
SU JOK THERAPY FOR STRESS DISORDERS OF VARIOUS GENESIS

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Introduction

At present a considerable portion of the population suffers from stress-related disorders which is the major social problem in the society and acquires the epidemic scope. Every person has had a stressful experience, but the majority have a vague idea of what it actually is.

In the English language, "stress" means "pressure", "strain", "tension". The first scientific work on this problem was published in 1936 by Hans Selie under the title "Syndrome caused by various harmful agents".

Selie described three stages of this condition:

First - alarm reaction with the mobilization of all resources of an organism, increased hormone excretion, in particular adrenaline, by the endocrine glands, and enhanced absorption of oxygen and sugar by the cells and tissues.

Second - resistance, when due to prior mobilization of protective forces an organism manages to cope successfully with stressful situations (primarily without any visible impairment of health).

And the third stage - exhaustion, when too prolonged or intensive a struggle with arising problems results in impairment of the organism's adaptive abilities, opening the way to development of most varied diseases.

Every human being has his or her own levels of possible reserves. One and the same stimulus causes a temporarily disorder in one person, and a serious illness in another.

The most common indications of stress are as follows:

1. insomnia,
2. headache,
3. allergies,
4. nausea, heartburn, constipation,
5. spasm of the jaw muscles, teeth-grinding,
6. back pain, spasm of muscles of the neck,
7. chronic fatigue,
8. fits of dizziness,
9. higher blood pressure,
10. depression, irritability.

In spite of a rather long history of research work and accumulation of considerable bulk of factual data, the problem of diagnosing and treatment of stress has remained unsolved and topical so far. An important practical problem is the need for prolonged treatment which often results in phenomena such as drug intoxication, pharmacological and psychological dependency.

In the majority of cases treatment of stress is carried out basing on psychotropic medication with sedative, anxiolytic and antidepressive effects which, apart from negative consequences of their prolonged use, is inevitably accompanied by well-known side-effects of psychotropic preparations making their prescription to working people impossible.

The present work is an attempt to correct stress by Su Jok therapy that, being simple, universal and highly effective, also has the great advantage of having no side effects.

MATERIALS AND METHODS OF RESEARCH

Object of research

Stressed patients, 65 persons in all, served as the material of this research work. All the subjects were males, their age varying from 18 to 57 years old.

The patients were investigated at the chair of non-pharmacological treatment methods and clinical physiology of Moscow Medical I.M.Sechenov Academy.

Basic research methods: clinico-psychopathological, clinico-catamnestic, psychodiagnostic, and mathematico-statistical.

Psychodiagnostic investigation

When studying personality indices, especially those referring to mental and somatic conditions, along with a clinical interview with filling in a structured account of complex medico-psychological investigation, a number of psychodiagnostic tests were used, basically: Standardized personality study method - SPSM, colour-choice test, colour relationships test - CRT. Besides these psychodiagnostic methods the WAM method was used too (well-being, activity, mood).

Physiological investigation

In order to access the vegetative tonus and vegetative support of activity (A.M.Vein, A.D.Solovieva, O.A. Kolosova, 1981) a set of vegetative indices was used, namely, heart rate (HR), systolic arterial pressure (SAP), diastolic arterial pressure (DAP), respiratory rate (RR). The device "Omron" was used for measuring heart rate and blood pressure; besides, electrocardiographic examination using one-channel portable cardiograph "Micromed" EK 1TTs-01 was carried out. On the obtained segments of ECGs the R-R intervals were measured to be followed by a comparative variational analysis of R-R before, and after, treatment. In order to access the bioelectric activity of the brain the patients underwent encephalography on an eight-channel encephalograph "Medikor", with the standard application of electrodes according to 10-20 scheme.

Statistical analysis

Data were processed on a personal computer basing on variational analysis programme calculating Student's criterion, and also components of correlational and discriminant analysis.

TREATMENT

Su Jok therapy was administered every other day, the average course consisted of 12 sessions. Each procedure lasted 25 to 30 minutes. The prescription was made strictly on an individual basis, taking into consideration the

patient's complaints, clinical manifestations of disease, and also relationship with time energies and Onnuri pulse diagnosis data. Byol-meridians, byol-chakras, correspondence areas of the auricles, hands and feet were employed for treatment. Energy flow therapy was employed along palm lines (using round magnets and stick magnets), Eight Ki treatment (microneedle therapy, warming up, massage, seed therapy, etc.)

Thus for treatment of headache the usual procedures were to sedate Heat and tonify Coldness in the AH-Heat meridian structure (Fig. 1) or tonify Hotness energy on byol-meridians (Fig. 2) and on the UM-Hotness byol-chakra (Fig. 3), sedate Darkness energy on the brain and spinal cord byol-meridians (Fig. 4).

