

## The relationship between vertebral pathology and impaired body functions

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There are various interconnections and systems of correspondence in the body - the dependence of some organs on others. Each vertebra is a clear relationship with certain structures, as in the periodic table. But with regard to the spine, according to the literature, there is a lot of confusion, which corresponds to what.

After many years of research (correlating diagnostics according to R. Voll, manual diagnostics, clinical condition, data from other examinations, dynamics of the body's reactions to various influences) and rethinking the confusing data in the medical literature, it was possible to put things in order in this rather complex system of correspondence.

What is described in the conventional medical literature:

- organ topography - location relative to the spine;
- innervation of organs - from which segments of the spinal cord it originates. But segments of the spinal cord (nerves) and vertebrae (bones) are not the same thing. The innervation of an organ is only part of the process of communication between an organ and an organism.

And in reflexology, reflexology and R. Voll there is a description of the relationship between the vertebrae (bones) and organs. This description is often scattered among different authors and not always reliable.

In the presented report, vertebral pathology is understood not only as an anatomical change in bone tissue, but also, first of all, a complex of changes in soft structures (muscles, ligaments, periosteum, fascia, nerves, blood vessels and adipose tissue) around the vertebra or, more precisely, at the level of the vertebra. The very structure of the vertebra is the reaction of the bone to the state of the soft tissues around it. Therefore, when talking about the relationship of vertebral pathology, the functional state of the soft structures at its level is meant. And it is even clearer: if there are changes in soft tissues at the level of a given vertebra, what can this mean, or what it can lead to.

### Cervical (7 vertebrae C1 ... C7)

C1 Area of influence: brain, inner ear, blood supply to the head, Clinical manifestations: noise in the head, dizziness, hearing impairment, deafness, fainting, memory loss, disorientation, lethargy, increased intracranial pressure, hydrocephalus, increased systolic blood pressure, stroke, meningitis, epilepsy; nervousness, hypochondria, neurasthenia, hysteria, psychosis, sleep disturbances, insomnia, headaches; in children - hyperexcitability, inappropriate behavior.

C2 Area of influence: eyes, middle ear, Eustachian tube, visual and auditory nerves, temporal bones, forehead, nose, nasopharynx, scalp.

Clinical manifestations: head sweating, torticollis, diseases

paranasal sinuses, nose, nasopharynx, adenoids, weakening of the sense of smell, nasopharyngeal congestion; eye diseases, blurred vision, myopia, eye and nose allergies; middle ear disease, hearing loss; neuroses, neuritis of the facial nerve, trismus, trigeminal neuralgia; crunch when tilting the head to the side, as if in the head; head in the "proud" pose.

C3 Area of influence: teeth, cheeks, eardrum, auditory canal, auricle, facial bones, facial nerve, pancreas.

Clinical manifestations: dental disease, toothache, vomiting, spasms abdominal cavity; acne, problem skin of the face, eczema, allergies of the face and ears, wax and plugs of the ear canal, inflammation and rupture of the eardrum, ear pain; facial neuralgia and neuritis, torticollis, trismus, neck muscle tension; amaurosis (blindness), increased intraocular pressure.

C4 Area of influence: tonsils, lips, mouth, tongue, liver.

Clinical manifestations: tonsillitis, tonsillitis, pain and congestion in the throat, snoring, protruding Adam's apple, hay fever; trigeminal neuralgia, trismus, neurosis, neurasthenia; diseases of the oral cavity organs, leukoplakia of the tongue, toothache, loss of taste; hyperopia, amblyopia, conjunctivitis, pain in the back of the eyeballs.

C5 Area of influence: vocal cords, pharynx, neck muscles, parathyroid glands.

Clinical manifestations: lump in the throat (lower part), difficulty swallowing, hoarseness, hoarseness, choking voice, coughing, tickling and sore throat, pharyngitis, laryngitis, croup, thyroid nodules, parathyroid gland pathology, pathology of bones and joints, involvement in articular pathology of many joints, crunching in joints, osteoporosis, fragility of bones, rickets, violation of water-salt and mineral metabolism, increased sweating, sweating of the hands.

C6 Area of influence: thyroid gland, neck muscles, shoulders, arms. Clinical manifestations: pathology of the thyroid gland (nodes, hypo-, hyperfunction); atrial fibrillation; dizziness; pain in the neck, shoulders and forearms, back of the head, numbness of the hands, weakness in the hands, Dupuytren's contractures, thenar atrophy.

C7 Area of influence: head, neck, arms - shoulder area, elbows, collarbone.

Clinical manifestations: endocrine hump, increased systolic blood pressure, any dysfunctions of the head, depending on the individual predisposition (vision, hearing, memory, coordination), numbness of the hands; pain and impaired mobility in the shoulders and elbows, pain in the upper part of the shoulder blades; stiff neck, stomach cramps.

Thoracic region (12 vertebrae D1 ... D12)

D1 Area of influence: trachea, thymus, esophagus, shoulder joint, arms - from the elbow to the fingertips, 1st rib.

