

Proven schemes for the use of light-acupuncture therapy
in clinical practice using the device "MINI-EXPERT-CT"

L.V. Chernetsova

(GOU VPO "Izhevsk State Medical Academy", Izhevsk,
Russia)

Today color therapy occupies an important place among other methods of alternative medicine. In parallel with the identification of the healing properties of the color scale, the very nature of color is being investigated.

It has been scientifically proven that, due to their electromagnetic nature, colors affect not only the receptors in the iris of the eye, but also penetrate the skin. The human body perceives each color as a set of electromagnetic waves of a certain length, which causes resonance in cells and excitation of nerve endings that transmit information to the brain. By measuring the electrical potential of various human organs, it has been established that each of them "works" at a certain electromagnetic frequency, which coincides with the frequency of the spectrum of a particular color, which can cause certain changes in the vital activity of organs and systems. It is on this property of the color flow that modern methods of color treatment are based, and the results of the studies obtained formed the basis for the practical development of equipment and methods of color therapy for many diseases.

Research results and discussion of our own observations

The purpose of our study was to substantiate and efficacy of the recommended color therapy schemes in families with children with mental retardation.

The research was carried out among children and parents of the "Republican Center for In-depth Study of Children's Health" in Izhevsk. A total of 47 people were examined at the age of 5–60 years. The selection of options for color light therapy was carried out on the basis of a comprehensive interview and dynamic observation by specialists of the center (neuropsychiatrist, psychologist, pediatrician and therapist).

The selection of programs for drawing up color therapy algorithms was carried out using the methodological literature for the device "MINI-EXPERT-CT" (guidelines, color light therapy, Part III, "IMEDIS") and the book by F. Panyment "Color puncture for children and adults." - SPb., 2008.

Basic "Endocrine therapy"

Indications

For all symptoms indicative of disorders of the autonomic nervous system: headache, anxiety, cold hands and feet, excessive sweating, menstrual irregularities and pain.

Localization

1 t. - eyebrow point Yin Tang (Ying Tang).

2 tons - the central point in the middle of the upper edge of the pubic bone (the central point of the Kundalini line).

3-4 t. - 2 tsunya outward from the central point of the Kundalini line.

Therapy scheme

Point 1 - Blue, points 2-4 - Orange.

The irradiation time of each point is from 30 sec. up to 1 min.

Note. For menstrual irregularities, use Orange, for menstrual pains - Blue.

Pineal gland therapy

Indications

This combination is very effective for menopausal complaints, and is also the main one for occipital and urogenital migraines.

Localization

1-2 - AP point Mp 31.

Therapy scheme

Irradiate with complementary Red / Green. In this case, the pain point is irradiated by the Greens.

Basic "Toxic therapy"

I. Lymphatic therapy 1

Indications

In all cases of disorders or infections accompanied by headaches, such as colds, tonsillitis, sinusitis, etc. The purpose of the combination is to increase the circulation of lymph in the head area, stagnation, which can lead to upper respiratory tract disease.

Localization (zone Lymph 1)

1-2 tons - at the edge of the clavicle, where the tendon of the sternocleidomastoid muscle begins.

3 tons - in the area of the jugular notch.

Therapy scheme

Points 1, 2, 3 - Yellow.

II. Lymphatic therapy 2

Indications

Relieves lymphatic stasis, therefore it is indicated for all diseases of the respiratory system (tracheitis, bronchitis, pneumonia, etc.).

Localization (Lymph zone 2)

1-2 t. - exactly in the middle of the clavicle under the edge of the bone in the subclavian fossa. 3 tons - in the middle of the body, the sternum, at the level of the 3rd intercostal space.

Therapy scheme

Points 1-2 - Yellow, point 3 - Purple for 30 sec. - 1 minute. for each point.

III. Lymphatic therapy 3 (therapy of the aggressive abdominal zone)

Indications

Recommended for diseases of the abdominal cavity and lower extremities, as it stimulates lymph drainage. It often helps with intestinal colic in children, as well as with all intestinal diseases.

