

# Systemic, Physical and Pharmacological Treatment of Spinal Column and Somatic Diseases or Russian Alternative to Chinese Acupuncture

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**Abstract:** The complex KUMP-01 was designed for relief of acute and chronic pains in spinal column. The complex became the basis for new medical technologies of combined treatment with the use of medicinal products against the background of restoring of vertebral column physiology. This allowed to manage spinal column pains and treat somatic diseases as well as maintain the proper quality of life.

**Keywords:** Spinal column, Physical methods of treatment, KUMP-01, Medication treatment, Somatic diseases.

## INTRODUCTION

The book issued in 1883 named "Hydro- and thermotherapy of internal diseases" starts with postulating the rule: *"We believe that using physical methods of treatment should be one of the powerful therapeutic means in the hands of every practicing doctor"*. All methods suggested in this book were created by applying experience and common sense. They influence the organism holistically and may serve as an example of universal and integrated approach. These specific methods: bathing, heating and application of cold – all of them have been solidly integrated into our everyday life and have become one of the fundamental blocks of the real medicine (though it is now called "ethnomedicine") [1].

In modern treatment practice, the use of medical products has gained dominating position and the physical methods became only secondary treatment approaches. Nevertheless, widespread application of medicinal products could not stop spreading of vertebral column diseases and even gained an inverted effect. Osteochondrosis has started to get "younger" and cover all social and age groups. Besides, medicinal products have contributed to development of concurrent pathologies. Non-steroidal anti-inflammatory medications (diclofenac, ketoprofen) damage gastric mucosa, rheopyrin causes development of gastric ulcers with further gastric wall perforation and

intra-gastric bleedings. Hormones cause development of cardiovascular disorders and affect the stability of blood pressure. There is a large evidence base of that.

In the 80<sup>th</sup> of the past century, we received a patient with osteochondrosis complicated by retrolisthesis of the L5 vertebral bone with obstruction of spinal canal by 50%. For five years, the patient had been treated with medications. The result was significant limitation of mobility and constant acute pains. All possible variations of medicinal treatment had been applied, the patient had developed intra-gastric bleeding because of taking of rheopyrin and had got instability of hemodynamic parameters. Manual treatment procedures and acupuncture had showed no improvement. Surgeon's prognosis for operative treatment was negative. As there had been nothing left to use by physicians, the patient turned to Russian ethnomedicine. Analysis and selection of therapeutic means of Russian ethnomedicine allowed to reveal physiotherapy procedures that resulted in acute pains relief and restoring of normal mobility.

To implement these procedures, a complex of orthopaedical devices was developed. The complex was registered under the name of KUMP-01 (complex of devices for vertebral massage) [2]. The basic processes of the procedures of the KUMP-01 were intensification of blood circulation, lymph circulation, spinal fluid circulation and optimization of circulation in some of interstitial media within the organism. Besides, the complex helped to implement effectively the methods of restoring normal physiological vertebral curvatures by using certain movements carried out by the patient itself. Thus, a method of treatment was

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developed and named AUTO-KINESIOTHERAPY (AKT) (The Ministry of Healthcare of the Russian Federation officially registered this complex of procedures as "M.M. Klimenko's massage and gymnastics method") [2].

Approbation of the complex during clinical studies of patients with acute pains and short-term remissions demonstrated that in 95% of patients, acute pains decreased after the first sessions, and after several procedures stable remission was achieved. Clinical testing investigated possibility of pain managing, where the main testing tools were the KUMP-01 complexes. The devices of the complex, used to reproduce the methods of Russian ethnomedicine, were designed to provide the patient with massage, manual therapy, gymnastic procedures and acupressure for the back meridians simultaneously.

## STUDIES

The studies of the use of KUMP-01 complexes demonstrated that our understanding of the spine column physiology differed from reality. Tens of discrepancies were identified between our understanding of human physiology and the treatment results obtained with the use of KUMP-01. Some therapeutic effects of the KUMP-01 collided with our understanding of physiology, but helped patients in managing pains and achieving stable remission.

The KUMP-01 complexes help to exclude medication treatment for managing acute vertebral pains completely. This has also been found useful for treatment of such diseases as ankylosing spondylitis (Bekhterev's disease), when medications result in dangerous creatinine elevation. When AKT was prescribed to patients with combinations of diseases (for example, osteochondrosis and bronchial asthma), where medication treatment was necessary, efficiency of medications (for example, Berotek) used to treat asthma, was found to be increased two and three-folds. The same increase in efficiency of medicines (for example, Co-renitec) was observed in cases of hypertonic disease during the procedures on the KUMP-01 complex. These results allowed extending the field of application of the KUMP-01 complexes with involving other nosologies. By now, positive and stable results have been obtained for more than 50 nosologies. At that, in all cases of combined application of the KUMP-01 complexes and medicinal products, the efficiency of drugs increased several-fold. Also, when drug overdosage caused drug poisoning, the

application of KUMP-01 complexes was used for detoxification of the organism.

