

APPLICATION TECHNIQUES  
INFRARED (IR) RADIATOR

APPARATUS "SPINOR"

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## INTRODUCTION

IR radiation is a portion of the general optical electromagnetic spectrum with wavelengths from 400 microns to 760 nm. It is the section of the longest electromagnetic waves of the optical range.

IR radiation penetrates tissues deeper than other types of light energy.

Long infrared rays penetrate 2 - 3 cm, shorter ones 4 - 5 cm. The human body is a low-intensity generator of electromagnetic waves in the optical range, mainly in the IR range.

### 1. MECHANISM OF IR RADIATION

The absorption of a light quantum (additional energy) leads the molecules the underlying tissues in an excited state. When using infrared radiation the additional energy obtained is sufficient only to enhance the disordered vibrational and rotational movements of electrons in molecules around their orbits, therefore, the action is only thermal (chemical reactions under the influence of infrared radiation are not noted). It is believed that the radiation of thermal energy occurs when electrons rise above the level of their atoms, but do not completely detach from them.

### 2. CLINICAL EFFECTS

- Skin vessels dilate
- Blood flow accelerates
- Increases the flow of nutrients to the irradiated area of the body
- The outflow of metabolic products (waste products) increases
- Pain sensitivity decreases
- The function of the endocrine glands increases
- Increases metabolism, including fat
- There is a pronounced antispastic effect
- 3. INDICATIONS FOR APPLICATION OF IR RADIATION
- They are very physiological. But IR radiation is not used in acute
- pathological processes. The indications for them are:
- Local non-purulent inflammatory processes in acute and chronic stages.

### 3. INDICATIONS FOR APPLICATION OF IR RADIATION

The application of IR radiation are very physiological. But IR radiation is not used in acute pathological processes. The indications for them are:

- Local non-purulent inflammatory processes in acute and chronic stages.
- Many skin diseases (but not purulent), as drying and regenerating agent.
- Burns and frostbite. (Improves interstitial metabolic processes).
- Diseases of the peripheral nervous system (increased regeneration of nervous endings with myositis and neuralgia).
- For the treatment of contractures (reduce muscle tone).
- To accelerate the resorption of infiltrates, effusions, after bone injuries muscular apparatus.
- Treatment of obesity, myxedema.
- Can be used in the recovery stage for tracheitis, bronchitis, purulent pleurisy (improve blood circulation in the respiratory system).
- To increase perspiration (in case of poisoning, including mercury).
- Can be used for spastic conditions of the bladder and stomach.

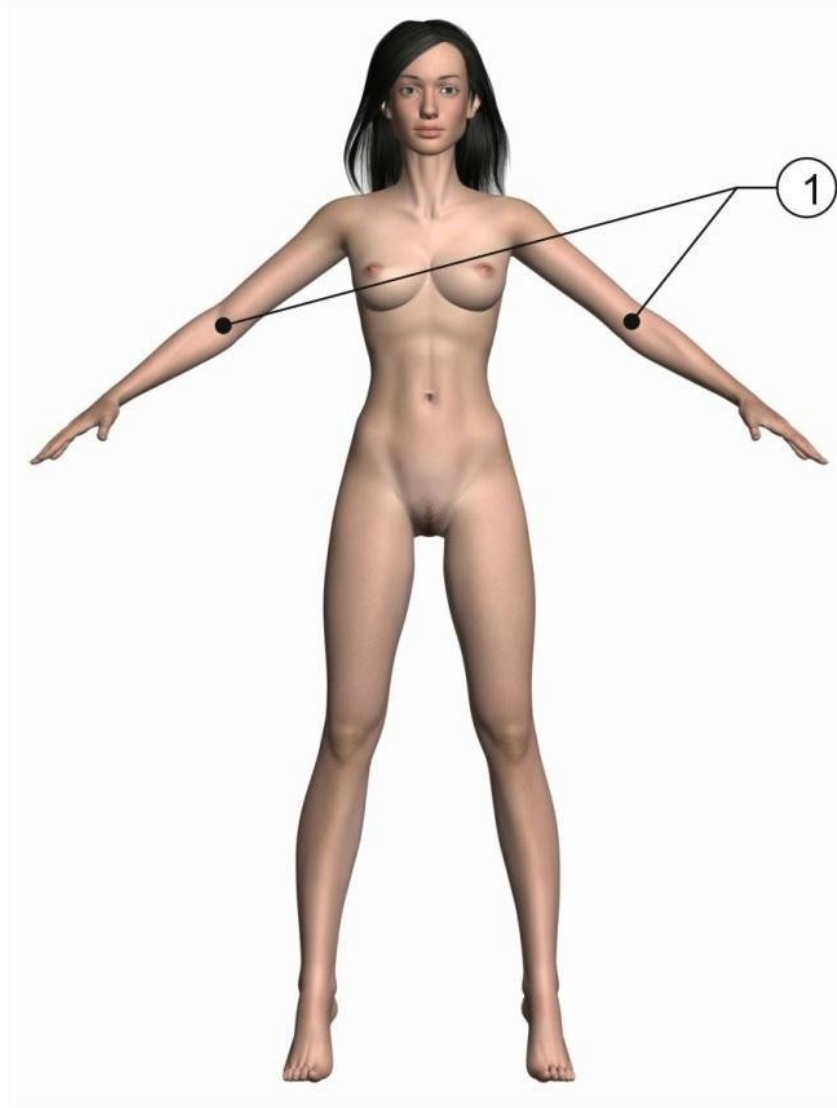
## IR RADIATOR APPLICATION TECHNIQUES

1. **IMMUNITY VIOLATIONS.**
2. **SKIN DISEASES** - acne, rashes.
3. **COSMETOLOGY** - wrinkles, swelling under the eyes, folds.
4. **EYE DISEASES** - inflammatory diseases of the eyelids, conjunctiva, cornea and irises
5. **DISEASES OF THE EAR, THROAT, NOSE** - otitis media, ethmoiditis, tonsillitis (acute tonsillitis) exacerbation of chronic tonsillitis (hospital), acute and exacerbated chronic sinusitis, frontal sinusitis.
6. **DENTAL DISEASES** - bad tooth (teeth).
7. **DISEASES OF THE BRONCHOPULMONARY SYSTEM - ARI** (acute respiratory disease), flu.
8. **DISEASES OF THE SUPPORT-MOTOR SYSTEM** – sprains, fractures of bones, joints, arthritis, arthrosis (of any origin).
9. **NEUROLOGICAL DISEASES** - osteochondrosis (radiculitis) spine, osteochondrosis (radiculitis) of the cervical spine.
10. **INFECTIOUS DISEASES** - mumps, acute intestinal infections, viral hepatitis, herpes simplex (Herpes Simplex), shingles (Herpes Zoster).
11. **SURGICAL DISEASES** - burns and pustular skin diseases, trophic ulcer, contusion, hematoma, bursitis, hemarthrosis, diseases of the periosteum, cartilage, sepsis, peritonitis.
12. **DISEASES OF THE BREAST** - cracks in the nipples of the mammary glands.
13. **OBSTETRICS AND GYNECOLOGY** - fetal hypoxia in pregnant women in late timing.
14. **CARDIOVASCULAR DISEASES** - hypertensive pain, ischemic heart disease, varicose veins of the lower extremities, obliterating endarteritis of the vessels of the upper extremities obliterating endarteritis of the vessels of the lower extremities, vegetative-vascular dystonia.
15. **DISEASES OF THE GASTROINAL TRACT** – diseases esophagus (esophagitis, peptic ulcer), diseases of the stomach and duodenal intestines (gastritis, gastroduodenitis, duodenitis, peptic ulcer), liver disease and biliary tract.
16. **DISEASES OF THE UROGENITAL SYSTEM ORGANS** - acute cystitis and exacerbation of chronic cystitis, chronic prostatitis.
17. **PROCTOLOGICAL DISEASES** - cracks in the anus, hemorrhoids, postoperative conditions (paraproctitis, fistula, epithelial coccygeal passage, cyst).
18. **CORRECTION OF DIABETES MELLITUS AND COMPLICATIONS** - trophic ulcer, diabetic angiopathy and polyneuropathy.
19. **PEDIATRICS.**
20. **ANIMAL DISEASES**

## 1. IMMUNITY VIOLATIONS

**Elbow fossa** - field No. 1, Fig. 1. 15 minutes per point on each side, daily, once a day, for 10 days, correction of immunity carried out through exposure to blood elements in the area of large vessels (sleepy, axillary, elbow, inguinal, popliteal). More available is the impact on the area in the cubital fossa.

Figure 1



## 2. SKIN DISEASES

- **Skin lesions or rashes** (in case of acne) - field no. 9 fig. 6. Remotely on plots up to 10 minutes on the field (for each point - 10 minutes), daily, 2 times a day, for 15 days, for acne, treatment up to 6 weeks.
- **Elbow fossa** - field no. 1 fig.1. 5 minutes per point on each side, daily, once a day, for 10 days.
- **Liver** - field no. 2 fig.1. 15 minutes on the field, 1 time per day, on the 1st, 6th, 11th day of treatment.
- **Point of the gallbladder** - field No. 3, Fig. 1. 15 minutes per point, once a day for 2nd, 7th, 12th day of treatment.
- **Stomach** - field no. 4 fig. 2. 15 minutes on the field, once a day on the 3rd, 8th, 13th day of treatment.
- **Pancreas** - field no. 5 fig.1. 15 minutes on the field once a day for 4th, 9th, 14th day of treatment.
- **Intestine** - field no. 6 fig. 3. 15 minutes on the field 1 time per day on the 5th, 10th, 15th day of treatment.
- **Points of correspondence of the digestive organs on the palm of the hand** - field no. 7 fig.5. 3 minutes for each point, 1 time per day for the 1st, 3rd, 5th, 7th, 9th, 11th, 13th, 15th day of treatment.
- **On both sides of the spine** - field no. 8 fig.4. 3 minutes each point, 1 time per day (total exposure time - 12 minutes), on the 2nd, 4th, 6th, 8th. 10th, 12th, 14th day of treatment.

Impact fields	Days of treatment														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	Number of sessions per day														
	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
Field No. 1 (Fig. 1) Elbow fossa	1	1	1	1	1	1	1	1	1	1					
Field No 2 (Fig. 1) Liver	1					1					1				
Field No. 3 (Fig. 1) Gallbladder		1					1					1			
Field No. 4 (Fig. 2) Stomach			1					1					1		
Field No. 5 (Fig. 1) Pancreas				1					1					1	
Field No. 6 (Fig. 3) Intestine					1					1					1
Field No. 7 (Fig. 5) Points on the palm	1		1		1		1		1		1		1		1
Field No. 8 (Fig. 4) Spine		1		1		1		1		1		1		1	

