

Acupuncture Method as a Bypass Way of Access to the Brain (The Concept of “Psychophysiological Window”)

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Doctor Yulia Yatsenko has developed a method for relieving alcohol dependence, based on acupuncture stimulation and psychological techniques. The essence of this method is as follows. Against the background of selective supportive drug treatment, a series of acupuncture stimulations is carried out at certain points of the patient (first, in general, at all points of the back, then at individual acupuncture points in different parts of the head and body), and at the same time the patient must reproduce the conditions characteristic of alcohol reality - the desire to drink, the expectation of euphoria, the feeling of a “bottle” in the hand, the type (image) of the bottle, places and images of a feast and a drinking company, places of sale of alcohol, etc.

Judging by the author’s patent “Method for the treatment of hangover-withdrawal syndrome with the removal of craving for alcohol” (dated July 9, 1992)¹ this method is very effective, but its theoretical essence is not clear. How to explain the effect of the main technique - stimulation of certain points, why does this stimulation lead to the healing and removal of alcohol craving? Is it necessary to combine stimulation with the patient’s psychological imitation of alcoholic reality states?

To answer these questions, it was necessary to think over two topics: what is alcoholic reality and what is the acupuncture method?

Characteristic of alcoholic reality. The main psychological and semantic goal of alcoholic reality is the realization with the help of alcohol of certain (scenario) blocked desires of a person, which, for various reasons, he cannot fulfill in his ordinary life. A person with problems discovers that drinking and the accompanying atmosphere (communication with friends, drinking rituals, experiences of states caused by alcohol) - all this helps him to cope with problems, to realize himself, to experience new unusual sensations. Of course, the solution of problems and the realization of the personality unfolds more symbolically than in practical behavior and life, but for the psyche there is no difference. Naturally, a person begins to strive for a new world that has opened to him, in order to again and again feel the fullness and joy of life. The constant use of alcohol leads to the formation of a somatic basis, which includes cyclical physiological processes that need to be maintained in the constant use of alcohol. Already at the physiological level, alcoholic thirst develops, which is provided and maintained in the psyche with the help of alcoholic craving. The person enters the phase of alcoholic illness.

The essence of the acupuncture method. Suppose that some acupuncture point “a” has a certain effect on the work of the body organ “A” (relieves pain, excites, inhibits); the question is, is point “a” connected with organ “A” by direct neural connections (for example, using a specialized neural pathway)? Probably not, in any case physiological studies do not confirm this. In this case, it remains to assume that the connection between acupuncture points and the corresponding organs of similarity (body parts) is carried out through an intermediary - the general nervous system of the body, including the brain.

¹<http://ru-patent.info/20/25-29/2029541.html>.

In other words, evolution initially did not assume in the human body specialized neural connections between acupuncture points and their corresponding organs; these connections arose by chance due to the complex systemic structure of other already specialized connections. But having arisen by chance, they further become functional and specialized both in the process of human evolutionary development (it is not for nothing that many acupuncture points are located on the working organs of the body - hands and feet, where “natural massage” takes place) and within conscious human activity - the experience of treatment, the study of healing effects and the body.

Yatsenko’s observations showed the following. When exposed to certain acupuncture points (their search sometimes took several years), psychological experiences associated with the “organ of likeness” (for example, the desire to drink, smell, sight bottles or alcohol, etc.) relax first. Then they transform in the direction when the realization of the corresponding experience becomes more and more difficult (the desire becomes less vivid and definite, the bottle goes to the horizon, vodka evaporates from the glass, etc.). In the end, the crystallization of such alcoholic experiences becomes simply impossible. How can you comprehend these facts, bearing in mind the acupuncture method?

Our first assumption is that each mental process requires its own physiological support and vice versa. For example, the desire to drink presupposes not only a certain mental process (event), but also certain physiological processes that ensure this event.

The second assumption is that the physiological effects from the acupuncture point and the corresponding organ of similarity come to the same area of the brain, opening the “psychophysiological window” where their interaction takes place. Logically, a number of options for such an interaction can be assumed: interference and synthesis (a similar type of interaction is observed, for example, in dreams, when the current dream includes a strong signal - an alarm clock, bright lamp light, physical pressure, etc.), destruction of a weaker impact by a stronger one, pushing back a weak impact to another area of the brain or blocking a weaker impact, resonant amplification of both effects.

Apparently, the use of Yatsenko’s method causes a type of interaction related to the third case - pushing back or blocking a weaker physiological effect by a stronger one. The stronger effect in this case is acupuncture, and the weaker one is that which is caused either by a diseased organ or in the case of an alcoholic illness - by the corresponding physiological processes (that is, the somatic underlying basis of alcoholic reality - thirst to drink, the smell of alcohol, the type of bottle and etc). The repression and blocking of the alcoholic somatic basis is accompanied and provided in terms of the psyche by the corresponding processes - a weakening of the brightness of psychological desires and experiences, as well as their transformation up to complete disappearance, that is, the inability to realize the corresponding alcoholic psycho-logical attitudes and experiences; the latter means the disappearance of alcoholic attraction.

It becomes clear what the essence of Yatsenko’s method is. It allows unmounting the alcoholic reality, depriving it of physiological support and provision. Each event of alcoholic reality for its implementation and course needs physiological support. Yatsenko’s method allows one to grope, firstly, the main “eventual supports” on which alcoholic reality is held, and secondly, acupuncture points that allow influencing these supports, and thirdly, using these points to deprive such eventual supports physiological support. As a result, the events of alcoholic reality are blocked (cannot be carried out by the psyche), which is perceived as the removal of alcohol dependence.

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