

Headquarters of Russian Traditional Medicine (for the thirtieth anniversary of the Central Research Institute of Reflexology)
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Among the many methods of traditional Chinese medicine that have passed the test of time for centuries, acupuncture - acupuncture - is the most widespread throughout the world. Acupuncture in European countries has always been surrounded by a certain veil of secrecy, which often accompanies much of what came to the Western world from the East. The mechanism of the curative action of acupuncture, which is quite understandable from the point of view of the postulates of traditional Chinese medicine, has long been a stumbling block for researchers, whose scientific outlook was formed on different principles. At the same time, the effectiveness of acupuncture in a number of diseases was beyond doubt. Individual enthusiasts, groups of doctors and even entire institutions in Austria, Germany, Spain have been actively working on the scientific and practical aspects of acupuncture.

In 1956, at the peak of fraternal friendship between the Soviet and Chinese peoples, three doctors were sent to the People's Republic of China for training in acupuncture - N.N. Osipova (TSOLIUV), E.D. Tykochinskaya (Institute named after V.M. Bekhterev) and M.K. Usova (TSOLIUV). The glorious history of Russian reflexology began from this business trip - this is the name acupuncture has received in our country.

The next year, 1957, on the basis of TSOLIUV of the USSR Ministry of Health, the country's first department of reflexology was opened, headed by M.K. Usova. Following this, courses are organized in a number of medical educational institutions, and then the departments of reflexology. Scientific research on this problem began, and a system of postgraduate training of doctors in reflexology began to be created.

All this, combined with the growing interest of researchers in the scientific problems of reflexology and the increasing number of doctors for whom reflexology has become the main activity, required the centralization and coordination of the forces involved in this process.

Taking this into account, the Council of Ministers of the USSR, by its order of January 28, 1976 No. 166, adopted the proposal of the USSR Ministry of Health and the Moscow City Executive Committee, agreed with the USSR State Committee for Science and Technology on the creation in Moscow of the Central Research Institute of Reflexology of the Main Health Department of the Moscow City Executive Committee, entrusting Ministry of Health of the USSR scientific and methodological guidance of the Institute. By the corresponding order of the USSR Ministry of Health, the Central Research Institute of Reflexology was legally formalized, and on March 4, 1977, in the presence of the USSR Minister of Health B.V. Petrovsky, its grand opening took place.

A famous scientist was appointed director of the Central Research Institute of Reflexology

neurologist professor R.A. Durinyan, Deputy for Science - Professor S.M. Zolnikov, chief physician - S.G. Rudnev, head of the personnel department - V.G. Zhebrakova. The most difficult organizational and economic work fell on their shoulders, starting with solving the issues of selecting scientific and medical personnel, technical personnel, equipping with instruments and equipment, and ending with the renovation of the building.

With the organization of the Central Research Institute of Reflexology, a new stage in the development of domestic reflexotherapy began. The Institute has become a scientific and practical center, combining the activities of the existing scientific departments of the system of postgraduate education, individual scientists-enthusiasts dealing with the problems of reflexology, doctors who use this method in their practice. Methodological guidance and coordination of research work in the field of reflexology made it possible to activate and bring to a new level the study of the theoretical foundations of the method, the development of new principles for the diagnostic and therapeutic use of reflexology in various fields of medicine, the creation of hardware and instrumental support for scientific research in this area.

Since 1977, conferences, meetings, seminars on various aspects of reflexology, including the development of appropriate equipment, have been held almost every year. These events aroused great interest and response from scientists, practitioners, and equipment manufacturers. Suffice it to say that more than 500 specialists took part in the work of the All-Union Conference on Reflexology (October 1981, Chisinau).

It is difficult to overestimate the importance of these meetings for the training and development of reflexology in the country. Their work was attended not only by domestic specialists, but also by leading foreign experts from Greece, Austria, Germany, Finland, Romania, Bulgaria.