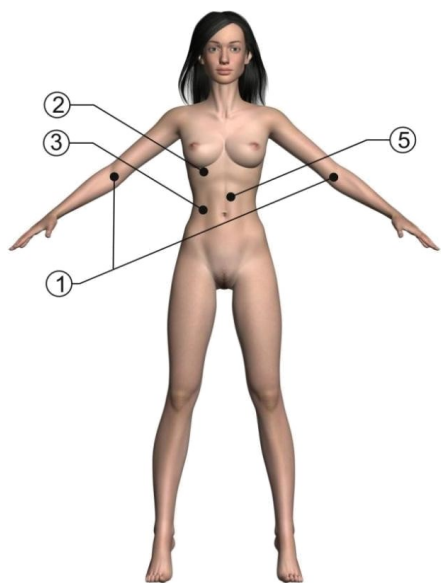


Fig.1

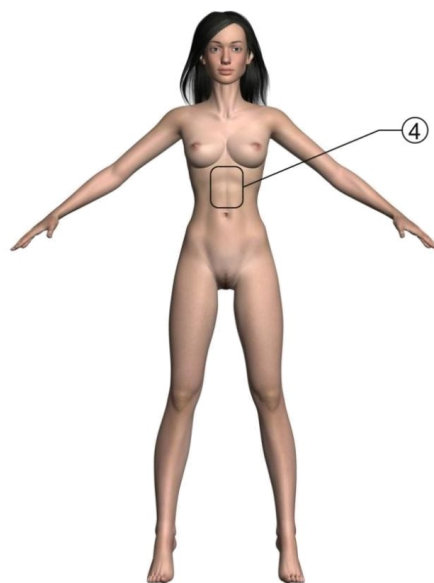


Fig.2

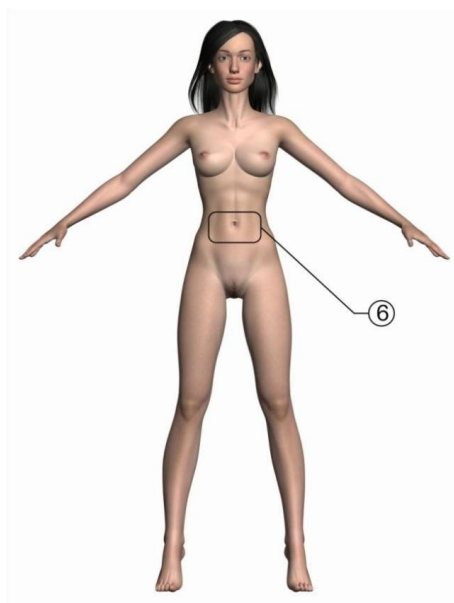


Fig.3

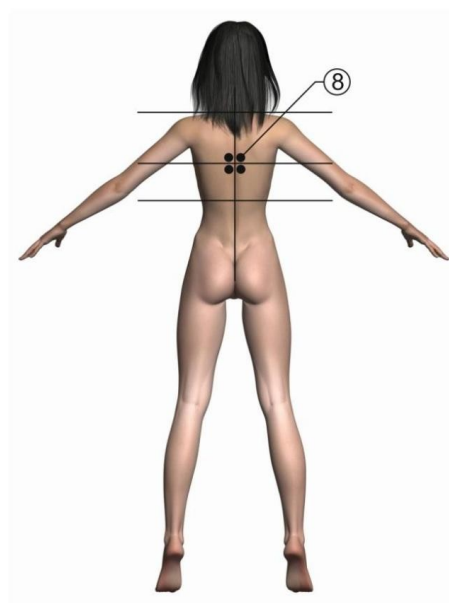


Fig.4



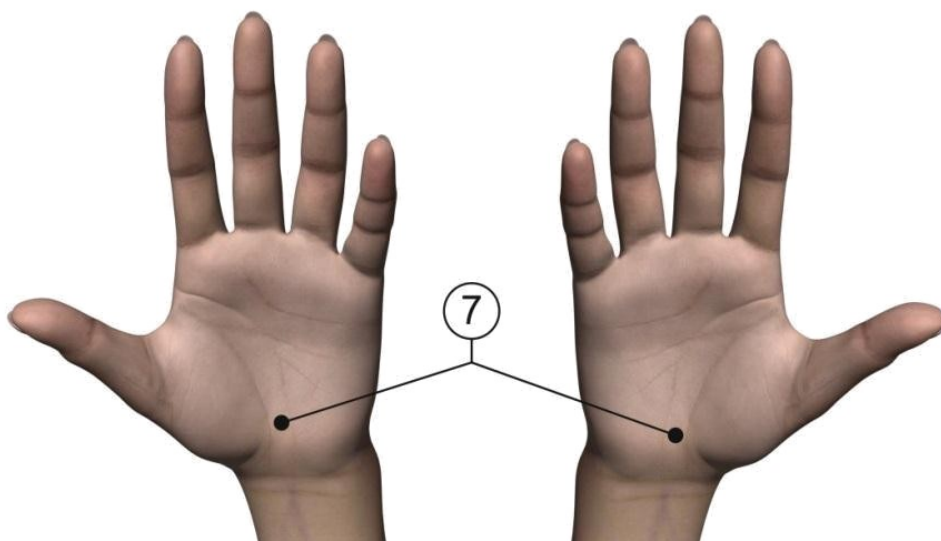


Fig.5. The points of correspondence of the digestive organs on the palms.

The duration of the course is 15 days.

Repeat three courses of treatment for 15 days every 10 days.

For repeated courses, use only the technique for the affected areas or rashes.

With acne, the duration of the course is 6 weeks.

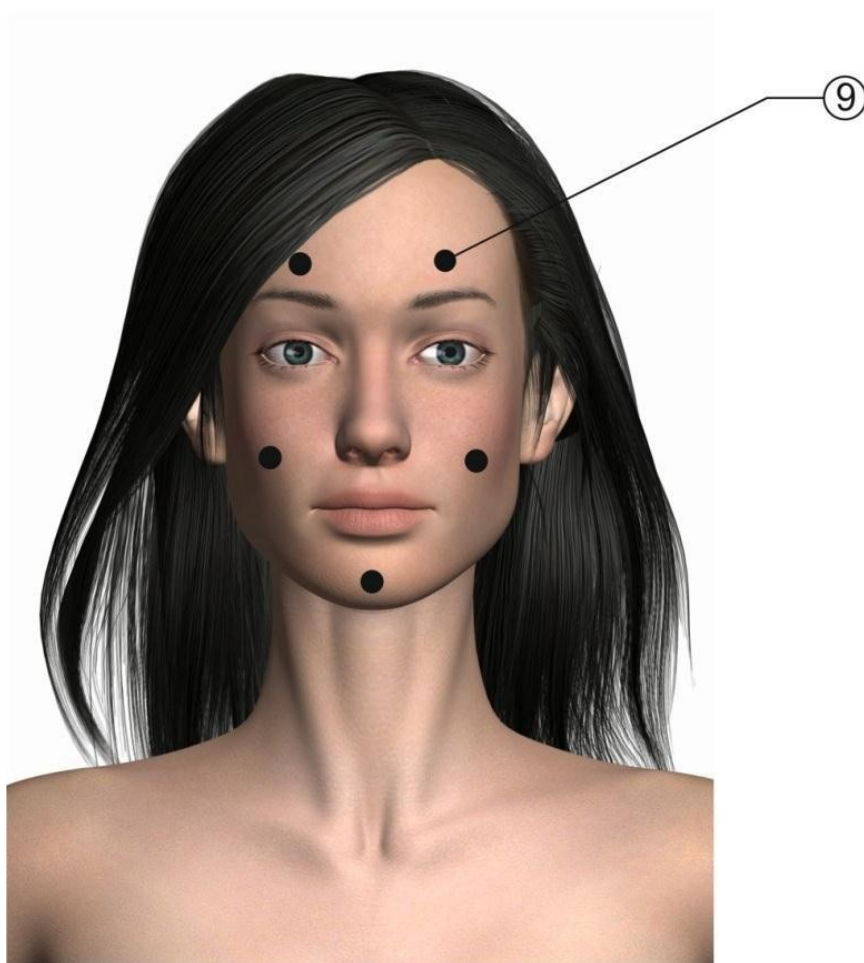


Fig.6. The field of exposure to an infrared emitter for acne.

### 3 COSMETOLOGY

On the skin of the face (wrinkles, puffiness under the eyes, folds). Contact, and contact moving the IR emitter (fig. 7). 2 minutes on massage lines on the forehead, cheeks, around the eyes, around the mouth, chin (total exposure time 20 minutes on all lines), 2 once a day (morning, evening).

To rejuvenate the skin of the face and neck, the use of an IR emitter is effective in combination with creams or ointments. First use an IR emitter and then a cosmetic or medicinal composition is applied.

The duration of the course is 20 days.

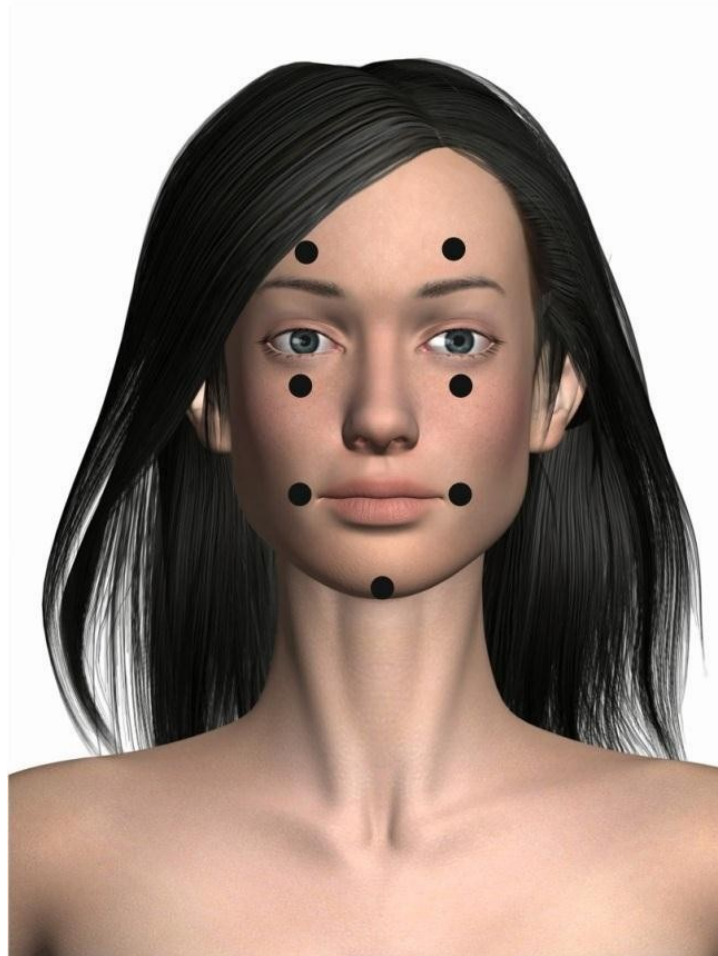


Fig.7. Fields of influence by an IR emitter on massage lines of the face.

## 4. EYE DISEASES

### 4.1. Inflammatory diseases of the eyelids of the conjunctiva, cornea and iris

When treated with an IR emitter to relieve pain, redness, swelling, antimicrobial action is applied by contact to the eye through the closed eyelid. IN the technique includes correction of immunity (impact on the ulnar fossa, field No. 1 fig. 1) and influence on reflex zones (field no. 11 fig. 8).

- **Sore eye** (through a closed eyelid). 15 minutes per point on each side, daily, once a day, for 10 days.
- **On both sides of the spine** - field no. 11 fig. 8. 3 minutes each point, once a day, (total exposure time - 27 minutes)

The duration of the course is 10 days..

### 4.2. Conditions after surgery for glaucoma, cataracts

The IR emitter is applied to the eye through the closed eyelid. Into the technique include correction of immunity (impact on the cubital fossa, field No. 1, Fig. 1) and impact on reflex zones (field No. 11, Fig. 8).

- **Sore eye** (through a closed eyelid). 5 minutes for the operated eye, 2 times a day. Fields of influence are at the reflex zones of eye diseases.

The duration of the course is 10 days.

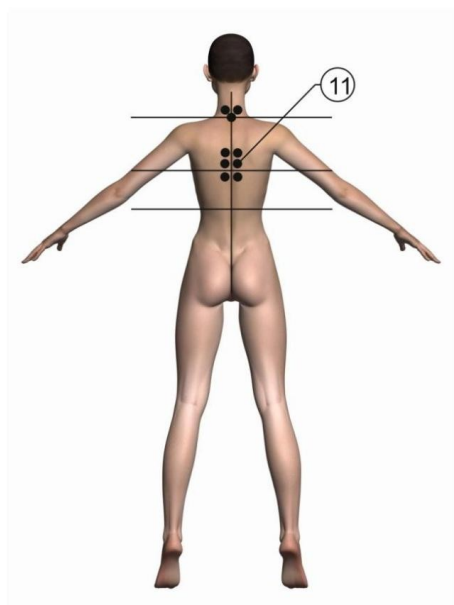


Fig.8.

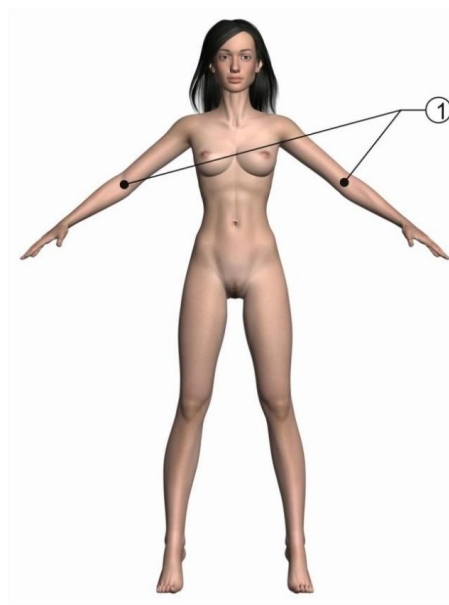


Figure 1.

Attention! Not recommended: use of an IR emitter at the preoperative stage with cataracts and glaucoma.

## 5. DISEASES OF THE EAR, THROAT, NOSE

### 5.1. Otitis media, ethmoiditis

Exposure to an IR emitter helps to relieve inflammation, pain syndrome. They act distantly on the parotid field. The technique includes correction of immunity (impact on the ulnar fossa field 1 Fig. 1) and impact on reflex zones (field no. 14 fig. 11; field no. 21 fig. 15).

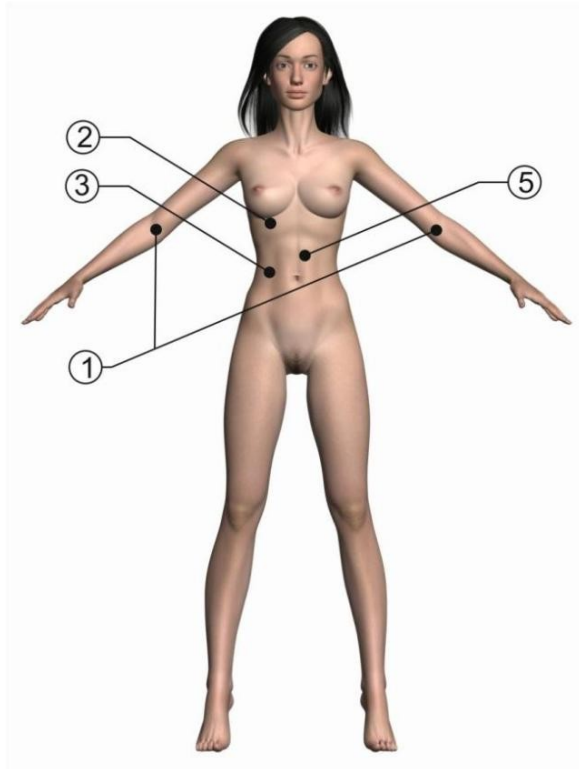


Figure 1.

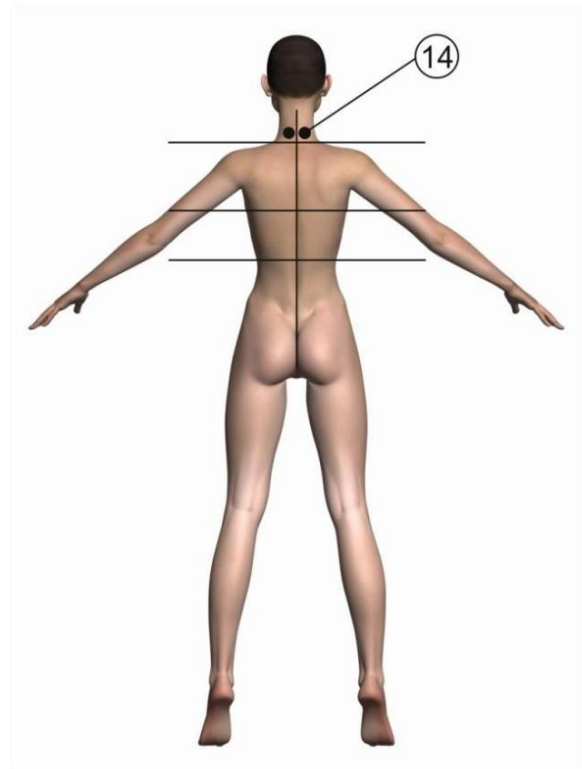


Fig.11.

