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The actinothermal reflexotherapy is based on modern technologies of the 21st century combined with the experience of the Chinese science of acupuncture, which is four thousand years old. Reflexotherapy has been in use for ages to remove pains and ailments by means of stimulating special biologically active points (BAPs), located at nerve terminations (effectors) under skin. The classic acupuncture counts about 750 such points located in vitally important lines called "meridians". These meridians are covering the whole of the human body. Selection of BAPs for treatment shall be made by a qualified physician, the only one to define the technique of stimulating (affecting) them.

The actinothermal reflexotherapy is an absolutely sparing (friendly) method, assuming a classical affection on BAPs by an electromagnetic laser irradiation of the red and infrared spectra, and by an additional magnetic field. This affection technique is sparing and excludes any allergic reactions, thermal burns, and blood poisoning (hematosepsis).

The actinothermal affection on BAPs is efficient for a broad spectrum of ailments, pain sensations, and diseases. This treatment will enable you to strengthen your organism. At certain symptoms and sensations, improvement is achieved immediately after treatment; in other cases, several days of treatment sessions are required.

Please keep in mind that reflexotherapy is no panacea, able to substitute traditional medical treatment. The "Vityas" Quantum Therapy Device is not a medication and assumes no complaints towards the final result. The "Vityas" Device makes use of natural physiological and genetic factors to help the organism to mobilize its internal reserves with the help of reflexotherapy and conquer the illness.

This manual on actinothermal reflexotherapy is in no case a self-teacher in treating diseases. It is intended for specialists, but may also be helpful to patients in self-treating symptomatic ailments. The affection methods indicated in this manual do not exclude a possibility of other treatment techniques with the use of other BAPs and in another sequence of affection.

In case of any doubts relating to self-use of the "Vityas" Device, please consult your physician.

Safety Precautions

1 Persons not younger than 18 years, who have studied the Certificate on the Device and the "Methodical Manual on Application of the 'Vityas' Device", shall be allowed to work with the Device.

2 To reduce the effects of radiation on the vision organs (both direct and reflected from the mirror surface), it is recommended to switch on the radiation mode only after having placed the radiator onto the point (zone) of affection.

3 The application of the treatment method, therapeutic dozes, and the control of the results of treatment, shall be made by the doctor on laser therapy (or reflexotherapist), who have studied the "Methodical Manual on Reflexotherapy".

4 The maintenance personnel of medical institutions, who are working in shifts with the Device, should use safety goggles model 3N22-72-SZS22 GOST 12.4.013-85, or a similar model (as individual protective equipment).

IT IS FORBIDDEN:
- to switch on the Device with a faulty power unit, at damaged of insulation of the power cord and the case;
- to disassemble the Device and connect to the mains in disassembled condition;
- to leave the switched on Device unattended;
- to direct the focused direct or reflected laser radiation into one's eyes;
- to effect the area of the heart projection with the radiation of the Device;
- to give the Device to children.
Attention! No direct or reflected affection of laser radiation on the organ of vision shall be allowed.

Contraindications to Application of Actinothermal Reflexotherapy

1. Pregnancy
2. Mental disorders, and diseases at the background of the psycho-emotional arousal
3. Convulsive state of unclear aetiology
4. Heart diseases, any problems with coronary vessels
5. Heavy blood diseases, thromboses
6. Oncology

Methodical Recommendations

Application of the Device for treatment shall be allowed only after precise diagnosing by the attending physician. The reflexotherapy procedures assume the knowledge of exact location of the BAPs. The figures in this manual indicate approximate positions of the BAPs. The explanations are given in the popular language to provide a general understanding of the affection methods.

The treatment may be held either with the concentrator cap or without the cap. The prescribed medications may be used in parallel.

After each affection session, a 15-20 minute calm rest is recommended. The optimum way is to hold laser procedures at about one and the same time of the day (in home conditions – at any suitable time).

In parallel with the quantum therapy, we recommend to take vitamins and microelements, and vitamin- and microelement-rich food products.

Prior and after application of the Device, disinfect the body of the Device with a special solution (3% of hydrogen peroxide, or 0.05% of chlorhexidine, or 1% dioxydine). Never let the liquid inside the Device and onto the glass of laser diodes. Otherwise, the Device will need drying before usage, and the glasses will need cleaning with a cloth or cotton plug, moistened in alcohol. The cap surface (after disconnecting from the Device) is subject to chemical sterilization, which cannot damage the optical density of the caps.

At treatment and prophylaxis institutions, the Devices and parts thereof, which have no direct contact with the patient, shall be disinfected by means of a double wiping with a napkin moistened in a disinfecting solution.

How to Use the Methodology Manual

If you feel some pain, refer to the Alphabetic Index and find the respective ailment. Study the respective figures and the sequence of affection, and then start the treatment.

What to Do if There Is No Result

One should remember that if there is no positive result, you may have missed the proper affection points. One should also mind that a reflection pain felt in some place may have a source in the organism, remote from the point of manifestation. Therefore, a precise diagnostics, recommendations of specialists and the ability to properly find the points.

SELECTION OF AFFECTION MODE

For the reflexotherapy, the Device envisages two modes of affecting the BAPs:
- Mode "O4" is chosen to use the Device without caps (the affection power on one point is 0.3 J during 30 s);
- Mode "O5" is chosen to use with the Device concentrator caps (0.3 J during 10 s per point).

The total power of laser irradiation makes 10 mW (5 mW of continuous red spectrum, and 5 mW of pulse-modulated infrared spectrum at frequency of 12,500 Hz). The magnetic field level makes from 5 to 50 mTl. Press the START button after setting the Device on the respective BAP.

SELECTION OF ALGORITHM AND REFLEXOTHERAPEUTIC AFFECTION

1. Following the figures and the offered affection algorithm, it is necessary to define all the affection points, which correspond to the disease. The body points can be marked with a soft pencil or ball pen. Then, make affection on the selected points (zones) in the sequence as recommended by the algorithm.
2 To affect the points of the back difficult for your access, please invite some medical personnel, or relatives.

An affection point (zone) is a place on the surface of the patient's body subject to affection by the Device irradiation.

The Alphabetic Index allows to quickly finding the required methodology and the treatment mode of the disease.
After long-time reading or working with the computer, one may suffer from mental overstrain, related with muscle straining and pain in the eyes. Therefore, while affecting the respective points, we may relieve or eliminate the sickness.

To remove mental overstrain; it is necessary to affect the following BAPs:

1 Point **St2 Sybai** (E2) is a symmetric point located 1 cm below the edge of the eyehole. 
First, affect on the left, and then, on the right. Indications: eye pain, feeling of dryness, and burning in the eyes, and headache.

2 Point **St3 Quiliio** (E3) is a symmetrical point located below point St2 in the crossing of the vertical (drawn down from the pupil) with the horizontal (drawn at the level of the lower wing of nose, a little to the outside of the nasolabial fold). First, affect on the left, and then, on the right. Indications: eyestrain, restoration of nasal breathing, rush of blood to the head.

3 Point **B10 Tianzhu** (V10) is a symmetrical point located 1.5 cm below the skull base and one finger width aside of the backbone. First, affect on the left, and then, on the right. Indications: eyestrain and oedema round the eyes, stress, fatigue, and headache.

4 Point **GV16 Fengfu** (VG16) is a non-symmetrical point located in the hollow under the skull base. Indications: headache, giddiness, and eye diseases.