On the initiative of the Institute, together with specialists from other institutions of the country, guidelines were developed "Indications and contraindications for the use of reflexotherapy in medical practice" (authors: I.P. Antonov, V.G. Vogralik, V.S. Goidenko, S.M. Zolnikov, N.N. Osipova, A.M. Monaenkov, A.F. Zharkin, D.M. Tabeeva and others), which were in force until February 2007.

In 1978, 255 people already worked at the Institute, including 5 doctors and 42 candidates of sciences, 24 scientific topics were carried out.

The most priority areas of scientific research during the period of the Institute's formation were:

- elucidation of neurophysiological, neurochemical and biochemical mechanisms of action of the acupuncture method;
- study of the features of the structural organization of acupuncture points and noc- and antinociceptive formations of the brain;
- scientific justification, clinical testing and development of diagnostic and therapeutic methods of acupuncture for the purpose of their introduction into the practical health care system.

In these scientific studies, under the guidance of doctors of medical sciences R.A. Durinyan, S.M. Zolnikova, V.F. Markelova, E.M. Krokhina, A.M. Monaenkov, candidates of sciences L.G. Agasarov, G. Ya.

Anischenko, E.O. Bragin, S.A. Bugaev, A.M. Vasilenko, V.A. Vesnina, B.L. Kozlov, V.P. Kokhanov, V.D. Kochetkov, N.N. Osipova, V.V. Parin, T.P. Ponomarenko, S.A. Radzievsky, V.K. Reshetnyak, A.M. Tauluyev, many of whom later defended their doctoral dissertations.

In the first years of the Institute's existence, candidates of sciences R.A. Belitskaya, A.M. Gaidamakina, I. G. Dallakyan, Z. V. Eliseeva, L.B. Krasnova, S.A. Maiskaya, S.I. Malygina, L.N. Meshcherskaya, N.P. Pascar, L.M. Chuvilskaya, G.V. Shatkina and others.

The Institute also opened its doors wide for young talented specialists who are interested in this problem. O.N. Moskovets, E.E. Meizerov, M.L. Kukushkin, G.F. Vasilenko, A.A. Mikhailova, M.N. Melnikova, L. Ya. Poluyanova, Yu.D. Shcheglov, V.G. Dolgikh, N.N. Batueva, V.K. Dmitriev, L.A. Fisenko, N.F. Rzhantsin, I. Yu. Esina, A.V. Blinov, E.V. Lukyanuk and many, many others.

To conduct joint scientific research and familiarize themselves with the organization of reflexology, the specialists of the Institute traveled to many countries of Europe and Asia (Austria, Germany, France, Spain, Romania, India, North Korea, Vietnam, Bulgaria, Mongolia).

In turn, the guests of the Institute were delegations from Germany, England, China, India, Korea, etc.

Agreements were concluded with many medical institutions to conduct joint scientific research. The works of the Institute staff were published in many foreign journals.

Based on the materials of scientific research carried out at the Institute, 9 doctoral and more than 30 candidate dissertations were defended.

The Institute carried out serious scientific research in various areas of reflexology, which brought the national reflexology to the world level. To study the theoretical foundations of various methods of traditional medicine and develop new principles of their therapeutic and diagnostic use, studies were carried out on the state of the neurohumoral and hormonal systems and their role in the mechanisms of the therapeutic action of traditional medicine (R.A. Durinyan, V.K. Reshetnyak).

An essential section of the work was the selection of biochemical tests for an objective assessment of the effectiveness of reflexotherapy (VF Markelova, LB Krasnova, EO Bragin, RA Belitskaya).

Important studies were carried out to study the morphological substrate of acupuncture points of their representations (E.M. Krokhina, L.M. Chuvilskaya, Z.V. Eliseeva). Considering that there were no such studies abroad, the work was awarded the Alfred Pischinger Medal by the European Medical Association for Acupuncture, awarded once a year for the best scientific work on reflexology, published in the journal German Journal of Acupuncture.

