

Revenko A.N. The place of SCENAR-therapy as a technology in a modern medicine.

WHAT IS SCENAR-THERAPY?

SCENAR-THERAPY IS A MEDICAL TECHNOLOGY, a totality of ways and methods aimed at a single final result (a product) of interaction of patient's organism and a device. This totality makes a system organism – device, aimed at activation of organism reserves, helping to adaptive and backbone processes at different functional and organic manifestations of the diseases.

SCENAR is an abbreviation of the way of influence on the human organism and the name of the device – self-controlled energo-neuroadaptive regulation (self-regulating energo-neuroadaptive regulator).

WHAT DOES SCENAR TREATS EFFECTIVELY?

SCENAR – is a polyclinics and first aid in your pocket. The doctors and specialists are able to render a qualified help to patients in, practically all situations: to remove shock state; restore heart activity; remove edemas; intoxication; carry out a quick anesthesia and so on.

Application of SCENAR-devices is shown to treat the diseases of the following systems and organs at any stage:

- nervous system (different diseases of backbone with secondary disorders of nervous activity, disorders of statics and dynamics of the backbone, backbone deforming; radiculitis, neuritis, disorders of cerebral circulation and their consequences, vegetative nervous system diseases and so on);
- musculoskeletal system (myositis, arthritis, arthrosis, soft tissue bruise, fractures at different stage of the process);
- respiratory system (tracheitis, bronchitis, ARD, ARVD, pneumonia, pleuritis, bronchial asthma);
- cardiovascular system (CHD, essential hypertension, hypotonia, different kinds of arrhythmia), extremities vessels (endarteritis, varicose veins, microcirculation disorders, trophic ulcers);
- digestive organs (gastritis, enteritis, colitis, cholecistitis, hepatitis);
- urogenital system (pyelonephritis, cystitis, cycle disorders, ovaries inflammation, sterility, toxicosis of pregnancy);
- teeth diseases (paradontosis, paradontitis, removal of inflammatory processes and complications after the treatment of pulpitis and periodontitis, removal of pain syndrome);
- other pathological states and their combinations.

INFLUENCE EFFECTS OF SCENAR-THERAPY

- significant improvement of general state with increase of adaptive abilities of the organism;
- normalization of the broken functions;
- acceleration and decrease of pathological processes expressiveness;
- anti-inflammatory;
- anti-painful;
- anti-allergic;
- vascular-hematopoietic-normalizing;
- endocrine-immune response of the organism;
- normalization of the metabolic process.

The effects are traced and are proved by additional methods of examination (ECG, REG, EEG, R-gramms, CT, USI, iridodiagnostics, biochemical analyses, energoneuroinformational examinations, computer acupuncture diagnostics – Nakatani, Voll, auriculodiagnostics).

WHO USES SCENAR DEVICES?

Nowadays in Russia doctors and medical staff of more than 30 specialties use the device in Russia (neurologists, therapeutics, surgeons of different specialties, traumatologists, gynecologists, obstetricians, dermatologists, ENT-doctors, stomatologists, sport doctors, physiotherapists,

experts in resuscitations and others). A special version of the device can be easily used by housewives, engineers, office workers and other specialists without medical education; also it can be used on a ship, in cars and so on.

Historical reference

SCENAR-therapy as a technology appeared in Taganrog approximately 20 years ago. The staff – the doctors and engineers of OKB ‘RITM’ and ‘BIOCORRECTION’ were at the beginnings of this trend.

In 1986 the first devices of ‘SCENAR’ family after technical and clinical examination were permitted for application by the Ministry of health of USSR in hospitals and at home. To control the conducted therapy, discovery of the optimal skin zones and individualization of the influence modes, for expertise and prognosis ‘RISTA-EPD’ (acupuncture diagnostics Nakatani, Voll, auriculodiagnostics), computerized polygraphs (ECG, REG, EEG and others) are used.

