

Applying Hyun-Ga therapy for the Treatment of Idiopathic scoliosis

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Abstract

Hyun-Ga therapy, a creative method that involves meridian pathways for isometric exercise, has displayed the possibility of treating and alleviating idiopathic scoliosis in terms of theory. It deserves high evaluation especially because it has developed an oriental medical theory on manual medicine by introducing the concept of contracted meridian pathways beyond a method stimulating meridian. Recently, there is a growing perception that those with Cobb's angle below 20 degrees need to get treatment. In addition, the cases of patients who have experienced significant treatment effects through oriental medicine. **The cases of manual technique involving meridian pathways, however, have never been reported.**

Important concept

Start Hyun-Ga, research on the meridians of the principles were created. The Hyun-Ga energy & structure(氣形) and stability & mobility(靜動) has a unique view. Newly interpreted diagnostic (舌診, 顔面望診, X-ray readings), Acupunctureology, Fitness, Herbal medicine include.

Meridian exercise maximum relaxation and contraction of the meridians of the work is to analyze. Each meridian is symmetric per Su point (背俞穴), alarm point (腹募穴), meridian points (經穴), meridian-muscle(經筋), Twelve Skin (十二皮膚) is the study of such lines.

1. stability & mobility(靜動) - isometric exercise on meridian in the limbs

To rectify the stability, mobility should be replaced by stability. Therefore, to correct the thoracic spine and upper limbs to create a static state. This dynamic state so that the rib cage, and rectification is possible.

Non-traditional movement of the muscles, meridians is to use. If the muscle movement display very unusual & unexpected pattern way, meridian methods will be used. For the example, **in the case of scoliosis, if the rotation of the spine is severe, the muscles reaction pattern will be changed.**

2. Wrist-Ankle vs Elbow-Knee

To use the elbow does not affect the lumbar spine that can go directly to the chest(thoracic spine).

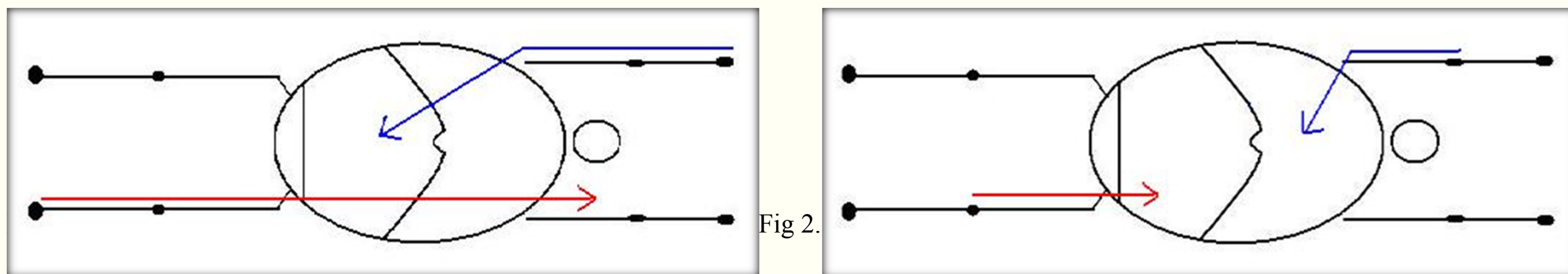


Fig 2. This time I believe it is, new interpretations of the Five command points(五輸穴) can be had. Meridian was able to identify how scientific.

3. Taegeuk(太極) concept - the balance of the body back-forth or left-right.

The spinal shape of the fetus is proto Taegeuk. After crawling and walking, the spine has a complex Taegeuk. This allows for more complex behavior. To get old, the spine shape returns to proto Taegeuk.

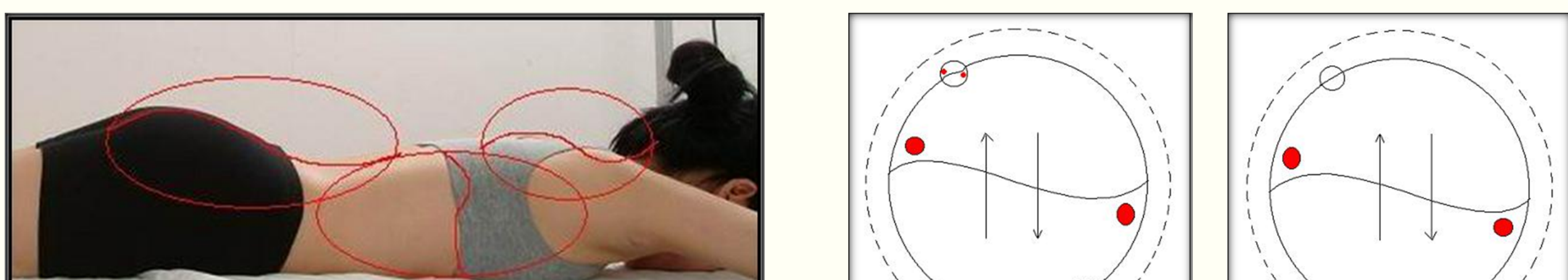


Fig 4. Diaphragm is a separator of human Taegeuk. Therefore, the stimulation of the diaphragm should be carefully. So between 8th and 9th thoracic spine does not have an Acupoint.