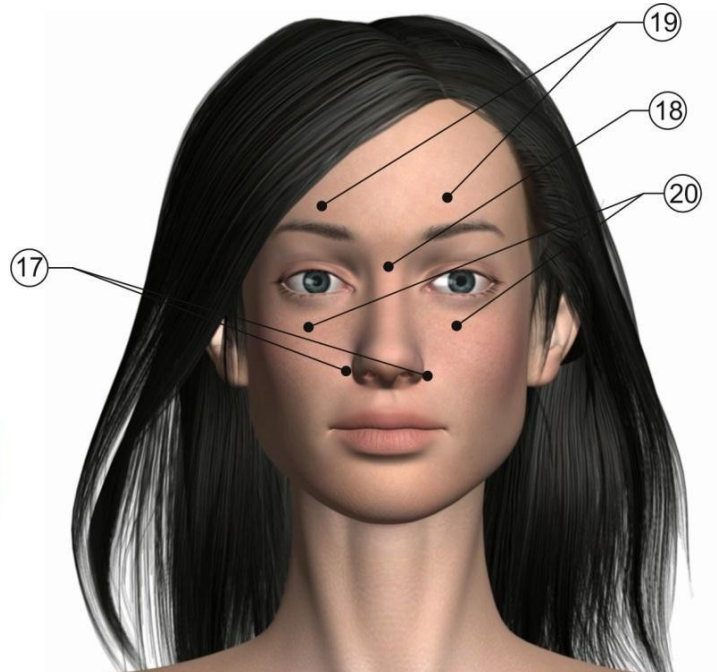
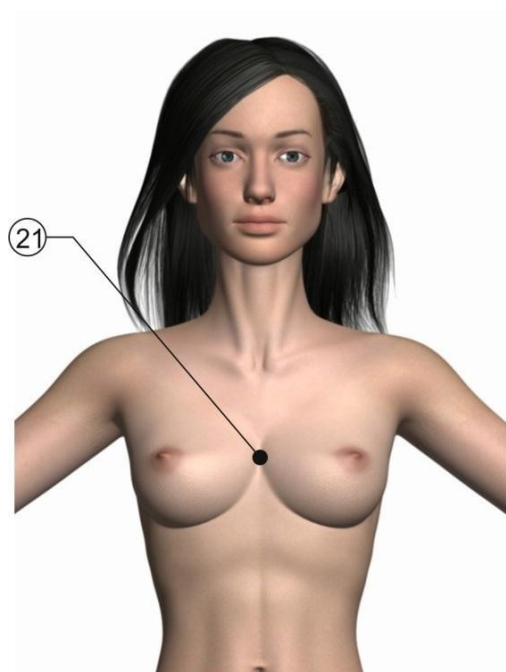


Fig.14.

- **Behind the ear fields** - field no. 12 fig. 9. 5 minutes for each point, 2 times a day.
- **The external auditory canal and parotid field** - field no. 13 fig. 10, 5 minutes each the whole field 3 times a day.
- **On both sides of the spine** - field No. 14, Fig. 11, 3 minutes for each point (total exposure time - 6 minutes).

The duration of the course is 10 days. Repeated course in 10 days, within 10 days.

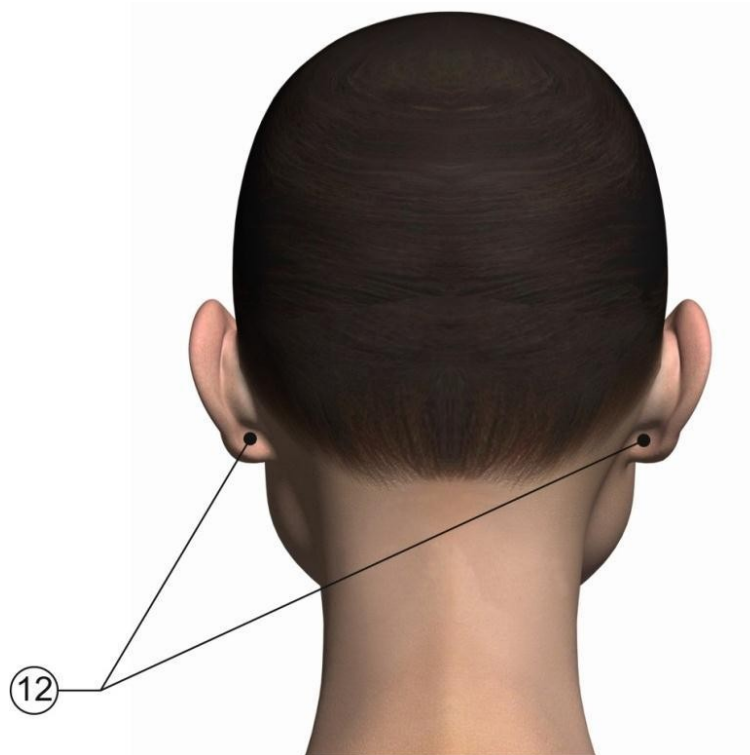


Fig.9. Fields of influence of an infrared emitter in bilateral ear inflammation.

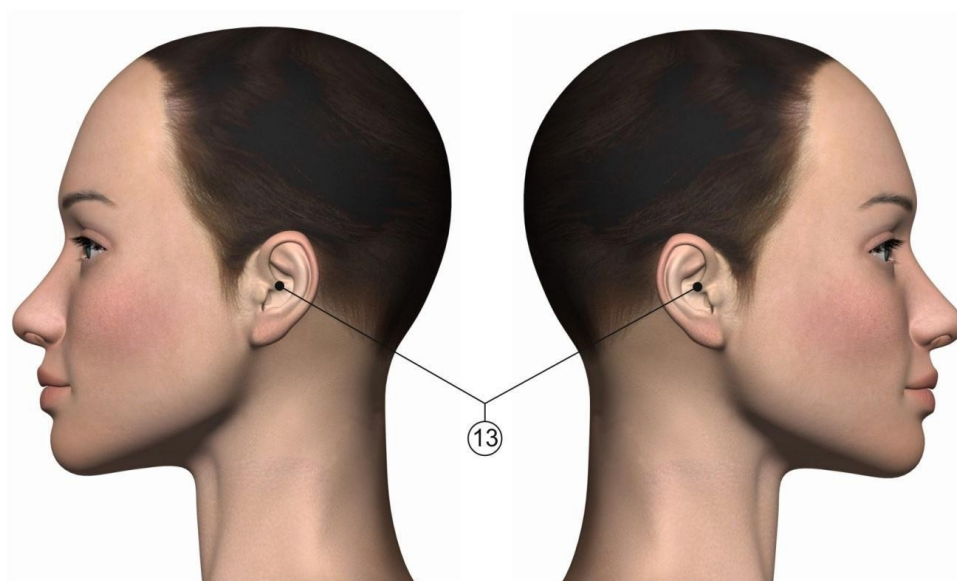


Fig.10. Exposure to an infrared emitter on the parotid fields with left-sided or



right-sided ear inflammation.

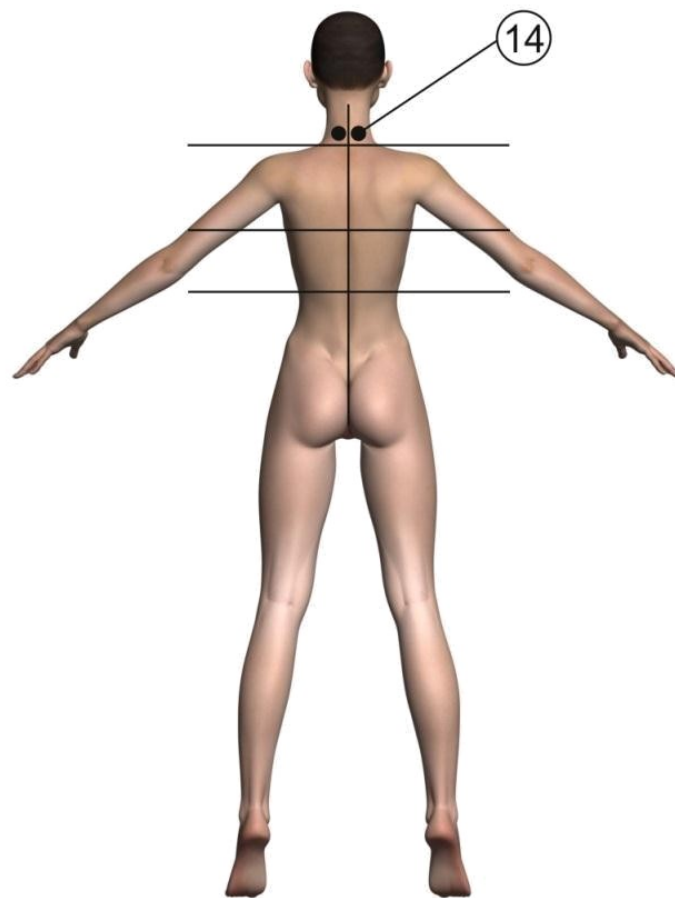


Fig.11. Fields of influence on reflex zones in inflammatory diseases - with two sides of the cervical spine.

## 5.2. Angina (acute tonsillitis)

Exposure to an IR emitter helps to relieve inflammation, pain syndrome.

They act by contact. The technique includes the correction of immunity (exposure on the cubital fossa - field No. 1 Fig. 1, the sternum - field No. 21 Fig. 15) and impact on reflex zones (field no. 14 fig. 11).

- **Painful and enlarged lymph nodes** (maxillary lymph nodes) - field No. 15 of Fig. 12, 5 minutes for each point on the right and on the left (total exposure time - 10 minutes), 3 times a day.
- **Elbow fossa** - field No. 1 of Fig. 1, 5 minutes per point on each side, 1 time per day.
- **On both sides of the spine**, - field No. 14, Fig. 11, 3 minutes for each point (total exposure time - 6 minutes).
- **Sternum** - field no. 21 fig. 15, 5 minutes per point, once a day, 10 days.

The duration of the course is 10 days.

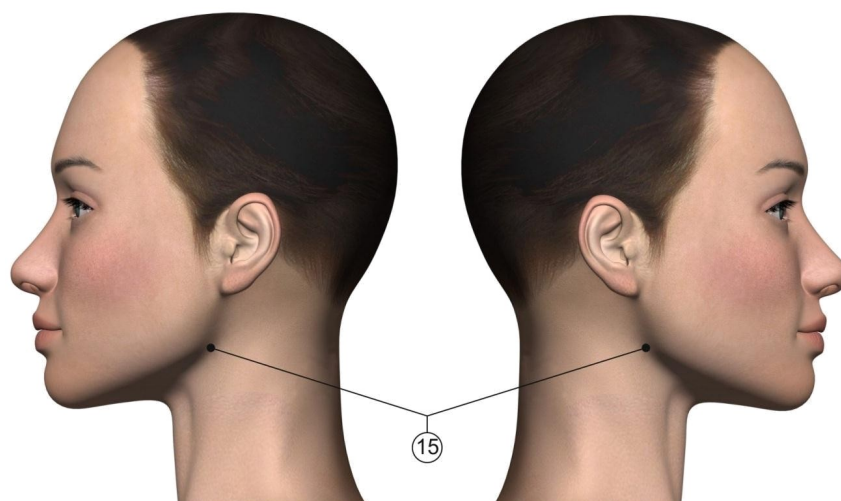


Fig.12. Submandibular lymph nodes.

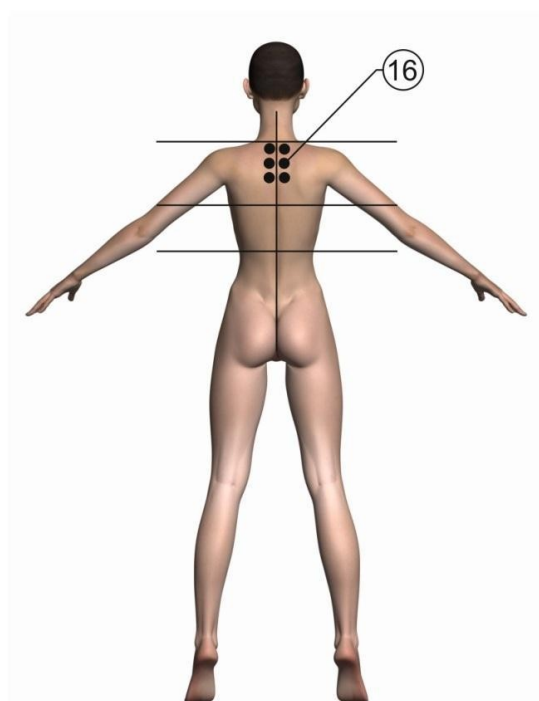


Fig.13. Fields of influence on reflex zones in acute inflammatory diseases on both sides of the thoracic spine.

### 5.3. Exacerbation of chronic tonsillitis (in a hospital setting)

The method of photodynamic therapy is used with the use of a pigment-containing pharmacological drug - methylene blue. The emission spectra of the IR emitter and the absorption spectra of methylene blue coincide in the infrared part light and their combined effect enhances the healing effect of light. Before conducting photodynamic therapy for a patient with chronic tonsillitis, the lacunae are washed tonsils 0.1% aqueous solution of methylene blue in an amount of 20 ml, then the patient gargles with saline.

