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Acupuncture and Natural Medicine

Editorial

Dear colleagues, friends of natural medicine. I present you the "zero" edition of the e-magazine released by the Medical Society of Natural Medicine (MSNM). Our magazine is unique in several views. It is designated to all of us- supporters of natural medicine, medical doctors and also other professionals who didn't study medicine, but acquired their knowledge studying sciences as agronomy, geology, various branches of physics, cybernetics, informatics, nutrition etc.

It is amazing to observe the fast pace of progress in classical medicine. Mysteries of our bodies and diseases are explored into tiniest details. New medical procedures are found out and as well new drugs. The human organism is divided into pieces according to diagnosis. As a result we have polypragmasia and adverse effects of drugs. The lifespan is raising, but the quality of life is vehemently decreasing. New, more aggressive diseases accumulate. I admire the wisdom of classical medicine, it is indispensable and does rescue our lives and that of our patients, too.

Everybody of us is searching for his own way. Somebody adheres to classical school medicine and interweaves it with upgraded scientific knowledge. Others add knowledge and treasure of our ancestors and bow before the wisdom of the nature and its laws. They learn acupuncture, traditional Chinese medicine, phytotherapy, homeopathy, aromatherapy, ethicotherapy and likewise. Others connect spiritual dimension with medicine and listen to the quiet beat of nature. They approach the person in a holistic way, healing not only bodies but also souls of patients. There are different ways, but only one objective. Helping the patient to obtain a feeling of health, inner harmony and peace. We will strive to connect these two seemingly distant worlds.

Our first edition is released in an e-form. That is also symbol for connecting the old and the new. By January next year our magazine will be reviewed. Its scientific council will extend gradually.

In our first edition will can find a little bit of history and introduction to natural medicine and issues related to it in the article written by MUDr. Gustáv Solár, PhD. He is an experienced practitioner and a brilliant specialist in the area of natural medicine and acupuncture. We welcome his series of educational articles published sequentially in our magazine. They would create a substantial part of the new educational publication about complex comprehension of acupuncture and natural medicine.

You will find here original entries by leading experts from Society of Acupuncture of MSNM, one regarding opportunities and clinical results in treatment of chronic ischaemia of lower extremities (MUDr.T.Mochnáč, PhD), other about the interconnection between acupuncture principles and ethiopathogenesis of uterus (MUDr.Z.Tomová). First view of a beginner acupuncturist on the study of acupuncture will not be missed, too (MUDr.E.Baumann).

Society of Interdisciplinary Studies of MSNM participates with articles about diagnostic possibilities and fundamental benefit of modified acupuncture questionnaire (PaedDr.Z.Solárová, PhD). The view of our elite specialists on connections between geology and natural medicine (prof.RNDr.F.Baliak, PhD and Mgr.M.Ondrášik, PhD) and possibilities of geophysics in studying the

geopathogenic zones (doc.RNDr.V.Gajdoš, CSc.) are another articles of this section.

You can read also about the highlight event organized by our society later this year- XVII. Medical Congress of Natural Medicine with interdisciplinary attendance in Trnava, Slovakia.

With regard and love,

Soňa Sázelová, M.D.
Managing Editor



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Table of Contents

Acupuncture Little Different

Introduction to Natural Medicine4
Gustáv Solár, M.D., PhD.

Clinic

Acupuncture in Chronic Ischemia of the Lower
Extremities10
Teodor Mochnáč, M.D., PhD.

Myomatosis in Young Age in a View of an
Acupuncturist (Do we Think of Everything?)16
Zuzana Tomová, M.D.

Diagnostic Possibilities and Perspectives of
a Modified MKBD-S Questionnaire
According to Korngold and Beinfield22
PaedDr. Zlatica Solárová, PhD.

An Insight into the Acupuncture Thinking

Exploring Acupuncture27
Eva Baumann, M.D.

Interdisciplinary Insights

Relationship of Geology with Life of Humans ...29
Prof. RNDr. František Baliak, PhD.,
Mgr. Martin Ondrášik, PhD.

The Geophysical Aspect of Geopathogenic
Zones31
Doc. RNDr. Vojtech Gajdoš, Csc.

Instructions for Authors38



Introduction to Natural Medicine

Gustáv Solár, M.D., PhD.

Abstract

This article serves as an introduction to a series of educational articles about

acupuncture and natural medicine, which will be published in this journal. It offers a brief overview of the history of natural medicine in Slovakia, which may be defined as a framework for medical disciplines, a distinct feature of natural medicine in Slovakia. Both the disciplines that constitute a part of natural medicine and also those that don't will be mentioned.

Natural medicine and acupuncture share one theoretical and philosophical basis. Acupuncture is therefore the key medical discipline for natural medicine. This theoretical and philosophical basis may be seen as the basis for all human knowledge, which developed and got preserved in symbols of all relevant cultures of the world. It definitely does not come from Taoism, (as it is wrongly believed mainly in the western literature, which consequently results in absurd ideas about a supposed religious basis of acupuncture and natural medicine in China). Taoism is about 2.500 years younger than the first mentions of acupuncture in China. The theory of elements and mutual connections, which are practically identical, may be found in other (much older) cultures too. These form the basis of knowledge and its general aspects are gradually deciphered

by contemporary science. Exact study of these relations and connections requires an interdisciplinary approach in the broadest sense. The results of the research may enrich not only medicine, but other fields of science too.

Natural medicine comprising an institutionalized framework for medical disciplines, methods and procedures has a long-time and successful tradition in Slovakia. Even experts from the EU hosting XII. Congress of Natural Medicine in Bratislava in 2005 acknowledged its top quality. The history of this medical framework in Slovakia outlined in this particular way may be traced to the formation of the Committee for Psychotronics to the Slovak Gerontological Society in the Slovak Medical Society in 1984. That very same year began the history of conferences called Psychotronics and Health in Bratislava, often with international attendance. These events have always had an interdisciplinary character and besides doctors they were attended by prominent research workers from fields closely connected with natural medicine. After several transformations conditioned by both political and social changes, an independent Medical Society of Natural Medicine was established as a professional society.

In 1992 in the Ružinov Medical Centre the first hospital Ward of Acupuncture and Natural



Medicine was formed. This ward, apart from outpatient care and research activities, closely communicated with other hospital wards and successfully participated in effective medical conciliar service. It also achieved remarkable diagnostic and therapeutic results. Likewise, a ward of natural medicine got established in the University Hospital of the Faculty of Medicine of Pavol Jozef Šafárik University in Košice. Its professional scope, however, was reduced to phyto- and apitherapy and therapeutic nutrition. Therefore, it was not a complex workplace of natural medicine; nevertheless, it achieved remarkable results in its specialization, published in Slovakia and abroad. In 1993 the workplace in Ružinov was transformed into a combined workplace of the Ružinov Hospital in Bratislava and the Research Institute of Human Bioclimatology (RIHB) – Ward of Natural Medicine of RIHB, which was in operation until RIHB got dissolved. The then Minister of Health of SR commissioned a main expert in natural medicine. The following Minister, however, called off the main expert and canceled the function altogether. With the dissolution of the Research Institute of Human Bioclimatology the natural medicine lost its potential research base in Slovakia. From our standpoint, it is obvious that it was a wrong decision. Nowadays, natural medicine with its research workplaces is accepted in most developed countries. Medical Society of Natural Medicine continues to organize conferences and research activities with the goal of preserving the high quality of natural medicine and its development.

Education constitutes a separate chapter in the history of natural medicine in Slovakia. Because of the initiative of the management of the IVVZ (Institute of Education) in Košice and the management of the Medical Society of Natural Medicine the first thematic courses of natural medicine for doctors started in Košice. Soon an elaborate study program under the supervision of a group of acclaimed professionals was formed. The unexpectedly great interest of medical public in these courses came as a pleasant surprise. It needs to be stressed that these were attended by certified experienced doctors. The IVVZ management in Košice consistently monitored the courses through questionnaires given to the participants. They all had a very positive opinion about the courses and almost unanimously agreed that the knowledge of natural medicine should constitute a part of the general medical education as it extends the doctors' medical knowledge and creates conditions for a complex medical care. Since 1995 the courses were temporarily organized in Bratislava, too. Later they fell under the Institute for Further Education of Workers in Health Care (IDVPZ) in Brno, Czech Republic, where they took place until the reorganization of the IDVPZ. The medical educational activities in this institute in its original form finished. Currently, such courses are organized in the Centre for Acupuncture in Bratislava.

After this excursion into the history of natural medicine in Slovakia, let us come back to the very basis of the natural medicine as it is understood in Slovakia and let us discuss its particularities.



The professional and non-professional public interprets the term “natural medicine” in different ways and oftentimes tends to link it with the term “alternative medicine” or naturopathy without further differentiation. .(Wikipedia, 2013).

The explanation is usually descriptive, e.g. healing by using predominantly natural resources, while the core of natural medicine in this sense is mainly dominated by herbal medicine or dietotherapy, depending on the understanding of “natural” priorities. Likewise, it is sometimes interpreted as folk medicine, which however, serves only as a model for doctors of using folk healing methods. Such understanding often leads us to believe that when one is using e.g. healing plants, one must be practicing natural medicine. A different view (Ernst et al., 2001) sees it as an alternative to school medicine or complementary medicine. The term “complementary” denotes an accepted complement to school or university medicine (Mayo clinic, 2011). Neither can we consider natural medicine holistic as this term does not express its basis sufficiently.

Terms as internal, surgical or theoretical disciplines in medicine are clear and relatively unambiguously defined. If the field of natural medicine as a whole is to be a branch of medicine, then it needs its own theory, diagnostics, therapy, prevention and research pertaining specifically to natural medicine.

The rapid development of scientific knowledge particularly in the field of quantum physics, biophysics and other scientific disciplines brought many new insights into

biological sciences as well. It was proved that teamwork and interdisciplinary cooperation are absolutely indispensable. While at the beginning of this crucial period the study programs, including the medical ones, tended to divide and atomize under the pressure of the dramatic increase in the amount of new knowledge (increase in specialization), nowadays the opposite trend – integration and interdisciplinary cooperation – is exactly what is needed. In the recent past medicine used to be dominated by biochemistry. However, these days it is the knowledge of physics that is preferred in biological sciences. On the most elementary levels a system is regulated by quantities of energy and information. And these energetic and informational processes or ergo-informational processes in short are universal in the whole world. These processes form a common denominator in a field studied and used by natural medicine. The first determining factor of natural medicine is the study and subsequent regulation of ergo-informational processes in an organism in relation to health and illness. The second determining factor is the definition of medical disciplines, methods and procedures that primarily work on the ergo-informational level. The role of natural medicine is not to absorb these disciplines, methods and procedures, but to take in the shared knowledge and to develop it. Naturally, these fields of medicine need to cooperate in the same way as the surgical or internal disciplines do since they also share some common bases. Despite belonging to internal, surgical, or theoretical disciplines, the



independence of the individual disciplines remains intact; it is however enriched with new knowledge. Nowadays, the Medical Society of Natural Medicine puts acupuncture in the field of natural medicine. Furthermore, according to our legislature some other medical practices are included, e.g. homeopathy, the medical procedures of bioindication and biointervention, medicine of energetic display microsystems, phyto- and apitherapy, therapeutic and preventive dietotherapy, morpho-energetic medicine and other medical fields, methods and procedures without sufficient tradition in Slovakia such as ayurveda, herbal medicine and others.