Localization (zone Lymph 3)

On the diagonals drawn through the navel, 2 cuns up and down and 2 cuns to the left and right of the median line.

Therapy scheme

All three points are irradiated with Green for 30 seconds. - 1 minute. to the point.

IV. Areas of the frontal sinuses on the foot

Indications

Lymphatic therapy.

Localization

The zones are located at the tips of the toes.

Therapy scheme

For the therapy of lymphatic drainage, Yellow is used. The effect is enhanced if you apply a different color to each finger:

1 - Orange

2 - Red

3 - Turquoise

4 - Yellow

5 - Blue

Areas are irradiated on the left and right feet.

SCHEME of color therapy for all types of herbs, insomnia in children and infants, behavioral disorders, nightmares, nervous tics, fear

The programs of the complex "Anti-traumatic therapy", "Children's therapy.

I. Program "Anti-traumatic therapy"

Indications

This therapy dispels deep-seated fears and soothes.

Many of the disorders that make our life difficult are caused by trauma suffered by the child during the prenatal stage of development. It is especially necessary for those mothers who often feel guilty when they talk about trauma during pregnancy. The fact is that the relationship with the child during pregnancy depends not only on the mother, but also on the mental qualities of the unborn child that have already developed to some extent.

Lighting points P 1, IT, GS 20, GS 19 should be used when a mental disorder has arisen recently and is associated with vaguely expressed fear.

Three points on the head (IT, GS 20, GS 19) are in direct connection with the general state of the psyche, where the purple color used in the treatment serves for deep tranquility.

Red light illumination of points P 1 on the feet strengthens the kidney meridian, the weakening of which indirectly causes a feeling of fear. Therapy helps to either completely banish or reduce childhood fears. Reflex zones of the foot associated with the spine, starting with a large

finger, represent the period of pregnancy, where each vertebra corresponds to one week.

The goal of therapy is to "cleans" the child's body from the consequences of injuries sustained during this period.

This therapy is indicated for children with various motor disorders (nervous tics, laryngeal sounds, sudden attacks of coughing), primarily for boys between the ages of eight and twelve.

This therapy is also very useful as a prophylaxis, for example, before surgery or before hospitalization, including for disabled children or patients with congenital malignancies - often the operation, which was so feared, is very calm.

This therapy is indicated for everyone because it has a very deep relaxing effect.

EFFICIENCY: after three treatments once a week, 56% of children recovered completely, and 38% improved so much that their parents could wake up refreshed in the morning.

Localization

1 t. - AP point Kidney 1. This point is on the sole of the foot, where the midline crosses the crease, which becomes visible if the foot is bent down.

2 tons - brow point Yin Tang (Ying Tang).

3 t. - AP point Zsr 20; at the highest point of the skull.

4 t. - AP point Zsr 19; 1 cun below and posteriorly along the posterior midline.

Therapy scheme

Point 1 - Red, points 2-4 - Purple, 30 sec. for each point. It is advisable to carry out therapy every evening. With minor violations, therapy is sufficient once a week.

Then the program "CHILDREN'S THERAPY" is carried out

The procedure begins at lines 1 on the inside of the foot. This line runs from the base of the big toe and rises smoothly to the highest part of the foot, which is under the ankle, and drops to the middle of the heel at the back.

The color is purple.

Duration - 90 seconds

Subsequence: slowly pass the violet beam first along the line of the left foot from the big toe to the heel and vice versa, then in the same way along the right foot.

Line 2 stretches from the base of the third toe nail to the heel. Orange color.

Duration is 90 seconds.

The procedure is carried out in the same way as described for line 1.

Line 3 runs along the outside of the foot, starting from the base of the little toe nail, going up to the ankle and down to the middle of the heel at the back.

Yellow color.

Duration is 90 seconds. This procedure, like others, begins on the left leg and ends on the right.

II. "Father-mother" crosses

Indications

In order to eliminate the consequences of childhood psychological trauma caused by parents.

Localization

The navel represents the feminine, maternal principle. The area of the thyroid gland is paternal, masculine.