Both tonsils are irradiated in 2 minute mode with an IR emitter with an open mouth strip daily for 10 days. Treatment is combined with antibacterial and symptomatic therapy.

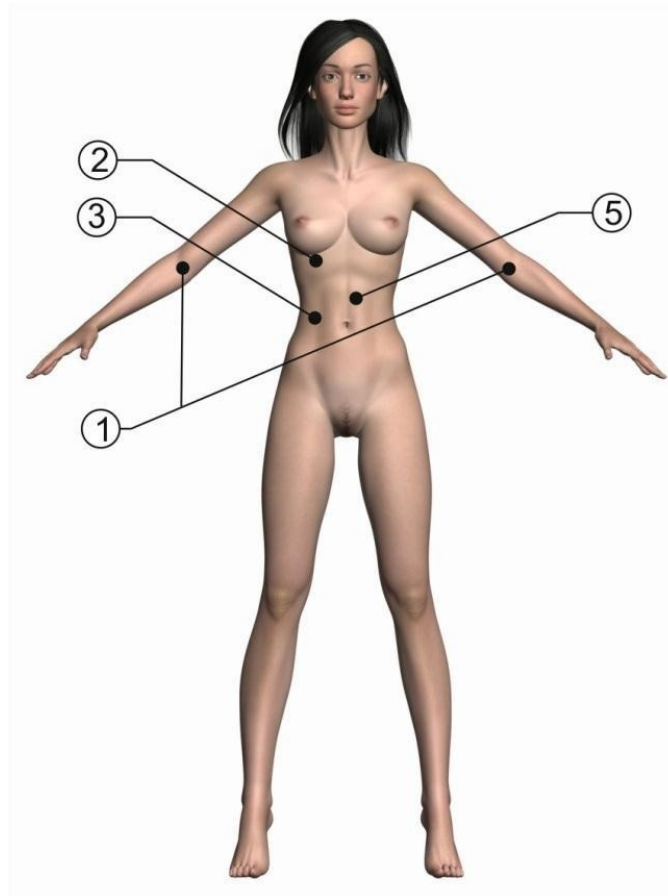


Figure 1.

- **Tonsils.** 2 minutes for each tonsil (on the back of the throat – mouth open), once a day.
- **Elbow fossa** - field no. 1 fig.1. 5 minutes per point on each side, once every day.
- **Painful and enlarged lymph nodes** (maxillary lymph nodes) - field no. 15 fig. 12. 5 minutes for each point to the right and on the left (total exposure time - 10 minutes), 3 times a day

The duration of the course is 10 days.

#### 5.4. Acute and exacerbation of chronic sinusitis, frontal sinusitis

- **Lateral projections of the nose and wings of the nose** - field No. 7 Fig.14. 5 minutes per point (total exposure time - 10 minutes), 3 times a day.
- **Bridge of the nose** - field no. 18 fig. 15, 5 minutes per point, 3 times a day.
- **Frontal sinuses** - field no.19 Fig.14. 5 minutes per point on each side (total exposure time 10 minutes). 3 times about a day.18
- **Maxillary sinuses** - field no. 20 Fig.14. 5 minutes per point on each side total exposure time - 10 minutes), 3 times a day.
- **Elbow fossa** - field no. 1 fig.1. 5 minutes per point on each side, once every day.
- **On both sides of the spine** - field no. 16 fig. 13. 3 minutes per point (total exposure time 18 minutes), once a day.
- **Sternum** - field No. 21 Fig.14. 5 minutes per point, once a day

The duration of the course is 10 days.



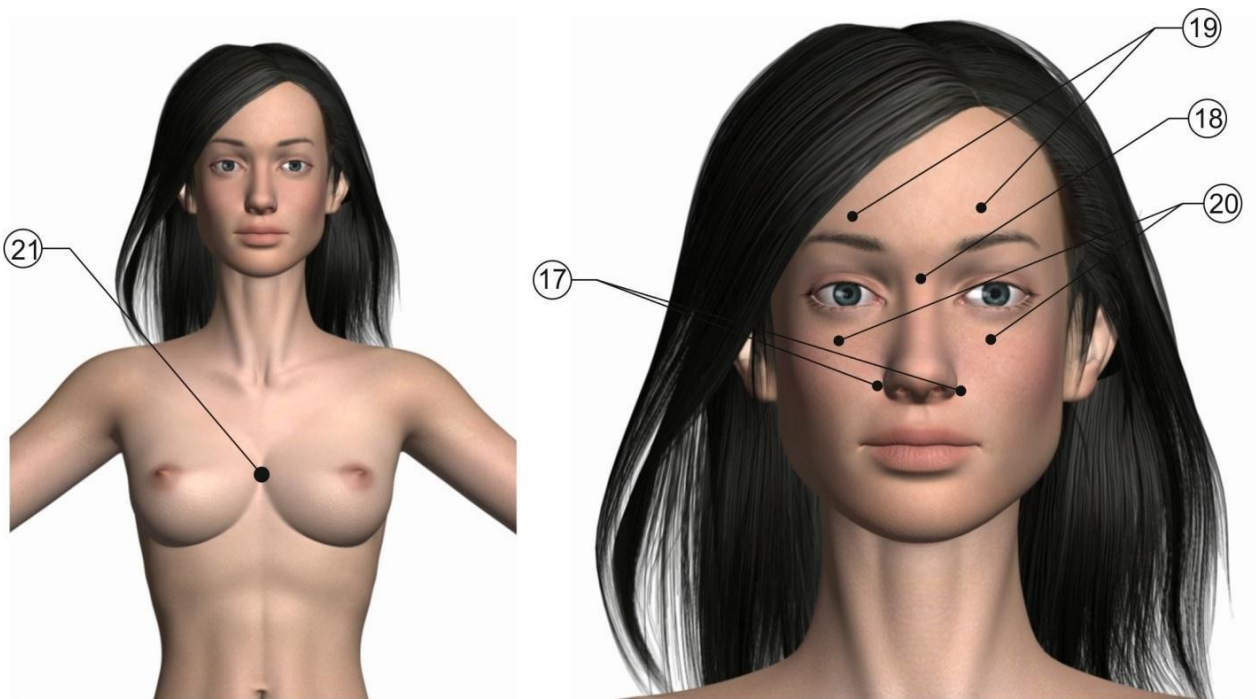


Fig.14. Disease fields with sinusitis, frontal sinusitis.

## 6 DENTAL DISEASES

- **Sick tooth** (teeth). 5 minutes per tooth, 2 times a day.
- **Joint in case of arthritis of the temporomandibular joint**. 5 minutes for point, once a day.
- **The site of inflammation** (in cases of trauma to the upper and lower lips, stomatitis). By 5 minutes on the field, 2 times a day.
- **Nearby lymphatic nodes** (chin, submandibular). Field number 23, field no.24 Fig.15. 5 minutes for each point, 2 times a day.

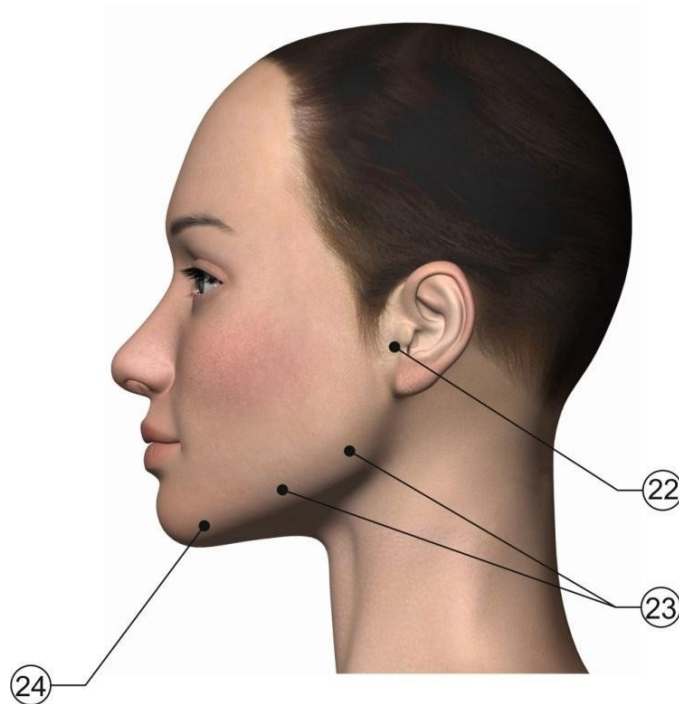


Fig.15.

In case of unilateral lesions, one side is affected (total time exposure 15 minutes), with bilateral lesion - on two sides, (total time 30 minutes).

## 7. DISEASES OF THE BRONCHOPULUM SYSTEM

### 7.1. ARI (acute respiratory disease), influenza.

- **Lateral projections of the nose and wings of the nose** field No. 17, Fig.14. 5 minutes each point, 3 times a day.
- **Bridge** - field no. 18 Fig.14. 5 minutes per point, 3 times a day.
- **Painful and enlarged lymph nodes** - field no. 15 fig. 12. For 5 minutes for each point, 3 times a day.
- **On both sides of the spine** - field No. 16, Fig. 13. 3 minutes per point (total exposure time 18 minutes), once a day.
- **Sternum** - field no. 21 fig. 14. 5 minutes per point.
- **Elbow fossa** - field no. 1 fig.1. 5 minutes per point on each side, once every day.

The duration of the course is 10 days.

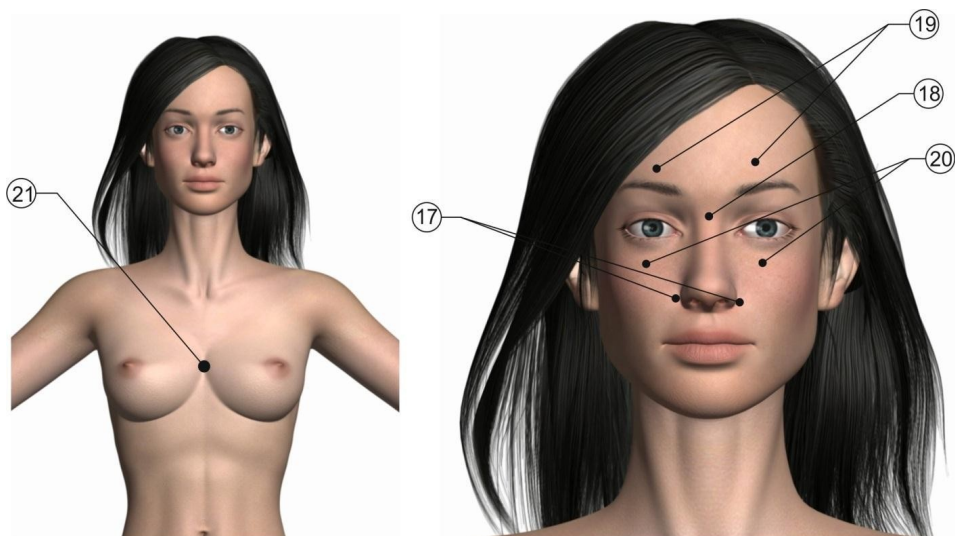


Fig.14.

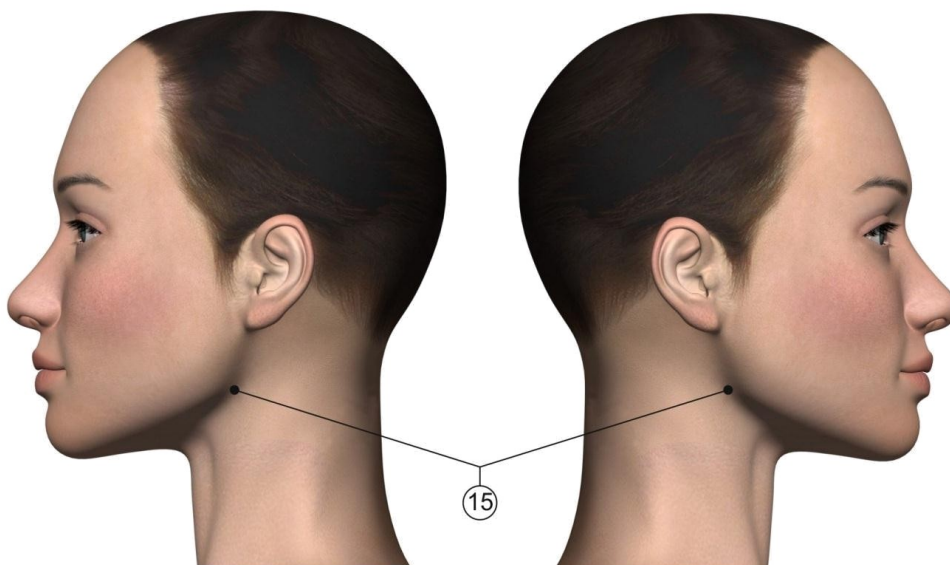


Fig.12.

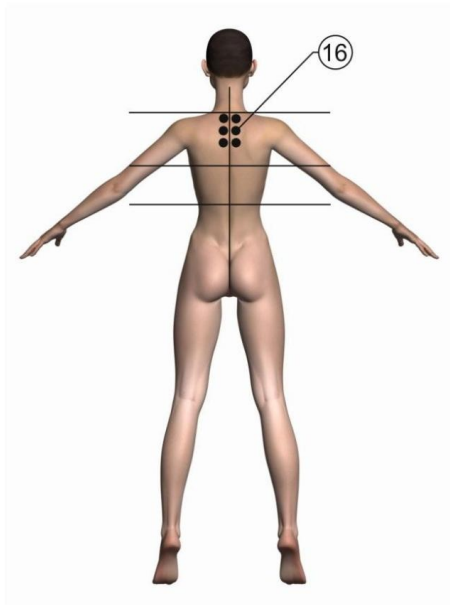


Fig.13.