Nowadays TOO OKB ‘RITM’ produces devices SCENAR-97 and SCENAR-035, according the license 30-03/1007 from the 27th of December 1996, Appendix № 1, # 2, technical specifications TY 9444-010-05010925-97, TY 9444-010- 24225399-93 (there are the certificates of accordance) The devices are protected by the patents of USSR, Russian Federation, USA and Japan on the way of treatment, getting of biologically active pulse and the device, making them (patentee OKB ‘RITM’).

The way of treatment and the device SCENAR were declared the means of prophylaxis and rehabilitation of disablement.

SCENAR is a trademark (the class of therapeutical devices, electrostimulators) registered in a state list of trademarks of USSR, 23 of October of 1989.

TOO ‘BIOCORRECTION’ and TOO OKB ‘RITM’ closely cooperate with different scientific medical institutions (the chair of ‘Non-medical methods of treatment and clinical physiology’ of Medical academy of Moscow, named by Sechenov - Corresponding Member of Academy of Medical Sciences, Doctor of Medical Science V. Zilov; laboratory of “Bioenergetics and reflexotherapy” Central Institutuon of Traumatology and Orthopedy – Doctor of medical sciences Kamenev Y.; laboratory of ‘cancer biophysics ‘of Rostov oncological institute – Garkavi L., Kvakin E. and other chairs of institutes of Moscow, St.-Petersburg, Ekaterinburg, Odessa), and also with New medical equipment committee of Ministry of Health of RF (the chairman – Doctor of Medical sciences, professor Noskova T.).

There were 4 international conferences and 10 interregional seminars (Odessa, Ekaterinburg, St-Peterburg, N.Novgorod, Rostov-on- Don) on SCENAR-therapy and SCENAR-expertise.

Together with New medical equipment committee of Ministry of Health of RF and the chair of “Non-medical methods...” 4 collections of articles ‘SCENAR-therapy, SCENAR-expertise’ were issued (editorial board – Noskova T., Zilov G., Kudaeva L.), in which all the questions, concerning theory and practice of SCENAR-therapy were reflected.

Since 1992 in various regions of Russia and abroad 117 schools-seminars were held. The director of the schools – Revenko A.N. They are given by the doctors of ‘Biocorrection’ center, according to the program, made together with the chair of ‘Non-medical methods...’. There is also an educational program, concerning devices operating and methodology of their application. On completion of these courses an according documents are given out.

During these years more than 2 thousands users took participation in these schools – seminars. Among the listeners there were – the directors of health service (head doctors of the hospitals, heads of the departments), doctors and paramedical personnel of different specialties (including reanimators, surgeons, oncologists, nueropathologists, physiotherapeutists, pediatrician...), scientists (candidates and Doctors of Science).

In some regions SCENAR-centers were open, in some hospitals and polyclinics – SCENAR-cabinets. There are a lot of users in Moscow, Odessa, Ekaterinburg, St-Peterburg, N.Novgorod, Rostov-on- Don. The specialists get a license (as a kind of activity) in local organs of health service.

Ideal electrotherapy

To regulate pathologically changed functions and energetic processes in organism the outer factors of different physical nature can be used. But, as the basis of these processes is bioelectrical phenomena, electromagnetic influences are the more expedient.

Suchlike influences, formed by technical means are used in physiotherapy for a long time (DDT or currents by Bernar, therapy by electrosleep, electrostimulation, interferential current therapy, therapy sinusoidal-modulated points, fluctuarization, short-pulse analgesia, and others) and also in the methods of electro- and magnitopuncture (electrostimulators, EHF, informational-wave therapy IWT, bioresonance therapy and others), which combine the principles of a traditional (conventional) acupuncture with modern technical achievements.

But until recently, these methods are still 'subsidiary' medical means, because their effectiveness is relatively low, and the field of application is limited.