Red is masculine and green is feminine. The points on the rays of the cross are 6–10 mm from the center.

Therapy scheme

Father's cross - 5 points of the cross are irradiated in the center sequence, then points on the rays, starting from the top, counterclockwise.

Mother's cross - in a similar way, but clockwise.

To eliminate excessively strong paternal engrams, it is necessary to treat the area of the thyroid gland with complementary Greens, i.e. the area of the paternal aspect.

SCHEME of color therapy for psycho-emotional disorders

Indications

For fatigue, insomnia or depression.

Localization

Eyebrow AP point Yin-Tang (Ying-Tang).

Therapy scheme

Irradiate with red for 30 seconds.

Note. This is the facial point corresponding to the pineal gland.

II. Morning fatigue

Indications

Effective therapy for extreme tiredness, fatigue, feeling of weakness.

A history of circulatory disorders or arterial hypotension.

Localization

The point of action is the first point of the limbic system. It is located 1 cun above the Ying Tang point.

Therapy scheme

Irradiate the point with Orange for 1 minute for several days.

III. Reduced energy reserves

Indications

To restore energy reserves to overcome fatigue, weakness and loss of strength.

Localization

1-3 t. - the width of the palm from point 2.

2 t. - AP point Zsr 1, between the blades in the center.

4 t. - AP point Zsr 13, at the apex of the 7th cervical vertebra.

5 tons - between the spinous process of the 5th lumbar vertebra and the sacrum (L5-

S1).

Therapy scheme

Points 1, 2, 3 get Red. Points 4, 5 - Orange.

Irradiate in the order of numbering of points from 30 sec. up to 12 min. to the point.

IV. Cross of life

Indications

Effective for fatigue, lethargy, mild depression. This combination is effective at all stages of recovery.

Localization

Center - at the level of the axillary folds on the posterior midline. The remaining 4 points are 1 cun from the center of the cross.

Therapy scheme

All 5 points are irradiated with Red for 1 minute in the order: center, then upper, right, lower, left points (clockwise).

V. Treatment of weakness and impotence

Indications

Weakness and loss of energy, impotence and frigidity, accompanied by a general loss of strength or circulatory disturbances.

Localization

The Kundalini line runs horizontally along the upper edge of the pubic bone.

2 tons - at the intersection of the anterior median line and the Kundalini line.

1, 3 tons - spaced from point 2 by two tsunya to the left and to the right.

Therapy scheme

Irradiate each point with Orange for 1 min.

Note. The irradiation of the points of the Kundalini line causes the body to be energized from the Kundalini center and gives the effect of revitalization.

Vi. Emotional Overload Treatment

Indications

Fatigue caused by emotional overload.

Localization

The vertical line runs from the groin crease to the knee in the middle of the thigh, and the horizontal line crosses it perpendicularly in the middle.

Therapy scheme

In the evening before going to bed, they are irradiated with Turquoise for 30 seconds. every line.

Note. The combination is called Icebreaker or Turquoise Cross.

The Icebreaker therapy contributes to the inner emancipation of a person.

Vii. Basic "degenerative" therapy

Indications

Chronic stress.

Localization (degenerative zone 1)

1 t. - on the posterior midline at the entrance to the sacral canal.

2-3 t. - 3 tsunya outward to the left and right of the back midline in

the area of the first sacroiliac joint.

Therapy scheme

All three points are irradiated with Red for 30 sec. - 1 minute. to the point.

Localization (degenerative zone 2)

1, 2 t. - at the base of the triangle - located at a distance of width two fingers from the midline or four fingers width from the navel towards the pubic bone.

3 t. - at the apex of the triangles - located on the midline, three fingers wide from the pubic bone.

Therapy scheme

Impact on points 1, 2, 3 - in red, duration at least - 30 seconds; maximum - 1 minute.

Management 5 program

Indications

For all functional metabolic disorders. The combination of three points is very effective across the cerebral hemispheres.

Localization

1 t. - AP point SP 4 (Spleen / Pancreas 4). Located on the inside of the foot between the metatarsal and sphenoid bones.

