

Ensuring a constitutional approach to prevention and restorative treatment.

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SUMMARY

The paper analyzes the ancient Eastern teachings about the constitutional types of a person and shows that they lend themselves to interpretation from the standpoint of modern knowledge about the autonomic nervous system. The urgency of the development of a new method, providing a constitutional approach to prevention and rehabilitation treatment, based on the data of electropunctural diagnostics is shown.

Key words: human constitution, traditional oriental medicine, electropuncture diagnostics.

Introduction

The importance of the constitutional type of a person (KTCH) not only for health, but also for almost all aspects of his life has been known since ancient times. Each epoch formed the concept of CTF in accordance with the general natural scientific and medico-biological concepts that were relevant for its time, using available research methods. The original classifications of CTB were based mainly on anthropometric data and behavioral characteristics. Later, first of all, by analyzing clinical materials, it was found that certain correlations are revealed between physique, appearance and some mental properties of a person.

With the development of fundamental biomedical sciences, it became possible to classify CTF on the basis of stable individual characteristics of the balance of excitatory and inhibitory processes in the central nervous system, the predominance of sympathetic or parasympathetic tone of the ANS, the peculiarities of the organization of metabolic and other biological processes that provide characteristic types of psychosomatic relationships. In accordance with the current variety of approaches to the definition of CTF, their classification has become significantly more complicated, highlighting the following constituents of the constitution: reflexive, genotypic, phenotypic, somatic, immune, neuronal, psychological, lymphohematological, hormonal-sexual [<http://ru.wikipedia.org/wiki>] human constitution.

Each of the listed components of CTF is important for identifying the risks of the occurrence of certain pathological processes and determining the appropriate directions of therapeutic and prophylactic measures. At the same time, the conventionality of such a classification is also obvious, since most

the components identified in it are not independent. For example, in the process of interdisciplinary integration, such a direction as psychoneuroimmunology emerged. According to modern data, close interaction of neuroendocrine and immune mechanisms constitutes the biological basis of human psychotypes that determine his dominant behavior, adaptation strategy and the likelihood of manifestation of constitutionally determined risk factors [1, 2]. Therefore, the determination of the partial components of CTF, being useful at some stages of the provision of specialized medical care, does not provide its full-scale integral assessment necessary for the target settings of restorative medicine. The fundamental possibilities of such an assessment follow from the experience of traditional oriental medicine (TBM),

Constitutional Types of Man in Traditional Oriental Medicine

Indian "Ayurveda" considers three main types of CTB: "Kapha, Pitta and Vata", which are formed during fertilization on the basis of a combination of the same primary elements (doshas) embedded in the sperm and egg at the time of conception. According to [http://www.ayurvedaplus.ru/doshi/mat_3996.htm], these KTC have the following characteristics. Kapha Constitution: Calm, slow, gentle, loving, forgiving, empathic, loyal, physically strong, with a strong torso, soft hair and skin, voice is often low, velvety. Learns slowly, but has good long-term memory, strives to maintain harmony and peace in his environment. Dislikes cold and wet weather. Generally characterized by good health, but having a good appetite and preferring spicy, bitter and astringent foods, is prone to being overweight. may suffer from poor digestion. The risk of developing situational depression, colds, headaches, allergies, asthma, atherosclerosis, and diabetes is relatively high. Symptoms of weakness (imbalance) in Kapha include morning tiredness, drowsiness, nausea, swelling and heaviness in the joints.