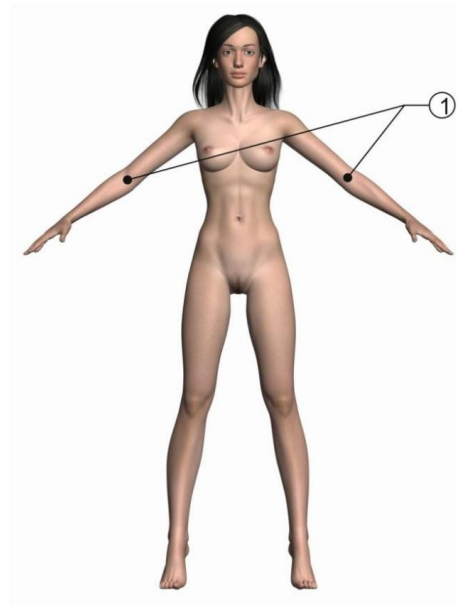


Figure 1.

## 8. DISEASES OF THE MUSCLE-MOTOR SYSTEM

### 8.1. Sprain

Pain points. 5 minutes for each point, 3 times a day. Course duration: 15 days.

### 8.2. Fractures of bones, joints

Above and below the plaster cast. 5 minutes on the field, 2 times a day, for 10 days.

After removing the plaster. Fracture site and pain points. 5 minutes per point 3 times a day.

Course duration: 15 days.

Attention! The infrared rays of the IR emitter do not penetrate the plaster.

### 8.3. Arthritis, arthrosis (of any origin)

**Large joints** (ankle, wrist, elbow, knee) act from four sides: on the front, back and side surfaces for 5 minutes per point.

**Small joints** (fingers and toes) are affected from two sides: on the front to back surface for 5 minutes per point.

With polyarthritis of small joints of the hands, (multiple joint damage) act for 5 minutes on the palmar and back surfaces of the hands.

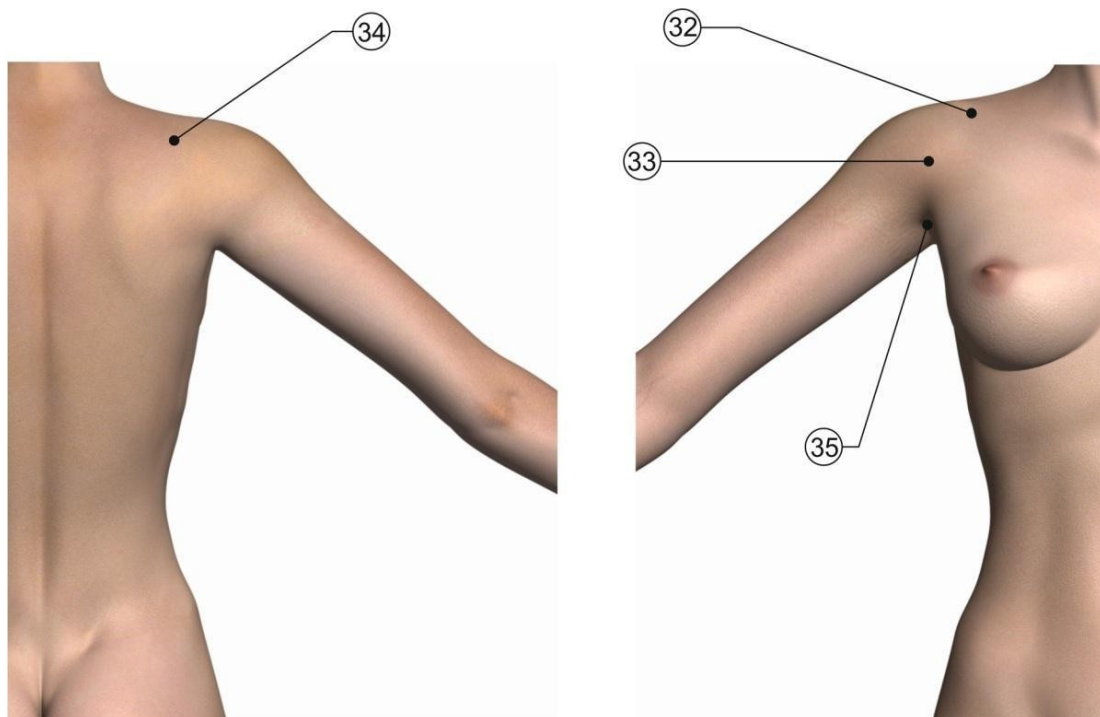


Fig.16.

With polyarthritis of the small joints of the feet (multiple joint damage) act for 5 minutes on the plantar and dorsum of the feet.

Depending on the duration of the disease, a greater number of repeated courses at intervals of 15 days. Combination with application is possible anti-inflammatory ointments after a therapy session.

#### 8.4. Shoulder joint

- **Pain points.** 5 minutes for each point, 2 times a day.
- **Upper-lateral surface of the joint** - field No. 32 Fig.16. 5 minutes per point, 2 once a day.
- **Anterior surface of the joint** - field No. 33 Fig.16. 5 minutes per point, 2 times per day.
- **The back surface of the joint** - field No. 34 Fig.16. 5 minutes per point, 2 times a day.
- **Axillary region** - field no. 35 Fig.16. 5 minutes per point, 2 times a day.

The duration of the course is 10 days.

## 9. NEUROLOGICAL DISEASES

For long-term exacerbations, we recommend combining treatment with an IR emitter with anti-inflammatory ointments: "Fintgon", "Sabelnik" and applications with "Saprophytic napkins

### 9.1. Osteochondrosis (radiculitis) of the spine, cervical spine

- **Pain points.** 5 minutes for each point, 2 times a day.
- **Correspondence points of the cervical spine on the hands** - field No. 60 Fig.20.  
3 minutes per point, once a day.
- **On both sides of the spine to the cervical spine** - field No. 55 Fig.17.  
3 minutes each for each point (total exposure time 18 minutes), once a day.

The duration of the course is 15 days.

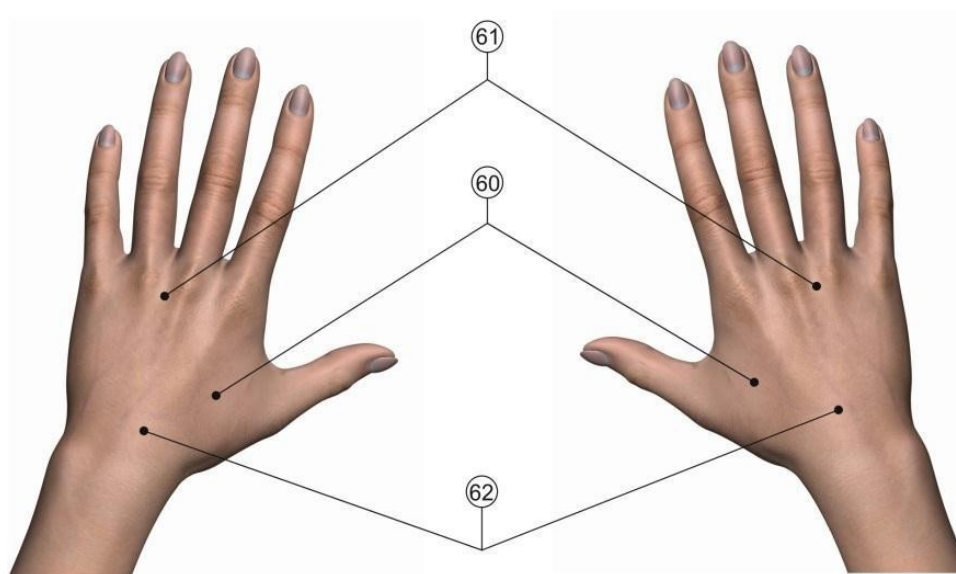


Fig.20.

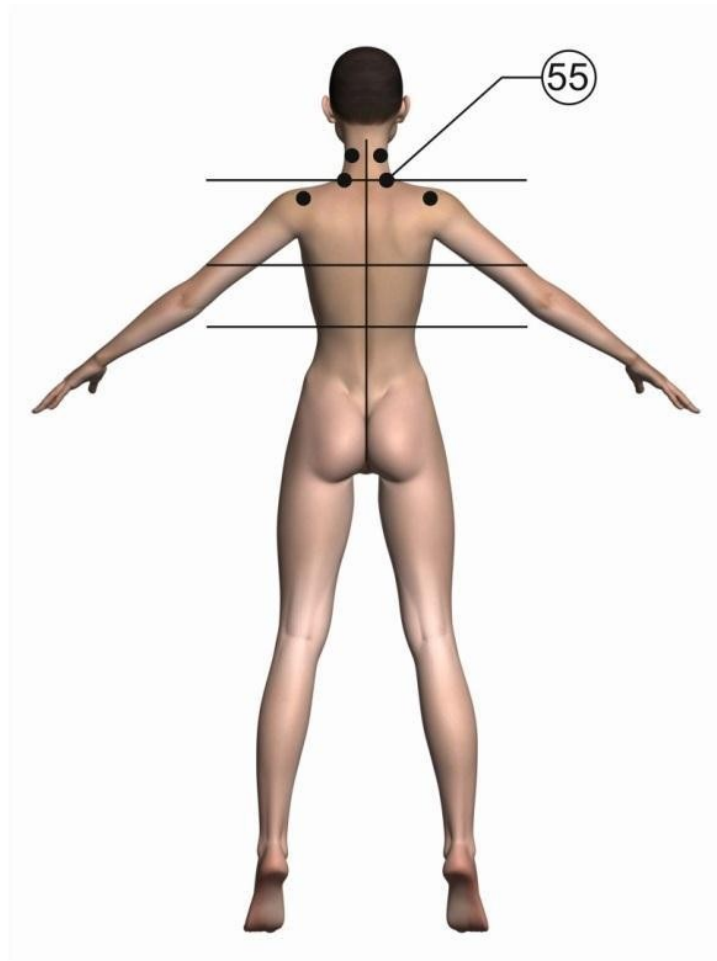


Fig.17.



## 10 INFECTIOUS DISEASES

### 10.1. Mumps

- **Affected glands** - field №74 Fig.21. 5 minutes per point on each side, 3 once a day.
  - **Elbow fossa** - field №1 fig.1. 5 minutes per point on each side, once every day.
- Course duration: 10 days.

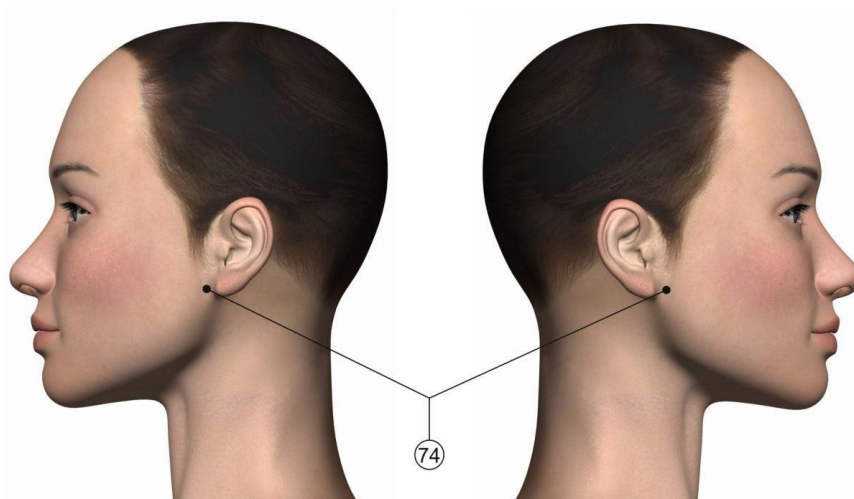


Fig.21. Fields of exposure to an infrared emitter on the parotid salivary glands.

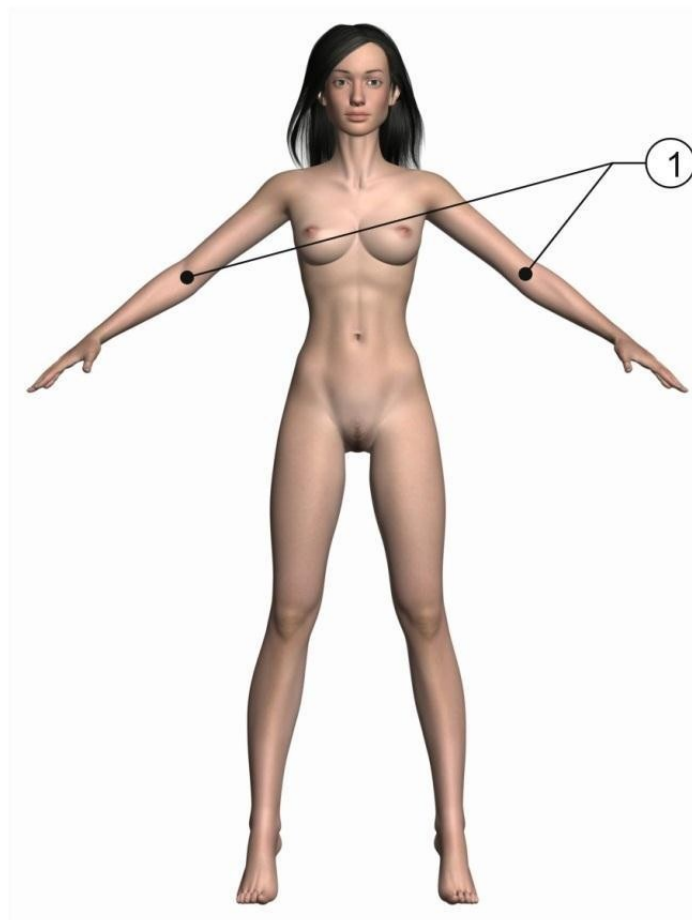


Figure 1.