2 tons - AP point SP 6. Located 4 tsunya above the top of the inner ankle at the posterior edge of the tibia.

3 t. - AP point Pe 8 (Liver 8). On the back inner side in the crevice of the knee joint, close behind the tendon Musculus satorius.

Therapy scheme

Point 1 - complementary Red / Green, where the pain point is irradiated with Green.

Point 2 - complementary Blue / Orange, where Blue is for the pain point.

Dream zone

Indications

Regular exposure to this area every evening before going to bed after a while causes dreams of a sensual nature. The effect is always hypnotic, the quality of sleep improves.

Localization

An ellipse bounded by the edges of the shoulder blades and centered exactly between the shoulder blades. The vertical borders of the ellipse are 2 cuns up and down from the center.

Therapy scheme

The contour of the ellipse is irradiated with Orange.

SCHEME of color therapy for allergic diseases (bronchial asthma, atopic dermatitis, eczema)

The complexes "Coordination therapy 1", "Aggressive zone of the abdomen", "Immune zone", "Renal poles" are consistently carried out.

"Coordination therapy 1"

Localization

1 t. - on the navel.

2 tons - in the center of the upper edge of the pubic bone. 3 tons - on the spine exactly opposite the navel. 4

tons - in the jugular notch.

5 tons - on the 7th vertebra.

6 tons - in the fossa at the base of the skull from behind.

Therapy scheme

Points for 30 sec. irradiated with flowers:

1 - Green, 2 - Orange, 3 - Purple, 4 - Yellow, 5 - Red, 6 - Blue.

Note. This therapy is recommended in the morning.

"Aggressive abdominal zone"

Localization

The points are two fingers wide, starting diagonally from the navel.

Therapy scheme

Green color.

Duration - 30 seconds each. Frequency - every day.

"Immune zone"

Localization

1 t. - on the midline of the thigh, in the middle between point 2 and the gluteal fold.

2 tons - in the popliteal cavity.

3 tons - at a distance of four fingers width down from point 2.

Therapy scheme

The color is red. The duration is 30 seconds.

First, the procedure is performed on the left, then on the right lower extremity. Frequency once a day.

"Renal poles"

Localization

They are located where the lower ribs are adjacent to the spine on the right and left.

Therapy scheme

Color - red, duration - 60 seconds. The left point is illuminated first, then the right one.

Note. according to indications supplement the complex "Children's program".

SCHEME of color therapy to strengthen the immune system

Localization

AP point Gallbladder 25, located on the lateral surface of the abdomen at the lower edge of the free end of the 12th rib. It is also the AP anxiety point of the kidney.

Therapy scheme

Irradiate for 1 min. complementary Red / Green, where Green is for the pain side.

SCHEME of color therapy for colic in infants, recurrent abdominal pain, poor appetite

The following programs are applied sequentially: "Coordination therapy 1", "Aggressive abdominal zone", "Gastric rhombus".

I. With poor appetite and anorexia

Localization

1-6 t. - correspond coordination therapy complex 1.

7 tons - AP point Kidney 1 on the foot, on the plantar surface of the foot, between the II and III metatarsal bones, on the border of the anterior third and the posterior two-thirds of the sole in the depression formed when the toes are bent.

Therapy scheme

1. The therapy "Coordination therapy 1" is carried out with the usual set colors of this complex: 1 - Green, 2 - Orange, 3 - Purple, 4 - Yellow, 5 - Red,

6 - Blue. 30 sec. for each point.

2. Irradiated with red for 30 sec. point 7 on the foot.

II. For abdominal pain "from excitement"

Therapy scheme

1. Therapy is being carried out "Coordination therapy 1" with the usual set colors of this complex: 1 - Green, 2 - Orange, 3 - Purple, 4 - Yellow, 5 - Red, 6 - Blue. 30 seconds for each point, then

Complex "Gastric rhombus"

Localization

1 t. - on the lower edge of the sternum. 3

tons - on the upper edge of the navel.