This high award was also awarded to E.M. Krokhina, S.M. Zolnikov, L.A. Poluyanova, G.V. Shatkina, V.F. Markelov, which testified to the high scientific level of research carried out at the Institute.

Serious research was carried out in the anesthesiology laboratory

(S.M. Zolnikov, T.P. Ponomarenko, G.V. Shatkina). Based on a large amount of clinical data, schemes of general anesthesia with an electropunctural component were developed, which included reflex analgesia at the stages of anesthesia, which made it possible to normalize the psychoemotional status and hemodynamics in the postoperative period and completely exclude antipsychotics during surgery and in 70% of cases narcotic analgesics. The main advantages of the developed technique were manifested in the early postoperative period. Observations have shown that awakening, restoration of adequate spontaneous breathing and gas exchange, psychoemotional and motor activity in patients receiving reflexotherapy occurs faster than in patients in the control group. Under the leadership of G.V. Shatkina conducted studies on the use of reflexology in obstetrics and gynecology, on preparing a group of high-risk pregnant women for childbirth, for the prevention of complications in childbirth and the treatment of pregnant women with a pathological preliminary period. All this made it possible to reduce the percentage of operative delivery, stillbirth, weakness of labor and the use of obstetric forceps, and also helped to ensure a more favorable course of labor for the mother, fetus and newborn. These studies were recognized by the International Prize and the Alfred Pischinger Medal. weakness of labor and the use of obstetric forceps, and also helped to ensure a more favorable course of labor for the mother, fetus and newborn. These studies were recognized by the International Prize and the Alfred Pischinger Medal. weakness of labor and the use of obstetric forceps, and also helped to ensure a more favorable course of labor for the mother, fetus and newborn. These studies were recognized by the International Prize and the Alfred Pischinger Medal.

According to the results of research carried out in the laboratory of V.K. Reshetnyak, new methods of reflex analgesia were introduced into clinical practice. Electrostimulators (EPB-60-01, Neuron 01, Neuron 02) were developed and introduced into serial production; 8 copyright certificates were obtained for these methods of treatment and devices. The Neuron 01 device received a gold medal at VDNKh. The head of the laboratory, Professor V.K. Reshetnyak was awarded the title "Inventor of the USSR" for the introduction of these devices. Laboratory staff E.E. Meizerov, M.L. Kukushkin and V.G. Dolgikh became laureates of the Lenin Komsomol Prize.

In the laboratory headed by E.E. Meyzerov, studies were carried out to study the reflex effects of acupuncture and its modern modifications. These studies, carried out jointly with V.K. Reshetnyak, M.L. Kukushkin, B.T. Chuvina and others, made it possible to expand and concretize scientific ideas about the features of afferent conduction in the systems of the human brain under conditions of nociception and reflex analgesia.

A polyclinic department was created at the Institute, where experienced specialists N.N. Osipova, G.S. Kozina, E.G. Erygina, V.A. Polunin, A.A. Chitakhyan and others. The doctors were trained in reflexology at the workplace (NN Osipova, TP Ponomarenko, GV Shatkina). The polyclinic organized regular refresher courses for reflexology therapists of medical institutions in Moscow and the Moscow region.

After the death of the first director of the Central Research Institute of Reflexology R.A. Durinyan Institute for a short time was headed by A.I. Nechushkin and E.O. Bragin, who also made a great contribution to its development.

Today, we can say with confidence that the high medical status and international authority that the domestic

reflexology, it owes a lot to the Central Research Institute of Reflexology.

Since the late 70s, in addition to acupuncture, manual therapy, herbal medicine, and homeopathy have been increasingly used in medical practice. The middle and end of the 80s are already characterized by a general enthusiasm and spontaneous development of traditional medicine, which, unfortunately, often took

perverted forms of uncontrolled folk healing, the forcible introduction of unadapted health-improving systems, the use of means and methods that were not allowed for use in the manner prescribed by law. Taking advantage of the infinitely wide open legal gateways, a large number of "specialists" in manual therapy, homeopathy, herbal medicine, who did not have a medical education, appeared.