Pitt constitution: medium build, reddish skin, often with freckles, easily tans, hair, usually light or red, typical early graying and alopecia. Sharp mind, good concentration, neat, focused, self-confident, aggressive, demanding, persistent, likes to be on the "team". Passionate and romantic, sexually weaker than Kapha but stronger than Vata. Good appetite, have a natural craving for sweet, bitter and astringent tastes, prefer cold drinks, do not tolerate heat well. Increased risks of dermatological problems (rash, acne, skin cancer), increased acidity of gastric contents, heartburn, stomach ulcers, jaundice, bowel problems (diarrhea), insomnia. The Vata constitution is the most unhealthy. People of this CTCH are typical asthenics. The skin is cold, rough and dry, the hair is thin and thin, the nails are brittle. The appetite is changeable, often poor, digestion is slow, they prefer sweet, sour and salty foods and hot drinks. The stool is scanty and dry, and the urine is scanty. They do not tolerate the cold

sweating less than other types. Rapid perception of information, but poor memory, weak-willed, not self-confident. They are characterized by quick fatigue and low stress resistance. Typical health problems include headaches, hypertension, dry cough, sore throat, ear pain, anxiety, irregular heart rhythms, muscle cramps, back pain, constipation, flatulence, diarrhea, sexual dysfunction, arthritis. Most neurological diseases are associated with Vata imbalance. There are also six double CPCs that combine the properties of the three main CPCs, as well as extremely rare CPCs that combine the properties of all three main types.

Traditional Chinese medicine implies the allocation of CTCH according to the predominance of yin and yang energy in each of the five primary factors. On this basis, five main KTCs are distinguished, bearing names corresponding to the primary elements [<http://www.sunhome.ru/magic/12522/p4>].

The first element "Tree" symbolizes the desire for development and growth, it is associated with creative activity, readiness for new projects. These properties are associated with the emotions of irritability, anger, rage, rage. The organs of the liver and gallbladder and the acupuncture canals (AK) of the same name are associated with the primordial element "Tree". The tree controls the condition of the tendons and eyes. Lack of Yang-Tree - hypofunction of the liver organ and the corresponding LR channel leads to suppression of rage, sarcasm, cynicism, bitterness - this results in apathy, lethargy, humility and depression, inability to make a decision. The suppression of aggression leads to muscle hypertonia, the occurrence of myofascial and radicular syndromes. Suppressed aggressiveness is associated with suppressed sexuality, healthy aggressive behavior is considered a prerequisite for healthy sexual behavior. The "tree" "controls" the vision, therefore the imbalance of this element can lead to ophthalmological pathology - myopia and astigmatism. For the weakly expressed "tree constitution" and the violation of the yin-yang harmony in it, spring exacerbations of chronic diseases are characteristic.

"Fire" symbolizes joy, love, striving from the material to the spiritual, as well as courage, heroism and self-sacrifice. At the same time, the Fire-Prince (channels NT and SI) is more responsible for the inner content of these properties, and the Fire-Minister (channels PC and TE) is responsible for their external manifestations. With HT hyperfunction, people are characterized by talkativeness, increased nervous tension, and a desire for excessive control of the situation (manager's illness). The primary element "Fire" controls the state of the cardiovascular system and blood, as well as the tongue, both an organ of the oral cavity and speech. People who belong to the Fire CTCH have a high risk of developing arterial hypertension and other cardiovascular diseases. Hypofunction of NT is characterized by fussy (hectic) thinking, emotional imbalance and confusion. Such people often suffer from insomnia.

"Earth" symbolizes the center that unites and harmonizes the manifestations of the rest of the elements. Psychological qualities inherent in the elements

Earths are logical thinking, rational mind, the ability to criticize, the ability to think and plan everything, a good memory. Opposite characteristics are "viscosity" thinking, addiction to memories. Such unproductive obsessive thoughts are characteristic of hyperfunctioning of the AK of the spleen (SP). Typical manifestations of imbalance in the elements of the Earth are violations of various biorhythms - circadian, near-monthly and annual. It is believed that this element "controls" the functions of the spleen, pancreas, stomach, mouth and muscles.

"Metal" symbolizes structure and space. The psychological properties of this KTC are opposite to the Tree constitution. The constitution of Metal is characterized by concentration, the desire to streamline all phenomena, which can turn into a rigid schematization of the world, acquire the features of puritanism or religious fanaticism. People with a violation of the yin-yang balance in the element of Metal are usually lonely and withdrawn, rarely show their feelings, ambitious, pessimistic. The leading emotions are sadness and sadness. The primary element "Metal" "controls" the functions of the lungs, colon and nose, the condition of the skin and hair. Dysfunctions of the yin organ of the metal of the lungs are accompanied by the development of pulmonary diseases. Metal properties - breath control and concentration are used in most meditation practices.