To strengthen the effect, additional points B2 Quangju (V2), EX-HN3 Yingtan (VG24,5), and Liv3 Taichong (F3) may be used. The location of these points may be found in the respective literature on reflexotherapy (see References).

Note: Designations of the French system are given in brackets.
2 Chronic Fatigue Syndrome

The chronic fatigue syndrome (CFS) may be caused by many factors. Citizens of huge cities prevail among the patients with this diagnosis. The CFS is accompanied by giddiness and headache, quick fatigue, apathy and weakness, muscle pains, nausea, irritation, and depression.

Punctate actinothermal reflexotherapy is able to strengthen the immune system, mobilize the body resistance to stress and adverse affections, and to boost the tonus.

To remove the chronic fatigue syndrome, it is necessary to affect the following BAPs:

1 Point GB20 Fengchi (VB20) is a symmetric point located in the hollow under the scull base, two fingers width aside of the backbone. First, affect on the left, and then, on the right. Indications: pains in the area of the neck, insomnia, irritation, hypertension, shock conditions.

2 Point В23 Shenshu (V23) is a symmetric point located two fingers width aside of the intervertebral disk of the 3rd and 4th lumbar vertebrae. First, affect on the left, and then, on the right. Indications: fatigue, giddiness, tinnitus.

3 Point B52 Jishi (V52) is a symmetric point located three fingers width aside of the intervertebral disk of the 3rd and 4th lumbar vertebrae. First, affect on the left, and then, on the right. Indications: muscle strain, pains in the area of the back, loins and thigh, vomit.

4 Point CV6 Qihai (VC6) is a non-symmetrical point located two fingers width below the navel. Indications: sleep disturbances, pains in the area of the heart, stenocardia, fainting, and hypertension.

5 Point EX-HN3 Yingtan (VG24, 5) is a non-symmetrical point located in the hollow between the brows. Indications: headache, fatigue, irritation, sleep disturbance, nose sickness, and paranasal sini, favourable effect on the endocrine system.

To strengthen the effect, additional points GB21 Qiangjin (VB21), Lu1 Chungfu (P1), TH6 Jigo (TR6), TH5 Vaigoang (TR5), St36 Jusanli (E36), Liv3 Tanchong (F3) may be used. The location of these points may be found in the respective literature on reflexotherapy (see References).

Note: Designations of the French system are given in brackets.
Fig. 2
3 Depression, Depressive Condition

Depression is a depressive condition accompanied by permanent feelings of melancholy, alert and apathy, indifferent attitude to reality, grave feeling of guilt and impossibility to take life pleasures; aspiration to solitude and rest, sensation of intellectual stupidity and absence of will.

Application of actinothermal reflexotherapy may be helpful to remove depression and improve the emotional condition. When running a session, pay special attention to breathing, which should be deep, to supply oxygen to the organism. Sessions should alternate with walks in fresh air, physical exercises, sports and contrast shower.

To remove the depression, depressive condition it is necessary to affect the following BAPs:

1 **Point B10 Tianzhu (V10)** is a symmetric point located 1.5 cm below the scull base and one finger width aside of the backbone. First, affect on the left, and then, on the right. Indications: eyestrain and oedema round the eyes, stress, fatigue and headache.

2 **Point GB20 Fengchi (VB20)** is a symmetric point located in the hollow under the scull base, two fingers width aside of the backbone. First, affect on the left, and then, on the right. Indications: pains in the area of the neck, insomnia, irritation, hypertension, shock conditions.

3 **Point GV21 Xiangdin (VG21)** is a non-symmetrical point located on the crown equidistant from the ears when moving upwards. Indications: headache, giddiness, and stroke.

4 **Point GV19 Houdin (VG19)** is a non-symmetrical point located in the hollow three fingers width aside towards the nape from point GV21. Indications: headache, giddiness, depression, nape muscle strain.

5 **Point B23 Shenshu (V23)** is a symmetric point located at the level of the gap between the acanthas of the 2nd and 3rd lumbar vertebrae, three fingers width aside. First, affect on the left, and then, on the right. Indications: fatigue, nephritis, extreme emaciation, menstrual cycle violation, pains in the loins, giddiness, tinnitus.

6 **Point B52 Jishi (V52)** is a symmetric point located three fingers width aside of the intervertebral disk of the 3rd and 4th lumbar vertebrae. First, affect on the left, and then, on the right. Indications: muscle strain and pains in the area of the back and loins, pain in the thigh, vomit.

**To strengthen the effect**, additional points B43 Gaohun (B43), GV20 Baixuai (VG20), Lu1 Chungfu (P1), St36 Jusanli (E36), CV17 Jusanli (VC17) EX-HN3 Yingtan (VG24, 5), Liv3 Tanchong (F3) may be used. The location of these points may be found in the respective literature on reflexotherapy (see References).

Note: Designations of the French system are given in brackets.
Fig. 3
Insomnia, or chronic insomnia, is weakening the health and is provoked by a range of reasons. These may be family and work problems, worries, emotions, and many other factors. As a rule, sleep disturbance is accompanied by giddiness, rapid heart and other clinical manifestations.

Application of reflexotherapy against insomnia brings good results. The affections have no negative side effects, typical for opiates. A session held before sleep brings complete relax and quick dormition. However, if insomnia has become chronic, the affections should be applied regularly within a month.

To treat insomnia, it is necessary to affect the following BAPs:

1 Point H7 Shenmen (C7) is a symmetric point located in the internal surface of the wrist bend. First, affect on the left, and then, on the right. Indications: insomnia, phobias, memory decrement, neuroses.

2 Point B10 Tianzhu (V10) is a symmetric point located 1.5 cm below the scull base and one finger width aside of the backbone. First, affect on the left, and then, on the right. Indications: eyestrain and oedema round the eyes, stress, fatigue and headache.

3 Point GB20 Fengchi (VB20) is a symmetric point located in the hollow under the scull base, two fingers width aside of the backbone. First, affect on the left, and then, on the right. Indications: pain in the area of the neck, insomnia, irritation, hypertension, shock conditions.

4 Point EX-HN3 Yingtan (VG24, 5) is a non-symmetrical point located in the hollow between the brows. Indications: headache, fatigue, irritation, sleep disturbance, nose sickness and paranasal sini, favourable effect on the endocrine system.

5 Point CV17 Tanchuong (VC17) is a non-symmetrical point located in the middle of the breast three fingers width above the breast foundation. Indications: asphixia, wheeze, heartbeat, emotional disorders.

To strengthen the effect, additional points B20 Pishu (V20), B15 Xinshu (V15), B43 Gaohun (B43), TH6 Jigo (TR6), GV16 Fenfu (VG16), K6 Zhaohai (R6), B62 Shengmai (V62) may be used. The location of these points may be found in the respective literature on reflexotherapy (see References).

Note: Designations of the French system are given in brackets.
Fig. 4
The sense of discomfort (nausea), caused by motion sickness and seasickness at travelling (by car, railway, sea or air), may be removed with the help of reflexotherapy.

To remove the sense of discomfort (nausea) at travelling by transport, it is necessary to affect the following BAPs:

1 **Point Si17 Tiangjong (IG17)** is a symmetrical point located below the earlap basis, in the dimple under the lower jaw corner. First, affect on the left, and then, on the right. Indications: tinnitus, nausea, pain in the throat, strain in the nape muscles.

2 **Point PC6 Neiguan (MC6)** is a symmetric point located 2.5 finger width above the proximal radiocarpal fold between the chordas. First, affect the left arm, then, the right one. Indications: headache, giddiness, vomit, nausea, sleep disturbances.