The Ministry of Health of the USSR, and subsequently the Ministry of Health of Russia, having timely caught the emerging trends, over the course of several years, carried out a number of organizational measures that allowed, to a certain extent, to restore control over the situation in traditional medicine. In 1991, on the basis of the Central Research Institute of Reflexology, the Research Institute of Traditional Methods of Treatment was established. Professor, now Academician of the Russian Academy of Medical Sciences V.G. Kukes. The Institute has replenished with a young energetic staff of phytotherapists, pharmacognosts, manual therapists, specialists in the field of bioenergy information science. Soon, a section of traditional medicine was organized as part of the Academic Council of the Ministry of Health of Russia. At the initiative of the Research Institute of Traditional Methods of Treatment under the auspices of the Ministry of Health of Russia, congresses and scientific and practical conferences on the problems of traditional medicine began to be held. A licensing system for traditional medical activities was developed and introduced into practice, which made it possible to put a barrier to "doctors" who did not have a medical education. In 1995, the Russian Ministry of Health officially approved the use of the homeopathic method of treatment in practical health care. In 1997, the following specialties were introduced into the nomenclature of medical and pharmacist specialties: reflexology and manual therapy. During this period, the scientists of the Institute carried out a large amount of scientific research on reflexology, herbal medicine, the combined use of traditional medicine methods. A licensing system for traditional medical activities was developed and introduced into practice, which made it possible to put a barrier to "doctors" who did not have a medical education. In 1995, the Russian Ministry of Health officially approved the use of the homeopathic method of treatment in practical health care. In 1997, the following specialties were introduced into the nomenclature of medical and pharmacist specialties: reflexology and manual therapy. During this period, the scientists of the Institute carried out a large amount of scientific research on reflexology, herbal medicine, the combined use of traditional medicine methods. A licensing system for traditional medical activities was developed and introduced into practice, which made it possible to put a barrier to "doctors" who did not have a medical education. In 1995, the Russian Ministry of Health officially approved the use of the homeopathic method of treatment in practical health care. In 1997, the following specialties were introduced into the nomenclature of medical and pharmacist specialties: reflexology and manual therapy. During this period, the scientists of the Institute carried out a large amount of scientific research on reflexology, herbal medicine, the combined use of traditional medicine methods. In 1997, the following specialties were introduced into the nomenclature of medical and pharmacist specialties: reflexology and manual therapy. During this period, the scientists of the Institute carried out a large amount of scientific research on reflexology, herbal medicine, the combined use of traditional medicine methods. In 1997, the following specialties were introduced into the nomenclature of medical and pharmacist specialties: reflexology and manual therapy. During this period, the scientists of the Institute carried out a large amount of scientific research on reflexology, herbal medicine, the combined use of traditional medicine methods.

In 1999, the Research Institute of Traditional Methods of Treatment of the Ministry of Health of the Russian Federation was reorganized into the Scientific and Practical Center for Traditional Medicine and Homeopathy. Doctor of Pharmaceutical Sciences, Professor T.L. Kiseleva. It should be said that from the first days of its activity, the Center found itself in a very difficult situation, connected, first of all, with the lack of its own premises, unstable funding. In these difficult conditions, the Center withstood, moreover, even intensified scientific activities in traditional medicine. Over the course of two years, a number of important methodological documents were prepared and approved in the prescribed manner, which significantly expanded the arsenal of traditional means and methods; the Sectoral Program for the Development of Traditional Medicine in the country for the period

from 2001 to 2005. More than 40 research and educational medical institutions and organizations expressed their desire to cooperate with the Center for the implementation of this program. On the initiative and with the direct participation of the Center, a very representative scientific and practical conference on topical problems of traditional medicine in the city of Elista, the All-Russian homeopathic congress in the city of Novosibirsk were held. The main distinguishing feature of these events, according to the feedback from the participants, was their high scientific level, which is undoubtedly the merit of the Center's staff who have done a great deal of preparatory work.