"Water" symbolizes the energy of cold. The imbalance of the "Water" energy is manifested in a decrease in volitional aspirations, vitality and sexual potency. Fear is associated with the element of Water. When harmony is disturbed in the element of Water, fear of a specific danger is replaced by constant unreasonable anxiety, in severe cases - by persecution mania [<http://www.sunhome.ru/magic/12522/p4>].

The theoretical basis of Tibetan medicine is the doctrine of three principles - wind, bile and mucus and "five great manifestations" - mahabhutas, similar to the primaries of traditional Chinese medicine [3]. On the basis of the concept of the three principles in Tibetan medicine, there are three main CTCs of the same name. "Wind" is predominantly involved in providing "hot" (yang in Chinese terminology) processes, "bile" is equally involved in hot and cold processes, and "mucus" is more involved in the development of "cold" (yin in Chinese terminology) processes ... In accordance with various combinations of the three principles, four mixed CTCs are distinguished. From the postulate of different types of CTF responses to the effects of the same environmental factors, recommendations follow for maintaining health, preventing diseases and their treatment [<http://www.tibet.ru/biblio/gyushi.shtml>].

Traditional medicine in Mongolia distinguishes three main KTCHs - the "hot" constitution of the Sh'ara, the "cold" constitution of B'adgan, and the constitution of Khyi. According to the source [http://www.medicinform.net/zog/zog_vost20.htm]: "People of the Sh'ar constitution are prone to feelings of thirst and hunger, their hair and body are yellowish, their mind is sharp, vain. They sweat and smell. Their wealth and body are mediocre. Prone to sweet, bitter, tart food tastes and cool lifestyles. People with the B'adgan constitution have a cool body,

joints and bones are not prominent, they are fleshy and white. The shapes are round. Hunger, thirst, suffering are easily endured. Their bodies are large, they live long, richly, they have a sound sleep. They are broad-minded and naturally have a good disposition. People belonging to the Chiy constitution are stooped, lean, pale, wordy, do not tolerate the cold well, when they move, a crackling sound is heard in the joints. They are poor, short-lived, small in body, love songs, laughter, wrestling, shooting, prefer food of sweet, sour, pungent tastes. It is also necessary to distinguish between combinations of three and two types of constitutions. "

In accordance with the predominant signs of the released CTC, health-improving and prophylactic prescriptions are formed - for Sh'ar, cooling procedures are preferable, and for B'adgan, warming procedures. Respiratory gymnastics according to Buteyko is shown under the Khiy constitution, and according to Strelnikova - under B'adgan. Milk is useful in the Chiy constitution and contraindicated in the B'adgan constitution. In the constitutional aspects of all considered traditional medical systems, two basic general principles are seen. Firstly, it is the release of CTC based on some basic energies (elements, elements) prevailing in the body. As can be seen from the data presented, the number and interpretation of the elements considered in each of the systems is different. In addition, they have not yet found a sufficiently adequate and convincing interpretation from the standpoint of modern natural science.

The second unifying principle is the division of functional states and diseases into Yang (hot) and Yin (cold). From the characteristics of these states, one can easily see their correspondence to ergo- and trophotropic processes (sympathetic and parasympathictonia). Thus, this part of the TVM teachings about CTC can be correlated with the well-known European classifications built on the basis of data from the study of the autonomic nervous system (ANS). As you know, the stable type of vegetative status and the dominant nature of vegetative reactivity, associated with some personality traits, predetermine the individual strategy of adaptation. Overstrain of adaptation mechanisms and, as a consequence, dysfunction of the ANS is the basis of pre-illness of many somatic diseases [4]. Therefore, the assessment of the general vegetative status is a supranosological diagnosis. Such diagnostics is a necessary, but not sufficient condition for the formation of optimal regimens and algorithms for restorative treatment. To solve these problems, information is needed on the state of local (organ) vegetative tones. Assessment of the autonomic reactivity of individual organs makes it possible to make an adequate choice of therapeutic and prophylactic technologies and predict the nature of the expected therapeutic effect. Full-scale clinical diagnostics of the ANS state, including both an assessment of the general vegetative status and the nature of organ autonomic regulation, requires numerous and very laborious studies at rest and using functional tests [5]. This raises the problem of combining particular indicators into integral indicators characterizing the psychosomatic individuality of a person. It turns out that the experience of TVM can be useful in solving this problem.

