

The system of postgraduate training of doctors in acupuncture in Russia

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In order to avoid terminological ambiguity and, accordingly, confusion, it should be noted: chen-chiu therapy, acupuncture, reflexology are almost synonymous. In our country, reflexology is a part of the big concept of "reflexology" (Yavorsky, 1912), which is based on the action of various physical and chemical factors (needles, pressure, massage, heat, cold, electric current, ultrasound, ultraviolet rays, laser beam, drug administration, etc., etc.). In other words, acupuncture points (xue) are the site of application of irritation by various physicochemical factors that cause a response from the body, that is, a reflex.

The origins of Soviet, Russian chen-chiu therapy go back to the People's Republic of China. The first adherents of Chinese traditional medicine and, in particular, acupuncture, studied in China, and only later they themselves began to teach our domestic doctors. The most honorable pioneers are V.G. Vogralik and I.I. Rusetsky, who, after their return from the Middle State (1956), developed a vigorous activity in the development and study of Chinese acupuncture. A second wave of Soviet specialists was targeted at the Zhen-chiu Therapy Institute of the Academy of Traditional Chinese Medicine in 1957.

Among them were N.N. Osipova, E. D. Tykochinskaya, M.K. Usova. All of the abovementioned colleagues have been trained in the PRC in the basics of Chinese medicine and acupuncture. The most important role was played by the director of the Institute of Chen-Chiu Therapy, Professor Zhu Lian, whose monograph "Modern Chen-Chiu Therapy", translated into Russian, became the main textbook. The third echelon of those sent from the USSR to China for a more complete, thorough study of traditional Chinese medicine for a period of 5 years (1957-1961) were students of medical institutes. Among them, who played a certain role in the development of reflexology in our country, were L.M. Klimenko, L.V. Kolesnikova, S.A. Morokhov and A.T. Kachan is the author of this opus.

Our first and foremost teacher is Cheng Sinnong, Zhen-chiu Therapy Elder of the Academy of Traditional Chinese Medicine; did not ignore the Soviet students and Professor Zhu Lian, with whom we were also fortunate enough to gain wisdom.

At the initial stage of training doctors for the USSR, a large amount of work was done by V.G. Vogralikom (Gorky - now Nizhny Novgorod), I.I. Rusetsky (Kazan), M.K. Usova (Moscow) and E.D. Tykochinskaya (Leningrad). The first two adhered to traditional concepts of acupuncture; the second - the student of Zhu Lian - neuroreflex positions of the "new chen-chiu therapy".

Thanks to the efforts of the above-listed enthusiasts, a significant number of acupuncturists were trained in a short period of time (in particular, in Leningrad - more than 200). The training was carried out in the form of a working secondment, most often for a period of 1 month or a little more. We must pay tribute to the teachers and their students, who have mastered acupuncture in such a short time and have successfully applied it, and some are still working. Naturally, these doctors were further engaged in self-improvement and improvement.

A more thorough, systematic training of specialists in acupuncture, under the auspices of the Ministry of Health of the USSR in the largest institutes of improvement was organized in the early 70s of the XIX century. So in 1971, an associate professor's course in acupuncture was officially opened at the Department of Nervous Diseases of the Central Institute for Advanced Medical Studies (Moscow) under the leadership of M.K. Usova.

In 1976, the question arose about the development of a unified program of postgraduate training of medical doctors in acupuncture. The Ministry of Health of the USSR, together with the Moscow Institute for Advanced Training of Physicians, created an expert commission, which included the director of the Central Research Institute, a physiologist, Professor R.A. Durinyan, representatives of the methodological council and prominent specialists in chen-jiu therapy of our country. The work took place in an intensive mode. The amount of information on anatomy and topographic anatomy, normal and pathological physiology turned out to be difficult. The overall improvement cycle at that time was limited to 288 hours. The stumbling block was information on the basic theoretical concepts of traditional Chinese medicine (yin-yang, wu-hsing, body-meridian channels, etc.). A heated discussion flared up around this problem: some believed that all this was the inventions of the ancient scholastics, anachronisms; others adhered to the following position set forth by V.G. Wogralik in his monograph: "The study of Chinese national medicine shows that it is deeply original. But this originality is based not on an idle invention of an abstract mind, but on a huge centuries-old folk experience. Many of its provisions have now been sufficiently analyzed from the standpoint of modern medicine, are understandable and in tune with our views. Other provisions so far can only be interpreted presumably, they need further scientific analysis. Finally, the third still defy explanation at all. However, until they are specifically and thoroughly investigated, they must be treated with great caution. One cannot judge by first impression, one cannot judge without taking the trouble to study the issue deeply. It is easy to reject, to penetrate into the essence of the matter is much more difficult." (VG Wogralik. Fundamentals of the Chinese therapeutic method chen-tszyu. Gorky book publishing house, 1961. - p. 6.).