### 10.2. Acute intestinal infections.

- **Elbow fossa** - field No. 1, Fig. 1. 5 minutes per point, once a day.
- **On both sides of the spine** - field No. 16, Fig. 13. 3 minutes per point (total exposure time 18 minutes), once a day.

The duration of the course is 10 days.

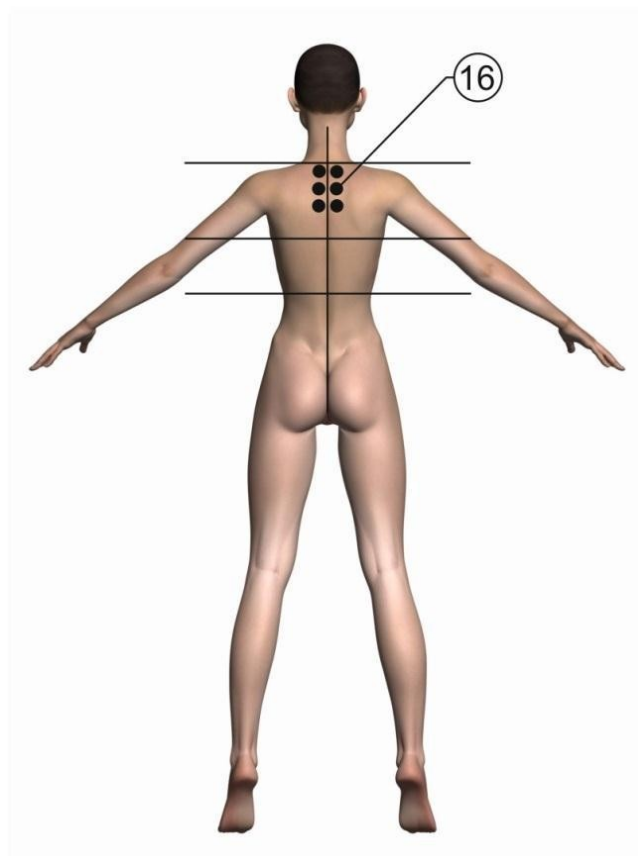


Fig.13. The affection points are on both sides of the spine.

### 10.3. Viral hepatitis

- **The middle of the groin fold on the right** - field No. 75 Fig.22. 5 minutes per point, 1 time per day.
- **Liver** - field No. 2, Fig. 22. 15 minutes per point, once a day.
- **Liver correspondence points on the palm** - field no. 76 Fig.23. 3 minutes per point, every other day, once a day.
- **Elbow fossa** - field no. 1 fig.1. 5 minutes per point on each side. 1 time per day.
- **On both sides of the spine** - field No. 16, Fig. 13. 3 minutes per point (total exposure time 18 minutes), once a day.

The duration of the course is 6 days.

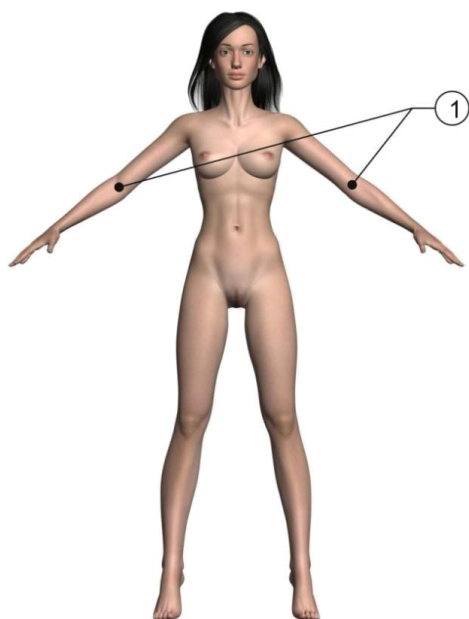


Figure 1.

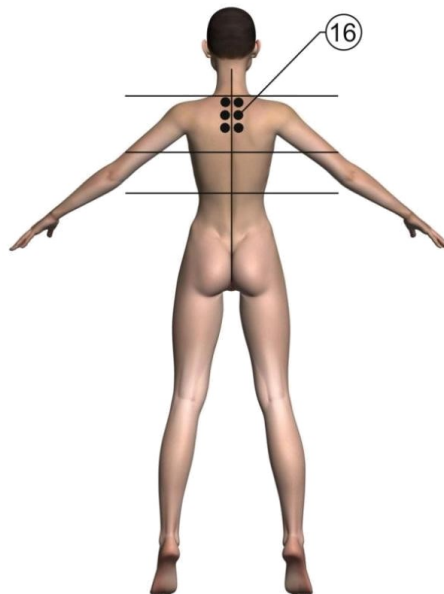


Fig.13.

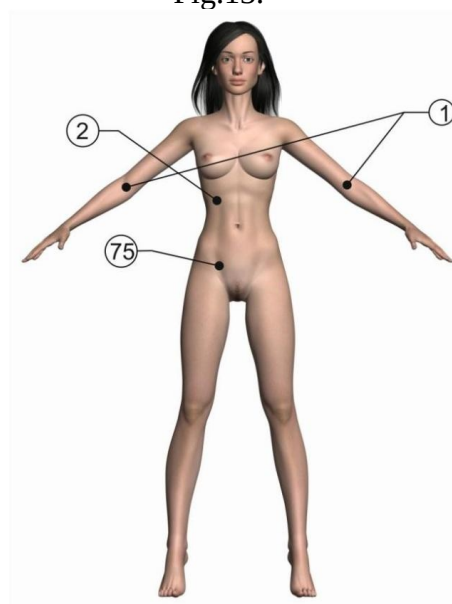
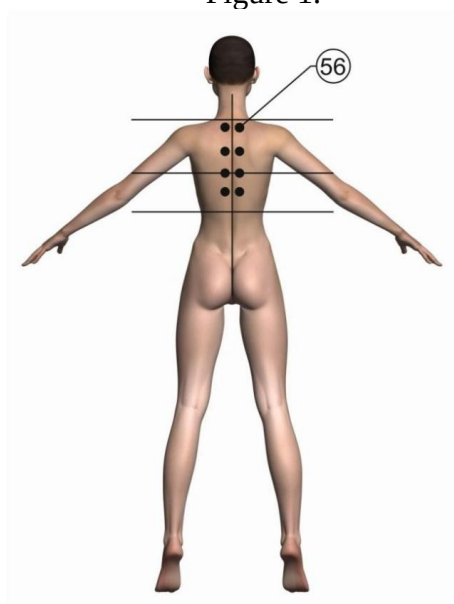


Fig.18. Fields of influence for viral hepatitis. Fig. 22. Fields of influence for viral hepatitis.

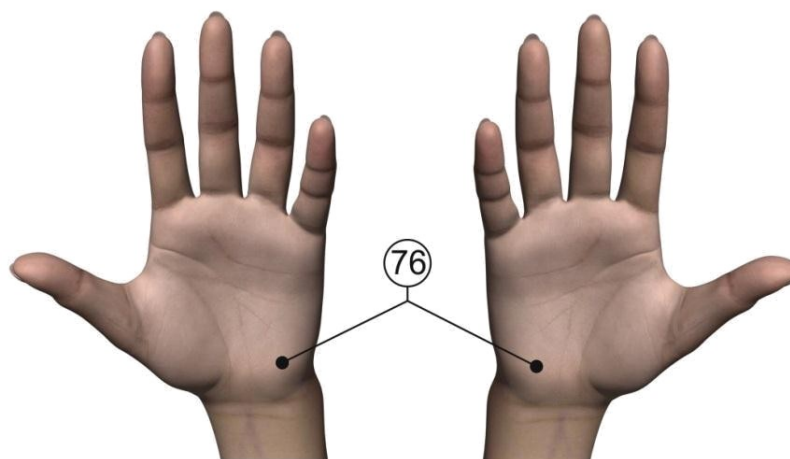


Fig. 23 Liver correspondence points in the palm.

#### 10.4. Herpes Simplex

- **Rash on the face, lips.** 15 minutes for rashes, 3 times a day.
- **On the seventh cervical vertebra** - field No. 59 Fig.19. 5 minutes per point, 1 time per day.
- **Elbow fossa** - field no. 1 fig.1. 5 minutes per point on each side, once every day.

The duration of the course is 5 days.

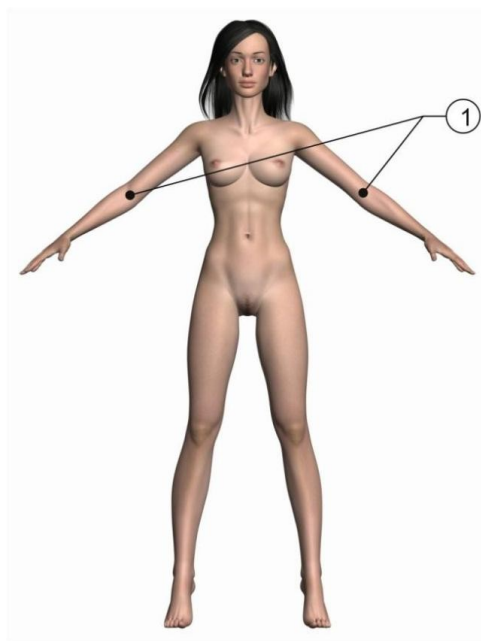


Figure 1.

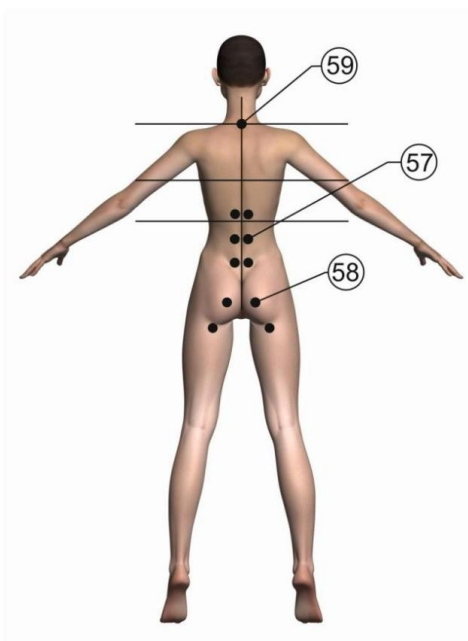


Fig.19.

#### 10.5. Shingles (herpes zoster)

- **Sternum** - field No. 21 fig. 14. 5 minutes per point, once a day. 29
- **Rash.** 15 minutes on the field, 3 times a day.
- **Elbow fossa** - field No. 1, Fig. 1. 5 minutes per point on each side, 1 time per day.
- **On the seventh cervical vertebra** - field no. 59 fig.19. 5 minutes per point, 1 time per day.

The duration of the course is 5 days.

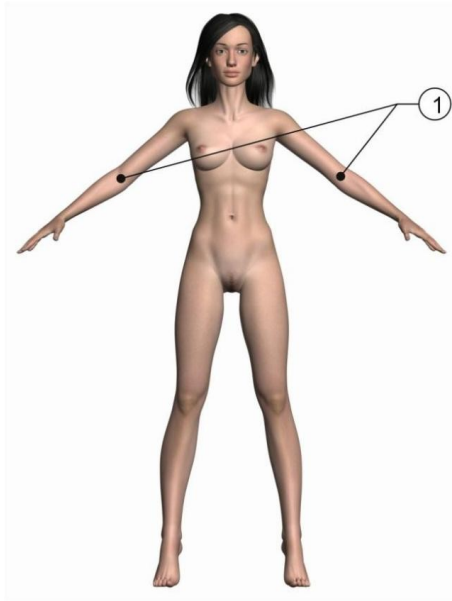


Figure 1.

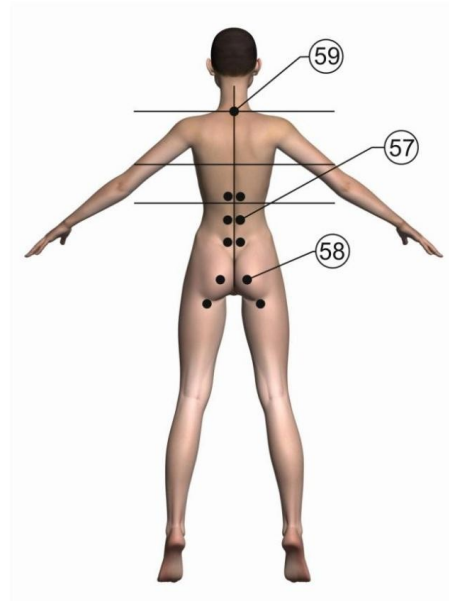


Fig.19.

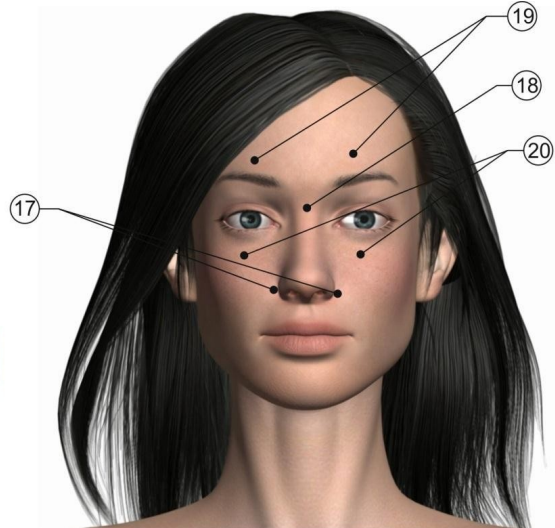
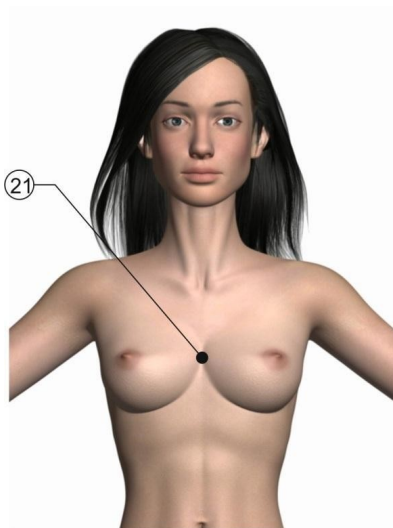


Fig. 14 The affection point on the sternum

## 11. SURGICAL DISEASES

### 11.1. Burns and pustular skin diseases..

Helps to eliminate the inflammatory process, reduce intoxication, relieving pain, increasing the overall resistance of the body.

