

Effectiveness of SCENAR Therapy for Treatment of Acute Respiratory Infections and Acute Respiratory Viral Infections.

Part 1 Acute respiratory infections of upper respiratory tract.

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Acute respiratory infections (ARI) are a group of inflammatory diseases of the respiratory tract of diverse localization and etiology, including acute respiratory infections and acute diseases of non-infectious etiology.

By localization, they are divided into diseases of the:

- upper respiratory tract (rhinitis (common cold), sinusitis, ear infections, acute pharyngitis or tonsillopharyngitis, epiglottitis, and laryngitis);
- lower respiratory tract (pneumonia and bronchiolitis).

Most of these diseases are caused by viral infections that enter the patient's body from the outside.

Influenza, acute respiratory infections and acute respiratory viral infections are diseases that are caused by different viruses.

But the general symptoms of diseases are very similar. Discharge from the nose, a feeling of "stuffiness", sore throat, dry cough and sensations accompanying general intoxication: fever, weakness, high fatigue.

Most of the symptoms of the diseases of the upper respiratory tract are due to edema of the nasal mucosa, nasopharynx, oropharynx and paranasal sinuses and their catarrhal inflammation.

Acute respiratory diseases include diseases accompanied by catarrhal-respiratory syndrome.

The problem of the ineffectiveness of local and systemic antimicrobial therapy due to polyvalent antibiotic resistance, the impossibility of creating new formulas of the antibacterial, ritofungal, antiviral drugs is becoming more and more urgent. Therefore, we are forced to turn to the internal forces of the patient's body, that is, to the factors of self-regulation of immunity, the need to mobilize the immunity reserves of the sick organism.

SCENAR therapy has a systemic effect on the autonomic nervous system, which allows activating the protective functions of the body and reducing the severity of symptoms of general intoxication.

In this case, there is an activation of phagocytes - local immunity. The decrease in saliva practically to the norm in the indices of lipid peroxidation (lipids, peroxides), significantly decreased the number of collagen metabolites, which characterize the activity of the inflammatory process.

SCENAR signal has a pathogenic effect, that is, it influences the process of the onset of the disease, as well as anti-inflammatory and anti-edema effect.

Most of the patient's discomfort is formed by edema of the mucous membrane and submucosa of the nose.

Accordingly, SCENAR therapy should be directed to local areas - according to the principles of anti-edema therapy and activation of lymphatic drainage of structures affected by acute respiratory infections.

SCENAR procedure should be structured as follows:

Treatment parameters

Use a built-in electrode or an external "Pawns" electrode.

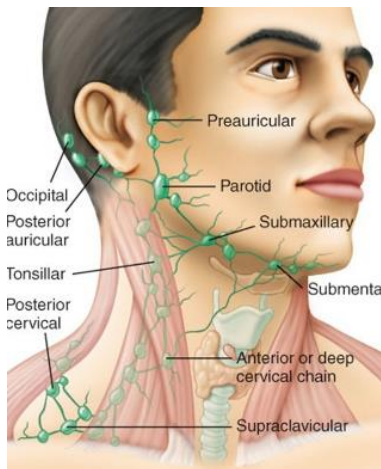
Device settings: FM, Intensity - 3 (5), Energy – comfortable (Before placing the electrodes on the skin outside the treatment zone reduce Energy and then increase after having already placed them on the face).

Treatment time for each local area is 3-5 minutes.

For successful treatment, perform 3 - 5 procedures every day, at regular intervals.

LOCAL TREATMENT ZONES:

1. Local zone - Submandibular and superficial cervical (under the ear) lymph nodes.



2. Local zone – projection of the maxillary sinuses.

Maxillary sinuses - at the level of the nose, 1-2 cm to the sides.

3. Local zone – projection of the frontal sinuses.

Frontal sinuses are located 2-3 cm from the beginning of the eyebrow on the superciliary arch.

First, treat the most painful (when pressed on) area on the brow arch, then treat the symmetrical one.

4. Local zone – base and dorsum of the nose.

A - First step:

Use the built-in electrode.

Device settings:

Pro Device– Frequency (F) - 30 Hz, Intensity Int -5,

Energy – low comfortable level.

Home/ Personal Device – Frequency - 14 Hz.