The first categorical condition of natural medicine is that it is practiced by doctors or under medical supervision as a part of a complex medical treatment. (Mochnáč, 2011). At this point we would like to introduce a short note to each of the above-mentioned methods and procedures, which relate to the field of natural medicine as we would like to discuss them in more detail in future. It needs to be said that the term “energo-informational processes” on its own includes countless physical processes and phenomena, which might be described, but are far from being sufficiently explored and scientifically explained and remain a subject of continuous interdisciplinary study.

Homeopathy works with concentrates without a single molecule of active ingredient, i.e. it works with energo-informational processes and the memory of water. Without accepting the energo-informational processes the explanation of the way the homeopathic treatment works is not

possible.

Bioindication and biointervention, i.e. direct interaction of energo-informational environments is a method with the largest participation of energo-informational components.

Medicine of energetic display microsystems (i.e. projections of morphological and functional characteristics inside and outside of an organism) is in a broad sense a part of acupuncture and the projections themselves and their interactions cannot be explained without energo-informational processes.

Phyto- and apitherapy are methods without separate specific diagnostics; the mechanism of their healing effect, however, cannot be explained solely from the viewpoint of pharmacology or without the application of mechanisms of the energo-informational processes. Simplified pharmacological interpretation is not sufficient and would therefore exclude these methods from the scope of natural medicine.

Therapeutic and preventive dietotherapy unlike dietology (which belongs to gastroenterology) studies the energetic and informational characteristics of food (their cooling or warming effect, interactions, their belonging to elements) i.e. the energo-informational processes within them.

The morpho-energetic medicine studies the influence of the morphological characteristics of the environment on a living organism with the morph determining the character of the energo-informational processes and their effect on an organism and can therefore be categorized



within the scope of natural medicine.

Before we get to the key field of acupuncture, from the viewpoint of natural medicine it is necessary to mention the negative definition of natural medicine as well. Yoga, which is a lifestyle and philosophy, definitely does not fall within the scope of natural medicine. Neither do any rehabilitation techniques such as massages, reflexive and chiropractic treatment methods that belong to the field of rehabilitation medicine. The same is true about detoxication techniques based purely on biochemical knowledge and relations. Psychotherapeutic methods and techniques constitute an implicit part of clinical psychology or psychiatrics and likewise do not belong to natural medicine.

A separate chapter belongs to practices that have a directly damaging effect on the ergo-informational system and natural medicine strongly dissociates itself from them. These are e.g. reiki, one brain, the Silva method, aura-soma, family constellations and others.

Now, let us come back to the key field, i.e. acupuncture. Its beginnings are lost in the depths of history, but according to preserved written documents it is about five thousand years old. It is generally accepted that acupuncture is of Chinese origin, and it is based on stimulation of active points and meridians. Much of the oldest knowledge encoded in symbols may now be proved with the help of the most up-to-date scientific methods. We will not discuss acupuncture in more detail here as that will be the subject of our next discussion. From the viewpoint of natural medicine it is the theoretical

and philosophical basis on which acupuncture is built that is of importance. We need to realize that acupuncture on its own is only an application of this knowledge in diagnostics and treatment. Deeper study of the basis on which it is built shows that roughly the same knowledge and relations can be found in comparably old and even older cultures around the world. Naturally, we need to take into account a slightly different symbolism in various cultures, and differently accentuated priorities. What we shall find out is that the same principles are valid all around the world. Attempts at theoretical definition of acupuncture in modern times – from reflexive theory to the biocybernetic one – result in a much too simplified view because of the lack of knowledge. The newest information points out distinct relations between the theory of five elements, pyramids, rotating microsystems etc. (Solár, 2011) and the structure of the living matter and the processes within. These facts may be proved indirectly through the knowledge of quantum physics and quantum chemistry, although the research in this field is still in its infancy. It seems we need to look for a key to the ergo-informational processes somewhere here. This is why acupuncture, namely its theoretical basis and mathematical regularities play a key and decisive role in natural medicine. Similarly evident are cosmological, geological, biological, physical, chemical and other relations that prove the true universality of the ergo-informational processes.

It is not possible to separate natural medicine from the complex medicine and other fields of



scientific knowledge. Similarly, its further development would not be possible without a broad interdisciplinary cooperation. It is therefore quite logical that after the transformation of the Medical Society of Natural Medicine the first member societies to establish were the Slovak Medical Society of Acupuncture in the MSNM and the Society of Interdisciplinary Studies in the MSNM. Diagnostics and treatment need to stay in the hands of medicine in all their relations and complexity. The research, however, needs to have an interdisciplinary character. This is a categorical imperative for natural medicine and we are inviting all experts and scientific workers dealing with problems related to natural medicine to join.

Gustáv Solár, M.D., PhD.

President of the Medical Society of Natural Medicine

www.akupunktura.sk

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Keywords: acupuncture, natural medicine, interdisciplinary approach



Acupuncture in Chronic Ischemia of the Lower Extremities

Teodor Mochnáč, M.D., PhD.

Abstract

V a s c u l a r
insufficiency of the
lower extremity with

resulting ischemic pain and possible gangrene is common in persons due to atherosclerosis, diabetes mellitus or secondary to cardiac insufficiency.

The author reports on the group of 27 patients, 23 men (85,18%) men, 4 (14,81%) women, with the chronic ischemia of lower extremities results of the acupuncture treatment.

The author prefers to perform complete lower extremity examination by duplex scanning. The patients were examined with treadmill walking followed by measurement of the ankle brachial index before and after treatment, acupuncture examinations by TST (tactile Solar test) of the crosswise mikrosytems of the whole body, muscle tests of the 12 meridians, ryodoraku measurements to do the actual acupuncture diagnosis. The acupuncture treatment was strictly individual.

The improvement of the treadmill (19 patients (70,4%) patients), ankle brachial index

(46,4% patients), muscle tests (85,7% patients) is confirmed by the west diagnostic means.

These results confirm that the holistic individual access of the acupuncture management according to the traditional east medicine, improve cardiovascular, psychical state of patients.

Atherosclerosis is a general disease which affects the whole arterial system of the body.

It is result of the genetic and another risk factors and depends on social, economic a cultural factors.

Major risk factors are hypertension, hyperecholesterolemia, cigarette smoking.

Minor risk factors are obesity, diabetes, hypertriglyceridemia, sedentary living, stress, family history.

New factors are hyperfibrinogenemia, deficiency of estrogens, hyperinsulinemia, elevation of the inflammatory markers (Rutherford, 1995).

Pathological processes affect vessels. The prolonged excessive potency of the energo-iteration state of the EARTH (dampness - shi) or



excessive potency of the energo- interaction state of the WATER (cold - han) leads to the blockage of channels. The blood retention results in blood stasis and qi (Zhiqixue).

According to western medicine thrombogenesis is usually associated with marrow (suei) function.

The origin of the marrow (suei) is in the kidney essence. The marrow function related to osteogenesis. Pathological processes of bones are associated with postnatal hyponutrition, prenatal deficient potency of the energo - interaction state WATER (deficiency of the kidney essence), or in the consequence of the decomposed sheer or turbulent algorithm of WATER-WOOD-FIRE (accumulation of the heat consuming of kidney essence, excessive lao activities and growth of the ming meng fire) and deficient potency of the energo - interaction state WATER (deficiency of the kidney essence) (Ando, 1997).

The traditional medical term for diabetes is xiao – ke and it is divided into three types : upper, middle, and lower and is intimately related to the lung, spleen, and kidney.

The yin state deficiency (Yinxu) is usually associated with all three types.

Vascular disease in diabetics and non diabetics and symptom – complex of blood stasis in traditional Chinese medicine share the

same pathological basis, namely impediment to circulation causing blood stagnation. The proportion of cases with vascular disease and blood stagnation within the diabetic population varies , with its distribution increasing in the order of:

1) The yin state deficiency (Yin deficiency) with excessive potency of the energo- interaction state of the FIRE (heat preponderance)

2) The yin state deficiency and qi deficiency (Deficiency of both qi and yin)

3) Deficiency of both states yin and yang
Severity of the complications indicate that both the modern medical classification of vascular disease and the traditional Chinese medicine symptom – complex of blood stasis followed rules of distribution common to both and had a common trend toward development.

Vascular disease and the symptom-complex of blood stasis are considered to be two different expressions of the same pathological change, the latter being the clinical manifestation of the former, and the former the pathologic basis of the latter the two being reciprocally causative (Clinton, 2002).

Diagnosis of signs and symptoms indicate that deficiency of yin is the basis for diabetes, deficiency of both qi and yin is the basic diagnostic type of the disease, and blood stasis



is its chief accompanying symptom complex.

Methods

The patients were examined by western medicine methods and by modern acupuncture methods. We were used the holistic principle of diagnosis and treatment according to traditional Chinese medicine.

CDS (Color duplex sonography) – on the MEGAS GP we estimated spectral waveform of the blood flow (Eliáš P, 1988).

We took spectral waveform from the common femoral artery, popliteal artery, anterior and posterior tibial arteries before and after acupuncture therapy. We determined the level of the arterial obliteration.

Treadmill – walking test to evaluate stage according Fontain classification before and after acupuncture treatment.

Ankle-brachial index – for evaluating of the functional severity of peripheral arterial disease. It is ratio values of the ankle blood pressure dividing by the brachial blood pressure.

ABI less than 0,8 is sign of functional arterial obstruction, ABI more 1,2 is highly suggestive of mediocalcinosis of the arteries (Rutherford, 1995).

Muscle test according to Janda of the twelve muscles of the body associated with twelve main meridians.

Muscle strength was evaluated in five

grades.

Acupuncture examination – we took anamnesis, physical examination, examination of the tongue, quantitative evaluation of the pulse and determine its seasons character, tactile Solar test of nineteen cruciform microsystems of the body and at the end we realized electro-dynamic examination of twelve acupuncture meridians – ryodoraku examination.

Patients

27 patients with main sign of claudication intermitens, rest pain or ischemic lesion of the lower extremities and concomitant disease like cardiovascular disease, diabetes mellitus, ischialgia. Patients were treated by pentoxifyllin but was not improvement due to claudication from the therapy.

In the group 27 patients were 23 males (85,2%) and 4 female (14,8%), 16 patients (59,3% suffer with atherosclerosis obliterans lower extremities and 10 patients (43,5%) with concomitant diabetes.

