

# EXCURSION IN TIME

*The more centuries God teaches us,  
the more He spreads our knowledge.*

*Theophrastus Paracelsus,  
"Doctors labyrinth"*

The practice and foundations of the theory of manual therapy are as old as the world. Probably because when, at one of the stages of phylogenesis - the process of development of living things - our hypothetical ancestor first descended from a tree, straightened up and stood on both legs, he experienced something akin to a shock. Alas, unfortunately, the structure of the human skeleton is not very suitable for direct walking. In the position of orthostasis, the spine experiences enormous stress. Apparently, therefore, from the beginning of time, people have not only been forced to learn to walk correctly (safely) and develop posture, but also to improve methods of prevention and treatment of the spine, joints, peripheral muscles and ligaments - the entire musculoskeletal system.

## **1. Black stones of Ica**

The art of bone-setting has reached the third millennium of our time from the incredible depths of the centuries. This, in particular, is confirmed by sensational publications about the exhibits of the lithothek in the Peruvian city of Ica. The owner of the unique collection, surgeon and professor at the local university, Javier Cabrera Darkea, has been finding so-called "black engraved stones" in the vicinity of the Costa (Pacific coast of Peru) for several years. Today the museum collection contains over 15 thousand striking slabs, dotted with well-preserved drawings of the era ... of dinosaurs!

The researchers believe that the "pictures" could have been drawn by one of the so far unknown branches of the Neanderthals. Or similar humanoids. In any case, the

smart Cro-Magnons, who are considered to be the direct ancestors of modern man, were not even at that time.

So, judging by the images, the mysterious civilization perfectly mastered the art of healing. One of the stones clearly shows how an ancient healer performs manipulations on the patient's spine. In another picture, the "impossible doctor", grabbing and pressing the patient's head to itself, sets the person's cervical vertebrae. On the third, an effective method is used that is well known to bone setters (the patient lies on his stomach) of stretching the vertebrae. Be that as it may, the invaluable stone collection of the Peruvian scientist is another documentary confirmation that chiropractic emerged at the dawn of mankind.

## **2. Manual therapy of the Sumerians**

Many modern researchers of traditional medicine methods are inclined to believe that subsequent generations of healers adopted the foundations of invaluable knowledge from the healers of the ancient civilization of the mysterious Sumerians. No one can yet tell where they came from in southern Mesopotamia, having built magnificent city-states 6,000 years ago in the swampy, lifeless delta of the Tigris and Euphrates. However, it is known for certain that in the pantheon of the gods of the mysterious people there was the patroness of medicine, the great Ninti (Mama or Baba, the daughter of the supreme god Anu) and the deity of health Damu. As it is clear from the cuneiform inscriptions on clay tablets found in Nippur by a scientific expedition of the University of Pennsylvania (USA), the priests-spell casters called out to Ninti and Dam when it was required to save a person from ailment and help the patient restore the "balance of the body."

Sumerian healers, who studied for six years at the Edduba medical academy, were subsequently divided into azu (those who knew medicinal solutions for oral administration) and yazu (specialists in external ointments). Both those and others skillfully combined the art of healing with ritual conspiracies, spells, and magical

rites. So if a person injured or broken bones, reed splints were applied to them and at the same time magic spells were uttered. Those who suffered severely from unexplained pain in the spine and joints were recommended miraculous ointments. They were diligently rubbed into the sore spot, not tired of repeating magical prayers. As the Russian physician Grigory Popov (in 1903) believed, the ancient healers even then possessed hypnotic abilities and, "speaking illnesses" through monotonous spells, introduced the patient into a state of trance.

The spectrum of the Sumerian medicines was quite diverse. The chiropractors of Mesopotamia used herbs, roots, leaves, infusions and decoctions of them, minerals ground into powder, honey, livestock products, fishing, and even a tortoise shell. Traction (squeezing) and distraction (stretching) therapy, inhalation, health-improving massage with body rubbing with aromatic oils, and therapeutic exercises were widely used. It is no coincidence that when later the famous Egyptian pharaoh Amenhotep began to pester with severe lumbar and joint pain, the priests sent a special embassy to Assyria, where they found a healer familiar with the "divine art" of the Sumerian bone-setting. A week later, the Egyptian ruler got to his feet and ordered to give the healer as much grain and gold as he could carry.