3 **Point PC5 Jianshi (MC5)** is a symmetric point located three fingers width above the proximal radiocarpal fold between the chordas. First, affect on the left, and then, on the right. Indications: pains in the stomach, belching, vomit, nausea, febricity.

To **strengthen the effect**, additional points SP16 Fuai (RP16), St36 Jusanli (E36), Liv3 Tanchong (F3), St 45 Lidui (E45) may be used. The location of these points may be found in the respective literature on reflexotherapy (see References).

Note: Designations of the French system are given in brackets.
Meteoropathy

Meteoropathy is an affection of meteorological factors (light, heat, cold, moisture, atmospheric pressure, helio-geophysical fluctuations, etc.) on the condition of human organism. A special place among them belongs to strong electromagnetic fields of atmospheric discharges (lightning), and magnetic storms caused by increased solar activity. The human brain, cardiovascular and endocrine systems are especially sensitive during magnetic storms, which degrade well-being of many people.

A sparing way of life during these days has a great prophylactic value. In particular, cardiac-vascular patients are recommended, during such days, to restrict their physical activity, not to drive, withhold from air travels into another geographical zone, etc.

At meteoropathy, the effect of reflexotherapy is based on activating the immunity. To remove the sense of discomfort, caused by meteor changes, it is necessary to affect the bracing points, recommended by the Lednev Atlas.

1 Point B11 Daju (V11) is a symmetric point located at the level of the gap between the acanthas of the 1st and 2nd dorsal vertebrae aside of the medium line by the width of two fingers. First, affect on the left, and then, on the right. Indications: bronchitis, headache, giddiness, pleuritis, pain in the area pectoral arch, stiff neck.

2 Point B43 Gaoxuan (V43) is a symmetric point located at the level of the gap between the acanthas of the 4th and 5th dorsal vertebrae aside of the medium line by the width of four fingers. First, affect on the left, and then, on the right. Indications: various chronic diseases, bronchitis, asthma, general weakness, weakness of memory, neurasthenia.

3 Point GV20 Sinquai (VG20) is a non-symmetrical point located in the head midline, above the rear hair growth border by nine fingers width, and from the front hair growth border by five fingers width. Indications: convulsions, apathy condition, memory decrement, headache, giddiness, tinnitus.

4 Point Li11 Quchi (GI11) is a symmetric point located in the mid-distance between the lateral epicondyle and radial end of the elbow joint bend. First, affect on the left, and then, on the right. Indications: headache, neurasthenia, anemia. It has a bracing effect.

5 Point St36 Jusanli (E36) is a symmetric point located below the upper edge of the lateral condyle of the shin bone by the width of four fingers, at the front edge of the tibial. Affect on the left, and then, on the right. Indications: gastritis, peptic ulcer, pain in the anticardium, enteritis, vomit and febrility, allergic state, general tonic effect.

6 Point Sp6 Saninxiao (RP6) is a symmetric point located to the back of the shin bone, above the centre of the median ankle by the width of four fingers. First, affect on the left, and then, on the right. Indications: sexual disorders, overfatigue, neurasthenia.

To strengthen the effect, additional points Li10 Shousanli (GI10), Li4 Hegu (GI4), Li1 Shanyan (GI1) may be used. The location of these points may be found in the respective literature on reflexotherapy (see References).

Note: Designations of the French system are given in brackets.
Fig. 6
Gastrocnemius spasms (cramps in legs) may be caused by various reasons. Most often, these complaints are related to spinal column osteochondrosis (a neuropathologist's consultation is necessary), or with lower extremity blood vessel problems (it is necessary to address a vascular surgeon). Sometimes, the reason is a potassium deficit in the organism, or excessive washout of potassium and magnesium salts at the background of diuretics taken. Spasms can be caused by muscle overstrain (long walk or standing at work) or taking nonsteroid preparations. To get rid of spasms, it is necessary to find the reason and eliminate it. Therefore, it is recommended to examine blood for potassium as microelement, to reveal the absence of tibial muscle thrombophlebitis, or spinal column osteochondrosis, etc.

The methods of reflexotherapy help to remove convulsions. It is necessary to affect the points, recommended by the Lednev Atlas:

1 Point B57 Chengshan (V57) is a symmetrical point, located in the centre of the lower leg back surface, in the connection point of the gastrocnemius muscle, in the pulpatated cavern. First, affect on the left, and then, on the right. Indications: convulsions of the gastrocnemius muscle, arthritis of the knee joint, cystitis, hand tremor, vomit, diarrhea.

2 Point B59 Fuyan (V59) is a symmetrical point, located in the centre of the lower leg back surface, in the connection point of the gastrocnemius muscle, in the pulpatated cavern. First, affect on the left, and then, on the right. Indications: convulsions of the gastrocnemius muscle, arthritis of the knee joint, cystitis, hand tremor, vomit, diarrhea.

3 Point G34 Yanglingquan (VB34) is a symmetrical point, located at the external edge of the Achilles tendon, above the centre level of the lateral malleolus by the width of four fingers. Indications: headache, convulsions in the gastrocnemius muscle, increase of body temperature with a chill.

4 Point G40 Qusu (VB40) is a symmetrical point, located a bit ahead of the lateral malleolus. First, affect on the left, and then, on the right. Indications: eye diseases, chill with fever, pains in lower extremities, convulsions of the gastrocnemius muscle.

Additionally, the following may be recommended: massage of the gastrocnemius muscle; ointment application (Apizatron, Eucamon, Menovazin), or mustard plasters on gastrocheius.

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Fig. 7
Frigidity (sexual anaesthesia) is a complete absence or reduction of sex appeal, sex sensations and orgasm in women. The reasons are a combination of several factors (somatic, mental and micro-social). In many cases, frigidity accompanies psychopathias, endogenous psychoses, and character accentuations (women with excessive suspiciousness, hesitancy, pudency, and accent on negative emotions).

The items, which provoke the appearance of frigidity, are exogenous factors with primary or secondary involvement of the sexual sphere: mental traumas (defloration, forceful rape, fear of pregnancy, physical abomination for the partner, etc.), and asthenization of any ethiology (depressive or hypochondriac conditions, and other mental disorders). Frigidity is aggravated by neurohumoral disorders (for example, ovarian dysfunction, androgynous deficiency, damage of deep brain structures), and segmental nervous breakdown (of traumatic, tumoral or other genesis).

The book by Doctor J. V. Cerney "Acupuncture Without Needles" recommends the following affection course at frigidity:

1. **Area of spinal column** – on both sides of vertebrae in the area of loins.
2. **Area of edgebone** – in the centre, on the left, and on the right.
3. **Area of solar plexus** – in the middle.
4. **Point St17 Juchun (E17)** is a symmetrical point located in the centre of the nipple. First, affect on the left, and then, on the right. Indications: mastitis, milk deficit.
5. **Point St10 Shuitu (E10)** is a symmetrical point located to the outside of the lower edge of the thyroid cartilage, at the front edge of the sternocleidomastoid muscle. First, affect on the left, and then, on the right. Indications: throat and larynx diseases, bronchitis, bronchial asthma, pertussis, dysphagia.

**Additional massage** of the mammary glands. Massage with your palms from inside downwards, and then by grasping the mammas from beneath, tenderly pull upwards. Repeat 10 times.

**Note:** Designations of the French system are given in brackets.

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**Attention!** Affection with the caps shall be made by a reflexotherapeutist with mandatory wearing of protective goggles to avoid any penetration of concentrated laser irradiation into the eyes.