According to Fontain classification in IIa stage were 7 (25,9 %) patients, Fontain II b 9 (33,3 %) patients, Fontain II c 10 patients 37,0 % Fontain IV 1 patients (3,7 %)

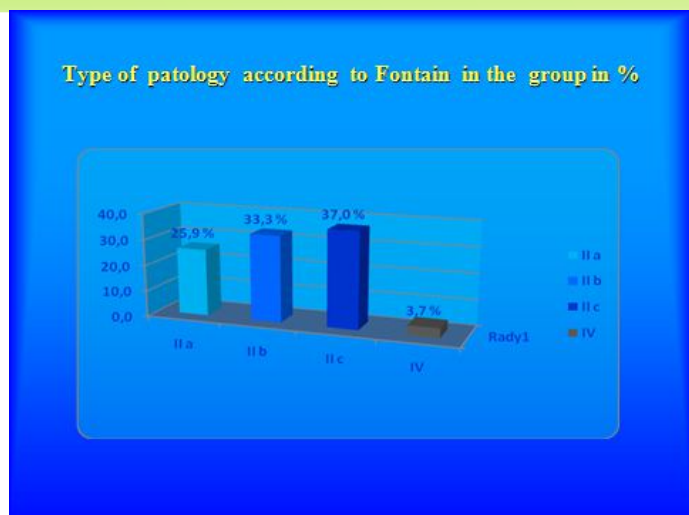


Fig. 1 Type of pathology according to Fontain in the group in %

Obliteration at the level of the:

Common iliac artery were 19,4% lower extremities

Superficial femoral artery 27,4%

Anterior tibial artery 14,5%

Posterior tibial artery 35,5%

Fibular artery 3,2%

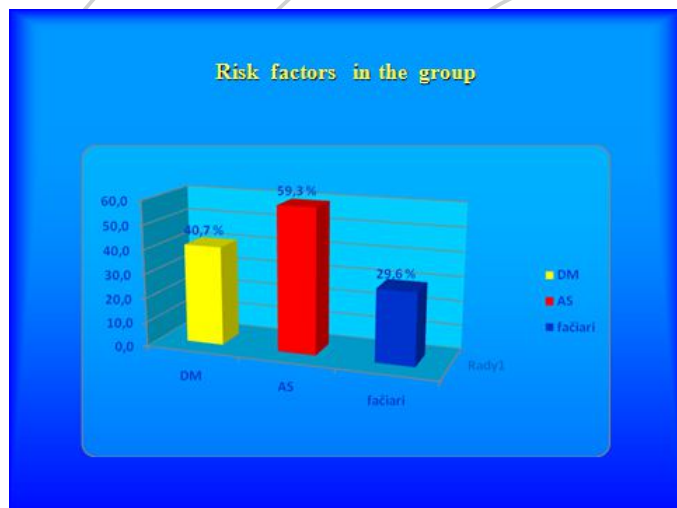


Fig. 2 The risk factors of the group in %

Results

Treadmill improved in 19 patients (70,4%)

Didn't improve in 8 patients (29,6%)

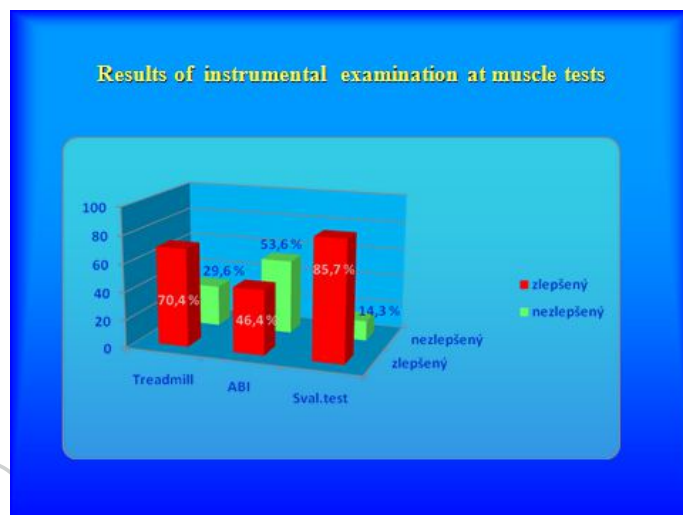


Fig. 3 Results of instrumental examination and muscle tests

ABI improved in 13 patients (46,4%), didn't improved in 14 (53,6%)

Muscle test was assessed in 11 patients. The improvement was recorded in 9 patients (85,7%).

5 patients according to Fontain classification II b were improved and the relative indication to the revascularisation was unnecessary.

Two patients according to Fontain classification IV with necrotic lesion were healed and rest pain abated.

The qualitative changes in Cruciform Microsystem of the Face in 105 examinations in



95 cases correlated with qualitative changes of the peripheral acugraphy curves (91,43 %).

The internal heat is the most frequent noxa in 44,76%, internal wind in 23,8%, internal cold in 22,85%. We confirm the similarity of the etio - pathogenesis of symptom - complex blood stasis according to traditional Chinese medicine.

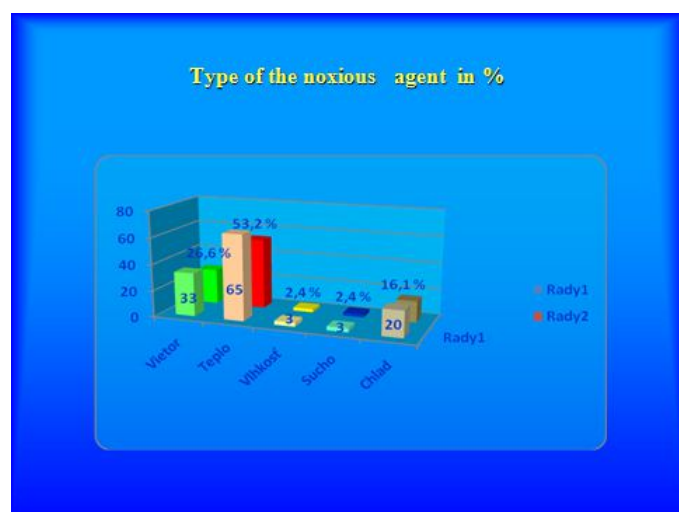


Fig. 4 Type of noxious agent in %

Conclusion

Atherosclerosis is a general disease which affects the whole arterial system of the body manifests like ischemia and symptom complex of the blood stasis according to traditional Chinese medicine .

Treatment of the actual pathologic state of the patients improve bio – morphological , psycho - regulative and energy - informational level of the body.

The qualitative disturbance of cruciform microsystem of the face, like projection of the pentagonal with its functional relationships on the face , presented in 1989, are similar to qualitative disturbance of the elektro - acugraphic curve.

It possible that it is marker of the common actual state of the energy – informative system.

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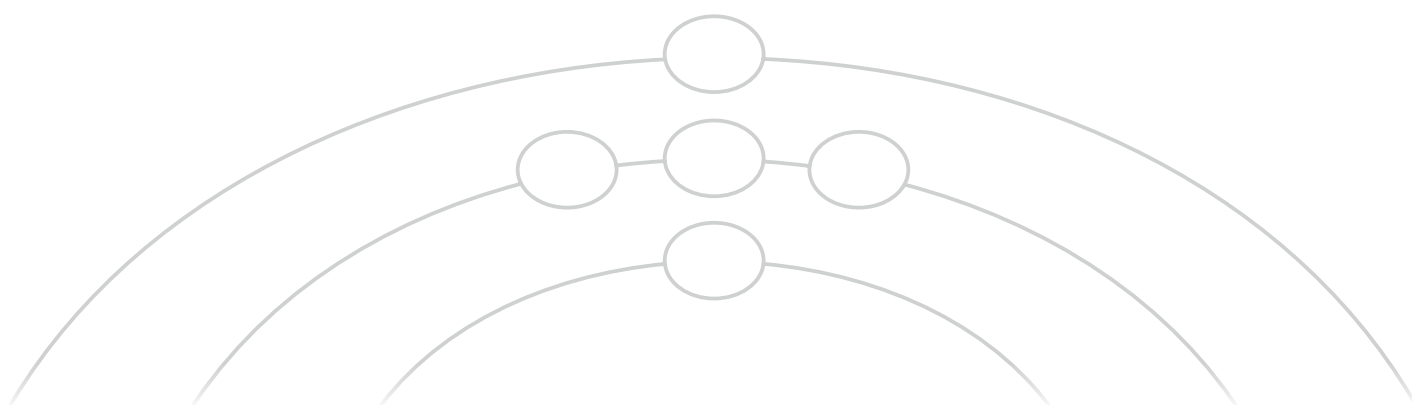
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Keywords: Atherosclerosis of the lower extremity, claudication, acupuncture management





Myomatosis in young age in a view of an acupuncturist (Do we think of everything?)

Zuzana Tomová, M.D.

Summary

Uterus as a special organ Fu governs in women their menstrual period and fertility.

That's why also its functional disharmony will manifest in pathology of these functions. There are a lot of causes of uterine pathologies. The major causes are classified into uterine pathologies induced by the disharmony of Qi-Xue, by dysfunction of Heart, Liver, Spleen, Kidneys and by disharmony of complex meridians of Penetrating vessel (Chong-mai) and Conception vessel (Ren-mai). One of the most frequent diseases of the uterus that afflicts women in fertile age is myomatosis. It develops from the blockage of Blood in Lower Burner that is followed by Qi stagnation. Inner pathogenic factors, that result from preferred lifestyle that is injuring Jin principle in women, play a considerable role in development of myomas.

Prologue

Myomas are defined as benign tumors composed of smooth muscles with an addition of fibres (fibroleiomyoma). Etiopathogenesis of formation of these tumors is despite of their huge incidence still unclear. Feminine hormones play a supporting role in their growth exclusively in reproduction period of women (hormonal dysregulation). Genetic factors, hormonal

influences, growth factor influences, influences of some pollutants, civilizational and antropometric factors (overweight and obesity in women with myomas) have influence on myoma formation to a certain extent.

Myomas do not occur in girls before onset of menstruation. They affect about 30-40% women in fertile age, that means between 30-50 years of age.

They are one of the main problems leading to gynaecological interventions and most common benign indication to hysterectomy. There is increasing occurrence of myomas in women planing pregnancy. That is probably caused by modern trends in society- postponing parenthood and fulfilling career objectives first.

Symptoms of myomas in uterus are:

1) Connected with bleeding - all types of menstrual irregularities in sense of plus: menorrhage (prolonged menstruation) and hypermenorrhea (excessive bleeding) with secondary sideropaenic anaemia.

2) Painful - pelvipathy (chronical pain in pelvis is not typical for a myoma, it is rather connected to endometriosis and chronic inflammatory processes in pelvis), dysmenorrhea, dyspareunia.

3) Diverse symptoms - depend on localisation and size of myoma, they manifest as non- specific feeling of pressure in lower abdomen, feeling of fullness and oedema, constipation, frequent urination.



Some myomas depending on their localisation and size negatively interfere with fertility, they are factors causing recurrent miscarriages, complications in gravidity and obstetrics.

View of an acupuncturist on function, regulation and etiopathogenesis of uterine pathologies

Uterus is categorised to a group of special organs Fu together with Brain, Marrow, Bones, Vessels, Gall Bladder. They are similar to Fu organs- they are hollow, but functionally they act as Zang organs- they store different forms of Jing essence. They are connected with eight complex meridians.

Uterus regulates:

Menstruation- between 14th and 49th year of age. Fertility is related to Kidney- Qi, it is not yet fully developed in childhood. That is why fertile substance (Tchien-Kuej) is not produced from Kidneys essence in this age, and the menstruation does not occur.

In the age of 14 the Kidney- Qi is mature enough to produce the fertile substance (Thien-kuej), which leads to filling of Penetrating vessel (Chong-mai) and Conception vessel (Ren-mai), they open the passage to Uterus, where also Blood from meridians can arrive. During regular bleeding meridians are emptied, than during the month they are filled with Blood and Qi of twelve major meridians of Zang-Fu organs again. The weakening of Conception vessel (Ren-mai) and Penetrating vessel (Chongmai) as well as weakening of Kidneys cause miscellaneous menstrual disorders. Menstrual

disorders can be caused by disharmony of other organs connected with Blood circulation as well- namely Liver, Heart and Spleen.