### **3. The art of color healing**

In ancient Egypt, at the time of Pharaoh Djoser, the founder of the III royal dynasty, legends were made about the builder of the first step pyramid in Sakkara, the high priest and consummate healer Imhotep. With his light hand, Egyptian doctors began to use for the first time (among other methods) for the treatment of diseases of the musculoskeletal system, the method of color therapy, which in today's manual medicine is known as chromo therapy.

In the sanctuaries of the god of wisdom and knowledge Thoth, special colored halls were equipped. In them, the disciples of the wise Imhotep placed precious

stones of the same color as the drink in vessels with fruit juices (according to the Egyptians, they contained the energy of the sun god Ra), and then, after withstanding the infusion for a certain time, they served a healing potion to the sick.

Ancient healers and founders of esoteric schools, not without reason, believed that the organs and systems of our body are very sensitive to certain colors, which activate or slow down many processes in the body.

So, for example, red (say, blood) is considered the Spirit of Life. Orange colors of varying intensity are associated with the possibilities of internal healing of the body. Golden yellow color symbolizes the Spirit of Wisdom, is very conducive to meditation, concentration of attention. Green colors are colors of continuous development and even immortality. Blue are associated with the Spirit of Truth. Blue have tonic properties. Black is a symbol of absolute silence and tranquility. Etc.

In the 30s XX century, a prominent Indian scientist D. Ghadiali confirmed the possibilities of color therapy, describing in detail its therapeutic effect. Later, the world-renowned Swiss psychologist Max Luscher made a unique color test and convincingly proved that different colors have different effects on the human musculoskeletal system, and may well change the parameters of his physical and emotional state.

In particular, the treatment of arthritis is much more effective if the patient is surrounded by a purple or blue lamp, interior. Blue and green colors help to relieve headaches. Relaxation (muscle relaxation) of tense muscles is perfectly promoted by the red color. Orange, on the other hand, increases muscle tone. For diseases of the joints of the limbs, purple and lemon colors are shown.

In the old days, the bone setters of Egypt, Greece, India and China were also familiar with the healing effect of such a method of folk treatment as color breath.

Depending on the disease of any part of the spine or joints of the extremities, the folk healer suggested that the patient imagine a specific color, mentally surround the affected area (space) with it and breathe according to a certain system. The patient sat comfortably, straightening the spine. Then, pressing the tip of the tongue to the alveoli (two tubercles in the upper palate), inhaled through the nose, held the air for 12 seconds, and then exhaled slowly through the mouth. In the process of each inhalation, it was necessary to present the recommended color, which is favorable for this particular ailment.

As modern research has shown, it is useful to mentally surround oneself with blue and violet paints during "color breathing" in diseases of the skeletal system.

It is desirable to "plunge" into orange colors to relax (relax) muscle tissue. Functional restoration of the nervous system can be achieved through green colors.

Today the English physician Edward Bach has developed an effective flower therapy for his patients, calling it the "sun method". When the plants of certain flowers, selected for the patient, bloom completely, the doctor places them in a bath of water, exposes them to the sun and waits for the flowers to wither, and their healing qualities pass into water, which should be drunk for medicinal purposes.

#### **4. The basic principle of homeopathy**

About 200 years ago, the Austrian chemist and physician Friedrich Christian Samuel Hahnemann developed a therapeutic system of non-traditional treatment based on the principle of "like cures like" ("similia similibus curantur"). An episode from Mikhail Bulgakov's novel "The Master and Margarita" involuntarily pops into my memory, where Stepan Likhodeev from a painful hangover called the housekeeper Grunya and resolutely demanded a pyramidon from her. However, there was a visitor nearby who categorically stated that the pyramidon would not help now, since like should be treated like.

Medical practice testifies: the way it is. Dr. Hahnemann has convincingly proved that strictly dosed poisons are excellent medicines and, in certain quantities, can eliminate the poisonings caused by them. As a result, the world has received unique reference manuals on homeopathy "Materia medica". Following the medical approach to treat the patient, not the disease, the homeopathic doctor conducts treatment individually. After all, the same type of pain in the spine or joints of the extremities can be the result of injury, cooling, intoxication - whatever. Depending on the reasons that caused the disease, the homeopathic doctor prescribes the dose of the medicine. For example, in case of vertebral injury, osteochondrosis, osteoarthritis and metabolic disorders of the body, most patients are shown arnica or wild rosemary. If the cause of the ailment is cooling, a chiropractor may recommend, say, a calcareous sulfuric liver.