Clinical manifestations: cough, tracheitis, difficulty breathing, tuberculosis lungs, prolonged subfebrile condition, pain and discomfort in the hands and palms, graphospasm (writing spasm); immune disorders; functional disorders

of cardio-vascular system; soreness of 1 rib and muscles above it, soreness of the costoclavicular and supraclavicular zones.

D2 Area of influence: mammary glands, tracheal bifurcation and large bronchi, aortic arch, 2nd rib, scapula.

Clinical manifestations: supraventricular arrhythmias (as a result -fainting), tachy- and bradycardia; shortness of breath, bronchospasm, asthma attacks, asthma, prolonged subfebrile condition; mastopathy and other diseases of the mammary glands, the production of oxytocin; pain when pressing the shoulder blades, especially from the outside; Difficulty raising arms, soreness of 2 ribs and muscles above it.

E3 Area of influence: heart, pericardium, coronary arteries, esophagus, bronchi small, 3 ribs.

Clinical manifestations: all kinds of cardiovascular diseases, including ischemic heart disease; pain in the left side of the chest, in the region of the heart and behind the sternum; shortness of breath on exertion; ventricular premature beats; muscle tension and soreness in the left interscapular region, soreness of the 3rd rib and muscles above it; difficulty in the passage of food behind the sternum, diverticula of the esophagus.

E4 Area of influence: soul, lungs, bronchi, bronchioles, pleura, mediastinum, 4th rib.

Clinical manifestations: fears (sometimes unmotivated), respiratory disorders, feeling of lack of air, anxiety, depression, including postpartum, vegetative-vascular dystonia, panic attacks; soreness in the center of the sternum, soreness of the 4th rib and muscles above it, all kinds of lung diseases - pneumonia, emphysema, pulmonary edema, pleurisy; bronchitis, bronchospasm, bronchial asthma; pulmonary stenosis, mediastinal pathology, enlarged mediastinal lymph nodes, enlarged lymph nodes in the left cervico-supraclavicular zone, lymphogranulomatosis, leukemia.

E5 Area of influence: stomach, gatekeeper, nipples of the mammary glands,

5th rib. Clinical manifestations: heartburn, thinness, inability to gain weight, nausea, vomiting, hiccups, anorexia, belching with air, urease breath, epigastric pain; all kinds of stomach diseases: gastritis, ulcers, cancer, gastroptosis, pyloric stenosis, excess *Helicobacter pylori*, disturbed stomach acidity, functional gastropathy, hiatal hernia, soreness of the 5th rib and muscles above it, soreness of the sternum just below the middle, pathology of the nipples, including nursing.

E6 Area of influence: gallbladder, bile ducts, sphincter of Oddi -on right; spleen - to the left; 6 rib, lower third of the sternum, the area just above the angle of the shoulder blades.

Clinical manifestations: biliary dyskinesia, cholelithiasis, giardiasis, headaches, especially in the weather, migraine, dizziness, neurasthenia, irritability, itching, meteorological dependence, knee problems (less often shoulder, ankle, hip joints) - crunch, pain, swelling, arthritis, arthrosis, transverse growth of the foot, soreness of the lower thirds of the sternum and 6 ribs and muscles above it, diseases of the spleen, red face, bleeding disorders, thromboembolism, nasal and any other

sudden bleeding, anemia, hemolytic jaundice, hemoblastosis, red "moles" - hemangiomas, spider veins - telangiectasias.

E7 Area of influence: pancreas, 7th rib.

Clinical manifestations: diabetes mellitus and predisposition to it; indigestion, intolerance to fatty foods, bloating and rumbling in the abdomen, food allergies; dry skin, rashes, fungal infections of the skin, nails and hair, eczema, diathesis; ear problems (pain, inflammation, fungus, flow, a lot of sulfur); soreness of the 7th rib and muscles above it, gout, gouty tophus.

E8 Area of influence: center of the gastrointestinal tract, midthoracic spine, 8th rib, diaphragm, solar plexus, xiphoid process and the medial part of the costal arch in front.

Clinical manifestations: allergy, hiccups, nausea; any skin problems -rash, psoriasis, etc., obesity, metabolic syndrome, effects on all organs of the gastrointestinal tract and spleen, indigestion, gout, diabetes; soreness in the xiphoid process and the medial part of the costal arch in front, girdle pain, intercostal neuralgia; diaphragmatic hernia, hallux valgus.

E9 Area of influence: liver, 9th rib.

Clinical manifestations: weakness, fatigue, night pains, anywhere; bad sleep, daytime sleepiness; red or yellow palms and feet, lamellar peeling of palms and feet; papillomas, xanthomas and xanthelasmas, lipomas, senile spots; problems with joints, especially fingers, more in the morning - pain, stiffness, swelling; problems with the eyes and eyelids, decreased vision, conjunctivitis, cataracts, intraocular pressure; inflammation of the veins, hemorrhoids, thrombophlebitis; tonsillitis, retropharyngeal abscess, toothache, flux, stomatitis; liver diseases: jaundice, hepatitis, hepatosis, cirrhosis, ascites; diseases of the nervous system, trigeminal neuralgia, radiculitis, depression and many others. others, problems of the functioning of the brain - "the liver is the mother and the nurse of the brain"; soreness of the bottom of the ribs on the sides, soreness of the 9th rib.