When deficiency of Blood and Qi in Heart and Spleen occurs, the amount of outflowing blood is decreasing, the beginning of the cycle is delayed, or even the bleeding stops. In case of Spleen-Qi emptiness extensive and strong bleeding occurs, because weakened Spleen doesn't manage to keep its function in Blood regulation. The blocked Liver-Qi causes irregular menstruation.

Uterus regulates pregnancy- embryo originates from essential Qi of the parents. Father's essence is received and mother's essential Qi is given, after these merge embryo that is guarded by Uterus forms. Pathologies in this field associated with infertility, miscarriages, complications during pregnancy.

The functionality of Uterus is connected with good function of another organs, first of all Heart, Liver, Spleen, Kidneys and Penetrating vessel (Chong-mai) and Conception vessel (Ren-mai).

Pathogenesis and pathogenic factors in uterus

The main causes of disease processes in the Uterus arise from

- 1) disharmony of Qi-Xue
- 2) dysfunction of Heart, Liver, Spleen and Kidneys
- 3) disharmony in the Penetrating vessel (Chong-mai) and Conception vessel (Ren-mai)

1. Disease processes in Uterus caused by Qi-Xue imbalance



The loss of Qi- and Blood balance is the trigger mechanism in development of disease processes in Uterus. As a consequence of Blood- Heat the Liver doesn't manage to store sufficient amount of Blood, the passage regulating function is oversized, the flow of Blood gets into chaos, damaging the Penetrating vessel (Chong-mai)-the Sea of Blood. As a result of Spleen-Emptiness Blood is not anymore regulated, Penetrating (Chong-mai) and Conception (Ren-mai) vessels loose firmness, there is excessive amount of Blood arriving to uterus, which is clinically manifested as premature, excessive, prolonged menstruation, even discharge of blood out of Uterus.

In Blood and Qi stagnation, lack of Blood and Qi, deficiency of Yang Qi the Blood flow is blocked, clinically the menstruation delays, it becomes weak and painful.

2. Disease processes in uterus caused by dysfunction of Heart, Liver, Spleen and Kidneys

All these organs have a direct impact on the state of Qi and Blood, therefore they influence the condition of Uterus. Disharmony in this interconnection is related to emotional state, physical overwork and excessive sexual activity, damaging Qi and Blood of particular organs. (For example psychical torment injures Heart, which leads to exhaustion of its Blood and afterward the Sea of Blood is no more nourished appropriately, irregular menstruation occurs, it blocks or infertility occurs.) Excessive fatigue injures Heart-Yin, Heart-Fire is released and attacks the Sea of Blood, manifesting as excessive menstruation

and metrorrhage.

When Liver-Qi accumulates stagnation of Blood flow happens, manifesting as delayed and painful menstruation, even its stop.

Unbalanced diet, physical tiredness, mental stress damage Spleen and weaken Spleen- Qi. Consequently the source of new Blood and the Sea of Blood empties, which means decreased, delayed and stopped menstruation. If in case of Spleen- deficiency the Spleen loses its ability to regulate Blood, excessive menstruation occurs. If Spleen-Yang doesn't manage to distribute adequately, damp sludge accumulates inside- blocking Penetrating- (Chong-mai) and Conception (Ren-mai) vessels and Uterus and causes a white discharge. By falling of middle Qi the lifting power is weakened and that leads to dehiscence and prolapse of Uterus.

3. Disease processes in Uterus caused by disharmony in the Penetrating vessel (Chong-mai) and Conception vessel (Ren-mai)

Both vessels start in the area of Uterus and are connected with it functionally. There are many causes of disturbance in them, characterised as both full and empty. (For example Qi and Blood coagulation in consequence of the Cold in food, Qi and Blood stagnation as a result of negative emotions, upraisal of Fire and Blood as a result of anger.) Many disease processes of Uterus have a relation to overall health condition.

Stress, rush, hectic lifestyle have influence on a woman's life and that reflects on her frame of mind and health. The indicator of a woman's health is her menstruation. All processes- mental and



physical- are connected with menstruation. A healthy woman has menstruation after 28 days, it lasts 5 days, it is not painful, without any discharge or spotting and no premenstrual syndrom (PMS). PMS itself is not a sickness but it is causing a huge scale of illnesses later. All the physical disharmonies that women experience are directed to the Liver meridian. It doesn't matter if there are repressed-, restrained-, constantly repeating- or emotions manifested in aggression outwardly- in a form of various shocks. They lead ultimately to slowing down of Qi and Blood in Liver meridian and subsequently to its blockade. Blocked Liver destructs Spleen, which suffers and can not produce enough Blood and Qi. A condition of „linking in the waist“ develops, an excess and Heat in upper part of the body together with deficiency and Coldness in lower extremities.

This condition is difficult for medical classification and therefore also difficult to cure. If such a physiological blockade of Qi and Blood in Liver meridian around 3-5 days before menstruation starts on a terrain that is emotionally pathologically blocked, it results in PMS with change of mood. It causes headache and tenderness in breasts. If the blockade transforms to inner Heat, acne and eczema worsening with emotions arise. Spleen and Liver meridian take part in formation of PMS.

Any blockade within PMS is risky, because it expresses on physical level as a cyst, a fibroma, a myoma or a neoplasm by time. That's how the vicious circle closes. A balanced, harmonious woman reflects all problems already on her surface, doesn't enclose them inside her for long

periods of time in a form of cysts and neoplasms.

A woman is a protagonist of the Yin principle. Yin is everything liquid, especially Blood- here understood as the power and quality of all liquids, as lymph, intercellular liquid and blood. Therefore it is very necessary for a woman to nourish and supply the Blood all life long, because she is prone to weakened Blood due to menstruation, labours, excessive mental stress etc. Insufficient Blood here means weak energetic quality, not the volume in circulation.

Myoma is a developed Blood blockade in the Lower Burner in Uterus, which leads consequently to stagnation of Qi.

Syndromologically it is a blockade of Blood bundling inwardly and stagnation of Qi and Blood (with pain and tenacity in the low abdomen and delayed menstruation).

Causes of myoma formation

1. Stress, which is preceded by anger, frustration from unfulfilled expectations, ambitions and desires, that are projected to professional, personal, partnership and sexual fields of life, irritability, negative emotions, envy, hatred towards oneself or others. They lead to Liver- Qi stagnation and Liver- Blood blockade. Liver meridian plays a key role in a female physiology and gynaecology due to its close connection to Uterus. It is passing through Uterus and ovaries and regulates the flow of Qi and Blood in the Lower Burner in his own meridian.

Emotions are known as internal causes of diseases. Of course, when emotions manifest in certain basic period, they can not be considered



as a cause of disease.

But if they act for a long time, intensively, unbalanced, they cause a disruption of the mechanism of Qi activity, they damage the harmony of the organism and initiate the disease processes from inside. These factors are omitted in common praxis when searching for etiopathogenesis of myomas and from the view of a gynaecologist they are considered to be unlikely.

Emotions are closely associated with Blood and Qi, so in addition to Heart also Spleen and Liver will be mostly affected. These organs regulate processes in Uterus as well. Their damage due to excessive longterm unbalanced emotional and affective excitement leads to different pathologies of Uterus. The type of affection depends on the predominant component.

Emotions are a manifestation of the life force Qi, which is at the same time mixed with Blood, whereas it creates the link between Blood and emotional state. Disturbances in flow of Qi and Blood can primarily initiate certain mental conditions, and in reverse emotions have an impact on the condition of Qi and Blood. Unbalanced emotions caused by external circumstances negatively affect the harmony and flow of Qi and Blood. Certain emotions reside in their corresponding organ. If an emotion is out of balance and intensive, it causes disharmony in the corresponding organ- Qi and a malfunction of this organ.

Emotional imbalance in general affects mostly the Heart, which is the monarch of all organs, the Spirit- Shen and psychological nature of man

resides here.

Imbalanced emotional life of a woman (and she blames first of all her partner, or expartner for it)- who is a protagonist of Yin principle- has also one negative effect on all Zang organs. It is draining on the inherited original Yin. Prolonged influence of imbalanced emotions leads to excess of pathogenic Yang as a consequence of Yin deficiency. This condition manifests in a woman's overall restlessness, irritability, groundless anger, insomnia.

Thoughts filled with dissatisfaction, hatred, injustice, wishing wrong and unfavorable fate for her partner who didn't satisfy her expectations, are harming the woman, too. By generating them day by day, living them over and over again, interwaving emotions and thoughts she accumulates and „deposits“ them in uterus area, where they transform to a form of nodes and cysts. This is how a subjective feeling of injury and humiliation materialise in a female body. Such a woman forgets later her femininity, her love, gentleness and caress, she ceases to see the good character features in her partner, she becomes more Yang and that puts her to the conflict with her Yin nature. She is disgusted with her problematic life, she feels unfulfilled, constantly unsatisfied, she replaces emotions by an effort to emancipate and have a career. She uses male power and that moves her away from her nature and from herself. She is not able to recognize her power in her seeming weakness. She becomes helpless and not knowing how to live further (she breaks up with her partner). She doesn't have any control over her life. She doesn't



know how to accept this world and that is a precancerosis on a physical level. Uterus and endometrium react on the genital conflict related to a male (humiliation, rape, planned marriage didn't come to reality, it is not what she expected from the partnership... etc).

2. Diet, if it is irregular, with excessive consumption of cold and raw foods brings Coldness to the Lower Burner. Once here, it restricts the flow of Qi and Blood, resulting in Blood blockade. Excessive consumption of fatty foods destroys the Spleen, which is attacked by Dampness and Phlegm, that may settle in lower abdomen and create cysts and myomas and block the Blood.

3. External Coldness and Dampness. Working and staying in cold and damp environment enables Coldness and Dampness to penetrate the body, predominantly during menstruation. External Coldness leads to Blood blockade in the Lower Burner, external Dampness leads to production of Phlegm. Their combination is the best predisposition for development of myomas, cysts and endometriosis.

4. Hormonal contraceptives in females always result in weakening and stagnation of Liver- and Uterus Blood, it harms Kidney- Yin (Yang as well). Strength of Blood depends only on the constitution of the organism, on its resilience to unfavourable circumstances and its compensatory abilities. Pulmonal embolism is Blood stagnation in a state of deficiency. Kidney-Essence is missing and its deficiency and blockade may lead to infertility, cysts and myomas.

In the treatment it is necessary to loosen blocks

and emotions, to enable Liver passage, to support Spleen, to nourish and support Blood circulation.

Conclusion

Problems in this field manifest inner conflict and confusion, communicational problems, troubles in sharing, ability to be in balance with oneself and the opposite sex, ability to trust, being considerate, tolerant and respectful, accept one's role and fulfill it.

„Healing one woman is as difficult as healing five men.“

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Keywords: uterus, myoma, disharmony of Qi and Xue, premenstrual syndrom (PMS)



Diagnostic Possibilities and Perspectives of a Modified MKBD-S Questionnaire According to Korngold and Beinfield PaedDr. Zlatica Solárová, PhD.