Homeopathic medicines are used simultaneously with osteopathic manipulations, or alternating between them. Moreover, homeopathic therapy involves the use of not only medicinal plants, but also minerals, snake venoms, livelihoods of various animals and insects (honey, formic acid, etc.).

## **5. Philosophy of the East**

The Himalayan sages made an invaluable contribution to the development of the theory and practice of folk healing. They developed the most ancient medical system Ayurveda (translated from Sanskrit "Ayur" - life, "Veda" - knowledge). The Indian scientists Charaka, Sushruta and Vagbhata, who have written solid treatises on Ayurveda, have convincingly proved that the state of the body is largely determined by how healthy the spine is.

It is no coincidence that among yogis there is a firm conviction: as long as the spine is flexible and healthy, our body is healthy. Well, deviations from the norm can be completely corrected through corrective physiotherapy, massage,

acupuncture and a set of gymnastic exercises. Simply put, through the methods that, centuries later, today are effectively used by chiropractors around the world.

According to Ayurveda, a person consists of five basic elements: ether, air, water, fire and earth. Their combinations form three vital energies (doshas). If harmony is disturbed, the body fails. For example, when we exceed the permissible loads on the musculoskeletal system, we willfully or unwittingly have a negative impact on the precious energy of movement (vata). Most often this leads to a metabolic disorder (pitta). Finally, when the energy to maintain the fluid balance and elasticity of body tissues (kapha) weakens, illness sets in.

Supporters of Ayurveda have long considered the use of the energy of the healer's hands folded in a special way as one of the effective methods of restoring impaired functions and preventing diseases of the musculoskeletal system. In Sanskrit, this is called mudra.

The method is complex. It requires tremendous concentration of thought and is therefore available to very few. This requires a special gift. The fact is that, putting his hands on the affected area, for example, a specific part of the spine, the healer mentally focuses on the weakened energy meridian and with just one thought tries to redistribute the life-giving energy so that its flows penetrate into the affected channel, contributing to the restoration of disturbed functions. It rarely succeeds right away. Therapeutic sessions using mudras, judging by the historical experience of healers in India, China, Japan and the Korean Peninsula, can last from several days to many months. During the mudra treatment, the position of the hands changes as needed. Daily sessions can be carried out up to 6 times lasting 5-10 minutes using 2-3 mudras.

## **6. Balance and disharmony theory**

In the famous treatise "The Inner Canon of the Yellow Lord", which was formed by the 1st century BC, the peculiarities of the medicine of Ancient China are

defined: to heal not individual organs or parts of the body, but the whole organism. Since ancient times, the healers of the Celestial Empire believed that the quality of health, first of all, depends on the state of the balance of vitality. Disease is a clear disharmony, disorder of their functions. Therefore, it is necessary to eliminate a dangerous imbalance.

### **Historical dossier of an osteopath**

*The great conqueror Genghis Khan (Temuchin) was weakening at the age of 63. He could no longer saddle his beloved horse without the help of the personal bodyguards of the kashiktan and more and more often remained in the camp tent, alone thinking about the frailty of life. Finally, the formidable conqueror of peoples ordered through messengers that the Chinese sage and magician Chang Chun (Qiu Chuji), the head of the Taoist monastic community Baiyunguan ("White Cloud") and a follower of the teachings of the thinker Lao Tzu, should appear to him at a temporary headquarters on the banks of the Amu Darya. The elder obediently prepared himself for the long journey. For fifteen months he traveled through all of Northern China, Mongolia, Eastern Turkestan and Semirechye, until May 16, 1222, he appeared before the ruler of the world. The first thing that the harsh conqueror asked Chang Chun was whether it was possible to achieve immortality. The teacher replied that in the form in which he imagines, it is impossible. There are only means to prolong life, but there is no cure for physical immortality. "In this case, I can only accept it." - He lowered his heavy head Genghis Khan. In response, the Chinese master reminded the owner of the rich tent that life, if properly built, can be significantly extended.*

*One of the main conditions is to learn how to relieve fatigue. When you stand for a long time, the joints of the legs suffer. If you run around the steppe for days, the spine is imperceptibly destroyed by micro shocks. Walking too long on foot overstrains bones and muscles. And sitting in one place for a long time causes dangerous stagnation of blood. To avoid fatigue and premature aging of the body,*



*it is necessary to change its position more often. How? Taking turns taking various poses of animals and birds: Bear, tiger, eagle, etc.*