Is it possible to increase the effectiveness of electrotherapy? Is an 'ideal electrotherapy', which can stop not only single symptoms of a pathological process, but rendering a directed possible corrigent influence on the self-regulation processes, optimizing adaptive reactions of the organism (the consequence of which will be the relief and termination of pathological process, began by the organism and adaptive reaction of the organism)?

Let us formulate the general principles of electrotherapy, pretending to be called an 'ideal'.

First of all, it is evident, that such electrotherapy must be individualized, i.e. optimal for correction of a concrete stage of a concrete pathology of a concrete patient in concrete conditions.

On the other hand, it must be universal, i.e. successfully used at different stages of different pathologies of under different conditions.

To observe these two principles simultaneously, 'ideal physiotherapy' must be dynamic, i.e. allow quite a broad variation of influence parameters.

It must be physiological, i.e. providing a selective, absorbing of the energy of outer influence on all the levels (atom, molecule, cell, tissue) in the quantity of which is not more than it is necessary for correction of the broken functions and directed optimization of self-regulation processes.

The latter is also the principle of minimal ***adequacy, sufficiency***.

To observe all the mentioned-above principles, "ideal electro-impulse therapy" must be bioadjusted (bioregulated), i.e. the parameters of outer influence must be depended on the organism, taking into consideration its condition in every concrete moment of time.

If 4 first principles are more or less observed by a modern 'physio'therapy (the complex of methods and devices of orthodox and ***traditional***) medicine, than the principle of bioregulation, practically defining the rest ones is a new for it. Usually for individualization of the influence on the organism, a simplified variant of this principle is used. It is the so-called biosynchronization, - the regulation of the influence parameters on the basis of bioreverse canal links.

But, artificially created outer system doesn't allow to trace the needed information; it can lead to decrease of the effectiveness of the therapy.

Only the organism itself knows exactly, what influence in the given moment of time can be optimal for it, and the task of 'ideal electroimpulse therapy' - to give the organism the possibility to define the parameters of the outer influence itself, to vary them as far as its state and demands change.

So, we've defined an "ideal electrotherapy" as an individualized, universal, dynamic, physiological, and bioregulated therapy.

Such therapy is able, to correct mechanisms of self-regulation of the patients, to provide the work of its adaptive mechanisms in such a way, that the program of a pathological process development will be finished s quickly as possible and effective, and the patient will get free from the sufferings.

The influence, which is entering disturbance for the structures of the organism, must be developed with endogenous structures of the organism in an organic way and fill up the losses of

the natural function, or cause corrective reaction of the regulation systems of the organism, directed to the normalization of the current state.

To develop with the endogenous regulation influences in an organic way and cause the directed change of the physiological functions, the structure of the outer influence must be “recognized” by the organism, be similar to the endogenous controlling signals, cause a natural bioelectric activity of the excited structures.

Longstanding history of SCENAR-therapy allows to consider its signals to be suchlike.

The place of SCENAR-therapy in a modern medicine.

SCENAR-therapy is a kind of ‘extension link’ between orthodox and traditional medicine.

From the point of view of the outer influence on the organism SCENAR (zonal electrotherapy) – this is a unit of orthodox medicine – physiotherapy.

The principles and methodology rather draw together it, with a traditional medicine and, in particular, with acupuncture in its different modifications (both methods have the same main task – ‘to help the organism to help itself’). But different methods of acupuncture – a classic one, electro-, laser-, magnitopuncture – use more often a punctuated influence on the BAP, and SCENAR – ‘zonal device’, for the influence on the skin surfaces and mucous membranes.

SCENAR-is a device of individually-dosed and a specifically-directed influence, with its help we can influence in a well-directed way a concrete pathologic system (PS) with the aim to change it into a functional pathological system (FPS) with termination of its cyclic development and the following ‘destruction’ (PS→FPS→FS). [1]

The mechanism of PS forming is single, no matter which structures and processes of the organism are united in it, causing the complex of symptoms, complains and observed changes. Correspondingly, the way of treatment will be single (united) too – forming of FPS with the following selfcorrection by the organism of all the dysfunctions, which appeared in its work. All the regulating systems of the organism work in close interrelation and active interaction. Thanks to it, the influences on one of these systems will be reflected in the action of all of them. I.E. the therapy acquires the character of a specific, pathogenetically oriented, having the main task to achieve a complete clinical recovery of the organism from the pathologic process with the restoration of its broken or lost functions.

