COMPLEX TREATMENT APPROACH TO PATIENTS SUFFERING FROM OSTEOCHONDROSIS OF THE IV DEGREE AND INERVERTEBRAL DISC HERNIATION

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Everybody knows the severity of pathology in discal hernias that is connected with a serious disorder of metabolic processes and accompanied with severe symptomatology: from the pain syndrome to the inability to walk.

Serious difficulties accompany the treatment. The orthodox treatment includes anesthesia and anti-inflammatory therapy or surgical intervention that essentially constitutes palliative measures because they do not change causes of degenerative processes.
However, this is not a simple task for the SCENAR therapist because the metabolism can not be restored within a specific area for a long time and should be restored in all of the organism, but this is a problem in most cases.
We have selected SCENAR therapy as a basic treatment method because this therapy allows us to restore and control damaged organs and systems subject to their biological interrelation.
SCENAR (Self-Controlling Electro-Neuro adaptive regulator) is intended to provide non-invasive biocontrolled electrical pulse therapy aimed to activate the body’s reserve during functional and organic pathological processes.
This is not a large autonomous electronic device that allows us to consider the SCENAR therapy as a universal regulator and adjuster of physiological processes thanks to its features as express diagnostics, bio feedback and stimulation with neural like pulses.
We treated 186 persons aged from 24 up to 68 years of age. The quantity of treatment courses ranged from 6 to 11. The duration of a course ranged from 12 to 25 days. The duration of all the treatment courses ranged from 6 months to 2 years. The hernia of one or many intervertebral discs was evidenced by the tomographic examination (MRI) results in all of the cases.
At admission, a patient had typical complaints of pain in various regions of the spine, in the region of buttocks, in feet, numb feeling in the upper and lower extremities, weakness, hypertonia and hypertrophy of muscles. The anamnesis included numerous inflammatory processes (tonsillitis, pharyngitis, otitis, sinusitis) and significant doses of antibiotics were applied in the treatment of such diseases since the patient’s childhood years.
34(~18%) patients were diagnosed with gastric ulcer and duodenal ulcer, symptoms of enterocolitis and cholecystitis were detected in 86(~46%) patients, hepatitis B was detected in 22(~12%) patients. The excess weight and impaired fat metabolism were detected in 120(~64%) patients.
At the first and following sessions we explained to our patients that their actual state was a result of the long combined influence of damaging factors of the environment where they lived and which they made to some extent.

The nutrition regime was analyzed in details and the necessary corrections were made.
In the course of treatment we stimulated the skin in the spinal column projection and along the paravertebral lines, the projection of the liver, bowels, pancreas, nephros and adrenals and also the cervical-collar zone and the projection of the cranial nerves outputs.
The duration of a session was 25-40 minutes. We have developed some peripheral devices to be connected to SCENAR to improve the treatment efficacy. These remote electrodes considerably accelerate the recovery processes and make the treatment comfortable.
Electrode No. 1. «KONNIK’s Iron»
The combined device based on an electro-masseur with infra-red radiation. The operating surfaces are replaced with the electrodes to be connected to SCENAR through a standard plug.
The operation principle of such a device: vibration and infra-red radiation cause non-specific activation of tissues, increase the metabolic processes’ rate and, as a result, improves the sensitivity of tissues to the SCENAR stimulation. Besides, the “Iron” allows us to reveal and differentiate painful areas within the zone being treated, and to observe a moment and degree of the pain removal. The device significantly improves the SCENAR therapy efficacy.
Electrode No- 2
“Konnik’s Serpent” – Magnetic spheres of rare-earth elements covered with silver (9 microns), that are easily connected and form a chain of any length
They can make electrodes of any configuration. They are connected to SCENAR with a light touch if the iron elements are placed on the wire ends.
The therapeutic result of the device’s application: combined influence of the magnetic field and a stimulating signal of SCENAR, and the facile congruency of the electrode with any surface of the body, for example, with the toes.
Electrode No. 3 – KONNIK’S Hedgehogs
The needle-point electrodes are intended as remote electrodes for any type of SCENAR devices. Their application improves SCENAR therapy efficacy due to the integral contact between each needle and the skin. This influences the impedance status and penetration quality of the SCENAR pulses. Its basis is of silicone and the needles are covered with silver (9 microns).
When applying them, the contact should be with the skin. A patient may lay on the electrodes, place them under an ill area or press them with anything when setting them on top. The pin connector on the wire end should be fit into the relevant slot of SCENAR.
Besides the above, we applied the functional loads along with the SCENAR stimulation. We obtained the additional symptomatology as specific cyanosis while stimulating the muscles of the back with the remote electrodes.

View after 20 sec of stimulation
Patient B
This cyanosis:
1 – clearly defines limits of the hemo-circulation disorder in the zone affected with osteochondrosis.
2 – can be a mark for localization of SCENAR stimulation area.
3 – allows us to control a recovery process because its absence coincides with improvement of the state and change of their symptoms.
Initial State. Patient-A
Patient - A

Areas with manifested cyanosis were treated with the second SCENAR during the stimulation

Before stimulation

After stimulation
Patient -A

View after 20 sec of stimulation initial

View after 20 sec of stimulation after 12 treatment sessions.
The load was provided with the patient’s voluntary efforts in the lumbar region.

The stimulation with SCENAR in the “cobra” pose.

Diagnosis – discal hernia.
Tomogram of the spine in the area of the greatest prolapse of the intervertebral disc

Before treatment

After treatment
* Tomogram of the cross section of the spine in the plane of L5-S1 disc before and after the treatment
View of the patient before and after treatment
The stable positive result: removal of pains, improvement of the general state, efficiency restoration was obtained in 129(~69%) patients (catamnesis: from 2 up to 9 years). The tomographic examination evidenced removal of discal hernias, restoration of the damaged fibrous rings and decrease of the osteochondrosis manifestations in 96 patients.
19 patients out of 57 remaining patients had no pain after the first session and did not continue treatment, we have no information of them. 38 patients did not want to change anything in their life. The temporary improvement: removal of pain was achieved after two courses of treatment. Now they continue to visit us two-three times a year when the painful feelings reappear. In other words, the positive changes were observed in these patients, but we can not name this as a treatment.
So, the treatment of osteochondrosis of the IV degree with formation of discal hernia requires complex stimulation and depends not only on the doctor’s qualification and the right method selected, but the courage, insistency and understanding of the patient. SCENAR therapy can be considered as a sufficiently adequate treatment method for similar states.
We should also add that SCENAR therapy allows us to obtain high results in treatment of other serious diseases.
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Nach dem Beschluss des wissenschaftlichen Rates der Europäischen Wissenschaftlichen Gesellschaft und des Präsidiums der Europäischen Akademie der Naturwissenschaften wird

Dr. Konstantin V. Nikitin

für die langjährige engagierte Tätigkeit im medizinischen Bereich (Chirurgie und Onkologie)

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mit der Rudolf Virchow-Medaille
für besondere Verdienste um die Wissenschaftlichen
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Der Vorstand

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