Points 2 and 4 are at the vertices of isosceles triangles, the base of which connects points 1 and 3.

Therapy scheme

The color is blue. Duration - 30 seconds per point.

III. With colic in the abdomen

The therapy "Coordination therapy 1", "Gastric rhombus", "Aggressive zone of the abdomen" is consistently carried out.

Aggressive abdominal zone therapy

Localization

Three points, two fingers wide, starting diagonally from the navel.

Therapy scheme

Green color. Duration - 30 seconds per point. The frequency of exposure is every day.

SCHEME of color therapy for enuresis, encopresis, constipation

Localization

1-6 t. - points that make up complex "Coordination therapy 1".

7-9 tons - points that make up the combination "Aggressive abdominal zone".

10-11 tons - "Points of powerlessness", located on the back of the lower leg 4 tsun above the top of the heel.

Therapy scheme

1. First, the complex is carried out "Coordination Therapy I", wherein 6 points are irradiated with the usual distribution of colors: 1 - Green, 2 - Orange, 3 - Purple, 4 - Yellow, 5 - Red, 6 - Blue. 30 sec. for each point.

2. 3 points of the complex "Aggressive zone of the abdomen" are irradiated with Green color for 30 sec. for each point.

3. Both "Points of Powerlessness" are irradiated with Red for 30 sec. to the point.

SCHEME of color therapy for attention disorders - "School disorders"

The programs "Coordination therapy 1", "Gastric rhombus", "Neurasthenia line", "Spleen - pancreas 2", "Spleen - pancreas 3" are used sequentially.

Neurasthenia line

Indications

1. Fear, fear, severe anxiety

2. To align the patient's emotional reactions after the session color puncture.

Localization

The neurasthenia line runs 1 cun above the eyebrows, the ends of the line are located on vertical lines drawn through the middle of the pupils.

Note. The two border points of the neurasthenia line correspond to the hypothalamus. Useful for neurovegetative complaints, the color is complementary Blue / Orange, the pain point is irradiated with Blue.

Therapy scheme

Draw a line of neurasthenia in Violet for 1-2 minutes from 2 to 5 times.

The Spleen - Pancreas 2 and Spleen - pancreas 3 "

Localization

These are two points of the "spleen - pancreas" meridian, which are located at the base of the thumb ("spleen - pancreas 2") and at a distance of two fingers' width towards the heel ("spleen - pancreas 3").

Therapy scheme

Yellow color. Duration - 60 seconds per point.

SCHEMES of color therapy for some acute conditions

Heartache

Indications

Feeling of heaviness, pressure in the chest and compressive pain in the heart. Infrared therapy provides emergency assistance in case of complaints of chest pain, especially in the heart.

Localization

Between the superior and outer edge of the iliac crest.

Therapy scheme

IR irradiation for 15-30 sec. to the point, first the left, then the right point is irradiated.

Anesthetic infrared therapy

Indications

Regardless of which sectors a person has pains in, all six points of the combination are used for IR treatment.

Localization

6 points in the forehead are located above the eyebrows at the intersection with the three lines of the germ layer. The outer points refer to the back of the head, the middle points to the back / abdomen / chest, and the two inner points correspond to the bones of the pelvis and lower limbs.

Therapy scheme

The duration of the irradiation with infrared light is approximately 20 seconds. for each point. Treatment is started from internal points - first on the left, then on the right, then the middle on the left, etc.

Cold

Indications

A very simple and effective treatment that can be combined with conventional therapy for infectious diseases.

Localization

AP point Large intestine 4 (He-Gu); located in the interval between 1 and 2 metacarpal bones, closer to the radial edge of the middle of the 2 metacarpal bones.

Therapy scheme

Irradiate Red for 30 sec. Treatment should be carried out at the first sign of a cold and, if necessary, repeated several times a day.

Heat

Indications

The therapy helps to reduce the temperature and relieve the state of fatigue before the application of the main measures of treatment of the disease.

Localization

AP point Large intestine 4 (He-Gu); located in the interval between the 1st and 2nd metacarpal bones, closer to the radial edge of the middle of the 2nd metacarpal bone.

