

Traditional medicine in the practice of an ophthalmologist A.N.
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Traditional medicine: its role in ophthalmology
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SUMMARY

The World Health Organization's program to combat blindness and low vision is constantly looking for new effective treatments. On the initiative of the administration of the Helmholtz Moscow Research Institute of GB, the department of reflexology, homeopathy and physical methods of treatment was created 20 years ago. The aim of the work was to summarize the data on the use of traditional medicine methods in the treatment of patients with various ophthalmic pathologies.

Key words: ophthalmology, traditional medicine, reflexology, bioresonance therapy, manual therapy, retinal dystrophy, optic nerve atrophy, glaucoma, myopia, oculomotor disorders.

RESUME

Within the framework of the WHO Global Action Plan for the Prevention of Avoidable Blindness and Visual Impairment there is an ongoing search of the new effective methods of treatment. 20 years ago the Department of Reflexology, Homeopathy, Physical Medicine and Rehabilitation was created at the Helmholtz Moscow Institute of Ophthalmology (WHO Collaboration Center for the Prevention of Blindness RUS-73). The aim of this paper is to summarize the results and advantages of clinical use of traditional medicine techniques in the treatment of patients with different ophthalmic pathology.

Keywords: ophthalmology, traditional medicine, reflexotherapy, bioresonance therapy, manual therapy, retinal dystrophy, optic nerve atrophy, glaucoma, myopia, eye movement disorders.

INTRODUCTION

Currently, traditional medicine is an important component of modern medicine and is increasingly used not only in general medical areas - therapy and surgery, but also in specialized ones, which include ophthalmology. Within the framework of the World Health Organization's program to combat blindness and low vision, there is a continuous search for new effective methods of treating eye pathology, which led us to the need to use traditional medicine methods in ophthalmological practice in their modern interpretation.

V traditional Chinese medicine and modern medical diagnostic methods based on its theoretical principles, the functioning of the organ of vision is closely related to the vital activity of the whole organism, various organs and functional systems. In accordance with this position, a need arose for the use of a complex systemic effect on the body of patients with eye pathology, including acupuncture, manual therapy, homeopathy and modern biophysical methods of diagnosis and therapy. In this regard, in 1993, by the decision of the Academic Council and the administration of the institute at the Moscow Research Institute of Eye Diseases. Helmholtz, a department of reflexology, homeopathy and physical therapies was organized, which is unique in modern ophthalmology.

The main activity of the department is the adaptation of the application of traditional medicine methods in the field of diagnostics and treatment of ophthalmic patients, the study of their effectiveness in the treatment of various types of eye pathology and their introduction into ophthalmological practice [1-4].

MATERIALS AND METHODS

In addition to special ophthalmological methods, the department uses the following diagnostic and treatment methods:

- acupuncture (corporal and auricular);
 - manual therapy in combination with segmental and acupressure massage;
 - various methods of physiotherapy, incl. magnetotherapy and magnetophoresis, drug electrophoresis (endonasal and bath technology), transcutaneous electrical stimulation of the optic nerve, photocolour stimulation, INEMP-therapy;
 - homeopathy;
 - methods of energy information medicine - electroacupuncture
- diagnostics according to R. Voll, autonomic resonance test (ART), endogenous and exogenous bioresonance therapy, color therapy.

Thanks to a systematic approach to the treatment of patients with eye pathology, adaptive reserves and impaired self-regulation processes in the body are restored, its functional capabilities increase and conditions are created for the reverse development of pathological processes. This is especially important in the treatment of patients with chronic diseases, the elderly with various comorbidities, as well as children with congenital comorbidity.

The use of electropunctural diagnostics (EPD) according to R. Voll and vegetative resonance test allows us to identify pathological processes in various organs and systems, cause-and-effect relationships of pathological changes at the systemic level and use these data to select the optimal complex of treatment measures for each patient. In addition, EPD allows testing homeopathic medicines in the treatment of patients with classical constitutional homeopathy, as well as assessing the dynamics of the patient's body condition and the effectiveness of the treatment [5].

