

*THE TREATMENT OF PATIENTS WITH HERNIAS OF INTERVERTEBRAL DISKS WITH THE HELP OF SKENAR-THERAPY*

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The difficulty of pathology at hernias of intervertebral disks is well-known. It is connected with serious violation of exchange processes and is accompanied by heavy symptomatology from a pain syndrome to the full impossibility to go.

The treatment is interfaced to great difficulties. In orthodox medicine it is dispersed to the conflict against symptoms or operative intervention which is, in fact, palliative action as doesn't change factors brought to degenerate processes. However, it is not a simple task for the skenar-therapist as to restore an exchange for a long time in separately taken site is not possible, it is necessary to restore it in all an organism, and it, almost always, a problem.

We chose skenar-therapy as the main method of treatment because it allows to restore various systems of an organism at their damage. Thanks to some features (existence of the express diagnostics, return biological communication, influence by neurosimilar impulses), skenar-therapy acts as a universal regulator and the adjuster of physiological processes.

We treated 186 people. Age – from 24 to 68 years. Number of treatment courses – from 5 to 11. Duration of a course – from 15 to 25 days. Duration of all treatment from 5 months to 2 years. In all cases the existence of hernia of one or several intervertebral disks of a backbone is confirmed by means of tomographic research.

At receipt complaints to pains in various parts of a backbone, in buttocks, in feet, a dumbness of the top and bottom extremities, weakness, a hyper tone and an undernourishment of muscles can be possible. In the anamnesis numerous inflammatory processes (tonsillitis, pharyngitises, otitises, antritises) at which treatment applied massive doses of antibiotics, and since the childhood. 34 (~18 %) patients are diagnosed stomach ulcer of a stomach and a duodenal gut, 86 (~46 %) patients had the phenomena enterocolitis and cholecystitis, 22 (~12 %) – hepatitis B. 120 (~64 %) patients had a considerable excess of weight and violation of a fatty exchange.

From the first sessions we explained to our patients that their real condition was the result of long combined influence of damaging factors of environment in which they lived and, partly, created. We analyzed a dietary habits in details and introduced all necessary amendments.

Steady positive result in the form of disappearance of pains, improvements of the general condition, restoration of working capacity is reached at 129 (~69 %) patients (follow-up from 2 to 9 years). From this number 96 (~51 %) patients by tomographic research had reduction of the phenomena of osteochondrosis, restoration of the damaged fibrous rings and disappearance of hernias of intervertebral disks.

From the remained 57 patients 19, having got rid of pains after the first plan of treatment, didn't appear any more and their destiny isn't known to us. The other 38 didn't want to change something in their life, especially to starve. After two courses of treatment they received considerable improvement in the form of disappearance of pains. Now they continue to visit us two-three times a year in process of renewal of painful feelings.

Thus, the treatment of similar diseases demands a complex influence and depends not only on qualification of the doctor and correctness of the chosen technique, but also on the courage of determination and understanding of the patient. And skenar-therapy can be considered as rather adequate method of treatment of similar conditions.