*And eating, following the philosophy of Tao, must be completely different. For example, you can learn to accumulate and then swallow your own saliva, thereby satisfying the feeling of hunger and strengthening the spirit. Better yet, air is the only food! After all, it contains all the vital elements, the sage argued.*

*After that, he taught Genghis Khan the basic techniques of a literate lifestyle for several months. It ended with the conqueror not just letting Chiang Chun go in peace. The sage brought to China the highest charter that Taoist communities are exempt from all taxes for eternity. Genghis Khan himself lived for another 5 years after this meeting. He died during another campaign on the banks of the Yellow River in 1227.*

## **7. Health Meridians**

Since ancient times, Chinese healers, like the healers of India, believed that vital energy that comes from outside flows invisibly through the 12 channels of our body (meridians, highways). Each functional system of the body has its own network of channels for receiving such energy. In the happy case, when the body is healthy, a balance of energy elements is observed in it, which ensures a balance between the processes of excitation and inhibition. If, for example, due to pinching of the endings of the roots of the spinal nerves, an obstacle arises in the path of movement of energy flows, this inevitably leads to disease. Moreover, each of its stages corresponds to symptoms characteristic only of her, and allowing a qualified chiropractor to correctly diagnose the disease and prescribe treatment.

For example, through palpation, the osteopath first determines the painful tension of the back muscles, and then, for the purpose of muscle relaxation, recommends the patient to have acupuncture therapy sessions. This is the oldest Chinese method

of applying special needles to active physiological points of the body, of which there are up to 2000 on the human body.

For a long time, needles were made of bone or bronze. Today, chiropractors most often use steel. 9 types of corporate needles are used, differing in the shape of the tip, length and thickness. Following the old tradition, they affect only those points that are open exactly at the moment of manipulation.

An acupuncturist who really owns a unique method of activating energy flows in the meridians of the patient's body must take into account a whole range of factors. The patient's state of health and mood. The degree of tension of his muscle tone after preliminary can-vacuum massage. General predisposition to the procedure. Even the time of day for acupuncture.

The fact is that the energy coming from the outside, as the Chinese healers believe, circulates along the meridians of the body with a strict rhythm, with a period of 24 hours, which corresponds to one complete revolution of the Earth around its axis. Therefore, one should take into account the time of exposure to one or another organ (meridian).

So to eliminate vertebrogenic disorders of the spine, causing radiating pain in the liver, it is best to carry out medical manipulations from one to three in the morning. If we are talking about the stomach, from seven to nine in the morning, etc. By the way, in a number of medical institutions in Russia, the method of electroacupuncture is also used, which allows with a high degree of accuracy to measure energy flows in various biologically active points of the body, to detect a disease and, acting on reflexogenic zones with microcurrents, eliminate the disease. For pain in the back and joints of the extremities, such an ancient Chinese method of treatment (and diagnosis) as acupressure is no less effective. As early as the 3rd century BC, Eastern healers discovered that pressure on reflexogenic points of the body can significantly improve the patient's well-being. The scientific

explanation for the effect is quite simple: during acupressure, endorphins are released. Simply put, the body's pain relieving hormones. Or as they are also called the hormones of joy.

In ancient times, acupressure was carried out only by palpation (pressure with fingertips). Today, a chiropractor is increasingly performing this kind of massage with special rollers. They capture several biologically active points at once, massage them and move them towards the meridian stream.

## **8. The cult of athletic games**

Unlike the healers of the East, the healers of Ancient Greece were guided not by "doshas", but by three beautiful goddesses: Hygieia (the guardian of health), Panacea (the goddess of healing) and Iaso (bestowing successful treatment). It was believed that in case of malaise, sacrificial offerings should be brought to three patroness at once to the sanctuaries located in Oropo, Epidaurus and Pergamon. The main thing to ask for was to return, for a start, the lost energy of painless movement.

Researchers believe that the Greeks were generally the first civilization to assess the role of health-improving gymnastics in strengthening the musculoskeletal system and general physical fitness. As you know, promoting the cult of a healthy body, they organized the athletic Olympic Games in the sacred valley of the Alfeia River. The winners of these competitions were considered the standard of physical beauty on mainland Greece and its islands.