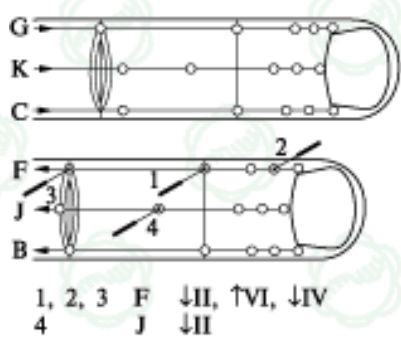


Fig. 1. Sedation of branch Heat in the small intestine meridian structure

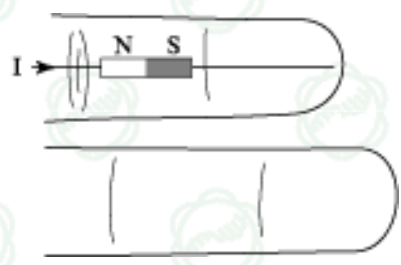


Fig. 2. Tonification of Hotness energy on the brain byol-meridian



Fig. 3. Tonification of UM-Hotness byol-chakra

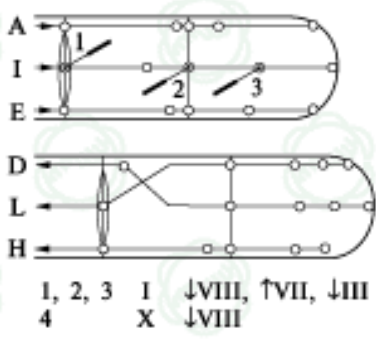


Fig. 4. Sedation of Darkness energy on the brain byol-meridian



For treating insomnia: sedation of Vertical Core meridian in the "insect" correspondence system (Fig. 5), sedation of Fear and tonification of Calmness on the UM-Hotness byol-chakra (Fig. 6, 7).

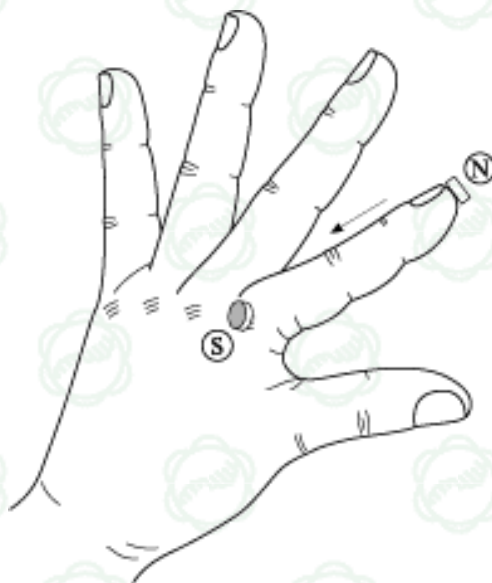


Fig. 5. Sedation of Vertical Core byol-meridian (the northern pole magnet is placed to the upper external byol-chakra, the southern pole magnet - to the lower external byol-chakra)

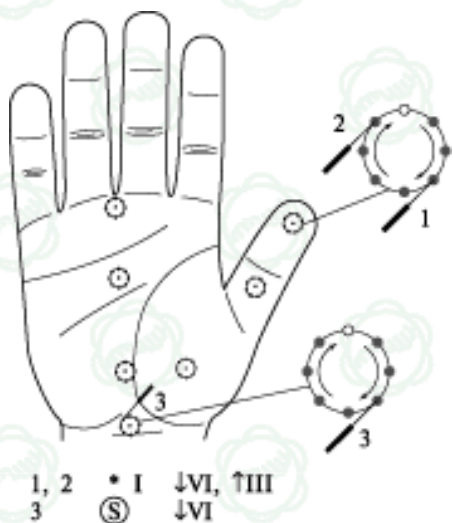


Fig. 6. Sedation of Fear on UM-Hotness byol-chakra

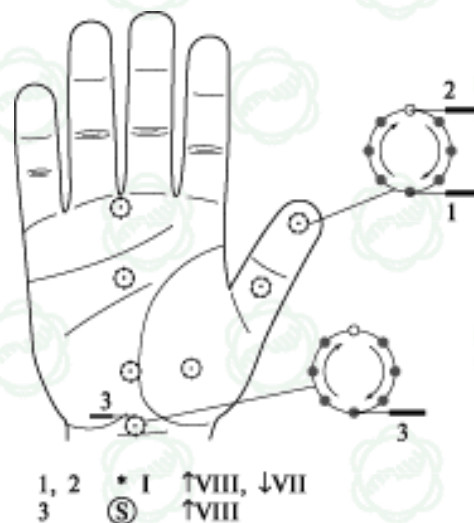


Fig. 7. Tonification of Calmness on UM-Hotness byol-chakra

For treating spinal pains, muscle spasms: tonification of Hotness and sedation of Coldness on back Central border meridian, stimulation of correspondence areas of particular spinal segments in the standard system, mini-system, "insect" system (Fig. 8).



Fig. 8. Tonification of Hotness on the back Central border byol-meridian in the "insect" system

RESEARCH RESULTS AND DISCUSSION

The results of Su Jok treatment confirm the considerable effectiveness of this method for treating patients with stress-related disorders of various genesis. The overall effectiveness in the treatment group was 74.7%, in the control group - 25.9%. These findings correlate with the data of psychodiagnostic and physiological investigations that were carried out twice - before and after treatment.

Scale number or substitute	Scale name	Average scores of the subjects		
		Types of personality profiles (T-scores)		
		A	B	C
L	Tendency to improve self-impression	47,6±1,7	44,7±0,3	42,1±1,1
F	Tendency to stress problems	71,2±5,1	60,5±6,5	59,4±3,8
•	Tendency to avoid sincerity	50,2±0,8	46,2±8,9	53,7±4,3
1	Excessive control and preoccupation with one's condition	72,0±3,7	71,8±5,1	61,4±2,9
2	Depression	71,3±4,8	78,8±6,7	70,4±3,8
3	Emotional lability	70,1±3,3	55,8±3,6	63,4±2,9
4	Impulsiveness	58,6±4,5	73,6±4,2	82,1±5,8
5	Feminine (masculine) style of adjustment	57,2±7,1	64,6±2,9	63,2±1,7
6	Attitudinal rigidity	59,4±5,7	68,3±3,6	58,8±4,5
7	Anxiety	61,7±1,9	76,0±6,7	76,4±4,6
8	Individualization	55,9±3,6	74,4±3,1	75,8±2,8
9	Optimism and activity	51,3±5,8	62,1±3,9	55,7±7,2