Pathological process (PS, changed by methodology of SCENAR-therapy to FPS), carries out a program of its natural cyclic development, passing the stages of its ‘maturing’.

The organism shows to a SCENAR-therapist the course of this process, signaling by the complains and skin changes about the kind of help it is waiting for and the place to render this kind of help to in every concrete moment of time, to terminate an adaptive reaction and compensation of the broken functions as soon as possible and effective, and, correspondingly, more unnoticeable for a patient. SCENAR-therapist ‘passes’ with the patient all the ‘stages of pathological process’, defined by the program of development.

Adaptive reactions correct and fasten the dynamics of pathological process, carrying it to its logical completion. The disappearance of the complains, restoration of the organism functions, and, then, normalization of the clinical-laboratory indices (and, very often, anatomico-morfological substrate) will say about it. Sometimes, in SCENAR-therapy the function can be achieved even when the correspondent anatomico-morfological substrate is absent.

SCENAR serves as a true assistant on this way, leveling energetic balance, helping the organism to compensate the broken functions. The possibilities of the organism in this way are unlimited.

We’d like to mark, that in SCENAR-therapy the restoration of the function goes before the dynamics of anatomico-morfological and clinical- laboratory indices. At first, the organism compensates the function, which, providing the getting a useful adaptive result is more important for it, than those anatomic-physiological structures, with the help of which this function wasn’t achieved. Function normalization, namely, and not the complex of the symptoms, changing in the

process of treatment of the complaints and clinical-laboratory indices is for a SCENAR-specialist the main index of the effectiveness of the started treatment.

SCENAR-effect can be strengthened by combinations with other nonspecific regulators, for example, OLM. Besides, the combination of SCENAR with homeopathy is welcomed. Homeopathy, using a 'substantial type of control' of the processes of restoration and the processes of the support of homeostasis, creates a wonderful support for "energetic type of control", carried out by SCENAR.

Light massage, reflexotherapy, (especially Su-Djock and ECIWO) EHF, IWT bioresonance therapy (laserotherapy is possible), therapy with the help of natural means in small doses and so on, are successfully combined with SCENAR-therapy and can be carried out simultaneously without any damage for SCENAR effect.

SCENAR-therapy cannot be effectively carried out at simultaneous influence on the organism of strong medicines (especially hormones, antibiotics and so on), strong physiotherapeutic influences, biocorrection means, and manual massage. But, even strong medical influences are possible in combination with SCENAR if the patient depends on them or the therapy is vitally important.

Methodological differences of SCENAR-therapy as a technique.

In SCENAR-therapy the technique of interaction, interrelations of a specialist and the patient differs from the same in orthodox medicine in principal. The last one considers the patient as an 'assistant' in the process of doctor's struggle with the disease (which eases making a decision on the stage of a diagnoses making, but without which it is possible to do, especially on the following stages of treatment).

SCENAR-therapy is impossible without an active interaction of the patient, his organism must 'recover by itself' (treat itself), SCENAR and SCENAR-therapist are only the correctors of this process. And it is very important to create a confidence in the device and in the specialist (from the very beginning it is necessary to explain the patient his position and task). The patient must stop 'be afraid' and rely on the magician doctor, he must start struggling himself. As an equal co-member of the process, he must attentively observe the changes of his state, the dynamics of the complaints and functions. The last one, reflecting the changes of self-regulation processes tells the tactics of the following treatment.