Small localized purulent foci after opening. Distantly affect the lesion focus. It is necessary to capture in the field of influence and healthy the cloth. 20 minutes on the field.

Frequency 2 times a day. The duration of the course is 6 days..

**Burns.** They act distantly, the IR emitter must be stirred from periphery to the center of the burn. Cooling of the burned area is recommended immediately after the burn, then exposure from 5 to 30 minutes on the field (depending on the area of the burn).

Frequency 3 times a day. Duration of the course is 3 days.

### 11.2. Trophic ulcer

Remote impact on the ulcerative surface with the capture of healthy tissue 15 minutes on the field, 3 times a day.

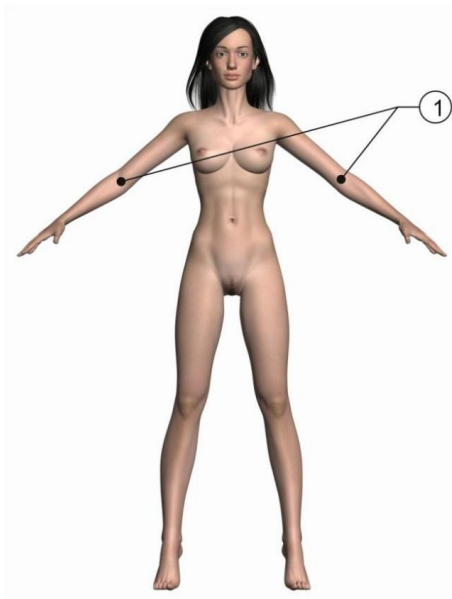


Figure 1

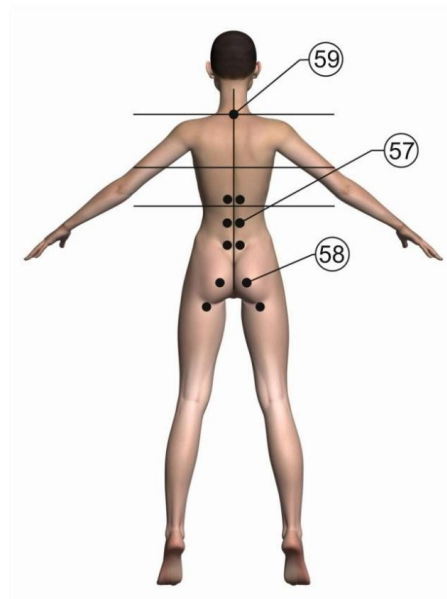


Fig.19

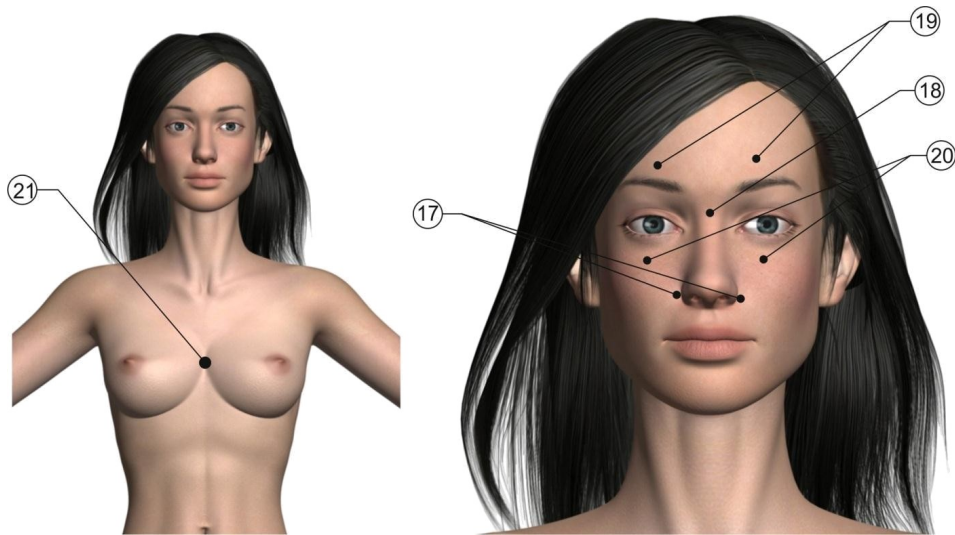


Fig.15

- **Elbow fossa** - field no. 1 fig.1. 5 minutes per point on each side, once every day. On the seventh cervical vertebra, field No. 59 Fig.19. 5 minutes per point, 1 time per day.
- **Sternum** - field No. 21 Fig.14. 5 minutes per point on each side, once a day.

The duration of the course is 30 days. With a repeated course in 10 days..

### 11.3. Contusion, hematoma, bursitis, hemarthrosis, diseases of the periosteum, cartilage

Injured area for 20 minutes on the field of injury, 2 times a day.

The duration of the course is 12 days..

### 11.4. Sepsis, peritonitis

Treatment should be carried out only in a surgical hospital..

- **Elbow fossa** - field no. 1 fig.1. 5 minutes per point on each side, once per day.
- **Postoperative scar**. 15 minutes on the field, 2 times a day.
- **Sternum** - field No. 21 Fig.14. 5 minutes per point on each side, once a day.

The duration of the course is 12 days.

## 12. DISEASES OF THE BREAST

### 12.1. Breast nipple cracks

Before starting treatment, you should consult your doctor

- **Nipples** - field No. 77 Fig.24. 5 minutes per point, 2 times a day.

The duration of the course is 5 days.



## 12.2. Mastitis

- **The site of inflammation** - field no. 77 fig. 24. 5 minutes on the field, 2 times a day.
- **On both sides of the spine** - field No. 78 Fig.25. 3 minutes per point (total exposure time 18 minutes), once a day.
- **Elbow fossa** - field No. 1 Fig. 25. 15 minutes per point on each side, 1 time per day.

The duration of the course is 10 days.

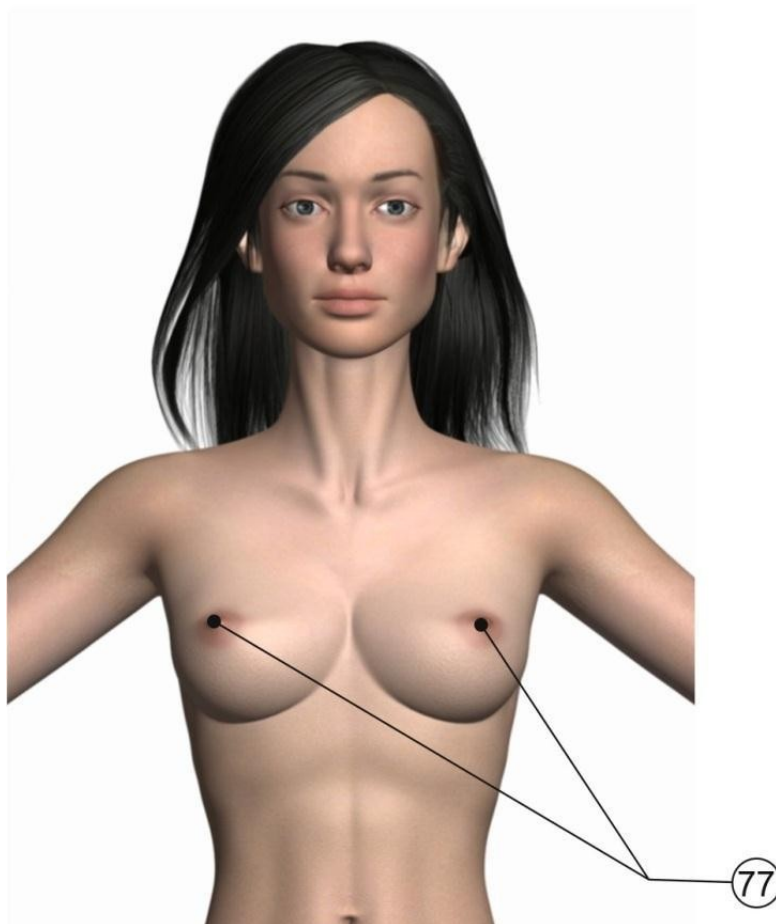


Fig.24. Fields of influence in case of pathology of the mammary glands..



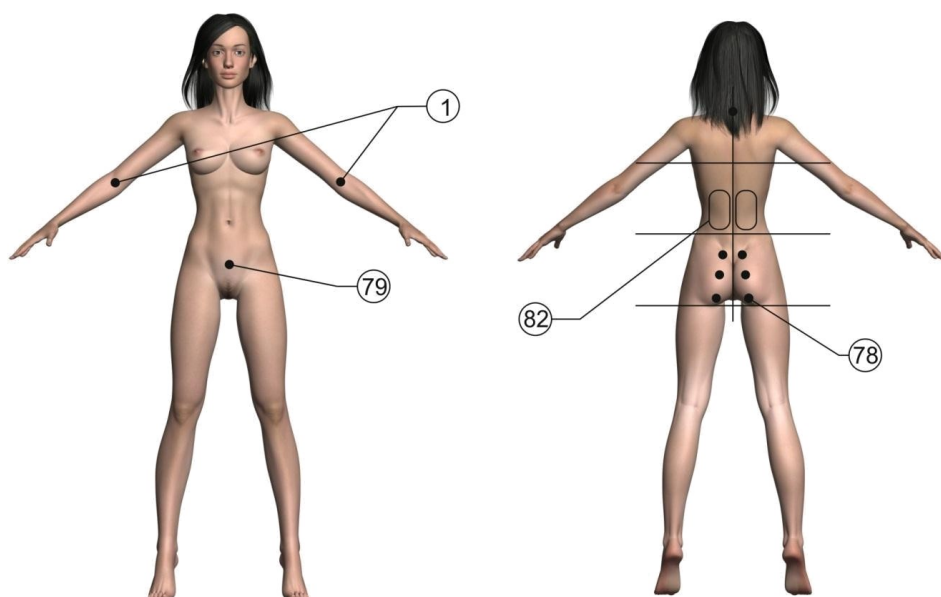


Fig.25.

## 13. OBSTETRICS AND GYNAECOLOGY

### 13.1. Fetal hypoxia in late pregnancy

Before starting treatment, you must consult a doctor!

- **Nearrenal area** - field no. 82 Fig.25. 10 minutes per area (total exposure time 20 minutes), once a day.

The duration of the course is 10 days.

### 13.2. Endometritis

- **Lower abdomen** - field no. 79 Fig.25. 10 minutes, 2 times a day
- **On both sides of the spine** - field no. 78 Fig.25. 3 minutes per point (total exposure time 18 minutes), once a day.
- **Elbow fossa** - field No. 1 Fig.25. 15 minutes per point on each side, 1 time per day.

The duration of the course is 10 days.

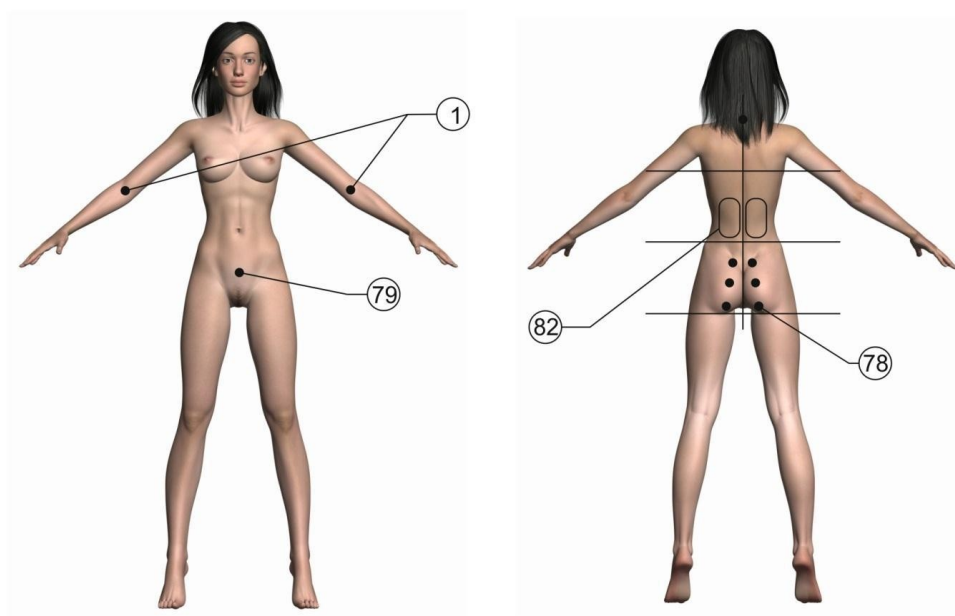


Fig.25. Impact fields in obstetrics and gynecological diseases.

## 14. CARDIOVASCULAR DISEASES

Attention! When treating diseases of the cardiovascular system, it is necessary to control blood pressure (measurements are taken immediately before the start of the session and after 20 minutes after it ends). The duration of the first session must be cut in half from the one specified in the technique, gradually increasing the time of the next sessions to the recommended one.

### 14.1. Hypertonic disease

- **Collar area** - field no. 80 Fig. 26. 1 minute for each point (total exposure time 12 minutes), once a day.
- **Carotid arteries** (on both sides of the trachea) - field no. 81 Fig. 27. 1 minute for each point (total exposure time 4 minutes), once a day. ⌚ **Nearrenal area** - field no. 82 Fig.28. 3 minutes for each point (total exposure time 6 minutes).
- **On both sides of the spine** - field No. 83 Fig.28. 3 minutes per point (total exposure time 18 minutes), once a day.
- **Points of correspondence of the heart on the palm** - field no. 85 Fig.29. 3 minutes each point, once a day.

