
SU JOK ACUPUNCTURE FOR IMPAIRED MENSTRUAL FUNCTION IN CHILDREN AND TEENAGERS

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In the structure of gynaecological diseases in children and teenagers, impaired functions of the reproductive system are leading. Their most common forms are: juvenile uterine bleeding (JUB), hypomenstrual syndrome (HS), amenorrhea, algodismenorrhea which result in persistent impairments of the reproductive function and hormone related disorders. At puberty, impairments of the function of the reproductive system are caused by immaturity and imperfectness of the central regulatory mechanisms and the receptor apparatus of target organs. Despite achievements in working out various methods of diagnosing and treating these disorders, the problem remains topical.

Many authors consider hormone action to be the basic therapeutic method for JUB, HS, amenorrhea, algodismenorrhea, though hormone therapy has an adverse effect on the immature hypothalamo-hypophysial system of teenage girls and can have complications and side effects.

At present the method of Su Jok acupuncture is widely and successfully used to deal with these disorders. The method includes action of the body through the hand and foot correspondence systems on both the physical level and metaphysical level. Action on the physical level means stimulation of biologically active points of the hands and feet that correspond to specific organs. Action on the metaphysical level is correction of the state of the energy system.

Therapy is performed at the energy, emotional and mental levels. Minineedles, magnet stimulators, magnets, seeds and moxas are used for treatment.

Forty four girls of 11 to 17 years old were examined, among them 10 with JUB, 12 with HS, 10 with amenorrhea, 12 with algodismenorrhea.

In the JUB group 4 patients had primary bleeding and 6 patients had recurrent bleeding. Duration of bleeding from 4 to 10 weeks. All the girls received symptomatic treatment on the outpatient basis, but after attempts to stop bleeding failed, they were taken to hospital. Two girls have hormone therapy in their medical histories. Hemostasis was observed after 3 to 4 sessions of Su Jok therapy in 100% cases, among them 50% - after 2 sessions.

The state of the energy system was corrected, namely, excessive energies of heat and humidity in the spinal

cord meridian were sedated. Treatment through byol-meridians demonstrated its high effectiveness. The spinal cord meridian was sedated during 15 to 20 hours every day till the bleeding stopped, then during 3 to 4 hours till the end of treatment. All patients received 10 to 15 sessions of Su Jok therapy. This method has shown high effectiveness in treating JUB as compared with symptomatic treatment.

Within six months restoration of the menstrual function and absence of bleeding was reported in 90% of patients treated by Su Jok method, and in 69.8% of patients treated symptomatically. With JUB, Su Jok therapy allows to obtain the desired result very quickly which is very important for dealing with this pathology.

Another group consisted of 22 patients with hypomenstrual syndrome and secondary amenorrhea. Five of them repeatedly received symptomatic therapy, and 3 patients previously were taking hormones. In spite of this, the menstrual function was not restored. After 10 sessions of Su Jok therapy the menstrual function restored in 95% of patients, among them in 40% after 5 to 7 sessions. Correction of the energy state of the spinal cord meridian was performed, namely: sedation of the energies of dryness and coldness, and sedation of the unified energy of coldness. Within six months in 95% of patients the menstrual function restored which is considerably higher than in treating this pathology by other methods.

One more group were 12 girls diagnosed with algodismenorrhea. Complaints of irregular menstruation and severe pains in the lower abdomen during menstruation. After 1 or 2 sessions the pains subsided in 80% of patients, and after 3 to 4 sessions in another 20% (Fig. 1). After 10 sessions the menstrual function restored in 92% of patients. Treatment was aimed at sedating the energies of dryness, coldness and, more rarely, of humidity in the spinal cord meridian. In all cases Six Ki therapy was employed to correct the patients' hormonal state (the kidney, brain, heart meridians). Instrumental methods showed improvement of the function of the ovaries, disappearance of cysts, growth of the endometrium in amenorrhea and appearance of ovular cycles.

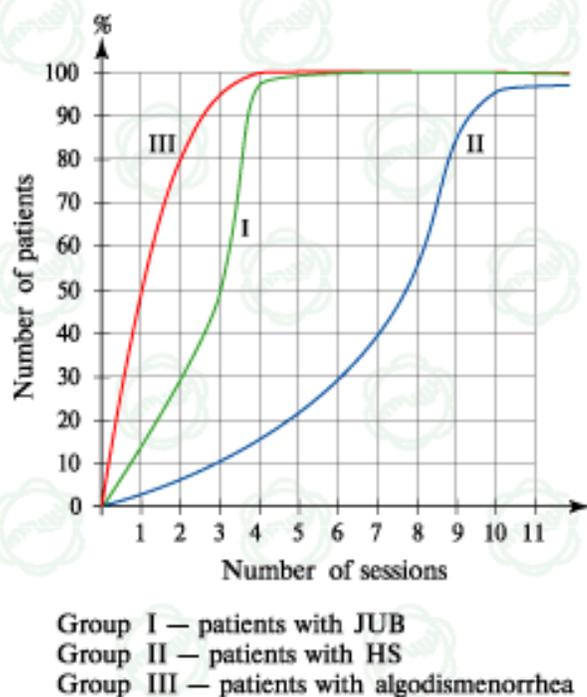


Fig. 1. Effectiveness of Su Jok therapy for impaired menstrual function in children and teenagers

Therefore, our investigations demonstrate high effectiveness of the Su Jok method in dealing with these disorders. The method is absolutely safe, has no complications and is especially indicated in children and teenagers, when in many cases other methods prove ineffective and there remains only hormone therapy, which

has an adverse effect on the young body. Doubtlessly, the Su Jok method has a future, in these pathologies it can and must be a method of choice together with other effective methods.