The affection shall be made in sessions, no more than 5 points per session. First, place the irradiator to the affection point, and only then press the START button.

Move to the next affection point in the pause mode. Exit the mode by depressing and holding the STOP button for 3 seconds.

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**Additional massage** of the mammary glands. Massage with your palms from inside downwards, and then by grasping the mammas from beneath, tenderly pull upwards. Repeat 10 times.

**Note:** Designations of the French system are given in brackets.

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**Fig. 8**
The main reason of distorted menstrual rhythm (algomenorrhea) is stress. The organism responds thereto in the language of chemical reactions – it stops to produce progesterone, the hormone that accelerates ovulation and menstruation.

However, stress is not the only reason. In adolescence, the control mechanisms of ovulation and menstrual cycle are far from being ideal. Therefore, the absence of menses during individual months is a wide-spread phenomenon. The cycle usually sets, when a woman enters her third decade, and may break after the age of 40, with approach of the menopause. The stress related with increase or decrease of body weight may also affect the content of hormones in the organism, and result in variation of menses periodicity. A certain role in these processes may also belong to other factors, for example, nutrition, and, in particular, vegetarian diet.

Besides, medical reasons of menstrual cycle irregularities also exist: infections, uterus polyps, fibromas, cancer and deviations in the uterus position.

Although the reasons behind the violations of the menstrual rhythm are usually clear and relatively safe, should these disorders persist within several months, it is necessary to consult a doctor and consider some treatment alternatives.

The book by Doctor J. V. Cerney "Acupuncture Without Needles" recommends the following course of affecting the BAPs at irregular menses.

**Day one**

1. **Point Sp4 Gongsun (RP4)** is a symmetrical point located on the internal foot surface, in the front lower edge of the basis of the first instep bone. First, affect on the left, and then, on the right. Indications: spasmodic pains in the stomach and intestine, nausea, vomit, uterine bleeding, tachycardia, convulsions, spasm of lower extremity vessels.

2. **Point Sp6 Saninxiao (RP6)** is a symmetrical point located to the back of the shin bone, above the centre of the median ankle by the width of four fingers. First, affect on the left, and then, on the right. Indications: sexual disorders, overfatigue, neurasthenia.

3. **Point Sp8 Dixi (RP8)** is a symmetrical point located below the edge of the medial epicondyle of the femoral bone at the width of 6 fingers. First, affect on the left, and then, on the right. Indications: poor appetite (dysorexia), menstrual cycle disorder, pain in the area of loins.

4. **Point Sp10 Suehai (RP10)** is a symmetrical point located on the lower part of the internal-front surface of the thigh, above the medial epicondyle of the femoral bone of the upper level of the knee-cap to the width of 2 fingers. First, affect on the left, and then, on the right. Indications: menstrual cycle violation, pruritic rash in the internal surface of the thigh, leg trophic ulcers, ascites.

**Day two**

1. **Point CV3 Zhongji (VC3)** is a non-symmetrical point located on the middle line of the stomach, below the navel at the width of 5 fingers. Indications: menstrual cycle disorders, uterine bleeding, general decrease of organism resistance.
2. **Point CV4 Guanyuan (VC4)** is a non-symmetrical point located on the middle line of the stomach, below the navel to the width of 4 fingers. Indications: menstrual cycle violation, hormonal infertility, spastic pains at the bottom of the stomach, decrease of the general tonus of the organism, depressive condition.

3. **Point CV6 Qihai (VC6)** is a non-symmetrical point located on the middle line of the stomach, below the navel to the width of 2 fingers. Indications: menstrual cycle disorder, whites, enterocolitis, lumbago, stenocardia, fainting, sleep disturbance.

**Day three**

1. **Point St25 Tiangshu (E25)** is a symmetrical point located at the level of the navel and to the outside of the middle line to the width of 3 fingers. First, affect on the left, and then, on the right. Indications: acute and chronic gastritis, menstrual cycle violation, ascites, nephritis, endometritis.

2. **Point St33 Inshi (E33)** is a symmetrical point located above the knee-cap by the width of four fingers. First, affect on the left, and then, on the right. Indications: pains in the stomach, violation of the sensitive and locomotion functions in the area of loins and lower extremities.

**Day four**

1. **Point B23 Shenshu (V23)** is a symmetrical point located at the level of the gap between the acanthas of the 2nd and 3rd lumbar vertebrae aside to the width of 3 fingers. First, affect on the left, and then, on the right. Indications: fatigue, nephritis, extreme emaciation, menstrual cycle violation, pains in the loins, giddiness, tinnitus.

2. **Point B32 Xilao (V32)** is a symmetrical point located below the second middle edge-bone crest, aside to the width of one finger. First, affect on the left, and then, on the right. Indications: cystitis, menstrual cycle violation, painful menses, lumbago, ischias.

Then, repeat the affection day after day in the above sequence.

Note: Designations of the French system are given in brackets.
Dysmenorrhea means menses accompanied by pains in the bottom stomach sections, which irradiate into the loins and edgebone areas, and by general vegetative-neurotic disorders: headache, sleep violation, feeling of weakness, heartbeat, nausea, sometimes vomit, skin eruptions, etc. The main reason of menstrual disorders is thought to be a violation of synthesis of prostaglandins, whose increased content in the uterus causes spastic contraction of its muscles and arteries, which is accompanied by cramp-like pains with irradiation into the neighbouring organs and tissues, headache, diarrhea, etc. The primary dysmenorrhea, which is not related with organic diseases of genitals, is met mainly in young ladies and women, seldom – in parous women of older age, and sometimes during the premenopausal period. It has a higher incidence in neurotic patients because of an increased excitability of the nervous system. Dysmenorrhea is considered to be secondary at detection of genital diseases (endometriosis, etc.), and at application of intrauterine devices (IUDs). It is not always feasibly to diagnose the main reason of dysmenorrhea. It is supposed that in most women the reason of dysmenorrhea is not the genital pathology, but the peculiarities of the nervous system. At dysmenorrhea, one needs a thorough examination for finding out the reason and administration of proper treatment.

During acute phases, it is recommended to stay in bed, and between aggravations, to have walks in the fresh air. Try to avoid physical and nervous overstrain, keep your feet warm and do not wear constricting belts.

The book by Doctor J. V. Cerney "Acupuncture Without Needles" recommends the following course of affection on the BAPs at dysmenorrhea.

**Day one**

1 Point H5, Tongli, (C5) is a symmetrical point located above the proximal radiocarpal fold to the width of one finger, in the hollow between the tendons. First, affect on the left, and then, on the right. Indications: headache, tinnitus, giddiness, psychosis, menorrhagia, uroclepsia.

**Day two**

1 Point St24 Huazhoumen (E24) is a symmetrical point located one finger width above the navel and 3 finger widths to the outside of the middle line. First, affect on the left, and then, on the right. Indications: nausea, vomit, psychosis, ascites, endometritis, menstrual cycle violation, ascites, nephritis, endometritis.

2 Point St25 Tiangshu (E25) is a symmetrical point located at the level navel and to the outside of the middle line to the width of 3 fingers. First, affect on the left, and then, on the right. Indications: acute and chronic gastritis, menstrual cycle violation, ascites, nephritis, endometritis.