E10 Area of influence: Duodenum 12 - on the right, epigastrium, small intestine - on the left, mesentery, 10th rib.

Clinical manifestations: rumbling in the abdomen, diarrhea, cancer of the small intestine; reduces cheekbones, teeth grinding, soreness of the 10th rib, pain in the epigastrium and on the sides, muscle tension in the epigastrium, mesenteric pathology, food allergies.

E11 Area of influence: adrenal glands, 11th rib.

Clinical manifestations: water retention, edema, swelling of the eyelids, pasty skin (depressions remain for a long time), diabetes insipidus, profuse urination, attacks of a short-term rise in blood pressure with internal tremors, hypertension, hypotension, weakness, adrenal diseases, frequent diseases, allergies, weak immunity, any serious illness, any chronic diseases that cannot be treated, rheumatoid arthritis, lingering knee joint pathology, collagenosis, bronchial asthma, shortness of breath, nasal breathing difficulties, inability to fertilize; bronze skin (brownish pigmentation), stretch marks, hirsutism, internal tremors and in general all tremors, tremors with unusual muscle tension, eyelid tremors

with closed eyes, inability to relax, soreness of the 11th rib and in the epigastrium.

E12 Area of influence: kidneys, waist.

Clinical manifestations: Skin damp or dry, especially wetpalms and feet; chilliness, nasal congestion, runny nose, adenoids, swelling of the eyelids, puffiness of the face, swelling of the legs, fatigue, weakness; kidney disease - inflammation, stones, cysts, hydronephrosis, tumors, hematuria, prolonged subfebrile condition, renal anemia (decreased production of erythropoietin); increase in the lower numbers of blood pressure; soreness and muscle tension in the waist area.

Lumbar region (5 vertebrae L1 ... L5)

L1 Area of influence: cecum, appendix, abdomen, waist. Clinical manifestations: constipation, diarrhea, colitis, blood in the stool, pain in umbilical region, appendicitis, peritonitis, colon tumors, abdominal problems, including cancer; inguinal hernia, sadness, melancholy, bad mood.

L2 Area of influence: sex glands (testicles, ovaries), fallopian tubes, vas deferens, ureter.

Clinical manifestations: inguinal-scrotal hernia; pain and tension in supra-umbilical region and just below the waist, the production of sex hormones, diseases of the genital glands, lagging (outstripping) in growth and physical development, infertility; ovarian cysts, tubal obstruction, problematic egg migration, ectopic pregnancy, varicocele, hydrocele, undescended testes in boys, spermorrhea, decreased testosterone in men, decreased sperm motility, poor semen ejection, renal colic, difficulty urinating, flaccid ureters.

L3 Area of influence: large intestine, sigmoid colon, navel. Clinical manifestations: constipation, colitis, diarrhea, dysbiosis, decreased background mood, pain in the navel, wet navel and around the navel, umbilical hernia.

L4 Area of influence: bladder, hip, upper thigh, inguinal rings, muscles of the lower back.

Clinical manifestations: pain in the outer region of the thigh and in the area hip joint; inguinal hernia; sciatica, lumbodinia, clubfoot; enuresis, neurogenic bladder, dysuria, urinary incontinence, frequent urge to urinate, pathology of the bladder and urethra (developmental anomalies, inflammation, sand, stones, tumors, hematuria), cystitis, urethritis.

L5 Areas of influence: lumbosacral region, genitals. Clinical manifestations: problems with organs and functions of the pelvis -urination, bowel movements, diseases of the prostate and uterus, including their hypertrophy, erectile dysfunction, infertility and inability to bear the fetus, problems in childbirth; pathology of the vessels of the pelvis and legs, pathology of the inguinal venous valves, varicose veins, poor circulation and weakness in the legs; pain in the lumbar spine, pain and cramps in the calves and ankles, flat feet, twisting and dislocation of the ankle.

### Sacral region (5 fused vertebrae S1 ... S5)

Area of influence: nerves and vessels of the legs and pelvis, pelvic organs, including the uterus and prostate.

Who needs an understanding of this correspondence? Thinking chiropractors, osteopaths, chiropractors, reflexologists - as direct users of this knowledge. And also to any doctor to understand what and why is happening in the body. And, of course, for a logical explanation to patients of the revealed changes in the body and their feelings in connection with the existing pathology.

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Alyoshin, S.V. Interrelation of vertebral pathology and impaired body functions / S.V. Alyoshin // XXIII International Conference "Theoretical and Clinical Aspects of the Application of Bioresonance and Multiresonance Therapy". - M.: IMEDIS, 2017. -- S.203-208.

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