Abstract

In the article we present possibilities of extending diagnostic methods and

interpretations of results in complex diagnostics used in acupuncture with patient's subjective self-evaluation, which is illustrated on a selected casuistics. This approach is all the more valuable as we are using evaluation methods, quantification and interpretation of these answers through an MKBD-S questionnaire according to Korngold and Beinfield, modified according to our needs. The common evaluation criterion is the WU-SIN theory (the law of five elements) as well as other relations which are analyzed in the casuistics in detail. They offer a possibility of differential diagnostics, depending on which level (somatic or psycho-regulative) the patient's problems are seen as more distinct.

Introduction

The acupuncture diagnostics uses both instrumental and non-instrumental methods to evaluate the patient's condition on the somatic and mental level and to determine a suitable therapy.

The diagnostics gives an overall scan of the patient's actual condition, projected in the energetic display microsystems, acupuncture meridians as well as the sinew-muscle channels. The most commonly used are the tongue and pulse diagnostics, the Su-Jok diagnostics, the

auriculodiagnostics, the complex full-body diagnostics through the tactile Solar test including Solar's diagnostics of rotation microsystems (Solar, 2009), etc. The evaluation of the diagnostic methods depends to a large degree on the acupuncturist's experience and specialization, which consequently extends their diagnostic diapason with further knowledge of new particularities and perspectives. Hence, two evaluations of a patient's state conducted by two different doctors are not always identical, although the therapeutic effect might be the same.

How do **patients** perceive their own condition? Why is the patient's self-evaluation significant? There are at least two reasons: Firstly, through their own evaluation the patients **dictate their own diagnosis** and reveal much about the way they perceive themselves and others in different situations, how they see their health and mental problems, what kind of attitudes towards solving interpersonal relationships and working tasks they have, what qualities of personal characteristics they identify with and what kind of perception of reality they prefer. There are patients that tend to solve problems emotionally, others solve other people's problems more often than their own and another group prefers to tackle problems through intellectual analysis. Secondly, the patient's self-evaluation discloses how they receive, process and evaluate information about themselves and their own medical condition.



For the doctor to be able to intervene with a suitable therapy, effective diagnostic methods and procedures are of the utmost importance. Then the doctor can tailor-make an individual therapy that suits each patient best. Experienced doctors know that there are distinct differences in patients suffering from e.g. chronic algic syndrome, manifesting itself on the somatic level. With some patients their psycho-regulative level retains its integrity (Dahlke, 2009), and they are able to discuss such sensitive issues as their health problems quite openly. On the other hand, there are patients whose somatic level is affected to a comparatively lesser degree, but their psycho-regulative level is deeply disturbed (Dahlke, 1998). Consequently, their negative attitude makes an effective solution of their problems virtually impossible. The reasons are manifold: fear, inability to forgive, unprocessed emotional experiences and related long-term frustrations or simply - seeing problems from a different perspective.

Information gained through the MKBD-S acupuncture questionnaire (Beinfeld and Korngold, 1992) enables the doctor to choose a suitable way of leading an effective dialogue with their patient and to analyze the etiopathogenic factors. The patient's subjective self-evaluations are analyzed based on the common criteria of the Law of five elements. Doctors may compare this information with instrumental and non-instrumental diagnoses and consequently, suggest therapeutic procedures in a more complex way.

Material and methodology

On a selected casuistics we wish to present the chosen procedures and methods of diagnosing a patient with the help of the MKBD-S questionnaire on the somatic, psycho-regulative and complex level (Solarova, 2011). Interpretations of the results may be used in differential diagnostics and in the choice of an individual therapeutic dialogue with the patient based on the knowledge of the patient's constitution and his actual state. A more active cooperation between the patient and the doctor must not be overlooked.

To illustrate our point we are offering a casuistics of a 36-year old IT manager, who has been living in a stable, childless partnership for 10 years. According to the Chinese constellation he is characterized by the METAL element in its Yin form and the EARTH branch. 12 years ago he was diagnosed with a panic disorder characterized by frequent palpitations and occasional loss of consciousness, epigastric pain and perennial upper limb hyperhidrosis during excessive mental overload. The patient comes from an environment of a broken marriage, which made itself manifest in "the man's role" malfunction. About a year ago, roughly a week after his parents' divorce when he was having breakfast, he got an extensive dyspepsia and was later diagnosed with steatosis of liver. The hepatic tests proved an elevated level of enzymes.

The patient has been suffering from mortophobia since childhood. For four years he has been treated in a psychiatric practice; after taking Lexaurin his mental tension reduces. To every-day problems he reacts with dyspepsia. He has not been on any diet, save for a few months after the hepatic tests. He has



had his tooth 36 (desire to be loved) treated for 10 years. In food he currently does not prefer any tastes; he has sleeping disorders, he wakes between 1:30 – 2:30a.m. (gallbladder and liver meridian). He likes his work, which however represents a source of increased stress for him when under time pressure.

Objective somatic findings prove dyspepsia – malfunction of the spleen, pancreas and stomach meridian, and occasional malfunctions of the circulatory system – palpitations – pericardium meridian, mild potential endocrine malfunctions – FIRE element, diagnosed Schmorl's nodes – WATER element.

If we attempt to evaluate the individual modules of the questionnaire, in the pentagram we find relationships not yet defined in the traditional Chinese medicine. Therefore, we deem it necessary to define them here. These relationships come from a calculated score of the elements. The pentagram relationships of bearing, exerting control, humiliation and subjugation are in the questionnaire expressed by vectors with a percentile score of the individual elements, ranging from +4 to –4. Hypothetically, the ideal situation for all elements would be 0. Each vector is characterized by an interval between two elements, either in the physiological or pathological direction. Combined relationships among the three elements, characterizing the middle element of the triplet in algorithms, are quite frequent in clinical practice.

Before we describe the findings themselves, it is necessary to define the elementary terms used in their evaluation, which are discussed in detail elsewhere (Solárová, 2011).

Algorithm – vectors among three consecutive elements in the cycle of bearing, where the first element is called *initiator* (I), the second is called *peak* (P) and the third is called *transitory* (T), in which $I \neq P \neq T$. Based on the vectors among the elements, the doctor determines the kind of disease (malfunction).

Clear hyper-compositional algorithm – vectors among three consecutive elements in the cycle of bearing I, P, T, in which $I > P > T$, determining a quantitative malfunction, subjugation (siang-tcheng).

Clear decompositional algorithm – vectors among three consecutive elements in the cycle of bearing I, P, T, in which $I < P < T$, determining a qualitative malfunction. It is a reversed cycle of bearing, “total harmfulness” (sh-sie) and the cycle of control – humiliation (siang-wu).

Hyper-compositional turbulent algorithm – vectors among three consecutive elements in the cycle of bearing I, P, T, in which $I < P > T$, $T < I$; $I > P > T$, $T > I$; $I > P < T$, $T < I$, determining a qualitative malfunction.

Maximum pressure – the largest range of malfunction, either in the hyper-compositional or decompositional direction.

Decompositional pressure – vector between two elements A and B in the cycle of bearing and control in the pentagram, in which $A < B$. It is directed counter-clockwise and it is a relationship of humiliation (siang-wu) and destruction, determining a qualitative malfunction.

Hypercompositional pressure – vector between two elements A and B in the cycle of bearing and control in the pentagram. It has a “physiological”



direction, but the quantitative gradient is out of norm. It is a relationship of subjugation (siang-tcheng); “hurting harmfulness” (cejsie). In a broader sense, it determines a quantitative malfunction.

Maximum disbalance range – the maximum possible difference in score in one element when comparing the somatic and psycho-regulative module. The maximum range of an element is +4 to –4, measured in percentiles, with +4 meaning a total identification with the characteristics of an element and –4 meaning a total disidentification with the characteristics of an element.

Pressure gradient – expresses an evaluation scale of the maximum disbalance range in elements, its range is 9 degrees.

Results and conclusion

Findings on the somatic level

Algorithm is missing.

Maximum pressures in the METAL element.

Decompositional pressure from the WOOD to the METAL element – a qualitative malfunction, mainly of the Yang type.

Hypercompositional pressure from the EARTH to the METAL element – a quantitative malfunction, mainly of the Yin type.

Pressure gradient 2 on a 9-degree scale

Conclusion

The findings do not show any serious disorders, which means that the patient does not perceive his somatic problems as serious.

Findings on the psycho-regulative level

Algorithms in all elements.

Clear decompositional algorithm in the METAL and WATER element (qualitative malfunction).

Interpretation of the findings: Anxiety and inability to eliminate stress effectively.

Clear hyper-compositional algorithm in the FIRE element (quantitative malfunction); the WATER – FIRE – METAL axis of the malfunction attests to the patient's deep entrapment in the materialist sphere of life.

Hyper-compositional turbulent algorithm in the WOOD and FIRE elements (quantitative malfunction). Interpretation: disbalance of FIRE acting outwards, which disrupts the function of gallbladder as an “arbitrator”. Symptoms: sudden, fierce reactions that pass away quickly, short temper, inability to evaluate a situation rationally. The WOOD element is inhibited. Symptoms: tendency towards panic reactions, little differentiated spiritual level, according to “the tree of life”¹ – a disrupted connection between the mother and father.

Maximum pressures from the WOOD and WATER elements in the EARTH element. Symptoms: logorrhea making up for the uncertainty in acting out in front of others.

Pressure gradient 7 on a 9-degree scale

Conclusion

A frustrated feeling of certainty, security, and control over a situation, which, however, the patient is not aware of (Solár, 2009). He does not see the source of his problems and cannot identify it, which in turn increases the patient's indecisiveness and absent-mindedness, which likewise he is not conscious of. The quantitative and qualitative decomposition of psycho-regulative level prevails distinctly.

Findings on the complex level

¹ interpretation according to Kabbalah



Clear hyper-compositional algorithm in the FIRE element

Maximum disbalance range in the WOOD element

Symptoms: liver and gallbladder problems, troubles with identifying a problem and being emotionally uninvolved

Maximum pressures – source in the WOOD element

Conclusion

The patient's external symptoms, except for the dominance of WOOD, do not suggest any serious problems, either somatic or mental.

A detailed analysis of results gained from the MKBD-S questionnaire shows gaps in the interpretation of medical findings. The questionnaire's goal is to increase the effectiveness of the acupuncture treatment and a mutual doctor – patient interaction, which in the long run makes the patient more willing to participate in the stabilization of his mental and somatic condition.

Results gathered from the questionnaire on the somatic, psycho-regulative and complex level (an overall look at the patient's condition; how they are perceived from the outside) arranged systematically show which of the levels is weaker, on which level the patient perceives their problems as more serious, how the patient is perceived from the outside by others, why they cannot see their problem and other benefits, enabling a more targeted choice of therapeutic intervention. A more active cooperation between the doctor and the patient, multiplying the final effect of the treatment, is also of great value.

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Keywords: acupuncture diagnostics, MKBD-S questionnaire, complex treatment, effectiveness and diagnostics, doctor – patient cooperation, somatic and psycho-regulative malfunctions and their evaluation.



Exploring acupuncture

Eva Baumann, M.D.

I made my first contact with acupuncture as a teenager. I was interested in the

holistic view and a non-judgemental approach described in articles about acupuncture and traditional Chinese medicine. Full of expectations I bought a book about electro-acupuncture. I thought that the principles of YIN and YANG and treated points are perhaps identical to those in "normal" acupuncture- and that I certainly would understand the book. With enthusiasm I opened it and... Did not understand most of the text, therefore acupuncture has been postponed. I got acquainted to traditional Chinese medicine again as a psychiatrist. I started reading available popular literature about it- after my last attempt I started easily. I read about symptoms of disharmony of Qi in organism, about impact of exogenous and interior pathogenic factors and about effect of combining food on the harmonic flow of Qi. I was more and more interested. Although I did understand a little more than those years ago, still they were pieces of information without connections.