**Day three**

1 Point Liv13 Chjanmen (F13) is a symmetrical point located at the lower edge of the free end of the 11th feather. First, affect on the left, and then, on the right. Indications: vomit, asthma, lumbago, hypertension, pains in the loins and back.
2 Point Liv14 Qimen (F14) is a symmetrical point located in the sixth intercostal space, in the nipple line. First, affect on the left, and then, on the right. Indications: nephritis, cough, asthma, hypertension, pains in the loins and back.

Day four

1 Point CV4 Guanyuan (VC4) is a non-symmetrical point located on the middle line of the stomach, below the navel to the width of 4 fingers. Indications: menstrual cycle violation, hormonal infertility, spastic pains in the bottom of the stomach, drop of the general tonus of the organism, depressive condition.

2 Point CV6 Qihai (VC6) is a non-symmetrical point located two finger widths below the navel. Indications: sleep disturbances, pains in the area of the heart, stenocardia, fainting, hypertension.

Day five

1 Point В23 Shenshu (V23) is a symmetrical point located 2 finger widths aside from the intervertebral disk of the 3rd and 4th lumbar vertebra. First, affect on the left, and then, on the right. Indications: fatigue, giddiness, tinnitus.

2 Point В31 Shanlyao (V31) is a symmetrical point located below the right-hand medium sacral ridge, corresponding to the first rear sacral opening at the distance of one finger width aside from the intervertebral disk of the 1st and 2nd lumbar vertebra. First, affect on the left, and then, on the right. Indications: vomit, lumbago, endometritis, cystitis, menstrual cycle violation, dysmenorrhea, pains in the edgebone and loins.

3 Point В17 Geshu (V17) is a symmetrical point located in the distance of 2 finger widths aside from the intervertebral disk of the 7th and 8th dorsal vertebra. First, affect on the left, and then, on the right. Indications: singultation, belching, cough, blood spitting, quick fatigue, night sweatiness, uterus bleeding.

4 Point В62 Shengmai (V62) is a symmetrical point located 1.5 cm below the outside ankle, at the lower edge of the side projection of the heel bone, in the hollow, at the border of the heel and the back surface of the foot. First, affect on the left, and then, on the right. Indications: pain in the loins and ankle-joint, convulsions, sleep disorder, dysmenorrhea.

Day six

1 Point Sp9 Yinlinquang (RP9) is a symmetrical point located 1.5 cm below the outside ankle, at the lower edge of the side projection of the heel bone, in the hollow, in the border of the sole and the back foot surface. First, affect on the left, and then, on the right. Indications: absence of appetite, insomnia, ascites, impotency, menstrual cycle violation, pains in the loins and thigh.

2 Point Sp10 Suehai (RP10) is a symmetrical point located on the lower part of the internal-front surface of the thigh, above the medial epicondyle of the femoral bone of the upper level of the knee-cap to the width of 2 fingers. First, affect on the left, and then, on the right. Indications: menstrual cycle violation, pruritic rash in the internal surface thigh, leg trophic ulcers, ascites.

Day seven

1 Point K2 Zhangu (R2) is a symmetrical point located on the internal surface of the foot arch, in the hollow in the front and a little below of the tubercle of the scaphoid bone. First, affect on the left, and then, on the right. Indications: pain in the throat, impotency, menstrual cycle disorder, endometritis, cystitis, pains in the back and the area of the thigh.

2 Point K3 Taisi (R3) is a symmetrical point located in the hollow above the heel bone, between the medial ankle and the Achilles tendon. First, affect on the left, and then, on the right. Indications: angina, stomatitis, nephritis, cystitis, impotency, menstrual cycle disorder, mastitis, arthritis of the ankle-joint.

3 Point K6 Zhaohai (R6) is a symmetrical point located to the back of the boss of the navicular bone, 1 cm below the medial ankle. First, affect on the left, and then, on the right. Indications: menstrual cycle disorder, impotency, pains in the bottom of the stomach, liver and pancreatic gland diseases, neurasthenia, insomnia.
4 Point K13 Quisue (R13) is a symmetrical point located above the pubic bone to the width of 2 fingers, and 2 finger widths aside of the stomach medium line. First, affect on the left, and then, on the right. Indications: menstrual cycle disorder, impotency, pains in the loins and spinal column, conjunctivitis.

Day eight

1 Point GV12 Chengju (VG12) is a non-symmetrical point located between the acanthas of the 3rd and 4th dorsal vertebrae. Indications: chronic cough, pneumonia, strain and pains in the loins and spinal column, neurasthenia, night fears.

In addition to reflexotherapy, it is recommended to make massage of the lower part of the back, a cold compress (packet with ice) onto the edgebone and stomach. It results in blood vessel contraction, which may bring relief. Other patients feel better at warming, not cooling. Hot feet baths may be recommended.
The menopause is caused by an age reconstruction of the woman organism. The involution processes cover the central nervous system (CNS) and endocrine glands. Most women live through the menopause period without any expressed disorders. However, the process has complications in the form of increased excitement, moods labiality, sleep violation, giddiness, increased arterial pressure (AP), vegetative-vascular disorders (hot flash, etc.). Some have a pathological menopause: frequent hot flash (up to 10-20 times a day and more), a sudden hot sensation, essential AP increase, obesity, violations of water-salt and other types of metabolism, neuropsychic changes. The menopause and menopause neurosis are often accompanied by dysfunctional uterus bleeding.

Therefore, general bracing measures are recommended at treatment: hydrotherapeutic procedures, Narzan baths, therapeutic exercises, nutrition rich in microelements and vitamins B1, B6, C, PP, etc.

The book by Doctor J. V. Cerney "Acupuncture Without Needles" describes a course of affection on BAPs, recommended at menopause neurosis.

**Day one**

1 **Point Sp6 Saninxiao (RP6)** is a symmetrical point located to the back of the shinbone, above the centre of the median ankle by the width of four fingers. First, affect on the left, and then, on the right. Indications: sexual disorders, overfatigue, neurasthenia.

**Day two**

1 **Point B31 Shanliao (V31)** is a symmetrical point located below the first medium sacral ridge, corresponding to the first rear sacral opening at the distance of one finger width aside from the intervertebral disk of the 1st and 2nd lumbar vertebra. First, affect on the left, and then, on the right. Indications: vomit, lumbago, endometritis, cystitis, menstrual cycle violation, dysmenorrhea, pains in the edgebone and loins.

2 **Point B32 Xilao (V32)** is a symmetrical point located below the second medium sacral ridge, aside to the width of one finger. First, affect on the left, and then, on the right. Indications: cystitis, menstrual cycle violation, dysmenorrhea, lumbago, ischias.

3 **Point B50 Veizan (V50)** is a symmetrical point located at the level between the acanthas of the 12th dorsal and the 1st lumbar vertebra, aside by the width of four fingers. First, affect on the left, and then, on the right. Indications: absence of appetite, nausea, pains in the muscles of the back and spinal column, ascites.

4 **Point B65 Shugu (V65)** is a symmetrical point located on the outside surface of the foot to the back and to the outside of the head of the fifth instep bone, in the hollow in the border of the back and sole surface. First, affect on the left, and then, on the right. Indications: headache, giddiness, neck muscle spasm, pains in the area of loins and of the back, convulsions of the gastrocnemius muscle, furuncles on the body.
Day three
  1 Point St10 Shuitu (E10) is a symmetrical point located to the outside of the lower edge of the thyroid cartilage, at the front edge of the sternocleidomastoid muscle. First, affect on the left, and then, on the right. Indications: gorge and larynx diseases, bronchitis, bronchial asthma, pertussis, dysphagia.