As demonstrated by the examples above, the use of the KUMP-01 complexes makes the patient's organism more actively respond to medicines and the therapeutic effect increase. In scientific literature, we could not find any explanation of this phenomenon. So, to explain the phenomenon, we have developed some hypotheses (suggestions), which could explain the development of the therapeutic effects. Below, the actuality of some of these hypotheses in comparison with modern understandings of nosology is shown.

1. Upon acute pain, the patient is immobilized and treated with analgesics.

**Hypothesis:** While working with KUMP-01 there are used the movements that support peristaltic processes in muscles providing spasm management and improving liquor drainage from the spinal canal. At that, each movement is accompanied with endorphins rush from the hippocampus. Consequently, to manage pains, human body has two processes – cerebrospinal fluid drainage and endorphins production in hippocampus. At that, there's no necessity to use analgesics that replace endorphin, and, in some cases, narcotic analgesics withdrawal is possible [3].

2. According to academic literature data, if pain occurs anywhere in limbs, proper pain centers form within the brain. Nevertheless, during the procedures on KUMP-01 complexes, patients could manage pains by influencing the spinal column, at that, the effect was notable in most of cases already during the first procedures. This is also proved by managing phantom pains in absent limbs, which caused discomfort in patients, especially when weather changed.

**Hypothesis:** pain centers are located in the spinal cord or the mechanism of pain formation is not related to the formation of pain centers [4].

3. In the treatment on the complex KUMP-01, the left and the right parts of the body respond to the influence independently, especially in terms of hemodynamical parameters. At that, it was determined that at the age of 20-94, the normal blood pressure should be 120/70mm Hg +/- 10 points, and, at any deviation from these figures, it is necessary to search for a pathology not only in the cardiovascular system. At the equalization of systolic pressure on the left and right hands, sciatic nerve entrapment syndrome disappeared.

**Hypothesis:** while integrity of human body, the left and the right sides of it may function separately [5].

This fact clearly explains the reasons of gibbous in girls' puberty.

**Hypothesis:** gibbous formed in puberty of girls is caused by malfunction of paired organs, ovaries, against a background of connective tissue dysplasia.

4. The complex KUMP-01 was designed to control spinal pains. At that, it was noticed that normal physiological curves of the spinal column were automatically restored. This was accompanied by scoliosis correction. Deformity of physiological curves caused pains return, consequently, all other types of lordosis were considered as disturbance.

**Hypothesis:** any deviation from physiologically normal curves of the spinal column, both lumbar and cervical, causes fatigue supertension of muscles, in the first place, of the paravertebral zone and launches the mechanism of disks pathology development, and the discomfort in the localities of supertension indicates this long before the clinical manifestation of the disease. It follows that in presence of discomfort in spine, the patient cannot be considered in remission.

Due to this hypothesis, there was developed a preventive regime against recurrence of degenerative disc diseases and there was extended the application range of the complexes KUMP-01 up to the level of training device, which made possible to provide the treatment domiciliary [6].

5. In formation of lordosis, on the complex KUMP-01, the patient automatically controls pains both in root compression and disk dehydration independently, and without the use of medicaments, restores physiological curves of the spinal column.

**Hypothesis:** disk deformation predisposes pain, but its development is going according other laws and this pain can be controlled in presence of both disk deformation and disks dehydration, at any age as well (Figure 1).

6. During spinal pains management in asthma patients with the use of KUMP-01 complex, there was noticed an increase of lung volume from 15% to 40%. At that, asthma attacks became less severe or fully disappeared. Several patients became capable of

controlling asthma attacks independently, just by moving their shoulders.

**Hypothesis:** bronchial asthma attack is a defensive reaction of organism that most often occurs because of allergens. Because of our life style, lumina in bronchi is narrow, the reaction to allergens makes is narrower, spasms are summed up and asphyxia occurs. By influencing the spinal column, we release the spasm of the bronchial tree, which is formed due to our life style, bronchi spread up to the normal state and the spasm against the allergen becomes a normal defensive reaction of organism. So, we can trace the dependence of bronchial asthma attack on the state of the spinal column [7].

7. Based on clinical studies of limbs pain management, there was developed a hypothesis of changing of spinal column's condition and pain formation in paravertebral zone.

**Hypothesis:** as while taking procedures on KUMP-01 complexes, hands and legs pains are mostly relieved by treating only one of the spinal column's zones, then the pain forms in the spinal column, irradiates to limbs and is relieved by changing the spinal fluid draining mode.