I signed up for the basic acupuncture course to grant myself a whole study system. I perceived acupuncture as a discipline that treats symptoms of diseases by pricking

needles into bodies. One goes to a general practitioner, tells her what hurts and she gives him medicine. The idea of acupuncture in my mind was similar, just instead the medicine the patient gets a needle. I listened to the theory and practice of acupuncture in the course and although I understood the words and sentences that I have heard, but I left few the first few parts of the course with increasingly feeling unsure and even chaotic. I realized that while I was trying to understand acupuncture in a way of thinking that I was taught by my background and education in schools, I would not move from the place. I tried it otherwise. Instead of thinking in words I started thinking in pictures. I learned about different levels of influence of acupuncture and I started to notice these levels also in my daily work with my patients. Emotions and characteristics as well as every organ of the human body was assigned to one of the five elements. Therefore changes of their functions followed the relationships between elements. Suddenly I began to compose a mosaic, piece by piece, and I started to see the bigger picture. Obvious relations helped to to compose a whole piece from different isolated informations. My motivation to study acupuncture has grown.

How would I utilize this knowledge in practical work? Still I didn't have a more concrete idea. Lecturers in the course of acupuncture- MD Solar, PhD and MD Mochnáč, PhD-sometimes



talked about their case reports, where they described significant modification or even “disappearance” of different (acute and chronic) symptoms of patients after acupuncture treatment. It was not only one symptom that diminished, but several symptoms of disharmony in the energy-information system. These case reports sounded fantastic and very far for me to reach. Lecturers just smiled, saying that the development of acupuncture awareness of the course participants had typically a few steps. One in which the participants say: "Acupuncture Works!" This one I experienced during the practical part of the course, when I saw changes in treated participants and I felt relief and improvement after treatment, too. Another step is characterized by participants saying: "Acupuncture works for me, too!" The first treatment that I did under supervision, was for me mostly in order not to harm the co-participant. The “patient” not only “survived” the treatment, but to my surprise, reported on improvements and relief! Now, after passing the final exam, I collect more experience in acupuncture in my specialty. More of them are accompanied by an internal "Acupuncture works for me, too!"

I realize that my acupuncture skills and knowledge are at the beginning. I am grateful that I was given a possibility to attend the acupuncture course. My horizon extended not only in acupuncture. I am exploring the way of acupuncture thinking and its compatibility with my work as psychiatrist and

psychotherapist. I am grateful to the lecturers for quality of their lectures and their patience. I continue to study and look forward to further courses of acupuncture and natural medicine.

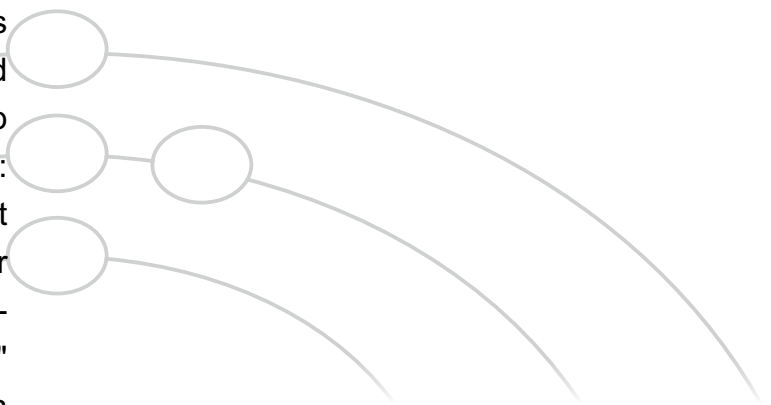
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Relationship of Geology with Life of Humans

Prof. RNDr. František Baliak, PhD.,
Mgr. Martin Ondrášek, PhD.

Human life is inextricably linked with the Earth as a planet of the solar system. It is well known that the

Earth is the cradle of life. The existence of organisms, including humans on the Earth depends on the environment that creates natural conditions for human life.

Geological environment is an important part of the men environment; it is part of the lithosphere, which directly affects the conditions for the existence and development of society and which man uses and changes. Rocks, groundwater, topography, soil and minerals are the most important components of the geological environment. Geological environment creates conditions for life, including life of individual humans.

Methods of uses of the geological environment are significantly influenced by the geological factors (geofactors).

In general geofactors are classified to Geopotentials and Geobarriers (Matula, 1995). Geopotentials represent a variety of natural resources, and ways of use of geological environment, i.e. factors allowing a favorable development of man society, for example minerals, high-quality agricultural land, fresh potable or healing underground waters and the like. Geobarriers represent various constraints and

restrictions adversely limiting the rational use of geological environment, i.e. threats to the life and activity of

man (eg, volcanic eruptions, earthquakes, landslides, floods, toxic and radiation exposure, etc.), factors reducing efficiency of construction and operation of engineering works (eg, inappropriate foundation soil, unstable slopes, aggressive groundwater, etc.) and negative factors damaging the environment as result of human activities (eg, subduction of undermined area, waterlogged or dried area, groundwater contamination, etc.).

It is clear, that the Geopotentials improve quality of human life and most Geobarriers have negative impact on quality of human life (Baliak, Khun, 2012).

Present form of the Earth, or a specific geological environment results from the interaction of its internal (endogenous) and external (exogenous) geodynamic processes, which have a close relationship to the human life

Internal geodynamic processes create on the Earth various geological structures, for example flat, folded, disruptive, and so on. The external geodynamic processes these structures further develop by the action of their agents such as water, frost, ice, wind, organisms etc. and form on the Earth's surface characteristic types of relief such





as slope, fluvial, glacial, eolian, and manmade relief. Developed shapes on the Earth's surface are therefore manifestation of internal and external geodynamic processes on the Earth, what is proof that the Earth is a living body and thanks to this it continuously provide material necessary for human life (eg, water, oil, coal, ores and others). Current shape of the Earth is not constant; the mentioned geodynamic processes are permanently changing and evolving its shape.

The most important part of the Earth is the Earth's core, which is the source of all processes of the Earth as a "living" body. Actually it is as a "heart" of the Earth. In many terms the internal processes of the Earth have some analogy with the human body. For example, earthquakes cause mechanical oscillations of the Earth, which is sort of the heartbeat of the Earth's interior, like a huge living organism. Volcanoes in turn are the lifeblood of our planet resembling venous system of the human body. The Earth's tectonic movements are not random, spontaneous phenomenon alike various streams in human body. Similarly, the release of the Earth's energy does not take place on random locations on the Earth's surface. The ocean currents carry oxygen and heat around the planet, which resemble our blood circulatory system (Baliak, 2011).

The external geodynamic processes, such as weathering of rocks (dissolution, disintegration) resemble to natural aging of the human body. Beside large damages caused to the Earth's surface the rock and soil landslides are returning lost balance to the territory, i.e., the harmony that is necessary for both the nature and the human

life. Geological activities of rivers, glaciers, wind or man can be causing huge damages to the nature (floods, wind storms, landfills, waste), but on the other hand they also complete and harmonize the nature and create beautiful landscape.

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Keywords: Environment, geological environment, geofactors, endogenous processes, exogenous processes, life on the Earth, the human body



The Geophysical Aspect of Geopathogenic Zones

Doc. RNDr. Vojtech Gajdoš, CSc.

The term "geopathogenic zone" is used in the literature for at least 50 years, and is understood as a location

or line on the surface of the earth, at which the long-term residence causes negative effects on the health of a human. In other words, long-term residence (such as sleep, stay in bed, sedentary work, etc.) at one place may have adverse influence on human health if this place is anomalistic in terms of such properties (parameters) that can (even at low intensity) affect the functions of the human body.

We can thus set aside a number of physical, chemical, biological, social, and even so called "from behind the great sea" factors the state of which at a given time, or their rate of change at certain time interval can have negative impact on the health of a human.

We can distinguish several types of factors that affect functioning of a human organism. In this article we will focus on one portion of them - geophysical factors.

Geophysical factors are a group of physical factors forming a separate category, which is related to the physical demonstration of the rock environment. Those are mainly gravitational, electromagnetic, thermal, seismic and radioactive demonstrations.

For all these demonstrations in terms of their effect on humans it is not only their intensity (magnitude of their influence) which is important, but often more

important is their time and spatial variation. Therefore, the evaluation of geophysical demonstrations should pay attention to this factor. Moreover, geopathogenic zone, in addition to mentioned aspects also have the geographic character – it is a local synergistic phenomenon. Its investigation needs to include evaluation of local and instantaneous state of environmental parameters and their differentiation from their global or regional status. Thus, "geopathogenic zone" should be perceived as a complex phenomenon. It includes all the possible factors and even though at a given location and time only some of them acquire pathogenic condition, the outcome or consequence for humans is right the summation of all the factors. This makes it difficult to assess the pathogenicity of the certain location, because separate assessment of the effect of all individual factors is often impossible. Nevertheless, it is necessary to keep on in deepening knowledge in this area.

Gravity field

The earth's gravity is the result of gravitational influence of the earth's mass, with a certain contribution of the moon and partially sun (the visible effect of which are the tidal movements of the ocean and sea levels) and the centrifugal influence of the rotation of the earth around its axis (this effect is greatest at the equator and virtually zero at the poles) (Fig. 1). Gravitational influence of the earth's mass measured on its surface is locally influenced mostly by the geological situation of a particular location (composition of the rocks (lithology)



and their structure (tectonics)). If those two factors (lithology and tectonics) are homogeneous, the gravitational field is homogeneous. The cause of the local anomalies in the gravitational field is a sudden change of lithology (e.g. contact of rock and unconsolidated fine-grained sediments) and / or the presence of tectonic faults (fault zones), or the presence of local mass deficits (cavities, caves, etc.). Geopathogenity of such gravitation anomalies is not well understood. This is due to both the absence of more detailed research in this area (e.g. the impact of long-term residence in a place with high gravity gradient), but mainly the fact that the gravity anomaly is usually associated with anomalistic condition of other physical fields and therefore it is problem to separate the effects of various anomalistic fields. An example might be the effect of altitude on human health condition. It combines both gravity change due to the changing distance from the center of the earth and also the change of atmospheric pressure with height. In this case primarily considered is the effect of pressure on the health, the effect of gravity is virtually ignored even though it is uncertain whether it can or cannot be neglected.

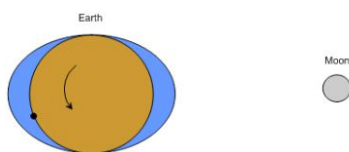


Fig.1. Gravitational effect of the month in the form of tidal movements of the sea level.

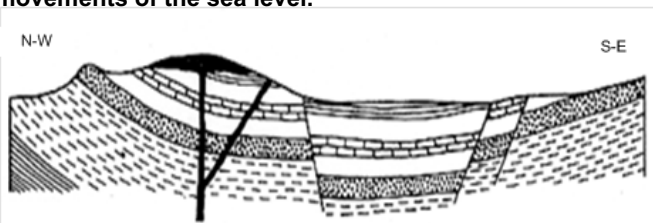


Fig.2. Change of geological materials (lithology change) and the presence of faults (tectonics).