Day four
  1 Point K7 Fuluy (R7) is a symmetrical point located above the level of the centre of the medial ankle to the width of 2 fingers and a little to the back, in the transition place of the gastrocnemius muscle into the Achilles tendon. First, affect on the left, and then, on the right. Indications: edema of the extremities, paralysis of lower extremities, night-sweat, lumbago, lower leg paresthesia.

Day five
  1 Point TH10 Tianjing (TR10) is a symmetrical point located on the upper surface of the shoulder, above the olecranon to the width of one finger. First, affect on the left, and then, on the right. Indications: pains in the breast, cough, pain in the temple area, migraine, tinnitus, pains in the nape area and of the neck of the shoulder, neurasthenia, sleep disturbance, excitement.

Day six
  1 Foot heel zone. First, affect on the left, and then, on the right. Indications: sexual gland prophylaxis.

Then, repeat the affection in the above sequence.
Note: Designations of the French system are given in brackets.

Fig. 11
The term "erectile dysfunction" (sexual weakness) is usually understood to be a pathological condition, which is characterized by decrease of the quality of erections in men, and as a result thereof, by an incapability to hold a full-scale sexual act. Impotency is an extreme form of development of erectile dysfunction.

Erectile dysfunction may be caused by several types of organic reasons: endocrine, medicated, local, neurological, and vascular. Much more frequent is a psychological form of disorder, at which the psychoneurological peculiarities of the man are the exclusive obstacle to a normal sexual life. Usually, the reasons caused by organic factors are complemented by a psychological component, which may move to the front place after eliminating the initial reason.

When treating and preventing the erectile dysfunction, remember the following!

Nobody is guaranteed from a sexual failure, therefore, it should not be taken close to one's heart; a better alternative is to have a rest, calm down, change the environment, and to have another try some time later.

If you have no erection, or there are no indications of night and morning erection, take a mandatory consultation and a thorough examination from a qualified urinologist or sexologist.

Do not try to extend the duration of the sexual act by various artificial means.

It is possible to decrease the probability of erectile dysfunction by pursuing a healthy lifestyle, having quitted smoking, alcohol, and drugs, and by running a regular sexual life, without lengthy withdrawals from sex and sexual superfluities. Consult physicians-specialists, if you had traumas or surgery on the perineum or the small pelvis, if you suffer from diabetes mellitus or hypertensive disease. If you follow these simple guidelines, you are almost guaranteed a sexual life long and full of pleasure.

To improve the condition, the book by Doctor J. V. Cerney "Acupuncture Without Needles" gives a recommended course of affection on body sections and the following BAPs:

**Day one**

1. **Point CV1 Huiyin (VC1)** is a non-symmetrical point located in men between the scrotum and the anus. Indications: haemorrhoid, exania, impotency, strangury.

2. **Point GV1 Chanxian (VG1)** is a non-symmetrical point located in the middle of the distance between the tailbone and the anus. Indications: haemorrhoid, rectum disease, constipation, genital itch, vomit, pollutions, impotency, neuralgia of the lumbar plexus.

3. **Point Sp12 Chongmen (RP12)** is a symmetrical point located in the middle of the inguinal fold at the level of the upper edge of the pubic joint point, aside of the medium line to the width of 4 fingers. First, affect on the left, and then, on the right. Indications: enterospasm, pain at hernia, constipation, uroschesis, pains in the bottom of the stomach, endometritis.

4. **Point St29 Gouilai (E29)** is a symmetrical point located below the navel to the width of 5 fingers, to the outside of middle line by 2 finger widths, and above the pubic bone to the width...
of one finger. First, affect on the left, and then, on the right. Indications: endometritis, adnexitis, hernia, pains external genitals, testicle retraction, epididymitis, and orchitis.

5. **Point K12 Dahe (R12)** is a symmetrical point located above the pubic bone to the width of one finger, below the navel to the width of 0.5 fingers. First, affect on the left, and then, on the right. Indications: hernia, pains in the penis and urethra, acraturesis, impotency, aspermia, premature ejaculation, keratitis.

6. **Point CV3 Zhongji (VC3)** is a non-symmetrical point located on the middle line of the stomach, below the navel at the width of 5 fingers. Indications: menstrual cycle disorders, uterine bleeding, general decrease of organism resistance.

Additionally, make an everyday massage of the testicles, by tenderly grasping the scrotum by one hand. Press carefully and release for 25 times.

Repeat the affection for the second time in the above sequence until improvement.

Note: Designations of the French system are given in brackets.

![Fig. 12](image-url)
HEADACHES (as subjective symptoms) appear at various diseases, and are often hard to diagnose, since they may arise at infections and intoxications, brain traumas, vascular problems (hypertensive disease, cerebral atherosclerosis), diseases of nasal sini, endocrine disorders, neurasthenia and various neurotic diseases.

MIGRAINE is characterized by periodically relapsing headache attacks, frequently localized in one half of the head.

MIGRAINOUS NEURALGIA ("fascicular" headache) manifests itself as severe pain seizures in the temporal-orbital area, relapsing several times within a day.

The book by Doctor J. V. Cerney "Acupuncture Without Needles" illustrates typical headache zones, possible reasons, which are causing pains, and the affection methods. Application of reflexotherapy is directed towards soothing the headache.

GENERAL HEADACHE (Fig. 13.1)

1 Point GV21 Xiangdin (VG21) is a non-symmetrical point located on the crown, equidistant from the ears when moving upwards. Indications: headache, giddiness, nose sickness, stroke.

![Fig. 13.1](image_url)
2. **Point GB15 Toulinxi (VB15)** is a symmetrical point located above the front hair growth border to the width of a half-finger, in the vertical line, running through pupil of straight-looking eye. First, affect on the left, and then, on the right. Indications: headache, giddiness, eye diseases, rhinitis, difficult nasal breathing.

3 **Point TH16 Tianyou (TR16)** is a symmetrical point located on the rear side surface of the neck, below the mastoid, a little to the back of the attachment point of the clavisternomastoid muscle. First, affect on the left, and then, on the right. Indications: headache, giddiness, face edema, sudden deafness, sleep disturbance.

4 **Point Lu8 Quinxui (P8)** is a symmetrical point located one finger width above the proximal radiocarpal fold, on the radial artery, where the beat is felt. First, affect on the left, and then, on the right. Indications: cough, wheeze, edema of gorge and larynx mucosa, and febrility.

5 **Point St36 Jusanli (E36)** is a symmetrical point located four finger widths below the upper edge of the lateral condyle of the shin bone, at the front edge of the tibial. First, affect on the left, and then, on the right. Indications: gastritis, peptic ulcer, pain in the anticardium, enteritis, vomit and febrility, allergic state, general tonic effect.

6 **Point Liv3 Taichong (F3)** is a symmetrical point located in the cavity between the 1st and 2nd metatarsophalangeal bones, 2 finger widths above the metatarsophalangeal articulations. First, affect on the left, and then, on the right. Indications: headache, giddiness, eye diseases, sleep disturbance, emotional imbalance, and phobias.

7 **Point Sp1 Yinbai (RP1)** is a symmetrical point located on the external side of the 1st toe, 0.5 cm away from the nail root. First, affect on the left, and then, on the right. Indications: vomit, amenorrhea, podagra pains, faint, nightmares.

HEADACHE OF THE NAPE AREA (Fig. 13.2) appears at dyspepsia, adenoids, middle ear disease, eye strain, emotional tensions, diseases of pelvic organs, neurasthenia, spinal marrow disease, epilepsy, brain neoplasm, cervico-occipital myalgia.