It couldn't be otherwise. Both from the point of view of non-traditional and from the point of view of allopathic (academic) medicine, reasonable athletic training, strengthening the muscular apparatus, supports the vertebrae in the right position and does not allow them to shift. At the same time, the muscles grow without any harm to the spine and joints. Time has brought to us not only the name of the first winner of the athletic games (olympionic) chef Koreb from Elis, but also the

experience of the outstanding Greek traumatologist Herodicus, mentioned by the thinker Plato in his treatise "The State". To restore the flexibility of the spine, the mobility of the joints and eliminate the consequences of injuries to the limbs of patients, the ancient healer used traction of the spine and joints, physiotherapy, and achieved muscle relaxation through various types of massage. That is, the techniques that are widely used in manual therapy today. By the way, the Hellenes were among the first in the history of mankind to pay attention to the almost mystical connection between the human constitution (translated from the Latin "state"), that is, the features of the body structure and some diseases. For example, thin people (asthenics) are predisposed to functional disorders of the spine due to various neuroses. Persons of obese constitution (hypersthenics) more often than others suffer from arthritis, arthrosis, cardiovascular diseases. In turn, the athlete's constitution, for the most part, is an example of a healthy body. Not always, of course, but nevertheless.

## **9. At the origins of scientific medicine**

The primary role of manual therapy in the treatment of various diseases of the musculoskeletal system (and not only) was assigned by the greatest healer of antiquity, the founder of truly scientific medicine, Hippocrates of Kosky (about 460–370 BC). It is he who owns the famous phrase, which has become a winged one: "Bone-cutting is the cornerstone of medicine." It is known that the famous healer was born into the family of a midwife and doctor on the island of Kos in the Aegean Sea. It was here that the main sanctuary of the Greek god of healing Asclepius (Aesculapius among the Romans) was located. Perhaps that is why the island was famous for its skilled healers. The first teacher of his son was his father Heraclides, known throughout Attica as an unsurpassed chiropractor. By the age of twenty, young Hippocrates was so successful that he was solemnly ordained as a priest of Asclepius, whose descendants were all the relatives of the young doctor. However, from the very first steps in the medical field, Hippocrates established

himself as an opponent of the ancient ideas about the causes of diseases. In those days, many healers and philosophers of Hellas believed that diseases were transmitted to people, or sent to them in a supernatural way. Therefore, in case of malaise, one must bring a sacrifice to the temple of Asclepius, pray to the gods for a long time and perform several obligatory ritual ceremonies that can drive out evil demons. Only then can a specific treatment be undertaken. Hippocrates, who created a reforming medical school on Kos, thought differently. The disciples, who gathered for lectures under the mighty plane tree, had to firmly understand that all human diseases arise in a completely natural way. This means that the treatment should also be natural. And in general, to maintain health, one must rely not on higher powers, but only on oneself. Eat right, constantly do gymnastics in the fresh air and, of course, work hard, strengthening and developing the body.

The doctor himself is obliged to remember that each patient is individual, and therefore should be treated based on the specific features of the constitution of his body, general health, habitual food, ambient air and even a favorite position during sleep. In the end, a real doctor must be able to determine how healthy or sick a person is just by his appearance. Another great Greek fully agreed with this point of view: Democritus of Abdera from the Thracian coast. A curious case brought this thinker together with Hippocrates. The fact is that at one time the townspeople suspected Democritus of madness. First, the philosopher always spoke only in riddles. Secondly, when he was left alone, he often suddenly began to laugh for no reason. In a word, once the national assembly invited Hippocrates with a request to comprehensively examine the city eccentric and make an authoritative verdict. The doctor readily agreed. He came to Abdera, met with an eminent patient, examined him, listened to him and made a diagnosis: completely healthy. Little of Grateful Democritus, who at one time comprehended the basics of medicine from Indian masters, and with the light hand of Hippocrates nicknamed "the laughing philosopher", presented the healer with the manuscript of his book "On the Nature

of Man", where he expressed original thoughts on the anatomy of the body, physiology and some functional disorders of the brain leading to real madness. From Abder Hippocrates went to Egypt to get acquainted with the basics of the ancient anatomical school of the priests of the god of wisdom Thoth in the archives of the grandiose library of Alexandria, and, if necessary, demonstrate his own medical knowledge and healing skills. Then the roads of the great wandering doctor (periodite) led to Asia Minor, Libya, Scythia. The famous chiropractor left to the descendants the invaluable "Hippocratic collection" ("Corpus Hippocraticum"), which was transferred at one time to the repository of the Alexandrian library. The chapters "On joints", "On fractures", "On alignment of joints", "On diet for acute diseases", "On ancient medicine" and other works of the great healer have not lost their relevance after millennia. The assertion of Hippocrates that "it is necessary to study the spine, since many diseases are associated with it, and this knowledge is necessary to cure ..." it is simply impossible to dispute. As well as advice to students: "By matching the displaced vertebrae, you can achieve treatment in a natural way." According to legend, both sons and daughter of Hippocrates, who also devoted themselves to medicine, learned this well. Legend has it that wild bees built a nest near the grave of Hippocrates. The honey they gave had amazing medicinal properties.

