

Historical aspects of the development of medicine and manual therapy

*Medicine is an art
and a good doctor is like gods.
Hippocrates*

In recent years, in our country, much attention has been paid to alternative folk medicine. Many books and brochures have been published on this occasion. Very little attention has been paid to manual therapy, or, as this method is popularly called, chiropractic.

Through the centuries, this art of healing has come down to us. At all times and among all peoples, healers and chiropractors were worthy and revered people. It is no coincidence that even some of the people who became famous for the extraordinary art of healing were deified by the Greeks.

The son of Apollo, Asclepius, who was raised by the wise centaur Chiron, was known as the most skillful doctor who supposedly raised the dead. He was later honored as the god of healing. His two daughters, Hygieia and Panacea (All-healing), were also revered as the goddess of healing. In the Iliad, Homer highly appreciates the work of a doctor: "There is one skilled healer worth many people ..."

In the age of scientific and technological progress, the origins of medicine are often forgotten. The development and popularity of pharmacology overshadowed natural therapies. Over the millennia, knowledge has been accumulated about the vital activity and treatment of the human body.

The earliest information about the methods of treatment came to us from China, India, Tibet, Asia Minor, Egypt, Greece and Rome, where the art of chiropractic (manual therapy) originated. Ancient manuscripts and burial sites provide evidence that people suffered from back and joint pain. During the opening of the tombs of the Egyptian pharaohs, as well as in the Greek and Roman burials of the kings, bone changes were found in the spine and joints.

The Egyptians own the first description of the brain and spinal cord that has come down to us. It is shown in the great medical papyrus of E. Smith (XVI century BC). On a papyrus tape 4.68 m long and 33 cm wide, 48 cases of traumatic injuries to the bones, skull, brain, cervical vertebrae, collarbones, forearm, chest and spinal column, as well as methods of their treatment, are described.

In ancient China, great importance was also attached to the spine. The ancient philosopher, the founder of Taoism in China Lao Tzu (VII century BC) paid special attention to the self-improvement of spirit and body, through the dominant role of the spine, which is the conducting system "Earth-Man-Space".

Violation of the articular integrity of the skeletal system of the spine leads not only to disease, but also to mental imbalance (irritation, fear, anger, grief, etc.). By healing the body, you heal the spirit.

In India in schools of yoga there is such a view: "As long as our spine is flexible and healthy, our body is healthy." Yoga teachers attach particular importance to the position of the spine in exercises (asanas). In kundalini yoga, it is believed that the secret store of human energy is located between the second and third sacral vertebrae and is called "kundalini". Kundalini is stored in an egg-shaped capsule in the form of a snake, coiled in 3.5 turns. The center of gravity of the human body is also located here. It is recognized that by raising the kundalini from the sacrum up the spine, one can achieve cosmic or divine enlightenment.

According to the eastern sages, a person is a walking antenna, in which the crown is its center, and the spine is the conducting system to the organs. The functions of organs depend not only on the vital activity of a person, but also on the cosmic information received by him.

Not only the philosophy of the East, but also religion gives a special place to the spine. Thus, in Tibet, Buddhists worship Mount Kailash (the axis of the Universe, the "Pearl of the Lotus"), reaching a height of 6714 meters. From some distance it really resembles a lotus inflorescence. According to ancient Indian tradition, the axis of the universe is called Meru (or Sumeru), which corresponds to the concept of "spine" or "spinal cord" in our nervous system. "The map of the cosmos in the Buddhist sense is the "mandala" (Sanskrit circle, wheel), which is interpreted as a model or image of the Universe. This is a drawn, painted or sculptural image of a circle with colorful or relief details applied to it. The sizes of mandalas vary - from miniatures that fit in the palm of your hand to grandiose architectural structures. With all the variety of patterns in the mandala, the center

of the composition is necessarily highlighted, interpreted as the abode of the deity, the "axis of the world" or "the axis of the universe." On a sculpted mandala, this center is convex and, as a rule, has the shape of a tetrahedral truncated pyramid. Small metal mandalas are very common in northern Buddhism and clearly convey the idea of the world as a round plane, in the center of which rises the "king of the mountains - Sumeru" (Kochetov AN "Buddhism". - M.: Nauka, 1983).

Thousands of Buddhist pilgrims go to worship Mount Kailash - the "axis of the universe", the "backbone" of our planet.