There are a lot of human Taegeuk. If each Taegeuk broken, disease occurs. As compensation, if the other symmetrical Taegeuk broken, the pain disappears. However, the disease grows.

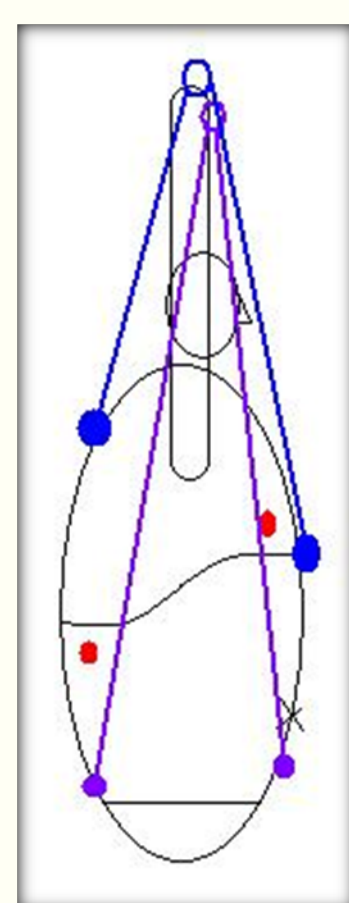
Acupoint with name of Tac(太字) is to regulate the Taegeuk. (ex. 太淵, 太衝, 太乙)
Therapeutic goal is to restore the broken Taegeuk.

4. Su point (背俞穴)-alarm point (腹募穴) Relations

Su point and alarm point are located almost the same height of the body. Yoshito Mukaino said that Both points are the corresponding points of the load on each meridian for the behavior. I agree with his idea. However, beyond his idea the contracting meridian should be understood.

For example, isometric Exercise on Heart Meridian can pull Shimsu(B15) and Kōgwol(CV14).

Fig 6. Symmetric Su point and alarm point



Scoliosis Treatment through the Hyun-Ga Therapy

1. Treatment with Acupuncture and Moxibution

Hypothesis : Acupuncture and Moxa, the effect is the opposite on meridian length. First acupuncture makes tension. However, over time, which keeps the meridian to relax. In contrast, moxibution makes tension. And burn marks caused moxibution can pull meridian. As Restrictions on the meridians due to surgical scars or burns, you can create a new scar to realign the spine.



2. Hyun-ga manual Therapy(HGMT)

To realign scoliosis, the chest should be corrected. So 80% of manual is lying.

(1) Standard Meridian Exercise: It's an attempt to analyze the mechanism of each meridian.

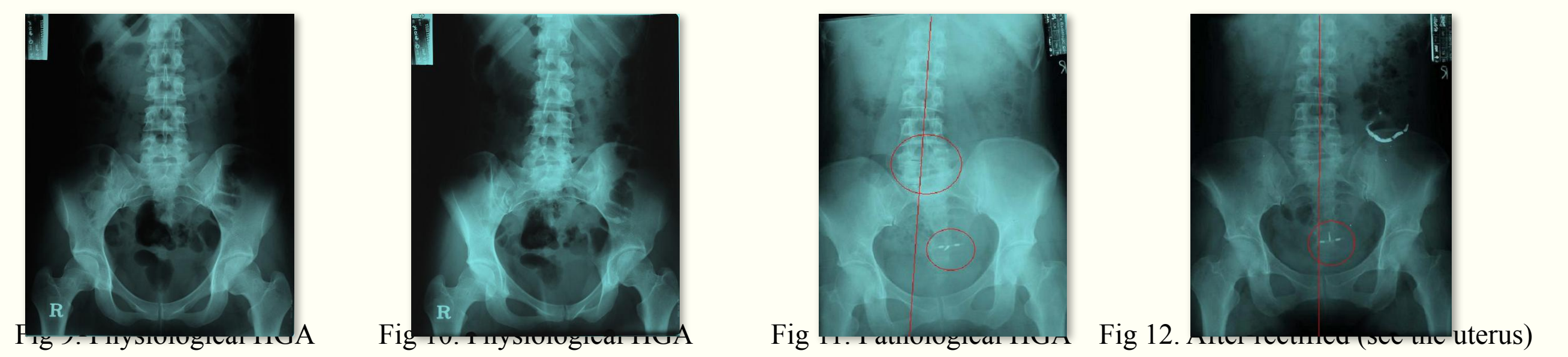


(2) Hyun-Ga Axis(HGA)

① **Physiological Hyun-Ga Axis** : Normal Conception Vessel, surface muscle, Belt Vessel, Kidney Meridian, Gallbladder Meridian.