SCENAR-specialist doesn't treat a single pathology – he treats the organism in a whole. 'To treat the patient, not a disease', - appeals to us the medicine for ages. And SCENAR-therapist practices it. A precise diagnosis making, anamnesis in SCENAR-therapy doesn't play a decisive role for defining a treatment tactics (as they do in orthodox medicine). The main attention is given to the complaint, the changes of which points out the dynamics of the pathological process, the place and the time of optimal influence on it. The criterion of a normal current of a recovery process is a compensation of broken functions.

As it was marked above, the mechanism of PS forming and the way of treatment is single (united). That's why the main task of 'SCENAR-specialist-SCENAR-patient' command is a precise definition of the place, time and kind of influence.

It is impossible to predict the reaction of the patient's organism on the influence of SCENAR-therapy, it depends on a number of factors – the level of discoordination of its selfregulatory mechanisms work, dockage of information ways, the presence in the organism of other 'sleeping' pathological processes...Pathological process the treatment was begun on the subacute or chronic stage – the 'exacerbation', strengthening of the complaints is inevitable. Here an active understanding and help of the patient is necessary to pass this stage together with him as quicker and as painless as possible. It is important to draw his attention to the fact that the strengthening of the complaints (the appearance of the new ones) is connected with the improvement of the function (as a rule, it is observed at successful SCENAR-therapy), and this index is the main for us. And complaints are just a talk of the organism with itself, the way, with the help of which the organism tells us where and how he waits for the help from us. In this sense they are very important for us. In

the process of the dialogue they will dynamically change and, when the treatment is over – they will disappear.

The patient must be ready for the fact, that at change in the work of self-regulation mechanisms, other pathological processes, which have been sleeping for years, can awake. As the adaptive reactions improve, the work of the adaptive mechanisms optimizes, the positive changes will appear. Sometimes a small additional aimed SCENAR-influence is enough for a patient to get rid of other disease, which has been tormenting him for years (treating one disease got rid from another). Sometimes for it we don't need even that small additional SCENAR-influence.

Let us repeat Hypocrite's words: 'the disease – is a state of not a single organ, but of the entire organism, and in every disease the whole organism is reflected'. And as every organism is different, there is no a concrete 'receipts' of treatment of concrete pathological processes.

And the last thing – a medical continuum is created not only by SCENAR and the organism of the patient, but also by the third member – a person, who has SCENAR in his hands, and SCENAR is the continuation of his personality.

Every SCENAR-procedure – is also a creation, and, as in any creation, the personality of a creator - SCENAR-therapist is reflected in it.

Every SCENAR-therapist has his own technique of work with the device, reflecting his peculiarities, his "picture" of interaction with the organism of the patient.

For success of the command personal qualities of every member and interrelations between them are very important.

The command SCENAR-therapist – device-organism this is a triangle with interactive sides.

Distinctive features of SCENAR-procedure as a technique.

SCENAR-procedure – is a technological totality: questioning – examination, influence – questioning, examination, comparison of the results.

Questioning-examination is carried out before, in the process and after the procedure. The comparison of the changes is obligatory.

Questioning: clearing up the current active complaints and sensations, projecting on the skin;

Clearing up and fixing of patient's attention of the 'triggers', changing the character of the complaints and the sensations (spatio-temporal asymmetry).

Examination (discovering on the skin distinctive signs).

For taking into account the dynamics of organism reactions it is necessary to pay attention to the distinctive signs: the primary and the secondary signs, asymmetries and small asymmetries.

The primary signs: small skin areas, different from the other skin surface (the coloring, itching, pain, scars, wounds, erosions, pigmented spots, trophic disorders). These signs exist before the treatment.

The secondary signs – the differences, appearing in the process of treatment out of the area of the treatment: hyperemia, paleness, itching, circumscribed pain, any other actual complaint, and also localization of a painful focus after the treatment.

Asymmetry – a local change of skin coloring, only in the area of the influence, 'adhesion' (difficult moving of the electrode on skin surface); patient's sensations (painful or insensitive area), sound at electrode moving along the skin, sound during the device work, modes of the device work at individually-dosed influence and so on, happened during the treatment or as a result of it.