## **10. First sports doctor**

The doctrine of the great Greek about the spine was developed by the outstanding anatomist, physiologist, pharmacologist and the first sports physician of the era of Ancient Rome, Claudius Galen (AD 130) from Pergamum. Contemporaries called him "divine". There was a reason. When the Sufist Pausaniy turned to him with complaints of exhausting back pain, Galen accurately identified the patient's lumbosacral sciatica and offered the nobleman an effective treatment by traction (distraction). At first, Pausaniy was skeptical about the procedure, strange in his opinion, and was sincerely surprised, feeling relief after the first therapeutic

session. Galen had an excellent opportunity to practice as the chief physician of the Roman school of gladiators and during athletic competitions. Here I had to be a chiropractor, traumatologist, surgeon, herbalist and subtle psychologist.

The fame of this healer and, incidentally, the author of the first manuscript on antidotes ("Antidotes") were so high that in ancient Rome they even issued coins depicting Claudius Galen, who later became the personal physician of Emperor Marcus Aurelius.

In the treatises "On Anatomy" and "On the Purpose of Parts of the Human Body" Galen was the first in the world to describe 300 human muscles and expressed the conviction that "the focus of movement, sensitivity and mental activity is not the heart, as was previously believed, but the brain and spinal cord." The Roman healer also believed that "without a nerve there is not a single part of the body and not a single movement." He also spoke in a very original way about the relationship between nutrition and well-being: "Get up from the table a little hungry and you will always be healthy".

## **11. The philosophy of natural wellness**

Since ancient times, it is well known about such an ancient method of healing as naturopathy, widely used by Hippocrates, Avicenna, Paracelsus and other healers. Like the healers of antiquity, their modern followers, not without reason, believe that the cause of many diseases is rooted in the wrong way of life and thoughts.

If you harmonize the vital functions of the body by natural non-pharmacological methods, then you can achieve excellent results. As a systemic method of treatment, naturopathy became firmly established in medical practice at the beginning of the 19th century, thanks to the German physician W. Preisnisch.

Later, the American B. Lust became his follower. He created his own method of natural treatment under the guidance of the Austrian priest S. Kneipp and independently recovered from tuberculosis without any medication - only with hot and cold water! B. Lust's treatment program, first of all, includes giving up bad habits. Then you can start corrective exercises: setting correct breathing, physiotherapy, developing a healthy mood. The next stage is associated with the organization of qualitatively new principles of life: fasting, diet, hydrotherapy, osteopathy, chiropractic, and bath. Finally, relaxation. Since supporters of natural methods of treatment have come to the conclusion that any physical and mental fatigue is as dangerous as a peptic ulcer, therefore, it is necessary to learn how to properly and timely rest.

Thanks to the factors listed above, naturopaths, activating the internal reserves of the body, successfully help patients get rid of a number of diseases. In particular, various manifestations of osteochondrosis. However, the physician usually accounts for only 10 percent of the treatment. The patient should perform the remaining 90 percent of the healing actions on his own, following the recommendations. This is how the famous naturopath N. Cousins managed to recover, suffering from collagenosis (osteochondrosis), which doomed him to lifelong immobility. Representatives of academic medicine considered the serious patient terminally ill and recommended strong medicines and rest for him. However, Cousins did not agree with the state of Abazia. He switched to a natural diet, began to take increased doses of vitamin C, and most importantly, he tried to maintain a joyful mood every minute. What it was like for an immobilized person, one can only guess.

A long time has passed. It is not for nothing that the Russian proverb says that the disease enters in poods, and leaves as zolotki. Nevertheless, once the body of this courageous man, figuratively speaking, woke up, "demanding" from Cousins movements. First, he learned to sit with a smile on his face, then to stand (also with



a joyful expression) and, finally, he began to walk without assistance. Thus, Cousins in practice confirmed his own statement, which later became winged: "The will to live is not a theoretical abstraction, but a physiological factor of therapeutic significance."