Physiological HGA exercise does not cause pain. The muscles and organ move at the same rate. These axes can be found X-ray. We can cognize sham-scoliosis caused by bad posture x-ray in understanding the HGA.

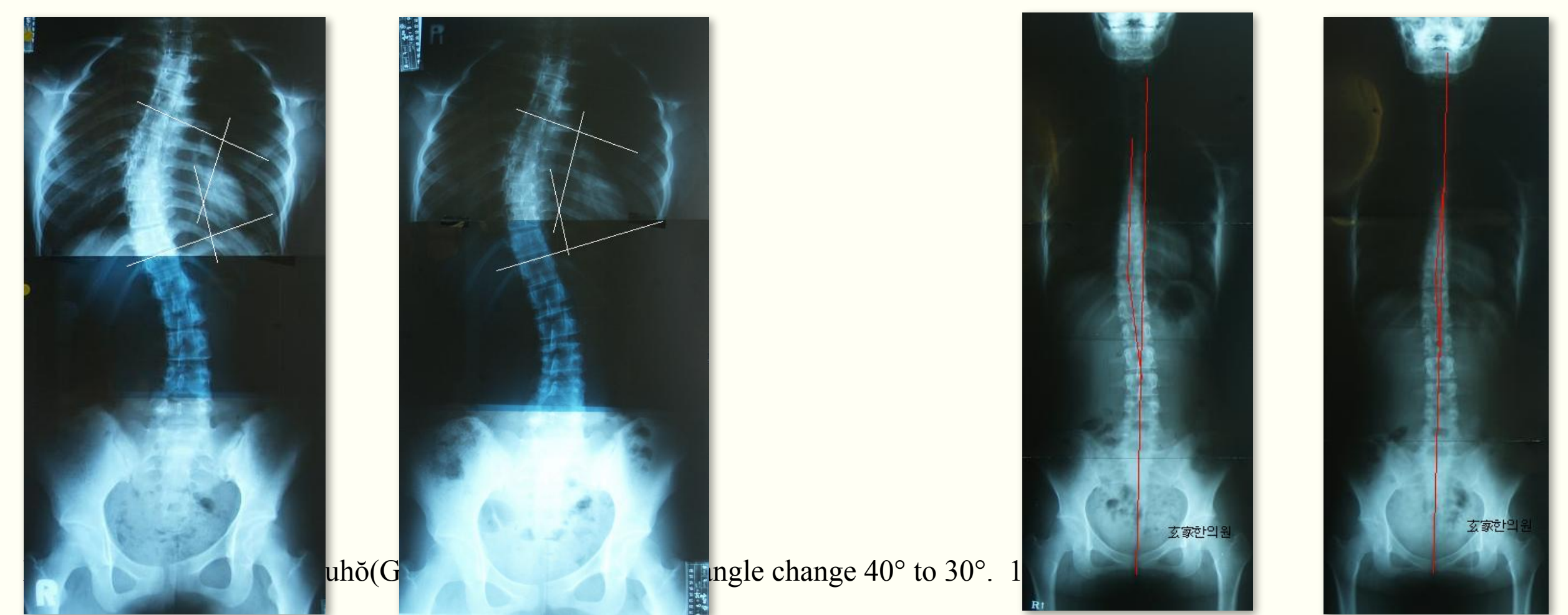
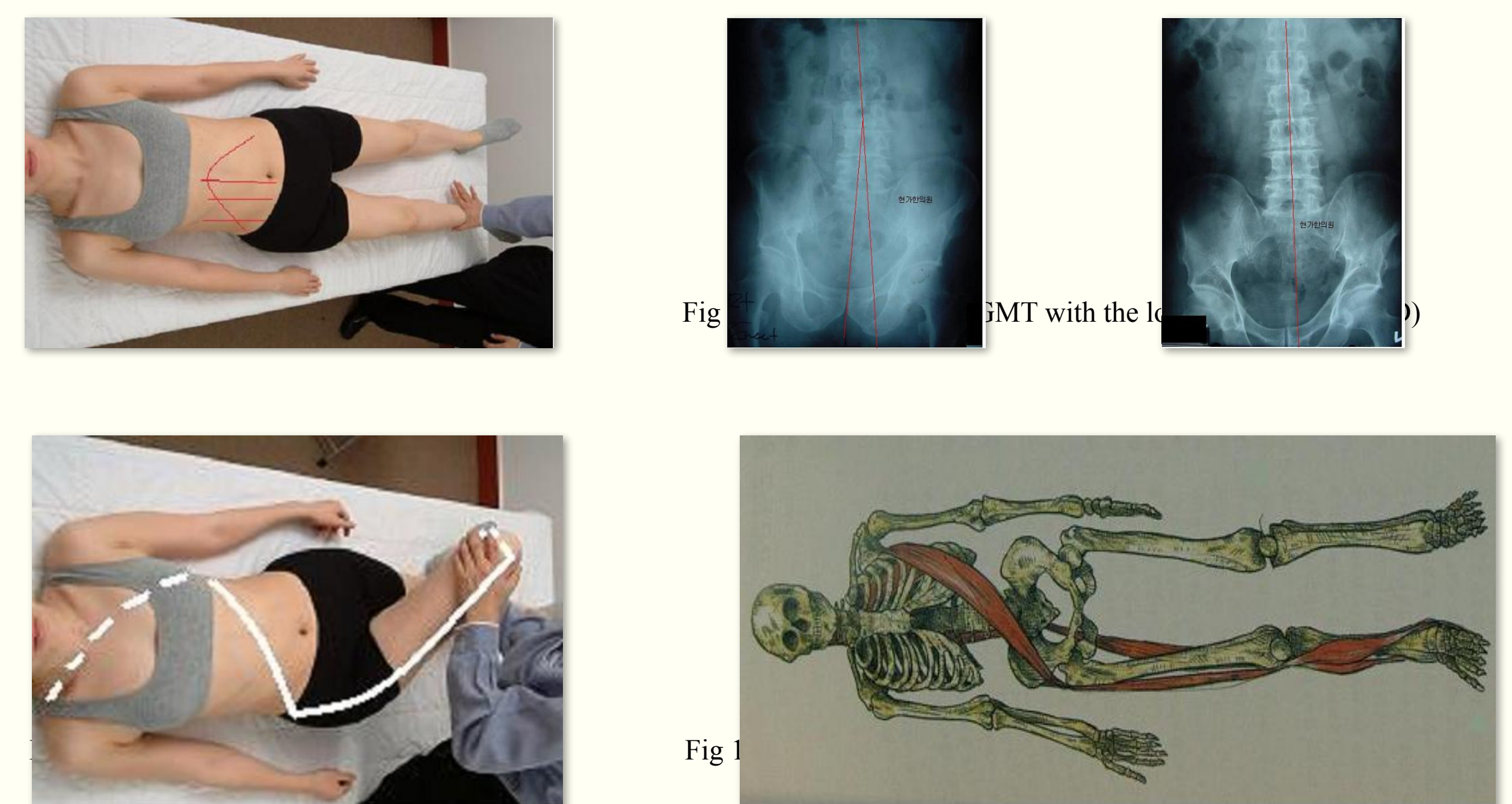
The following photos that a person is a photo taken at the same time continuously. Naturally the spine is not scoliosis at the right photo(fig 10).