1 **Point GB20 Fengchi (VB20)** is a symmetrical point located under the occipital bone above the rear hair growth border to the width of one finger, in the dimple at the edge of the trapezius muscle, where a hollow is felt. First, affect on the left, and then, on the right. Indications: headaches, pains in the area of the neck, lacrimation, giddiness, hearing impairment, neurasthenia, emotional disequilibrium.

2 **Point GV15 Yamen (VG15)** is a non-symmetrical point located between the 1st and 2nd cervical vertebrae, above the rear edge of hair growth to the width of one finger. Indications: headache, giddiness, nape muscle tension, meningitis, nose bleeding.

3 **Point Si3 Chouxi (IG3)** is a symmetrical point located in the hollow to the back of the 5th metacarpophalangeal articulation on the anconal side of the wrist. First, affect on the left, and then, on the right. Indications: headache in the nape, nape muscle strain, conjunctivitis, nose bleeding, tinnitus, night-sweat, lumbago.

4 **Point B60 Kunlim (V60)** is a symmetrical point located in the hollow between the rear edge of the lateral malleolus. First, affect on the left, and then, on the right. Indications: headache, giddiness, eye pains, nose bleeding, nape muscle strain, ischias, foot arthritises, menstrual cycle violation.
HEADACHE OF THE TEMPORAL REGION (Fig. 13.3) appears at teeth diseases, middle ear inflammation, eye strain, brain aneurism, diseases of gnathic or temporal bones.

1 Point St8 Touwei (E8) is a symmetrical point located in the forehead corner, in the haired part of the head, 1.5 cm from the forehead corner in the direction of the temporal bone. First, affect on the left, and then, on the right. Indications: seventh cranial nerve paresis, migraine, conjunctivitis, lacrimation, decrement in visual acuity.

2 Point EX-HN5 Taiyan is a symmetrical point located on the horizontal line, drawn from the middle of the distance between the eye lateral corner and the brow end to the width of one finger to the outside, where a hollow is felt in the temple. First, affect on the left, and then, on the right. Indications: headache, migraine, neuralgia of the 1st branch of the fifth cranial nerve, seventh cranial nerve paresis, tinnitus, eye diseases.

3 Point GB1 Tongziliao (VB1) is a symmetrical point located one finger width to the outside of the outside eye corner. First, affect on the left, and then, on the right. Indications: headache, eye diseases, lacrimation, decrement in visual acuity, epileptiform neuralgia.
HEADACHE IN THE PARIETAL (CROWN) REGION (Fig. 13.4) appears at hysteria, anaemia, ovarian, bladder, or uterus diseases, neuralgia.

1 Point GV20 Baixuai (VG20) is a non-symmetrical point located on the head midline, above the rear hair growth border to the width of 9 fingers, and from the front hair growth border to the width of 5 fingers. Indications: convulsions, apathy condition, memory decrement, headache, giddiness, tinnitus.

2 Point B3 Meichong (V3) is a symmetrical point located 0.5 cm above the front hair growth border, 3 finger widths aside of the head midline. First, affect on the left, and then, on the right. Indications: headache, giddiness, nose sickness, eye diseases.

3 Point B2 Quangju (V2) is a symmetrical point located at the start of the brow, near at the brow start, near bridge of the nose. First, affect on the left, and then, on the right. First, affect on the left, and then, on the right. Indications: headache, giddiness, vomit, nausea, sleep disturbances.

HEADACHE IN THE AREA OF THE FOREHEAD, caused by the cervical nerve neuralgia (Fig. 13.5).

1 Point GV23 Shansin (VG23) is a non-symmetrical point located on the head midline, above the front hair growth border to the width of one finger. Indications: headache, neuralgia of the 1st branch of the fifth cranial nerve, eye pains, decrement in visual acuity, nose diseases, nose bleeding, frantic excitement.

2 Point GB14 Yanbai (VB14) is a symmetrical point located above the brow middle to the width of one finger. First, affect on the left, and then, on the right. Indications: headache, giddiness, vomit, twilight vision impairment, seventh cranial nerve paresis, sleep disturbances.

3 Point Li4 Hegu (GI4) is a symmetrical point located between the 1st and 2nd basidigital bones, closer to the middle of the 2nd bone, in the hollow. First, affect on the left, and then, on the right. Indications: toothache, lockjaw, headache, nose bleeding, tinnitus, sweatiness, amenorrhea, neurasthenia. Contraindicative for pregnant women!

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Fig. 13.4

Fig. 13.5
MIGRAINE
At migraine, Doctor Gavaa Luvsan recommends two methods of affecting the BAPs:

**Method one (Fig. 13.6)**

1 **Point Li4 Hegu (G14)** is a symmetrical point located between the 1st and 2nd basidigital bones, closer to the middle of the 2nd bone, in the hollow. First, affect on the left, and then, on the right. Indications: toothache, lockjaw, headache, nose bleeding, tinnitus, sweatiness, amenorrhea, neurasthenia. Contraindicative for pregnant women!

2 **Point B2 Quangju (V2)** is a symmetrical point located at the brow start, near the bridge of the nose. First, affect on the left, and then, on the right. Indications: headache, giddiness, vomit, nausea, sleep disturbances.

3 **Point EX-HN5 Taiyan** is a symmetrical point located on the horizontal line, drawn from the middle of the distance between the eye lateral corner and the brow end to the width of one finger to the outside, where a hollow is felt in the temple. First, affect on the left, and then, on the right. Indications: headache, migraine, neuralgia of the 1st branch of the fifth cranial nerve, seventh cranial nerve paresis, tinnitus, eye diseases.

**Method two (Fig. 13.7)**

1 **Point Li4 Hegu (G14)** – see above in the text.

2 **Point St8 Touvei (E8)** is a symmetrical point located in the forehead corner, in the haired part of the head, 1.5 cm to the side of the temple hollow. First, affect on the left, and then, on the right. Indications: seventh cranial nerve paresis, migraine, conjunctivitis, lacrymation, decrement in visual acuity.

3 **Point St44 Neitin (E44)** is a symmetrical point located to the front of the 2nd and 3rd metatarsophalangeal articulations. First, affect on the left, and then, on the right. Indications: toothache, headache, tonsillitis, facial muscle spasms, pains in the stomach, absence of appetite, puffiness and pain in the foot dorsum.
Toothache may be caused both by caries, and by parodontitis, periostitis, acute apical periodontitis, parodontosis, and epileptiform neuralgia. It is necessary to reveal the reason of the toothache and treat the disease, while reflexotherapy allows, first of all, to soothe the pain.

During the acute phase, the affection should be applied every day, during sub-acute phase – 2-3 times per week.

According to the guidelines of the medical scientist Chju Lyang, any toothache may be most efficiently relieved by affecting the following three BAPs:

1 **Point Si17 Tiangjong (IG17)** is a symmetrical point located below the bottom of the ear flap, in a dimple under the lower jaw corner. First, affect on the left, and then, on the right. Indications: tinnitus, nausea, pain in the throat, strain in the nape muscles.

2 **Point St6 Xiache (E6)** is a symmetrical point located upwards from the lower jaw corner, where a hollow is felt. First, affect on the left, and then, on the right. Indications: neuralgia of the 3rd branch of the fifth cranial nerve, pains the lower jaw teeth, pains and nape muscle strain, parotitis.