The Department of Reflexology, Homeopathy and Physical Therapies has treated a large number of patients with very different

ophthalmic pathology: atrophy of the optic nerve of various origins, congenital and age-related degenerations of the retina, inflammatory and dystrophic diseases of the anterior segment of the eye, impaired oculomotor functions, refractive errors, including progressive myopia, combined congenital anomalies of the organ of vision, retinopathy of prematurity. Many of these patients were treated for a long time with conventional modern methods of therapy without a significant effect, and only after treatment in our department, they noted the restoration of the functions of the organ of vision impaired by the disease, as well as a decrease in the severity or disappearance of concomitant pathology.

RESULTS AND ITS DISCUSSION

The experience of the department has shown that the most effective is individually tailored complex treatment, which includes several methods of influencing various links of the pathogenesis of the disease and potentiating the therapeutic effect of each other. For example, acupuncture in combination with manual therapy, segmental and acupressure massage is an effective combination. At the same time, the above-mentioned complex manual effect, being a powerful reflexotherapy, has a pronounced stimulating effect on the entire body with an emphasis on the reflexively important collar zone. In addition, functional blocks in the spinal motion segments of various parts of the spine are eliminated, and the work of internal organs is normalized. Acupressure massage prepares acupuncture points for subsequent acupuncture and potentiates the overall effect.

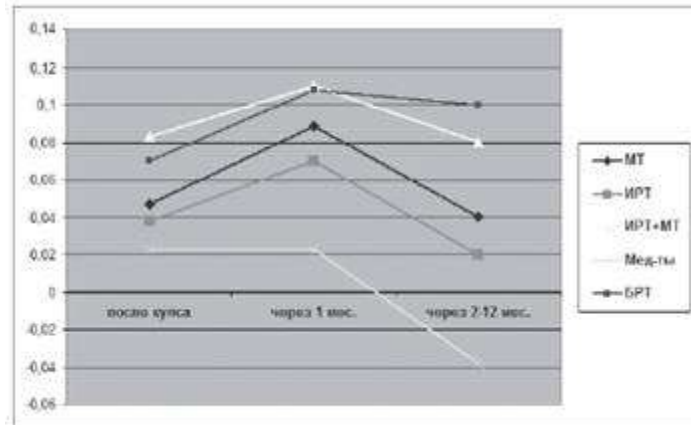
In the treatment of patients with optic nerve atrophy (ADS), the combination of bioresonance therapy with acupuncture turned out to be preferable [8–10]. We have treated 150 patients aged 4 to 65 years. Of these, in 75 (50%) ADS was caused by an inflammatory process, in 33 (22%) - by circulatory disorders, in 39 (26%) - by the consequences of trauma, in 3 (2%) - by intoxication. The observation period for the patients ranged from 2 months to 5 years. Primary and dynamic examination of visual functions included: corrected visometry, refractometry, ophthalmoscopy, computer perimetry, electrophysiological studies. In addition, all patients underwent EPD using the R. Voll method, diagnostics using the ART method.

The initial state of visual function varied from correct projection of light to 0.8. Patients received from 4 to 12 sessions of therapy per course of treatment, daily or 1-3 times a week, depending on the duration and severity of the disease. In all cases, positive dynamics was noted according to EPD data, general somatic symptoms disappeared or significantly decreased.

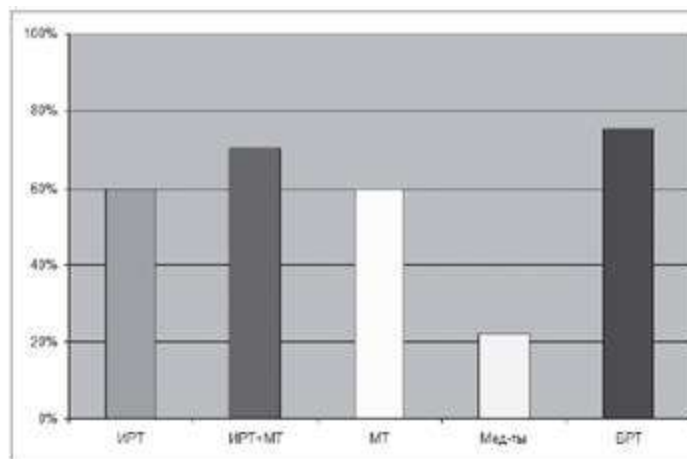
In 125 (83.3%) patients, an increase in visual acuity by an average of 35% from the initial one was noted, with a small duration of the disease in several cases from 0.01 eccentricity to 0.8–1.0 in 3-5 weeks. The number of livestock decreased in almost all patients, on average by 35%, in 70% of cases improved

EFI data.