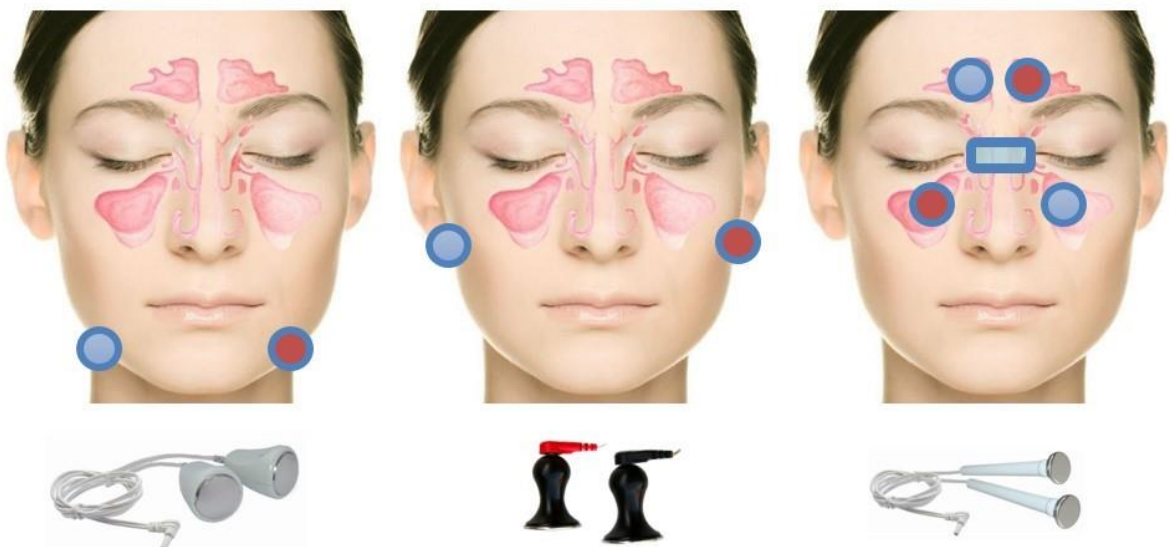
The electrode is placed on the dorsum of the nose perpendicular to the longitudinal axis of the body directly on the nasal bones and adjoins the frontal bone at the base of the nose.

After 2 minutes of therapy, increase Energy to comfortable, and the sensation should be on the verge of uncomfortable. Treatment time is 3-5 minutes.

B - Second step:

Change the treatment mode: Frequency -120 Hz, Intensity – 5.

Slowly moving along the back of the nose from the frontal bone to the tip of the nose and back, treat for 2 minutes. The patient should have a sensation of irradiation of the device's signal into the nasal septum..



SCENAR Technique “Neck Ring”

Technique definition: repeated application in the form of rings around the neck in the SDR (Dose -0), with changing the direction of the circular movements and stopping in the projection of the spinous processes for 30 seconds.

Device settings: D-0, Frequency - 60 (90) Hz, Intensity - 2-3, Gap - 10-20, FM, SW, Energy - comfortable, selected outside the zone of intended treatment.

The procedure algorithm:

1. The patient is in a sitting position, the therapist is behind the patient.
2. Place the electrode in the cervical segment of the spine vertically on the spinous processes and wait for 30 seconds (track the time by the timer).
3. Then start moving the device around the neck to the left or right side (it does not matter). Movement should be slow, with uniform speed and with uniform compression.
4. Reach the spinous processes, stop and stay there for 30 seconds.
5. Without lifting the device from the skin, start moving in the opposite direction around the neck.
6. Stop on the spinous processes and wait for 30 seconds.

The route, consisting of two opposite rings around the neck and three stops for 30 seconds on the spinous processes, is called 1 “full circle”.

Important to remember:

- Do not remove the device from the skin while performing the procedure.
- In the course of the procedure, signs of asymmetry may appear on the skin (stickiness, changes in color, sound, pain). They do not need additional treatment. During the procedure, they either disappear or change their characteristics.
- The technique can be performed either as an independent procedure or as an additional treatment at the end of the main procedure.

In the acute period of the disease, it is recommended to perform this procedure every 2-3 hours. When the severity of symptoms subsides, the number of procedures per day decreases.

If there is a "congestion" or pain in the ears, the area around the ear should be added to the treatment.

The most effective device to use is a professional one, for example SCENAR 1NT 02.3. It can be replaced with the "home/ personal" CHENS-SCENAR-01.

When working with a "home" device, the treatment time increases by 30 - 40%.

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