3 **Point Li4 Hegu (GI4)** is a symmetrical point located between the 1st and 2nd basidigital bones, closer to the middle of the 2nd bone, in the hollow. First, affect on the left, and then, on the right. Indications: toothache, lockjaw, headache, nose bleeding, tinnitus, sweatiness, amenorrhea, neurasthenia. Contraindicative for pregnant women!

Attention! Affection with the caps shall be made by a reflexotherapeutist with mandatory wearing of protective goggles to avoid any penetration of concentrated laser irradiation into the eyes.

The affection shall be made in sessions, no more than 5 points per session. First, place the irradiator to the affection point, and only then press the START button.

Move to the next affection point in the pause mode. Exit the mode by depressing and holding the STOP button for 3 seconds.

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14 Toothache

![Fig. 14](image)
The running or blocked nose may be caused by diseases of their own, or represent symptoms of other acute conditions (flu, measles, diphtheria, allergy, etc.). A predisposing cause is mainly a supercooling, and seldom also mechanical or chemical irritation.

ACUTE RHINITIS is an acute nose mucosa inflammation, notable for burning heat in the nose, blocked nose, sneezing, rhinorrhea, headache, high temperature, etc.

CHRONIC RHINITIS is a chronic inflammation of the nose mucosa, caused by a lengthy acute rhinitis, caused by the permanently blocked nose.

ALLERGIC RHINITIS is an allergic disease of the nose mucosa, characterized by a sustained paroxysmal sneezing, liquid nasal ejections, and intermittent or sustained blocked nose.

ACUTE SINUSITIS is an acute non-specific inflammation of the frontal sinus mucosa, sievebone and genyantrum, notable for high temperature, headache, blocked nose, and purulent nasal ejections.

CHRONIC SINUSITIS is usually caused by uncured acute sinusitis, or by a relapse thereof, and defeats several nasal cavities at once.

Reflexotherapy allows to soothe running nose and decrease the nasal congestion, but not always able to eliminate the reasons of the indication.

The book of Doctor V. I. Vasichkin "Methods of Chinese Acupuncture" gives the affection methods on the BAPs, depending on the type of running nose problem.

AT ACUTE RHINITIS, it is recommended to affect the following BAPs:

1. **Point Li20 Yingxiang (GI20)** is a symmetrical point located in the side sulcus of the nose wing, in the dimple of the pear-shaped projection. First, affect on the left, and then, on the right. Indications: acute rhinitis, nasal congestion, nose polyp, diseases of paranasal sini, sense of smell impairment, facial paralysis.

2. **Point Li4 Hegu (GI4)** is a symmetrical point located between the 1st and 2nd basidigital bones, closer to the middle of the 2nd bone, in the hollow. First, affect on the left, and then, on the right. Indications: toothache, lockjaw, headache, nose bleeding, tinnitus, sweatiness, amenorrhea, neurasthenia. Contraindicative for pregnant women!

3. **Point EX-HN3 Yingtan (VG24, 5)** is a non-symmetrical point located in the hollow between the brows. Indications: headache, fatigue, irritation, sleep disturbance, nose sickness and paranasal sini, favourable effect on the endocrine system.

4. **Point St36 Jusanli (E36)** is a symmetrical point located 4 finger widths below the upper edge of the lateral condyle of the shin bone, at the front edge of the tibial. First, affect on the left, and then, on the right. Indications: gastritis, peptic ulcer, pain in the anticardium, enteritis, vomit and febricity, allergic state, general tonic effect.

5. **Point GV14 Daju (VG14)** is a non-symmetrical point located between the acanthas of the 7th jugular and 1st dorsal vertebrae. Indications: headache, giddiness, respiratory diseases, cough, asthma, pains in the hypochondrium, vomit, asthenic feeling.

It is recommended to affect the BAPs (Fig. 15) once a day at ailment or aggravation. Prior to start the treatment; take a comfortable posture, seated or lying.

Mode "04" is chosen to affect without the cap.

Mode "05" is chosen to affect with a concentrator cap No. 2.

**Attention!** Affection with the caps shall be made by a reflexotherapeutist with mandatory wearing of protective goggles to avoid any penetration of concentrated laser irradiation into the eyes.

The affection shall be made in sessions, no more than 5 points per session. First, place the irradiator to the affection point, and only then press the START button.

Move to the next affection point in the pause mode. Exit the mode by depressing and holding the STOP button for 3 seconds.
AT CHRONIC RHINITIS, it is recommended to affect the following BAPs:

1. **Point EX-HN3 Yingtan (VG24, 5)** – see above in the text.
2. **Point LI20 Yingxiang (G120)** – see above in the text.
3. **Point ST36 Jusanli (E36)** – see above in the text.
4. **Point B13 Jusanli (V13)** is a symmetrical point located at the level of the gap between the acanthas of the 3rd and 4th dorsal vertebrae, aside of the medium line to the width of 2 fingers. First, affect on the left, and then, on the right. Indications: acute respiratory diseases, cough, asthma, night-sweat, nasal congestion, pain in the area of the back and loins.

5. **Point PC6 Neiguan (MC6)** is a symmetrical point located above the proximal radiocarpal fold to the width of 3 fingers, between the tendons. First, affect on the left, and then, on the right. Indications: diseases of breast area organs, cough, laryngitis, giddiness, vomit, sleep disturbance, pains, and convulsions in the area of the elbow joint and shoulder.

6. **Point LI4 Hegu (G14)** – see above in the text.

AT ALLERGIC RHINITIS, it is recommended to affect the following BAPs:

1. **Point LU7 Lexue (P7)** is a symmetrical point located on the radial side of the forearm, a little above the styloid process, where a hollow is felt, above the radiocarpal fold to the width of 2 fingers. First, affect on the left, and then, on the right. Indications: pains in the area of the heart, headache, cough, asthma, laryngitis, tonsillitis.
2. **Point LI4 Hegu (G14)** – see above in the text.
3. **Point LI20 Yingxiang (G120)** – see above in the text.
4. **Point EX-HN3 Yingtan (VG24, 5)** – see above in the text.

AT ACUTE SINUSITIS, it is recommended to affect the following BAPs:

1. **Point GV20 Sinquai (VG20)** is a non-symmetrical point located on the head midline, above the rear hair growth border to the width of 9 fingers, and 5 finger widths above the front hair growth border. Indications: convulsions, apathy condition, memory decrement, headache, giddiness, tinnitus.
2. **Point GV23 Shansin (VG23)** is a non-symmetrical point located on the head midline, above the front hair growth border to the width of one finger. Indications: headache, neuralgia of the 1st branch fifth cranial nerve, eye pains, decrement in visual acuity, nose diseases, nose bleeding, frantic excitement.
3. **Point GV21 Xiangdin (VG21)** is a non-symmetrical point located on the crown equidistant from the ears when moving upwards. Indications: headache, giddiness, nose sickness, stroke.
4. **Point LI20 Yingxiang (G120)** – see above in the text.

AT CHRONIC SINUSITIS, it is recommended to affect the following BAPs:

1. **Point LI20 Yingxiang (G120)** – see above in the text.
2. **Point GV20 Sinquai (VG20)** – see above in the text.
3. **Point GV23 Shansin (VG23)** – see above in the text.
4. **Point ST36 Jusanli (E36)** – see above in the text.
5. **Point LI4 Hegu (G14)** – see above in the text.
Fig. 15
References

5 Преображенский В. «Атлас Леднева» - М. ФиС, 1999.
7 Cerney J.V. «Acupuncture Without Needles».

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