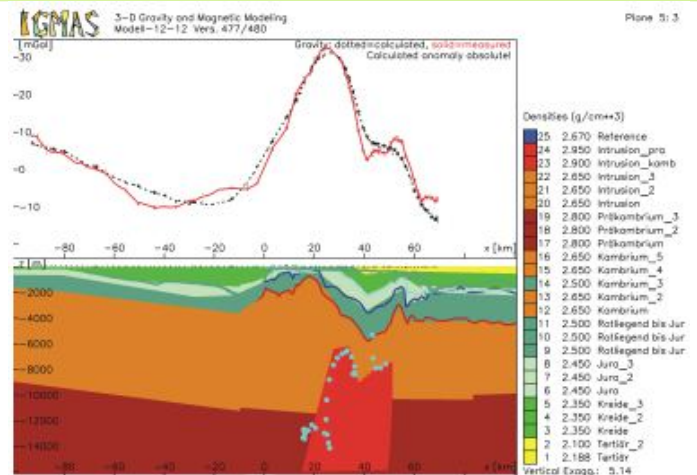


Fig.3. Gravitational effects of local geological objects.

Seismicity

Seismicity deals with propagation of elastic waves in the rock environment (Fig. 4). Elastic wave motion arises either naturally as a consequence of the dynamics of the mass in the body of the earth (Fig. 5), or as a result of some human activities (Fig. 6).

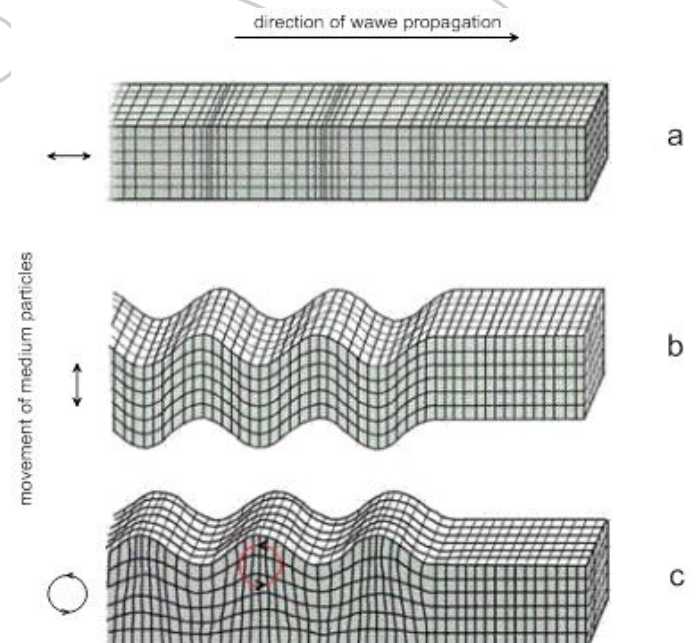


Fig.4. Propagation of elastic waves in the rock environment. a - longitudinal waves, b - transverse waves, c - a combination of transverse and longitudinal waves (Rayleigh waves).

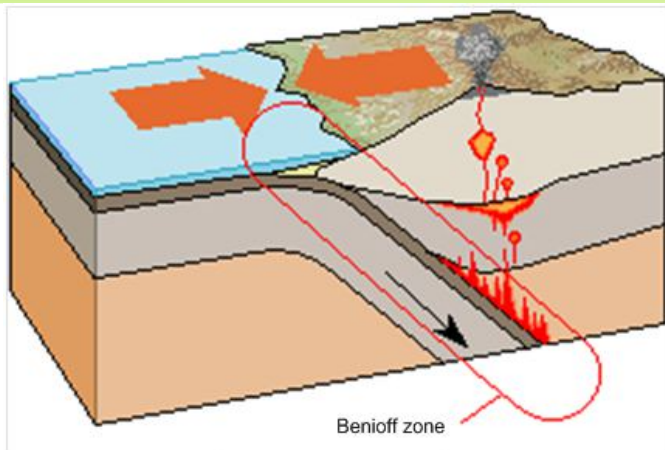


Fig.5. Emergence of elastic waves in a jump shift of lithospheric plates.

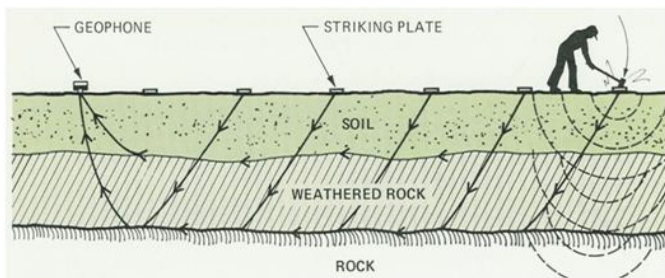


Fig.6. Anthropogenic sources of elastic waves: the impact of a heavy body, blasting explosives, vibration during transportation and alike.

Effects of elastic waves on humans are either visible or hidden. Visible effects often have catastrophic consequences (earthquake) and are connected with the movement of lithospheric plates - at their contact arise either subduction zones (where the plates converge - Fig. 5) or rift zones (where the plates diverge). It can be said that the contact of plates constitute a kind of geopathogenic zone (Fig. 7).

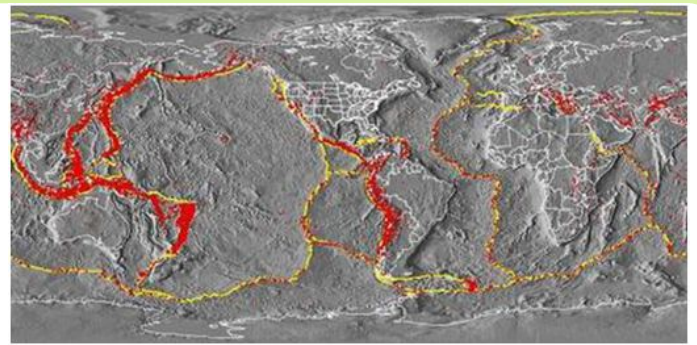


Fig.7. Subduction zones (large) and rift zones (low density of earthquake sources (red dots)).

In addition to a local increase in mechanical tension (which is decompensated by a jump drift of the plates edges, producing elastic waves and subsequent earthquakes which cause destruction of the earth's surface including anthropogenic structures and the emergence of tsunami (Fig. 8), which secondarily destroy the surface of the earth) also the anomalous electromagnetic fields emerge (demonstrated by the changes in the behavior of animals) as well as anomalous thermal fields. The hidden effects of elastic waves are associated with low elastic frequencies (infrasound frequencies). Similarly to the gravimetric effects, the impact of these low elastic waves is poorly understood (perhaps only in military research), and we know only that they strongly affect the human psychics. Propagation of infrasonic waves in the rock environment is differentiated and depends on the potential of the environment to absorb their amplitude. The minimum attenuation is in the solid rocks, the maximum in loose rocks. Artificial sources of elastic waves (Fig. 6) are represented mainly by technical explosions (quarries), transportation and transfer of large masses (pumped storage power plants). These waves tend to have a synergistic effect amplifying pathogenic effect of geopathogenic zones.

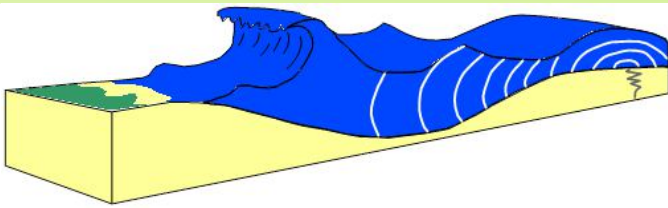


Fig.8. Principle of tsunami formation may also be applied in the case of unconsolidated sediments (e.g. sands and gravels) by the earth's surface.

Electromagnetic fields

Electromagnetic field is the physical field which belongs to the four fundamental power interactions between material objects, namely those which are carriers of the electrical charges. Since the human body contains such carriers in abundance, is constantly exposed to the EM field, while at the same time - thanks to EM induction - is also its source.

Currently, in addition to natural resources (earth's magnetic field, ionosphere, lightning) there are many artificial sources of EM fields, thus we live in a fairly intense EM environment. One of the important characteristics of EM field is EM induction. Due to this EM induction, the external time-variable EM field causes in the secondary electrical conductors an induced EM field (Fig. 9). This also applies to geological conductors, such as subduction and rift zones (Fig. 7), metallic ore deposits, locations and zones with increased contents of groundwater (tectonic faults, fractures and alike. (Fig. 10)), contacts of rocks with various conductivity (Fig. 11) and the like. In these geological objects, which are often in the geometry of lines and zones, tend to develop induced fields, which in its surrounding establish areas with rapid fluctuations in the structure of the EM field, which, as it turns out, has a negative impact on the health condition of a human and thus

this phenomenon can be perceived as a pathogenic health factor.

Magnetic field of the earth turns out to be a significant factor in the effect on living matter. Earth has, compared to some other planets, custom stationary magnetic field generated by processes in the earth's core. This magnetic field, beside others, acts as an invisible shield against cosmic ray flux and flow of charged particles spreading to the outside from the sun (solar wind). Earth's magnetic field produces the "hole" in the flux of these particles, so they bypass the Earth, creating dynamical system called the magnetosphere (Fig. 12). A part of the magnetosphere is ionosphere which substantially affects the spread of EM waves in the ambient atmosphere and outer space. As shown by comparative studies the activity of the sun changes, changing the intensity and form processes in the magnetosphere. Mainly the downward phase from high to the quiet activity of the sun affects sensitive people negatively - by increasing their injuries and temporary worsening of vital functions.

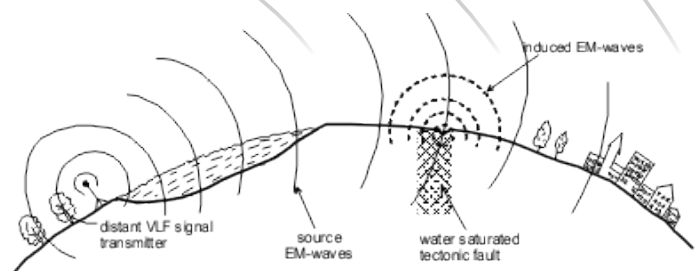


Fig.9. The formation of electromagnetic waves in the geological conductors.

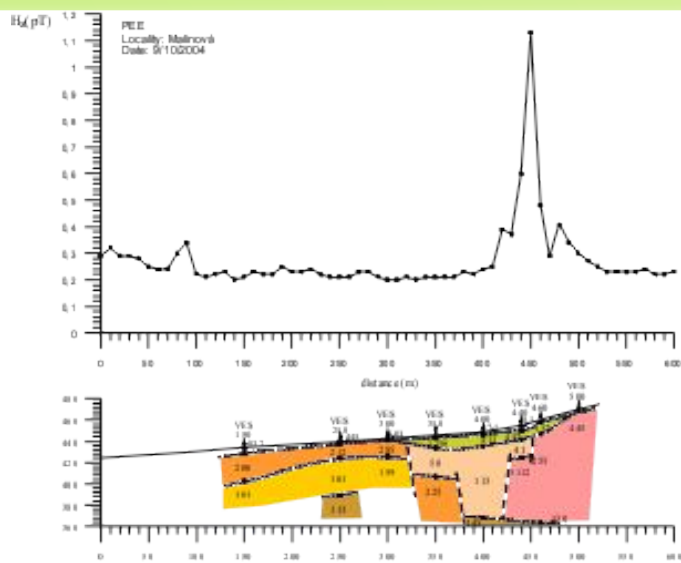


Fig.10. Generation of a pulsed electromagnetic field in the tectonic faults.