It should be said: the latter position nevertheless prevailed, and the theoretical concepts of traditional medicine of the Middle State were included in the curriculum, and sufficient time was allotted to their presentation.

Of great benefit in the formation of a unified program for

The training of domestic reflexologists was provided by diaries, notes, notes and translations, textbooks that everyone who studied in the PRC and took part in the work of the expert commission had.

It should also be noted that in the future, once every 2-3 years, the unified program was revised, specified, transformed, and improved. It was especially pleasant when, during a visit to the Beijing Scientific Research Institute of Chinese Traditional Medicine, the rector of the Leningrad Institute of Advanced Medical Studies, prof. S.A. Simbirtsev and the author of these terms, it turned out that our program for training doctors in Zhen-Chiu therapy practically coincides with the program for training foreign doctors at courses at the Training Center in Beijing. The latter testifies, from our point of view, to the seriousness of our expert commission's approach to the case.

In connection with the separation of reflexology into an independent medical specialty (order of the Ministry of Health of the Russian Federation No. 364 of December 10, 1997) in 1998 the program was revised again and in May it was approved by the Ministry.

The unified program is based on a cycle of professional retraining, which enrolls doctors who graduated from a higher medical educational institution with the stamp "General Medicine" or "Pediatrics". The term of study is 504 hours (3.5 months) with a break from work.

Cycle content

I. Organizational issues and legislative acts. General medical aspects (psychology, ethics, deontology, asepsis and antiseptics).

II. Reflexology basics (history of chen-jiu therapy; basic traditional concepts of Chinese medicine; modern ideas about the mechanisms of acupuncture, anatomical and topographic location of acupuncture points - xue and indications for their use; modern scientific interpretation of the essence of xue; rules for combining acupuncture points in accordance with the traditional theories of zhen-chiu therapy, as well as modern approaches to the choice of points of influence; technique and methods of acupuncture; heating technique and methods - tszyu).

III. Exposure of acupuncture points to other physical factors (press, electric current, magnetic fields, pharmacopuncture, etc.).

IV. Puncture diagnostics (E. Nakatani, K. Akabane, ECIWO, etc.).

V. Microacupuncture systems (scalp acupuncture, facioacupuncture, brush-foot acupuncture, etc.).

Vi. Clinical section

Indications and contraindications. The principles of using acupuncture for various diseases (within the indications): internal diseases; pediatric pathology; diseases of the central and peripheral nervous system; borderline states (neuroses, neurosis-like states); pathology of the genitourinary system; in otorhinolaryngology; in ophthalmology; in dermatology; alcoholism; smoking and substance abuse; in dentistry; allergology; obstetrics and gynecology.

This is followed by blocks in the form of a thematic improvement, mainly with a duration of 1 month. 144 hours. Thematic improvement is carried out in the main specialties: therapy, neurology, pediatrics. On all cycles, the ratio of theory and practice is 1/3, i.e. great importance is attached to practical skills. At the end of the cycle - an exam in the form of test items.

In a special place is the so-called certification cycle or the cycle of preparation for the exam for the certificate of a specialist in reflexology. Its content is a repetition of the basics of acupuncture and the development of practical skills. Duration - 1 month, 144 hours. After passing the exam and obtaining the certificate, the doctor can obtain a license to practice. In conclusion, I would like to emphasize that the above state system of training doctors in the field of acupuncture has no analogues in Europe, North and South America, Israel, and the Middle East.

We offer our deepest gratitude to all our teachers in China, and the author of these lines to his beloved Master Cheng Sinnun.

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