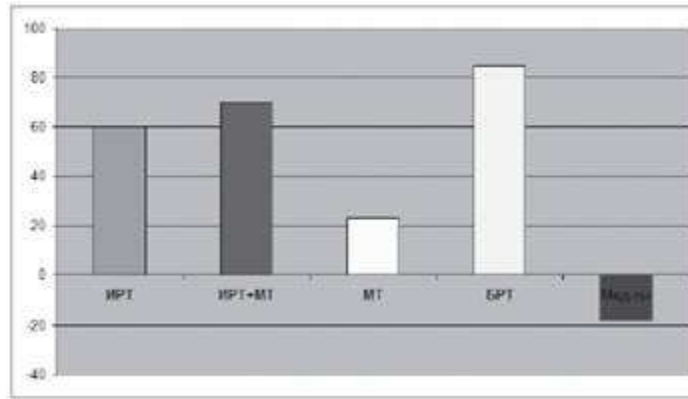
Good results were obtained in the treatment of patients with oculomotor disorders. We have treated more than 100 patients with strabismus, ptosis, nystagmus. A good functional prognosis was observed in patients with acquired paralytic strabismus and ptosis after strokes, craniocerebral trauma, and surgical interventions on the brain for oncological diseases, which were accompanied by damage to the oculomotor centers. All patients showed a decrease in the angle of strabismus and the degree of ptosis, and in 40% of the treated patients, complete recovery occurred.



Rice. 1. Dynamics of visual acuity depending on treatment methods (increase in absolute units).



Rice. 2. Dynamics of visual fields (% of cases with improvement).



Rice. 3. The tendency towards the normalization of electropuncture indicators after treatment (% of cases with improvement).

In the presence of nystagmus, combined with a decrease in visual acuity caused by degenerative diseases of the retina and optic nerve, in all cases there was a significant decrease in the amplitude and frequency of nystagmus, of which in 25% of cases, nystagmus completely disappeared. All patients showed an increase in visual acuity and a decrease in the number of defects in the visual fields. In the presence of ametropia in the initial state, the volume of accommodation increased after treatment. Binocular vision was restored in 15% of the treated children.

A relatively high effect was observed in the treatment of patients with involitional central chorioretinal dystrophy. Figures 1–3 show the dynamics of visual functions and electropuncture parameters of 200 patients (400 eyes) with different stages of age-related macular degeneration as a result of treatment with various methods of traditional medicine used in our department. The average age of the patients was 65 ± 9 years. Disease duration ranged from 2 to 25 years [12].

One of the most common eye pathologies is myopia. An integrated approach to its treatment, used in our department, helps to increase the adaptation of the eyes to visual stress, reduces asthenopic complaints (fatigue, eye pain, etc.), improves visual acuity without correction, stops the progression of myopia and prevents the development of degenerative changes in the retina [13].

CONCLUSIONS

Unfortunately, at present a number of specialties of traditional medicine are secondary in the nomenclature of medical specialties in accordance with the Order of the Ministry of Health of the Russian Federation No. 337 of August 27, 1999. This prevents specialists from other specialties from using traditional medicine methods in their daily practice and thereby providing more effective assistance to their patients. Work at the intersection of medical specialties, a special approach and special methods of diagnostics and treatment used in the department allow the department's specialists to use significantly greater opportunities in the treatment of patients with diseases of the organ of vision. And the main specialty of an ophthalmologist

enables them to reliably assess the dynamics of visual functions and the overall effect of treatment of ophthalmic patients.

Thus, the scientific and clinical direction chosen by our institute and carried out by the department of reflexology, homeopathy and physical methods of treatment is advanced in ophthalmology and very promising.

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