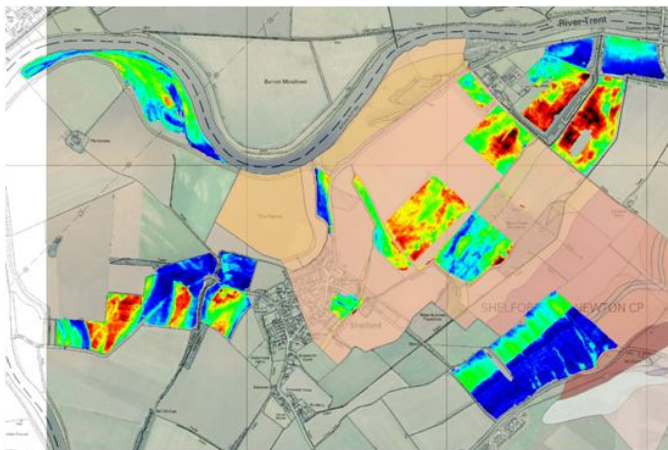


Fig.11. Results of mapping of changes in the electrical conductivity of the soil cover. Local changes in the content of clay and sand components in soil horizon create line structures that cause spatial changes of induced EM fields intensity.

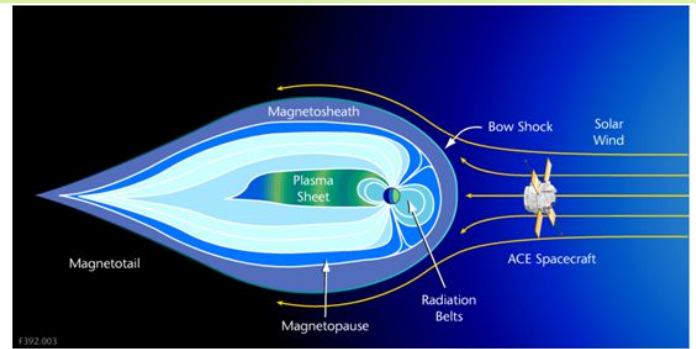


Fig.12. The earth magnetosphere.

Thermic fields

The earth's surface temperature comes from two sources. The first is the earth's core, which is hot, and its heat propagates to the earth's surface (Fig. 13), where the area with greater heat flow is volcanic and hydrothermal phenomenon. The second source is the sun radiation, which heats the surface of the earth.

Volcanic activity is bound predominantly to subduction and rift zones (Fig. 5 and 7). We can say that these zones are the sources of as seismic and EM activities as of thermal anomalies. The increased temperature itself seems not to be a pathogenic factor to the human health; it is nevertheless accompanying circumstance of the position and the presence of other physical phenomena. Similar but slightly different situation is with the case of hydrothermal groundwater uprise. These hydrothermal waters uprisings have either post-volcanic origin, or are initially rainfall waters which got in the process of deep circulation to greater depths, were warmed up and as hot waters are lifted to the earth's surface (Fig. 14). Uprising of the hydrothermal water makes visible the fault structure, which often represents a kind of geopathogenic zone as well as the uprising water can in addition to the heat transport such substances that may actually have a positive impact on the humans health.



The amount of heat transported to the surface of the earth by the sun exceeds the amount of heat that comes from inside of the earth. Heating of the earth's surface by the solar radiation is highly variable and depends on the angle of the radiation to the earth's surface (seasons changes), cloudiness, terrain slope, vegetation cover and other factors. We assume that this factor is related to the geopathogenity only with the synergistic importance.

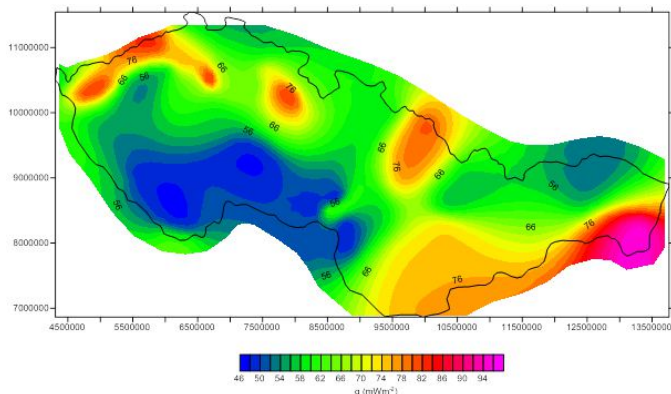


Fig.13. Map of the heat flow exiting from the interior of the earth in the area of former Czechoslovakia.

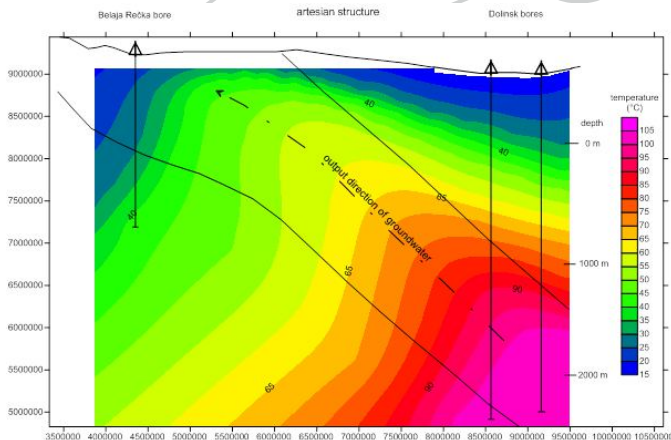


Fig.14. The uprise of the geothermal waters from deeper circulation to the surface of the earth through the tectonic structure.

Radioactivity

It is known that some elements and some isotopes are unstable also in their natural state and their atoms decay. This decay is accompanied by radioactive

radiation (alpha, beta, gamma rays), which in the case of above the threshold intensity may adversely affect the human's health.

Radioactivity contributes to geopathogenity in two distinctive ways. The first is the presence of elevated concentrations of natural radioactive elements in the rock environment. The second are the tectonic faults passable for water and gas by which the radioactive gases (mainly radon) are transported to the earth's surface and into basements of houses (Fig. 15).

In both cases, the pathogenic factor is radon, gaseous member of the decay chain of uranium. This gets by breathing into the lungs, where its daughter products remain permanently and at higher concentrations can cause health problems.

In addition to radon gas there are other gaseous components coming out of the tectonic zone, often in the form of ions. Their uprise is amplified by the capacitance effect formed by the lower part of the ionosphere and upper part of the earth. The impact of this phenomenon on the human health is still waiting for solution.

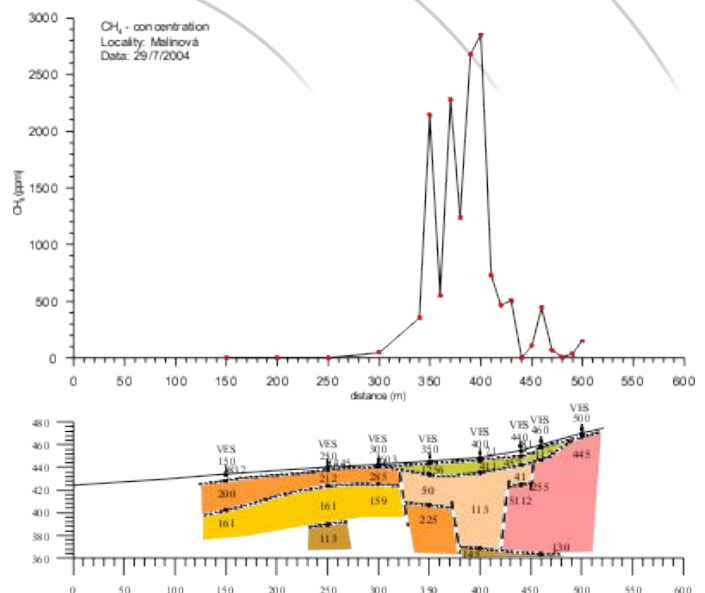


Fig.15. Uprise of gaseous emanations from the Earth's interior through the tectonic fault creates a zone of increased ion concentration of the various gases.



Conclusion

Based on the above it can be concluded that various anomalous material, structural and procedural forms can be observed in the rock environment, which are besides others accompanied by physical anomalies. These anomalies may be pathogenic in nature and in certain processes or in case of synergic influence can residence in their vicinity cause disturbances in the health condition of a human.

In terms of the geophysical aspects, the geopathogenic zone appears to be anomalous zone, in which the intensity of the gravity field varies significantly and elastic waves can be generated or wave fields coming from a different (external) source can be distorted changing the direction of electric currents flow, which pass through it. It is also a source of induced EM fields which may be accompanied by heat uprise from the earth's interior and gaseous emanations uprising from the deeper layers of the earth's crust.

Pathogenicity of such anomalous expression has a dual character. It is both very anomalous phenomenon (type and combination of physical fields and their time changes) as well as has spatial geometry. Experience shows that the degree of influence on humans is increased by reducing the areal extent of anomalous demonstration. Therefore we often face with either point or more often the liner forms of their spatial geometry. From there probably its name is derived – the "geopathogenic zone". This geometry is closely linked with the geometry of geological phenomena, which, probably due to the mechanism of lithospheric plates, have such, predominantly linear character. In any case, at least one basic finding can be derived from the above: in geopathogenic zone there often comes to a time and

spatial fluctuations of rock material, its structure and specific flow of processes, which is accompanied by a change of the physical demonstrations of the rock mass and which, as it turns out, has a positive or negative impact on the processes occurring in the human body.

It is therefore necessary to objectify the presence and demonstrations of the geopathogenic zones, characterize their status, and evaluate forms of expression and impact on health also in the frame of the current therapies. Although research of these phenomena has a great tradition (this includes for example feng shui), for modern science and its methodology this is still terra incognita and challenge for the young adepts.

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INVITE YOU TO

XVII. MEDICAL CONGRESS OF NATURAL MEDICINE

WITH INTERDISCIPLINARY
PARTICIPATION

18. 20.10.2013 IN TRNAVA

IN HOLIDAY INN HOTEL
HORNOPOTOČNÁ 5, TRNAVA

FIRST INFORMATION



Acupuncture and Natural Medicine



Please pay the congress fee to the account of MSNM:
2924832519/1100

Variable symbol: 18202013

Note for recipient:

Congress, name and surname

Registration fees		
Registration	Members of MSNM	Others
Till 30.09.2013	85 €	100 €
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After 30.09.2013	100 €	120 €
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XVII. MEDICAL CONGRESS OF NATURAL MEDICINE

TOPICS

1. Water and natural medicine
2. Latest knowlegde in acupuncture
3. Korean medicine
4. Interdisciplinary connections of acupuncture and natural medicine



Satellite theme course about korean medicine led by MD Yeong Yeonil, the Director of Foreign Affairs of Korean Medicine, will be a part of the congress on 21. – 22.10.2013.

Please pay the course fee /that is not included in the congress fee/	
on the account of MSNM: 2924832519/1100	
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Fill in the registration form electronically:

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Further information will be provided to registered participants.

The congress and the course will be rated with SACCME credits.



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