Therapy scheme

Irradiate in Blue for 30 sec.

"Red ellipse"

Indications

- a) Main indication. "Hacking" blockades, when the relationship between the patient's condition and symptoms is not manifested.
- b) Private testimony. The initial stage of influenza infection.

Localization

The center of the ellipse is at the point of intersection of the back median line and the line connecting the AP point Mn 23.

The vertical boundaries of the ellipse are 1.5–2 cuns up and down from the center. Horizontal - 3-4 tsun to the sides from the center.

Therapy scheme

1. Slowly outline the outline of the ellipse for 1 minute with Red color counterclockwise.
2. Slowly outline the outline of the ellipse for 1 minute with Red color clockwise.
3. To point-irradiate the center of the ellipse with Red for 30 sec.
4. Pointwise irradiate the boundary points of the ellipse for 30 sec. In red, starting from the top.

Diarrhea

Indications

Fast and easy therapy to stop diarrhea or bowel upset.

Localization

Point on the hand - AP point Large intestine 4 (He-Gu); located in the interval between the 1st and 2nd metacarpal bones, closer to the radial edge of the middle of the 2nd metacarpal bone.

1-3 t. - on the diagonals drawn through the navel, 2 tsun up and down and 2 tsun to the left and right of the median line "Aggressive zone of the abdomen".

Therapy scheme

The point on the hand is irradiated in Yellow for 6 seconds.

Then three points near the navel are irradiated with Green, for 30 seconds. for each point.

The course application of color light therapy consisted of 2–7 sessions. In 10 patients, the duration of therapy was 10–12 sessions, followed by monitoring for up to 3 months.

To control the effectiveness of color light therapy algorithms, we used the AIC "Omega", with the help of which one can quickly obtain information about the functional status of the organism in general and a number of derived indicators that characterize the level of adaptation (L), autonomic regulation (B), central regulation in real time. (C), psychoemotional state (D) and integral assessment of functional reserve (H). Monitoring of studies was carried out before the sessions of color light therapy and 10 minutes after the end of the session, further control examinations were carried out 1–2 times a week.

Against the background of the therapeutic effects of color light therapy, the results of the survey showed the presence of positive changes in the state of health and mood from the first procedures in half of the subjects. After a single exposure, the average duration of the effect of the procedure was 24 hours. With repeated procedures, the duration increased, providing stable well-being and stabilization of the clinical state. Any side effects or intolerance to color correction procedures in any

case is not marked. In 58% of cases, the number of previously used nootropic drugs decreased.

According to the data of variation rhythmocardiography, course exposure to color light therapy using the MINIEKSPERTTST apparatus had a significant impact on the parameters of regulation and the functional status of the body: increasing several times not only its adaptive capabilities and stabilizing the psycho-emotional state and regulation processes. There was a steady tendency to an increase in the values of functional indicators, both after a single exposure to both and after the end of the entire course. The values of indicators A, B, C, D increased after the first session and increased several times at the end of the course treatment compared with the control groups ($p < 0.05$). It should be especially noted the greatest positive increase in the values of the H index, which, being integral,

In conclusion, it is possible to confirm the high efficiency of color light therapy, which allows you to successfully solve health problems with proper application.

Literature

1. Gotovsky Yu.V. and others. Color light therapy. - M: IMEDIS, 2001 .-- 432

with.

2. Gotovsky Yu.V., Shraibman M.M. The use of color in diagnostics adaptive bioresonance and multiresonance therapy: Methodological guide. -M: IMEDIS, 1998. - 60 p.

3. Panymenta F. Color puncture for children and adults. - SPb., 2008 .-- 170

with.

4. Gotovsky Yu.V. and others. Color light therapy. Methodically recommendations. Part III. -M .: IMEDIS, 2003.

L.V. Chernetsova Approved schemes for the use of light-puncture therapy in clinical practice using the MINI-EXPERT-TsT apparatus // XVII " IMEDIS ", 2011, v.1 - pp. 131-149