Determination of vegetative status using traditional and modern methods reflex diagnostics

The main diagnostic method of TVM is the study of the pulse. An experienced diagnostician can distinguish up to 360 heart rate indicators, on the basis of which the imbalance in the AK system is determined and treatment-and-prophylactic algorithms are formed. According to the canons of traditional eastern pulse diagnostics (TPD), each person is born with one of three main types of pulse, which does not change throughout life: male (yang) - thick, rough and strong; female (yin) - thin and fast, or neutral - even, slow and soft. In fact, the male and female types of pulse are not associated with gender, they correspond to the three CTBs of wind, bile and mucus considered by traditional Tibetan medicine. Every person, healthy or sick, must have one of these pulses [6]. Except congenital, the basic types of pulse also include the pulses of the "four seasons and five elements"; "Seven amazing pulses", "life and death pulses" and others. The conclusion about the state of the body is made on the basis of correlating the indicators of all general and specific indicators of the pulse [3, 7].

The various schools of TVPD differ in the technique of palpation and in the interpretation of the data obtained. To master the TVPD, long-term training is necessary, strict requirements are imposed on the functional state of the doctor himself and on the preparation of the patient for diagnosis. Therefore, TVPD data are largely subjective. This circumstance has led to a number of developments aimed at creating hardware and software systems that reproduce palpation TVPD [7, 8]. Their use presupposes the exclusion of subjectivity in the formation of diagnostic conclusions. However, the software of these promising developments is based on a criterion base and decision rules borrowed from one or another national school of TVPD, and, therefore, retains a number of differences that they have.

Assessment of the vegetative status can be based on the registration of cold sensitivity thresholds of auricular acupuncture points [9]. If the average value of the thresholds of the symmetrical zones of the right and left auricles is in the range from 0 to 65%, then the integral type of autonomic tone is assessed as parasympathetic. The eutonic type corresponds to the average values in the range from 65 to 70%, and to the sympathetic type - in the range from 70 to 100%. The method provides for the division into absolute and relative sympathetic and parasympathictonia. On the basis of ideas about the somatotopic organization of the representation of acupuncture points on the auricle, the method claims to be able to determine the autonomic reactivity of various internal organs.

Based on the known information that the electrocutaneous resistance

(ECS) can serve as an indicator of the state of autonomic regulation, a method was developed, called the "Standard vegetative test" - "SVT CITO" [10]. Measurements are carried out at the AK accomplices points. According to the author's interpretation, all measurements above 10 μ A were interpreted as a reflection of sympathicotonia, and below 10 μ A - parasympathicotonia. Subsequently, the method was supplemented by measuring the temperature of the skin at the same points and creating a special card for registering indicators. The location of all indicators in the upper section of the map reflects the state of excitation or irritation of the ANS as a whole. Low scores indicate depletion. Like the auricular cryoreflexotest, SVT CITO does not claim to be able to determine the CTF.

Conclusion

The current stage in the development of the theory of CTF is characterized by an integrative approach that combines classical psychosomatics with the latest achievements of basic biomedical sciences. The most popular schools of TVM, in their characteristic terminology, distinguish CTF according to the dominant predominance of sympathetic or parasympathetic tone of the ANS. This approach can be reproduced by the currently popular method of electropuncture diagnostics. In the next publication, the authors plan to present a technique for using electropunctural diagnostics, as a supranosological diagnostics, the data of which contain generalized information about both the current state of the body and its constitutional properties.

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