a solid scientific foundation. Otherwise this "new" either contradicts traditional notions or is isolated from them and has no connection with traditional knowledge. Besides it is not clear how this "new" interacts with traditional systems and vice versa how we can act upon this "new" via traditional systems.

Moreover, when the diagnostics is performed on dry skin with a point electrode the readings of resistance depend on the intensity of the electrode pressure. Thus this so-called "diagnostics" and medicine selection based on the difference of the pressure on this or that point is nothing but a conjuring trick having nothing to do with real medical examination. When such "diagnosticians" are asked to fix point electrodes on the skin with the help of a rubber device in order to provide constant pressure of the electrode on the skin, they refuse to do it under various pretexts. None of those "diagnosticians" if asked doubts that in human body there exist various biorhythms which have their own periods of activity ups and downs. But for some strange reason according their "diagnostics" the idea of norm is the same for all people for any day of the year.

First functional disorders in a body appear in the secondary system in the form of either energy surplus or energy deficit in them and if the secondary system is not able to compensate disorders these changes appear in the main system. So for early diagnostics it is necessary to examine not only the main and the feeding meridians but also the whole secondary energy system of a body. And this system may have many disorders since it has a greater number of meridians. If these changes are not taken into consideration the diagnostics become unreliable and the following treatment ineffective which in turn discredits the method of reflex therapy itself. Unfortunately most diagnostic methods do not examine secondary energy systems.

In balancing energy systems the decisive factor is not so much the calculation of the energy amount in them but finding out the rate of energy circulation, that is whether the energy is in the mode of circulation or in the mode of stagnation. According to the rules of reflex therapy any energy surplus should be inhibited. And how can a meridian in the state of stagnation be inhibited? There will be absolutely no effect since you cannot slow down something which does not move. So first the energy in this meridian should be transformed from the state of stagnation into that of circulation and only after that its amount may be diminished. The same goes for the case of energy deficit in a meridian. To our great regret this basic rule is followed by practically none of reflex therapists. And efficiency of the procedures depends mainly on this rule.

Some manuals on reflex therapy compiled on the basis of ancient Chinese works say that in case of energy shortage or surplus in a meridian it is necessary to treat the toning-up or the sedative point respectively. Also to increase the effect the source-point can be added. All this is the translator's inadequate understanding of the mechanisms of energy regulation in reflex therapy. The source-point should be used not to increase the effect on the main points but in cases when the energy in meridians is stagnant. This very point should be treated first (since it is the source-point triggering the energy movement) in order to make stagnant energy circulate. After that the toning-up and the sedative points are to be treated thus increasing or decreasing the energy amount in the meridian. Due to this during the second or the third procedure patients feel certain aggravation because the energy excess in the meridian grows during the process of converting energy from stagnant state into that of circulation and by the 2 or 3 procedure this growing energy excess causes this aggravation. Later the restoration of the energy conductivity sharply decreases its surplus and 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 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.

Also in almost all the manuals on reflex therapy the theoretical part begins with the description of energy principles of Yin and Yang and then it is stated that any health problems are characterized by different degrees of disbalance of these energies. Then the theory of five primary elements is described proceeding to the interrelations between them according to the law mother-son, grandfather-grandson etc. All this is completely forgotten by the end of the manual where lists of clinical diagnoses are given, the latter having nothing to do with the energy disorders described at the beginning. The lists are supplied with the prescriptions of acupuncture points recommended for treating the given disease. So when it comes to treatment first the authors depart from traditional ideas and approach European principles and second they maintain the principle of treating the disease, not the patient because the same point prescriptions, are recommended to all patients, which contradicts one of the main medicine principles: Treat not the disease but the patient. Ancient Chinese literature also gives acupuncture points prescriptions but they are provided with explanation what energy changes can be obtained through this or that application on each point and also what results can be expected in the development of a certain disease in a patient also taking into consideration the results of the patient's examination. In this case the doctor who understands what results are achieved through treatment of the above-mentioned points can use the given list of points to make a prescription for this or that patient.

So it is more important for a reflex-therapist to see how various energy systems of a body are filled with energy and the clinical diagnosis does not matter since this doctor will first of all restore the energy balance of the patient's body by the method of acupuncture. No pills or chemicals can restore that balance as well as it is impossible to measure the smell of a rose by a measure ruler. Only adequate methods of treatment may be applied effectively in case of reflex diagnostics. So if the diagnostics is carried out by the methods of reflex diagnostics and then the treatment is done by physical methods there will be no effect (except for psychotherapeutic one) because in this case the methods of treatment are not adequate to the revealed disorders.

Computer diagnostics is always more profound and more informative than clinical diagnostics. That is why to check the reliability of electronic methods of diagnostics by clinical is complete ignorance.

And if a reflex-therapist in his advertisement enlists the diseases which he/she treats it only shows that this doctor does not know what he/she is doing.

All the above-mentioned meridians are interconnected into the integral energy system of human body. Doctors can act upon separate meridians in this system through the corresponding acupuncture points following certain rules. These rules are various and this variety is necessary so that different means of disorder elimination in the energy systems could be used if one from the chosen methods may worsen the state of other energy systems. That is why a professional doctor must know not only the structure of all the body systems but also their interconnections and the rules of treating them. Thus no chemical substances or other methods (magnetic field, infrared or laser radiation, impulse current etc) can act on acupuncture points adequately and guarantee results. It is explained by the fact that several energy systems pass through many of the same acupuncture points at different levels: so the only adequate and guaranteed means of acupuncture points treatment is the acupuncture needle.