## **12. Renaissance of chiropractic**

Everything passes, said the sage. Not too grateful humanity, carried away by new medications or, as one famous doctor put it, by pharmacological bacchanalia, gradually began to consign the experience and traditions of folk healing to oblivion. Only in the second half of the 19th century, thanks to the enthusiasm of the American doctor of medicine Andre (Andrew) Taylor Still, the school of bone-setting (or rather the art of osteopathy) re-established itself. We will talk more about this doctor in more detail. In the meantime, I will only briefly explain that osteopaths view a person as an integrated system, where the bone structure, internal organs and consciousness are interconnected. Hence the natural conclusion: disorders in one part of the body lead to imbalance in the whole organism. What is the key to its optimal physiological functioning? Mainly - in maintaining a balanced state of the musculoskeletal system. Where this is not the case, a disease develops that cannot be dealt with if the condition of the spine is not taken into account. As the famous osteopath W. Anderson wrote: "Ulcers, hypertension and many other diseases are not purely physiological disorders. Through them emotional and structural deviations from the norm can be manifested. Thus, in hypertension, the regulating effect on the cardiovascular system through the spine, more precisely, through the ganglia parallel to the spinal cord is exerted by the sympathetic nervous system. The displacement of the vertebrae can affect the functioning of the sympathetic ganglia, which is reflected in the blood pressure. Therefore, the influence of the displacement must be taken into account. «Since the time of Andre Still, osteopaths have been practicing the "long levers" technique for therapeutic and prophylactic purposes. One lever used

for manipulation is the patient's head or limb. The other is his torso. The therapeutic effect is achieved through manual elimination of pinching of the endings of the spinal nerve roots, massage and gentle mobilization of the functions of a specific segment of the spine. Becoming a real osteopath is difficult. Something has to be laid down from birth. For example, a special level of palpation. In addition, an osteopath must also have a general doctor's degree. Another direction of manual medicine owes its appearance to David Palmer. In 1895, summarizing the experience of folk chiropractic and studying the achievements of osteopaths, he founded the first official medical school of chiropractic at his own expense. Unlike osteopaths, its followers prefer to use the "short levers" technique, which are the transverse and spinous processes of the vertebrae. In principle, both directions are two branches of the same folk medical practice: chiropractic.

### **13. Body-oriented therapy**

Our former compatriot Moshe Feldenkraitz stood at its origins. In 1919 he emigrated from the Belarusian hinterland. For many years, wandering around the world, he was a surveyor, cartographer, sapper, jiu-jitsu and judo trainer, electrical engineer - it's hard to list everything. One day, Feldenkraitz began to suffer from severe pain in his knee, injured in his youth on the school football field in Baranovichi. The doctors recommended surgery. Moshe refused, deciding to cope with the illness on his own. I was engaged in anatomy, biomechanics, and the study of the characteristics of the behavior of the musculoskeletal system in a given situation. In the end, he developed for himself such a method of movements in which the load did not fall on the sore knee. In the end, the medical world received a unique practical manual of Feldenkraitz "Self-awareness through movement", and its author became a well-known practitioner in the world. With the help of non-medicinal means of manual therapy, he, in particular, managed to save Ben Gurion, a prominent politician and founder of the state of Israel, from the

painful suffering of Ben Gurion, who had suffered from lumbosacral radiculitis for a long time.

In the scientific community, the manual techniques of the Australian researcher Frederick Mathias Alexander are no less well known. At one time, speaking on stage, he completely lost his voice, but did not give up. Through a set of special exercises and observations of his condition, Alexander first managed to regain the ability to speak, then systematized his own experience and compiled a solid treatise of invaluable recommendations for controlling the body. Among the eminent patients of Alexander were the writer Bernard Shaw, the Nobel laureate in physiology and medicine Sir Charles Sherrington, the outstanding actor Sir Henry Irving and many other celebrities who suffered to varying degrees from pain in the back, joints, muscles or limbs. The unique medical and preventive method of the Australian helped everyone.

Professor, Doctor of Medical Sciences,  
Academician of the Russian Academy of Natural Sciences,  
Academician of the EAEN  
Chairman of the Cyprus Branch of the IOPS,  
Advisor to the IOPS Chairman Sergei Stepashin  
Bulanov L.A.