All these years, the development of traditional medicine has been under the close scrutiny of the Ministry of Health of the Russian Federation. In January 2001, a decision was made to significantly expand the functions of the Center, giving it the federal status of the leading scientific institution on the problems of traditional medicine, in connection with which the Center was transformed into the Federal Scientific Clinical and Experimental Center for Traditional Methods of Diagnostics and Treatment of the Ministry of Health of Russia.

The main tasks of the Center were determined:

- organization and conduct of scientific research in the field of traditional methods of diagnosis and treatment;
- development and creation of a system for providing medical care to the population traditional methods of diagnosis and treatment;
- training and retraining of personnel, coordination of educational activities in the field of traditional methods of diagnosis and treatment;
- development of scientifically based approaches and organizational and methodological ensuring the licensing process for traditional medical activities;
- development and production of medical equipment and technical devices used for diagnosis and treatment by traditional methods;
- development and production of natural medicines origin, including homeopathic;
- development and implementation of standardization in the field of traditional methods diagnosis and treatment;

The structure of the Center has changed, which currently includes the Institute of Reflexology, the Institute of Homeopathy and Naturotherapy, the Institute for Advanced Training of Specialists in Traditional Medicine, the Problem Laboratory for Scientific Substantiation of Traditional Diagnostics and Treatment Methods, the Polyclinic and other departments. The staff list of the Center includes 262 positions, including 140 scientific workers. The Center employs 12 doctors of sciences, more than 20 candidates of sciences.

Over the past five years, the Center has continued active and productive scientific activities.

The main areas of research during this period were:

I. Development and improvement of organizational foundations, regulatory, information, analytical and educational base that regulates the implementation of medical and pharmaceutical activities in the field of traditional medicine on the territory of the Russian Federation;

II. Study, development (and improvement) and implementation in practical healthcare methods of traditional medicine for diagnostics and therapy of pathological conditions and medical rehabilitation by methods of reflexology and traditional diagnostics; manual therapy and diagnostics; naturotherapy (phytotherapy, hirudotherapy, apitherapy); homeopathy; bioresonance therapy; traditional health systems;

III. Research on the study of the domestic raw material base for production of homeopathic medicines and the development of new and revision of existing regulatory documents for medicinal herbal raw materials, homeopathic medicines and preparations of natural origin.

IV. The main focus was on the implementation of the Industry programs for the development of traditional medicine in the country. Despite great organizational and financial difficulties, the Program as a whole was implemented.

Over the five years, the staff of the Center have developed and approved in various instances 28 normative documents, in particular, giving life to such types of traditional medicine as osteopathy and information-wave therapy, new methods of traditional diagnostics, etc. Received 12 patents for inventions. 25 monographs on pressing problems of traditional medicine, 7 textbooks and teaching aids, 11 reference books and reference manuals have been published. More than 300 scientific articles and abstracts have been published in domestic medical scientific journals and collections.

On the initiative and with the active participation of the Center staff, a number of scientific conferences, symposia, and seminars have been held. The Center is one of the publishers of the Traditional Medicine magazine.

On the eve of the anniversary, I would like to cordially congratulate all the specialists who worked at the Central Research Institute of Reflexology, Research Institute of Traditional Treatment Methods, SPC of Traditional Medicine and Homeopathy and the Federal Scientific Clinical and Experimental Center for Traditional Methods of Diagnostics and Treatment with this event and express a common opinion about what name Our institution was not worn, it has always been the forward headquarters for the development of first reflexology, and then of all traditional medicine in the country, and it has always solved the tasks set before it with full responsibility and consciousness of its pioneering mission to form the most promising and necessary direction of modern medicine for people.

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