There is something more to it. A human being is a chronobiological creature and so a human body exists in accordance with its daily, monthly, yearly and other biorhythms. These biorhythms must be taken into consideration in the algorithms of calculations of the examination data which will make the result more reliable. For example, encephalogram norms for healthy person asleep and awake are different and if the readings of the encephalogram of a person awake show the standards for a person asleep it will mean a pronounced pathology.

Since Biorhythmologic process have sinusoidal shape a surplus of something at a certain moment will smoothly become a shortage of the same. 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 it 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.

There is another basic principle in reflex therapy according to which all steps in treatment technology should follow a certain order. You cannot treat acupuncture points of a concrete prescription in any random order. Treating each point the doctor should clearly realize what end will be reached and what changes in the body will follow so that the consequent changes take place on a carefully prepared ground. But almost all reflex therapists neglect this aspect.

Since the main energy systems go through the whole human body (through having their own information points) and only some of them branch off to the cochleae and to the iris it is not possible to make out a diagnosis by measuring points of the cochleae only or only some parts of the body (foot, hand and frontal prominences) or by only studying the iris morphological structure. Such methods leave unattended most of the body energy systems and lower treatment efficiency. For the same reason using needles for treating points say on the cochleae only and not on the whole body is less effective.

It is also inadmissible to use both electronic methods (revealing the state of the energy) and questionnaires which the patients fill in themselves (revealing subjective description of the organic disorders in the body) while examining one and same patient because in this case there will be a complete confusion of the data received and it is not clear what to treat: functional energy disorders or organic changes. Treating the organic changes only is always less effective because the causative functional disorders remain as they were and later will bring about the same organic changes.

During treatment diagnostics should be repeated several times in order to see first whether the chosen methods of treatment are correct and second whether these very methods while improving the state of the systems under treatment do not worsen the state of other body systems.

Let's proceed further. We all know that at certain times during the round the clock period certain acupuncture points become more active. It is common belief that every two hours active points take turns. But it is true only for the vernal and autumnal equinox. In summer, when the days are longer, the diurnal period of points activity is longer than 2 hours and since the nights are shorter, the nocturnal period is shorter than 2 hours. And more than that the dependence is not linear but geometrical. So the shifts in activity periods (as compared to equal 2 hours periods) during summer and winter solstice may be over 1 hour depending on the location latitude. If this fact is neglected the reflex therapy procedures become ineffective.

Since none of the known methods of diagnostics allows to check-up the whole vast network of energy systems it becomes necessary either to use simultaneously several methods as each of them lets check a number of it's own systems or to use a complex method.

Such complex methods already exist. I have devised a set of diagnostic programmes "Health 6.0" that includes 20 diagnostic methods with algorithms of evaluation which take into consideration the above-mentioned biorhythms; a possibility to find optimal individual prescription of acupuncture points depending on the check-up data of a patient. It also contain a vast reference material including an atlas of acupuncture points, some information from the encyclopedia of acupuncture and from the works of ancient Chinese doctors, different tables and diagrams. It is also possible to store an unlimited in size data base of the patients with daily entries about the procedures received by the patient and much more. Also the process of information entrance is reduced to a minimum which makes the doctor's work so much easier.

My Set of Programs got a favorable review from the Moscow Public Health Committee dated June 2, 1997. This document, which recommends Moscow Health Protection Services to consider obtaining the Set of Programs for its application in medical practice, has Registration № 23-18. This product has Certificate № 971111067 dated September 5, 1997 from the Federal Institute of Certification and Estimation of Intellectual Property and Business. The Set of Programs got Certificate № 2000610330 dated April 24, 2000 from the Russian Agency on Patents and Trade Marks (RosPatent). The Russian State Register of Data Bases registered the Set of Programs on May 16, 2000 under № 6172. The Committee on new medical equipment at the Ministry

of Health of the Russian Federation gave a favorable resolution on the development and application of the given Set of Programs.

The German Union of Nature and Society Researchers decorated me with the Paul Ehrlich Silver Medal and the Russian Academy of Natural Sciences decorated me with the Academician Ivan Pavlov Silver Medal for the development of modern electronic methods of diagnostics and the introduction of new never applied before diagnostic principles. For my scientific contribution into medicine I was admitted to the International Knights Union and the University of Europe made their Honorary Professor.

Further information on the Computer Diagnostic Program is in Internet site <http://acupuncture.ru>

If complex diagnostic methods are used among large numbers of people regularly four times a year and if patients are summoned to visit their doctor it will be possible in the majority of the cases to expose functional disorders and consequently eliminate them since Prevention is the main trend in medicine. It is much easier to regularly remove small changes in a body than to treat an organic pathology.

And for doctors themselves it is better not to look for more and more new patients for diagnoses and treatment every day but to take care of a certain group of population regularly and for many years, that is to be a Family Doctor.

Doctors have long noticed that there exist the so-called psychosomatic diseases, which are brought about by the unhealthy state of the patient's state of mind. When patients are constantly irritated, neuropath, aggressive, envious, that are of poor spiritual make-up, they fall ill more often and their illnesses are more serious. Thus it is very important for a real doctor not only to treat various diseases but also try without pressing to make the patients take the path of spiritual improvement. Without this the doctor's work will be only half the business. And what is most important the doctors themselves must be spiritually well-developed persons.