(3) HGMT with the lower extremity

Front- rear- side meridians of the lower extremity can rectify Front- rear- side of waist (lumbar spine).

In the case of idiopathic scoliosis, Hyun-Ga Kuhō(GB40) Technique is needed. That line is alike Spiral line(at the Anatomy Trains).



(4) HGMT with the upper extremity

Front- rear- side meridians of the upper extremity can rectify Front- rear- side of chest (thoracic spine).



Fig 20. As scoliosis is corrected, the angle change 40° to 30°.



As introduced in the body, tensegrity (tension+integrity) can be more important to balance the body. The meridians is the primary route more accurate than the fascia. In addition, the benefits are linked to acupuncture. **HGMT is MET(meridian energy technique) and meridian chuna.**

Conclusions

Hyun-Ga, the manual technique that has introduced the concept of stability & mobility into rectify the body through isometric exercise on meridian in the limbs, can be practiced more easily than other conventional manual techniques. In addition, as it involves acupoints, it displays **the possibility that acupuncture stimulation as well as manual technique can rectify the body.** (Su-point compared with X-ray).

As meridian pathway exercise customized to a patient's physical conditions can be practiced in daily lives, Hyun-Ga can minimize the discomfort caused by conventional operation and conservative therapies and maximize its efficacy by making the patient aggressively involve in treatment process.

In conclusion, Hyun-Ga therapy based on meridian pathways theory is highly evaluated for its clinical insight on the structural and functional roles of meridian. Objectification theory, and more than enough material to supplement the evidence that is challenged. The ongoing research and analysis, I shall be required.

Key Words: Hyun-Ga manual Therapy, isometric exercise on meridian pathway, scoliosis

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