8. In treatment of legs cramps (crampy), they use a hypothesis of calcium and magnesium deficiency and, consequently, prescribe corresponding medications. The use of KUMP-01 complexes helps to release cramps within several minutes, at that, calcium and magnesium content in the body remains the same.

**Hypothesis:** cramps are caused by increased spinal fluid pressure within the spinal cord canal and practically do not depend on calcium and magnesium content in the body.

9. The spinal column does not remain unchanged throughout life just like the forms of its separate elements and the spinal column changes with age not only because of physical activity but also physiological processes depending on motor activity and nutrition of the patient.

**Hypothesis:** a nerve root that is responsible for a certain part of the organism, starts giving signals about a problem occurred and shows the information about itself, but we feel it as pain in the part of the organism, for which it is responsible.

On the ground of the hypothesis developed, some researches were undertaken in terms of the spinal column state and its metamorphosis, which provided the basis for 50 designed treatment methods that are most adequate to physiological state of the spinal column. This allowed to increase effectiveness of treatment of the spinal column and provided possibility to manage somatic diseases by influencing the spine. Today, more than 200000 patients have received an effective treatment. Effectiveness of some of the methods reaches 95%. Now, there is a real opportunity to provide a real help in disorders that are believed to be cureless.

The table below demonstrates the list of nosologies treatment methods, which brought to stable medical effects.

<b>Medical Methods, on the Ground of Stable Medical Therapeutic Effects upon the Use of Autokinesiotherapy (M.M. Klimenko Massage and Gymnastic Method) on Complexes of KUMP Series</b>
<p><b>1. In the field of neuroorthopedic pathologies.</b></p> <p>1.1. Diagnostics of preclinical developments.</p> <p>1.2. Correction of postural disorder, "computer scoliosis".</p> <p>1.3. Correction of functional scoliosis.</p> <p>1.4. Correction of morphological scoliosis.</p> <p>1.5. Correction of the spinal column's "depression".</p> <p>1.6. Correction of chest deformation (costal humpback, carnitines).</p> <p>1.7. Stopping of acute pain in degenerative disc disease (scapulohumeral periarthrosis, sciatic nerve impaction, repetitive stress injury, intercostal neuralgia).</p> <p>1.8. Stopping of chronic pains for degenerative disc disease.</p> <p>1.9. Stopping of pains of pelvic organs.</p> <p>1.10. rotational deformations of the spinal column complicated with forth level of kyphoscoliosis deformation, right and left-sided gibbouses, deflation of shoulder bone.</p> <p>1.11. Relaxation of cramps.</p> <p>1.12. Correction of listhesis.</p> <p>1.13. Prevention of recurrence of degenerative disc diseases.</p> <p>1.14. Compensation of cardialgy syndrome.</p> <p>1.15. Treatment of stenocardia.</p> <p>1.16. Stopping of carpal syndrome.</p> <p>1.17. Treatment of plexopathy.</p> <p>1.18. Treatment of neuropathy.</p> <p>1.19. Treatment of vegetovascular dystonia.</p> <p>1.20. Treatment of hydrocephaly.</p> <p>1.21. Treatment of unstable spinal column.</p> <p>1.22. compensation of vertebral arteria syndrome (vegetovascular dystonia, brain blood supply disturbance).</p> <p>1.23. Treatment of infantile cerebral paralysis.</p> <p>1.24. Stopping neurasthenical syndrome.</p> <p>1.25. Rehabilitation of patients after surgery.</p> <p>1.26. Prevention.</p>

## 2. In the field of rheumatic pathologies.

- 2.1. Compensation of rheumatoid arthritis attack (polyarthritits);
- 2.2. Stopping of chronic pain for scapulohumeral periarthritits.
- 2.3. Stopping of pain for deforming arthrosis.
- 2.4. Treatment of knee-joints arthritits.

## 3. In the field of somatic pathologies.

- 3.1. Prevention of ischemic strokes.
- 3.2. Stopping of ischemic stroke.
- 3.3. Fallot's tetrad.
- 3.4. Stabilization of hemodynamical parameters (arterial tension) on normal figures.
- 3.5. Restoration of reproductive functions in women.
- 3.6. Restoration of sexual potency.
- 3.7. Treatment of cystitis.
- 3.8. Prevention of renal diseases.
- 3.9. Stopping of cochvestibular syndrome.
- 3.10. Treatment of gastroptosis.
- 3.11. Treatment of hyperhidrosis (hydrosis).
- 3.12. Prevention of somatic diseases.
- 3.13. Treatment of dysmenorrhea
- 3.14. Treatment of stenocardia.
- 3.15. Orthostatic collapse

## 4 In the field of autoimmune diseases.

- 4.1. Treatment of bronchial asthma.
- 4.2. Relaxation of bronchospasm while working with paravertebral zone;
- 4.2. Treatment of ankylosing spondylitis (Bekhterev's disease).
- 4.3. Treatment of allergic rhinitis.