In the writings of scientists and philosophers - Pythagoras, Plato and Hippocrates - they talk about the importance of the spine. Hippocrates emphasized that the disease of the kidneys, lungs, heart, peripheral joints depends on the location of the vertebrae. In his work on joints, he wrote that the basis of medicine is chiropractic (manual therapy). The great Hippocrates treated many diseases of the spine. True, the treatment was very peculiar, since it was based on ideas that were quite far from modern medicine. For the treatment of diseases of the spine, massage, corsets and special devices were widely used.

In the following centuries, manual therapy developed and took firm positions. This is the merit of the outstanding doctors of that time. Its greatest flowering occurred at the end of the 19th century. So, in London there was a School of Osteopaths, founded in 1882 by the physician Andrew Still. Osteopaths were trained for two years. Still achieved great success in osteopathic practice, developed and put on a solid foundation the method of osteopathy. This teaching deserves attention in our time.

The human body, according to osteopaths, can be in a state of health and even self-heal if its bone structural integrity is maintained. Attention should be paid to the fact that the main number of chronic disorders is not caused by diseases, but occurs solely due to the incorrect position of certain parts of the body, which strain not only themselves, but also organs close to them. If a person has a shortened leg, it strains the muscles in the back, neck and head, causing pain. This is a disproportion. The osteopathic doctor lengthens the leg with a special shoe, corrects the bone structure of the body, and eliminates muscle tension. The pain recedes, as with his methods the doctor eliminated the imbalance and maintained the complex structural balance of the human body.

One of the branches of osteopathy is cranial osteopathy.

Dr. Sutherland discovered the primary respiratory mechanism, which plays the same role in the tissues of the head and spine as the lungs play in the whole body: "Cerebrospinal fluid circulates in this area ten to fourteen times per minute with different pulsations." The liquid re-oxidizes the tissues, maintaining their vital functional state. It was the pulsating cerebrospinal fluid that helped Dr. Sutherland understand the purpose of the ability of the bones of the skull to oscillate. Limiting this slight mobility interferes with fluid circulation, and certain areas of the brain are undernourished and function below optimal levels. In addition, the compressed bones of the skull press on the sensitive cranial nerves - this has an effect on the entire body. Depending on which nerve is exposed, a person may have impaired hearing and vision, muscle spasms in the neck, back and head, causing pain, dizziness, respiratory distress, and even stomach upset. Although intracranial tension, i.e. arise in the skull, the back plays a significant role here. So, in an unsuccessful position, muscles, ligaments of the neck and head can tighten, and the movement of cerebrospinal fluid to the head can worsen. The tension in the muscles and ligaments that connect the head to the spine makes breathing difficult. In such cases, when treating breathing problems, it is necessary to correct the position created in the back.

Osteopaths believe that "often the cause of chronic headaches, neck and back pain caused by muscle spasms, is, first of all, difficulty in the movement of cerebrospinal fluid and limited mobility of the bones of the skull" (Harold Gelb, Paula M. Siegel. "Pain relief without drugs." - Minsk: Polymya, 1990).

A follower of Andrew Still, Louis Palmer opened a school of Chiropractic in 1895. Unlike osteopaths, chiropractors use short levers. They attach great importance to the processes of the spine, which are manipulated manually. By eliminating the pinching of the nerves, they release a person from pain. Chiropractors contrast their treatments with those of classical medicine. Adhering to the theory of subluxation (articulation of the vertebrae), they widely use mysticism, occultism, conspiracies, magic, symbols and magnetism in their practice.

Currently, a journal on osteopathy is being published in the United States, the methods of which has gained recognition and is widely practiced in different countries. In the United States alone, there are over 43,000 osteopaths and chiropractors.

In the 60s of the last century, the scientific justification of the method of manual therapy helped its further spread in medical practice and recognition in medicine. In our country, due to the high efficiency of treatment, this method has attracted special attention and gained great popularity. Many offices have been opened and many doctors have been trained.

Unfortunately, there are also many "healers" who do not always know the art of bone-setting, do not take into account their capabilities, abilities and data.

A chiropractor must have not only physical strength, but also knowledge of human anatomy, physiology, have a high tactile sensitivity of the fingers, a "light hand" and a loving heart, evaluate and analyze well the state of internal organs and the musculoskeletal system.

In ancient China, an applicant for the high rank of a chiropractor had to pass difficult exams, one of the main elements of which were testing for tactile sensitivity of the hands. It consisted in the fact that a clay pot was placed in a leather bag, coated with glue from the inside, which was then broken, and the applicant for the title of doctor had to collect and glue it inside the bag blindly.

Patients should be careful and circumspect when choosing a chiropractor. To get treatment to an ignorant person or a charlatan means not to improve your health, but to harm him.

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