Small asymmetry – asymmetry with small area of manifestation of differences.

During the examination it is necessary to take into account the presence of the changes of the backbone and the extremities before, in the process and after the procedure; to fix the attention of the patient on bone-muscular-functional changes; to compare all the distinctive signs with the current complaints, sensations and trigger zones.

Influence – bio-controlled electroimpulse therapy, a technology of interaction (organism - device - operator). Patient is an active functional element of the system - co-member.

The tasks to solve: making an individual spatio-temporal picture of influence, the sequence of their treatment, mode of influence, combination and alternation of the zones and the modes.

Two modes of influence measuring and their combination:

- a) Subjective mode, (previously 'continuous') influence (projective-spatio-temporal asymmetry with expertise of a small asymmetry, treatment and 'treatment' of the sign);
- b) Individually-dosed mode with taking into account the changes of the device work modes, response reactions of the organism with cyclic changes of asymmetries and small asymmetry.

Combination and alternation of the modes on one zone, combination and alternation of the influence zones during one procedure and in the dynamics for increasing of the effects, acceleration of cyclic recurrence changes of asymmetry process can be carried out.

The efficiency of the influence is determined by:

- dynamics and removal of the subjective symptoms of the patient (current complaints and sensations);
- zones treatment (according to the picture of influence), taking into account the signs of small asymmetry.

The additional general recommendations.

The result depends on the interaction of the parts (members). It is necessary to make questioning-examination during the procedure, to correlate statico-functional changes of the 'parts' of the organism with current complaints and sensations, to fix the attention of the patient on the elements of the small asymmetry.

The fixing of the patient's attention on the dynamics of the state, functional and emotionally-psychic indices is obligatory.

There should be an active fixing of attention of the patient and the operator on the comparison of the homogeneous changing signs.

'SCENAR – COMPLICATIONS'

The peculiarity of SCENAR-technology is the so-called true and false complications of the patient, complications of the operator and unforeseen positive result (after procedure dynamic complications).

"Complications" proceed without functional worsening at increase of the general adaptive results of the patient's and the operator's organisms.

THE PRINCIPLE OF SCENAR-THERAPY

Biocontrolled individually-dosed electro-impulse therapy with marking out of small asymmetry signs as their general criterion of the efficiency, individual time of zones treatment, the order of zones treatment, combinations and alternations of the zones and treatment modes without symptomo-syndromal nosological and etio-pathogenic approaches with functional-organic and adaptive re-building of the organism.

THEORETICAL GROUNDS

Function-system 're-forming' of the pathological systems of the organism in functional-pathological systems, with adequate re-building of the adaptive reactions and areactivity of the organism, with creation of the positive vector of the pathological reactions with integration of the useful adaptive result of the organism.

CONCLUSION

Of course, a lot of questions of the theory and the practice of SCENAR are far from their final solution, and this method is not a panacea, allowing to free any person from any suffering. Now already they indications for it usage include almost all the spectrum of the nosologies of orthodox medicine; absolute contraindications are practically absent, and relative ones are few. The effectiveness of mono-SCENAR-therapy is, in average 90 % (in 60% of cases it is possible to achieve a total clinical recovery,

and in 30 % of cases – positive dynamics). Clinical effect appears rather quickly, very often after the first procedure, and there are practically no negative side effects.

All the mentioned above, together with the observed in the process of treatment ‘local pathology’ significant improvement of the general state, mood, vitality (the so-called ‘positive side effects’) and also, often expressed positive shifts in dynamics of other pathological processes (if suchlike are present), speak about a real influence of this method on the processes of organism self-regulation, helping the work of adaptive mechanisms and providing the effect of ‘self-treatment’ (‘help your body to help itself’).

So, treatment (a process of treating the disease)

Or

Healing (the recovery)???