## 5 In the palliative care.

- 5.1 Pain relief for oncological diseases.
- 5.2 Rehabilitation after clinical death.
- 5.3 Treatment of patients with paraparesis and tetraparesis.
- 5.4 Improvements in the course of somatic comorbidities including:
  - bronchitis;
  - pneumonia;
  - cardiovascular insufficiency.

## 6. Spinal cord injuries.

- 6.1. Compression fractures.
- 6.2. Tailbone fracture.
- 6.3. "Vertical crash"

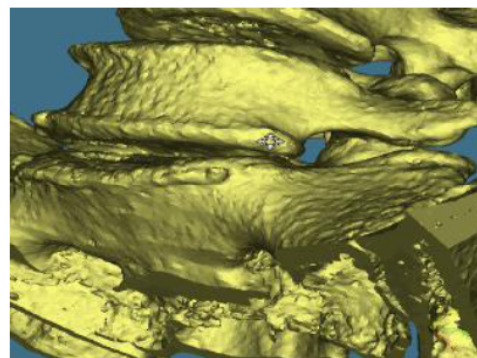


Figure 1: Degradation and dehydratation of the disk L5-S1.

As metamorphoses take place in the spinal column itself and the indicator of such changes is the nerve root, this means that, by applying the procedures with the use of the KUMP-01 complex, patients receive possibility to control development and intensity of pains in the spinal column by correcting the motion patterns and its reflectory response. Thus, by applying patient-controlled procedures, it is possible to restore or correct the patient's reflexes. It is especially actual in cases of treating atonical and spastical forms of juvenile cerebral palsy.

Metamorphoses of the disk L5-S1 in the spinal column of the patient D, which led to knee pains, are shown in Figure 1.

Another example of treatment of "medicationally incurable" diseases is the ankylosing spondylitis or Bekhterev's disease. The main problem of this disease is the ossification of the longitudinal ligaments in the spinal column. As during the procedures on the KUMP-

01 complex, the patient simultaneously undergoes massage, gymnastics and manual procedures, this allows to decrease the ossification speed in the longitudinal ligaments as well as the growth of osteophytes on the vertebral bones. Other results include restoration of the vertebral column mobility. Disease regression is possible at an early age. At that, there is no risk of developing increased creatinine values [8].

An example of Bekhterev's disease regression is shown in Figures 2, 3, 4, 5, and 6.

Figures 2 and 3 show the state of the patient before treatment.

Figures 4, 5 and 6 show the state of the patient after treatment with the KUMP-01 complex.

The next example is preventive support of quality of life. Working activities result in fatigue-related tensions



(2)



(3)

**Figure 2:** State of the patient before the treatment – hyper kyphosis.

**Figure 3:** State of the patient before the treatment – sacroiliitis.



(4)



(5)



(6)

**Figure 4:** The patient's posture after an intensive treatment course.

**Figure 5:** Back flexion amplitude.

**Figure 6:** Front flexion amplitude.





(7)

**Figure 7:** Integrated state of the patient before the procedure.  
**Figure 8:** Integrated state of the patient after the procedure.



(8)

in spinal muscles. While spasms in the longitudinal spinal muscles can be relieved by using manual massage, the tension in interspinal muscles can be relieved only by using the KUMP-01 complex with simultaneous undergoing gymnastics, massage and manual procedures [9].

Figure 7 shows the state of the patient just before the procedure on the KUMP-01 complex.

Figure 8 shows the state of the patient after a 40-minute procedure. The changes in the state of the patient were measured by an electroacupuncture device.

Therefore, upon developing discomfort or depressed mood, it is necessary to apply procedures of muscles relaxation in the paravertebral zone with the use of the KUMP-01 complex, which stop the latent period of development of spinal column disease as well as osteochondrosis exacerbation. At that, the intensity of heart work is similar to one when a simple walk. The control given to the patient during the procedure allows to correct motor reflexes, and if correction is impossible – to develop new reflexes depending on current circumstances.

## CONCLUSION

1. Application of AKT along with medicines increases efficiency of drugs several-fold. The discoveries described herein as hypotheses provide new understandings of reasons of medications inefficiency (and in terms of many parameters – even negative effects on patient's health).

2. The discovered phenomena provide a possibility to increase the efficiency of medicinal products significantly, both by using them in combination with the KUMP-01 complexes and as a mono-therapy, but without overdosage of the products.

3. The developed system may not only compete with acupuncture, but, for some nosologies, it can even leave it behind.

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