

APPLICATION OF SU JOK ACUPUNCTURE FOR TREATMENT OF DUODENAL ULCER

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In Su Jok therapy based on fundamental laws systemic knowledge is used that was accumulated by Chinese, Indian and Western medicine. Su Jok therapeutic methods include treatment through correspondence systems, byol-meridians, Six Energies treatment at the level of meridians and chakras, biorhythmic acupuncture, correction of emotional and mental states. This allows the physician to effectively cope with severe diseases in a short time, including their chronic invalidating forms.

The purpose of this work was to determine the effectiveness of three different approaches offered by Su Jok acupuncture for treating chronic forms of duodenal ulcer.

MATERIALS AND METHODS

Twenty two patients were treated, aged from 38 to 52, who suffered from chronic duodenal ulcer and turned for help during exacerbation. Therapy was administered on the background of removal of any medication, only by Su Jok methods. Three independent therapeutic approaches were employed: 1) Six Energies treatment on the emotional level by the constitution and structure of the small intestine in combination with biorhythmic Su Jok acupuncture and the basic energy treatment with needles; 2) treatment by the 5-step correspondence system on the hands and feet; 3) basic energy treatment with a wormwood cigar (moxa) in combination with stimulation of the correspondence points in the "insect" correspondence system with an elastic ring. The effectiveness of treatment was assessed by the patients' subjective complaints and, objectively, basing on gastroduodenoscopic data 3 weeks after the treatment began. The following subjective parameters were chosen for assessment: pain in the duodenal region, dyspeptic manifestations (nausea, heartburn, vomiting), unstable stools (constipation, diarrhea), asthenoneurotic and vegetative disorders. These characteristics were assessed depending on the degree of pronouncedness by the 5-point scale. Group I of patients (n=10) was treated at hospital. They had exacerbated duodenal ulcer complicated by perforation, haemorrhage, anemia, peptic ulcer, hyperacid gastritis, skin itching, disturbed cardiac activity. These patients had the constitutions of yang-wind, yang-coldness, yin-dryness, the constitutions of excessive unified dryness or unified coldness. Treatment consisted of Su Jok therapy approached as a complex: correction of the emotional sphere, substructure treatment (Six Energies), biorhythmic Su Jok acupuncture and basic treatment with needles. In the patients' constitutions yang-fear was dominating combined with yin-anxiety, yin- or unified sadness, yin- or unified fear which were successfully removed during emotional therapy. Group II (n=5) underwent treatment on the outpatient basis, receiving only needling into the hand and foot correspondence points (5 steps). After needles were removed seeds or magnet

stars were applied onto correspondence points in the basic system. Manipulations were performed every other day, between the procedures the patients stimulated the correspondence points by themselves. Besides the points corresponding to the duodenum, gall bladder, very sensitive points were located in the lumbar and lower thoracic regions of the spinal column, and also points in the brain correspondence area. Group II (n=7) consisted of patients who, despite exacerbated ulcer, could not be treated in hospital or even attend the clinic regularly for family or occupational reasons. Such patients were given recommendations to apply Su Jok therapy on their own. They were given moxas and advice how to do basic energy treatment: daily moxibustion of yin and yang basic energy points of the hand till a stable sensation of warmth (even number of times for women, and odd - for men). Also, they received an elastic ring to stimulate points in the "insect" correspondence system.

Results and discussion. In Fig. 1 results of effectiveness of treatment by different methods are presented. The most fast and impressive were the results obtained in the group treated by Six Energies after correction of the emotional sphere. It has been discovered that the general severity of these patients' state correlated directly not with the size of ulcer but with pronouncedness of emotional reactions. After the first four procedures the pains were stopped completely, all associated complaints disappeared. The patients reported of quick normalisation of sleep, disappearance of asthenoneurotic and vegetative reactions.

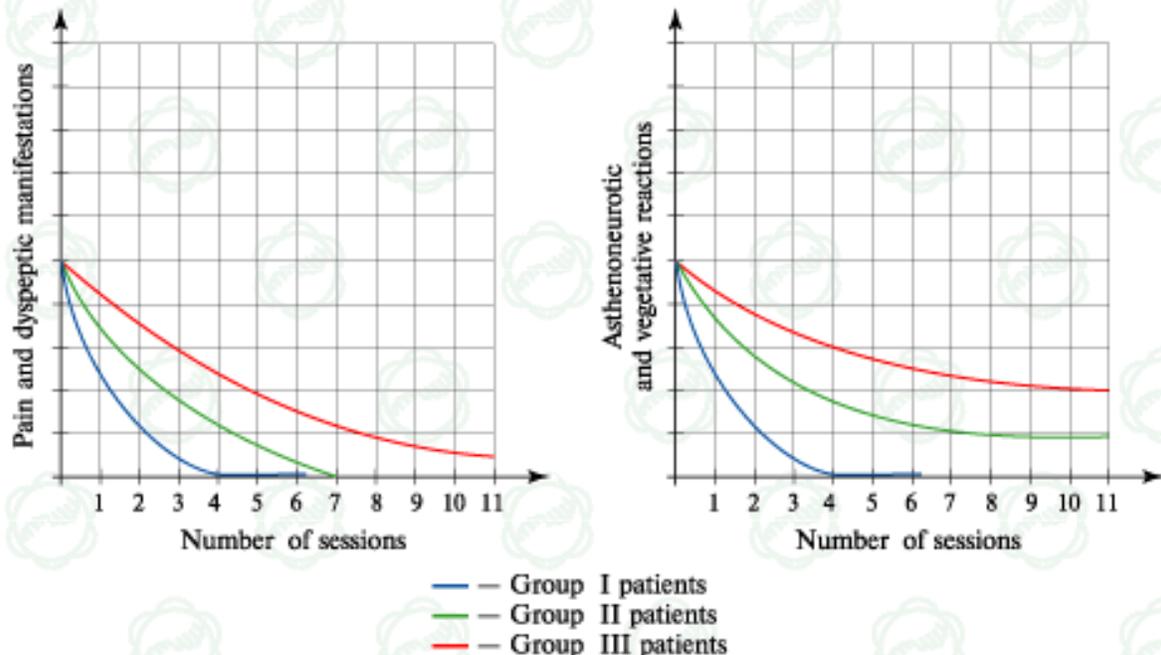


Fig. 1. Effectiveness of treating duodenal ulcer by different Su Jok therapy methods

In the group II patients, after each session the pain was completely removed, by 5th to 7th session they felt quite sound but there remained complaints of quick fatigue, irritability, excessive sweating. The group III patients, who performed treatment themselves, noticed fast weakening of pains. By the end of the first week of treatment intensity and duration of pains were less by 50% in the majority of patients. Pain was the first to subside, followed by disappearance of dyspeptic manifestations and normalisation of stools. The level of asthenoneurotic complaints remained fairly high.

The patients were observed during four months after treatment. They all felt well and did not refer to any medical help. The patients whose ulcer was not scarred completely, were advised to have a repeat gastroduodenoscopy. No additional treatment was required for the scarring process to be completed in all patients but one who felt much worse after the death of his wife.

CONCLUSIONS

1. Su Jok acupuncture methods, from the simplest to complex ones, are self-sufficient for coping with pain and obtaining a stable remission of chronic duodenal ulcer.
 2. The Su Jok method is a natural way of treatment, and the process of normalisation of the patient's state, beginning during treatment, goes on after the active intervention stopped.
 3. The most effective and fast-acting in treatment of chronic duodenal ulcer is Six Energies therapy in the structure of the small intestine meridian after preliminary correction of the emotional sphere, in combination with biorhythmic Su Jok acupuncture and basic treatment.
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