The duration of the course is 10 days.

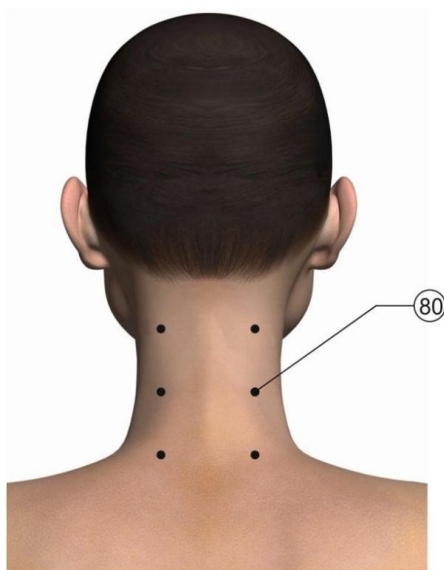


Fig.26. Collar area

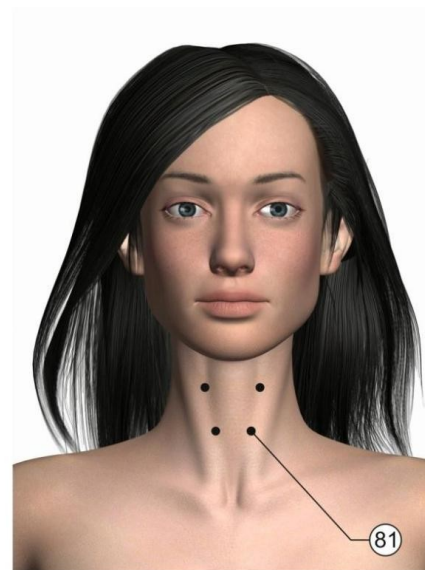


Fig.27. Fields of influence on sleepy arteries

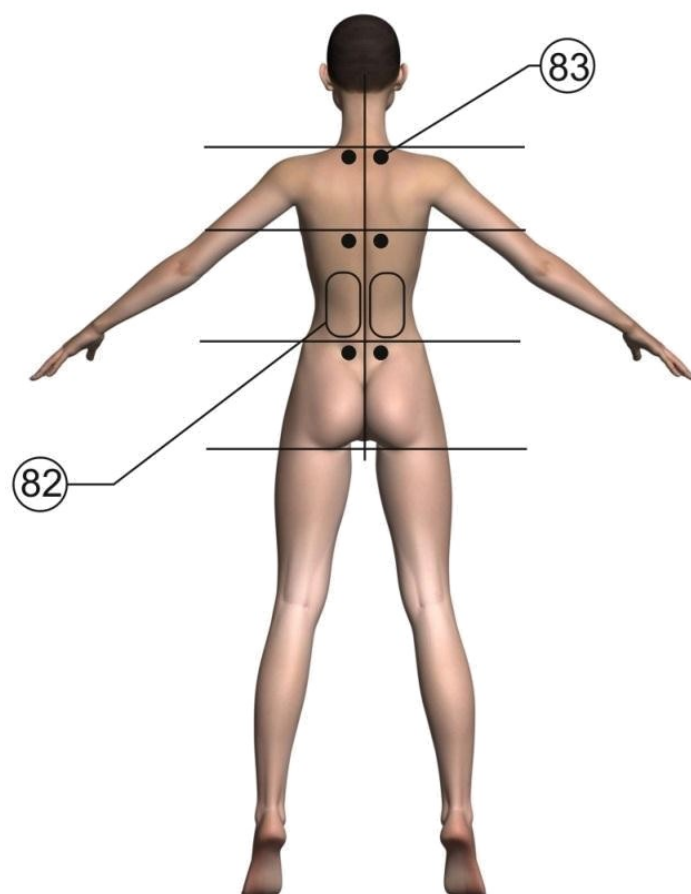


Fig.28. Fields of influence on reflex zones..

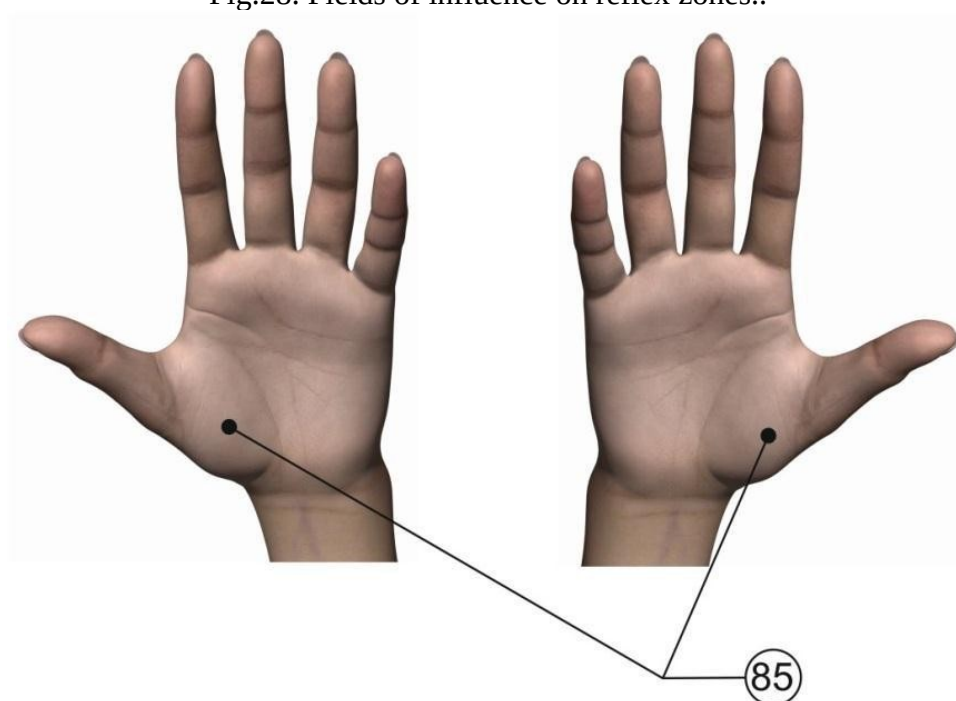


Fig.29. The points of correspondence of the heart on the palms.

## 14.2. Cardiac ischemia

Attention! During an acute attack, physiotherapy with an infrared emitter must be combined with treatment prescribed by your doctor!

- **Points of correspondence of the heart on the palm** - field no. 85 Fig. 29, 3 minutes each point, once a day.

The duration of the course is 10 days.

## 14.2. Varicose veins

- **Elbow fossa** - field No. 3, Fig. 3. 5 minutes per point on each side, once every day. In the course of varicose veins. 3 minutes for each point, with an average of 18 minutes per vein, once a day.

The duration of the course is 30 days. With repeated courses within 12 days after 15 days.

## 14.3a. Obliterating endarteritis of the vessels of the upper extremities

- **On both sides of the spine** - field no. 86 Fig.30. 3 minutes per point (total exposure time 18 minutes), once a day.
- **Front and back surface of the forearm, hands** - contact, smoothly moving across field No. 86 Fig.30. Average exposure time 20 minutes per limb, 1 time per day.

The duration of the course is 12 days. With repeated courses within 12 days after 15 days.

## 14.3b. Obliterating endarteritis of the vessels of the lower extremities

- **On both sides of the spine** - field No. 89 Fig.30. 3 minutes per point (total exposure time 18 minutes), once a day.
- **The front and back surfaces of the legs and feet** - contact, smoothly moving along field number 88 Fig.30. Average exposure time 20 minutes per limb, 1 time per day.

The duration of the course is 12 days. With repeated courses within 12 days after 15 days.

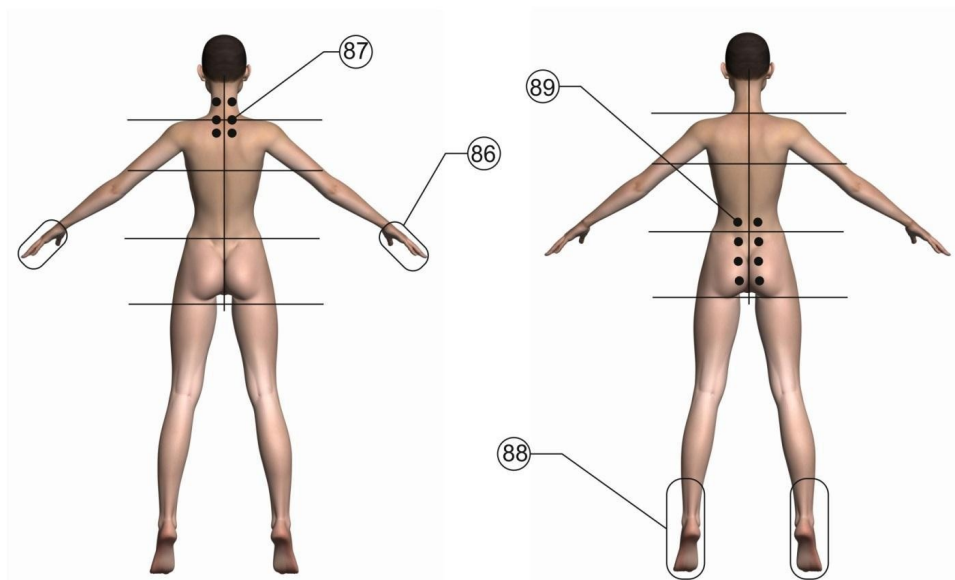


Fig.30. Fields of influence with obliterating endarteritis of the vessels of the upper and lower limbs.

#### 14.4. Vegetovascular dystonia

- **Elbow fossa** - field no. 1 fig.1. 5 minutes per point on each side, once every day.
- **On both sides of the spine** - field No. 55 Fig.17. 3 minutes for each point,(total exposure time 18 minutes), once a day.
- **On both sides of the spine** - field no. 56 Fig.18. 3 minutes for each point, (total exposure time 24 minutes), once a day.
- **On the seventh cervical vertebra** - field No. 59 Fig.19. 3 minutes per point (total exposure time 18 minutes), once a day.
- **Sternum** - field No. 21 fig. 14. 5 minutes per point, once a day.

The duration of the course is 10 days.

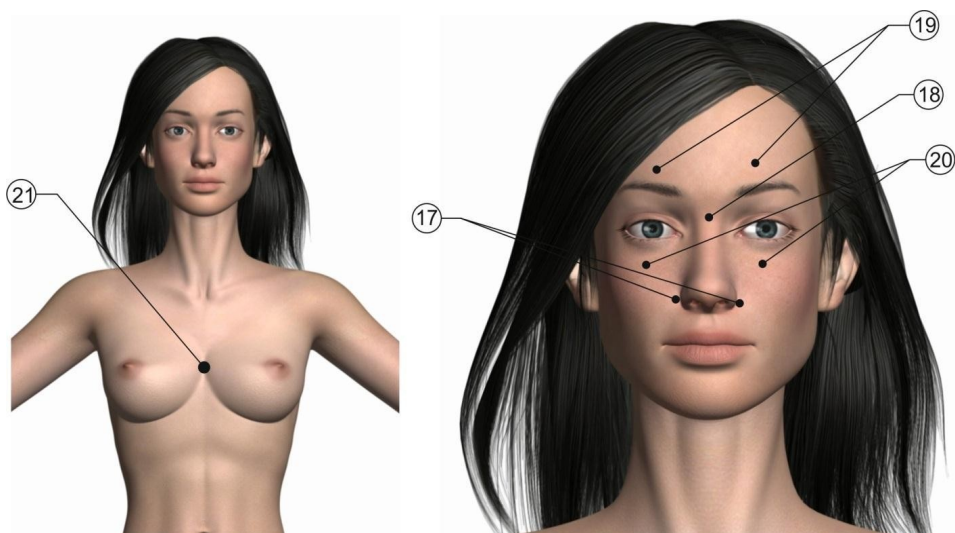


Fig.14.

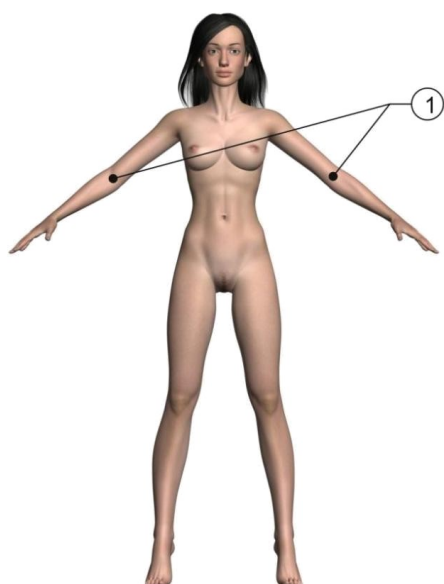


Figure 1.

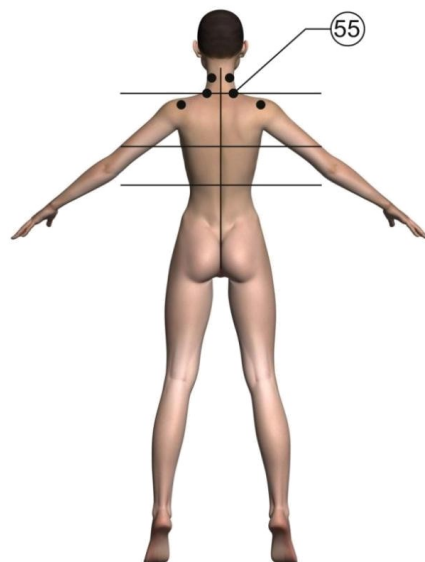


Fig.17.

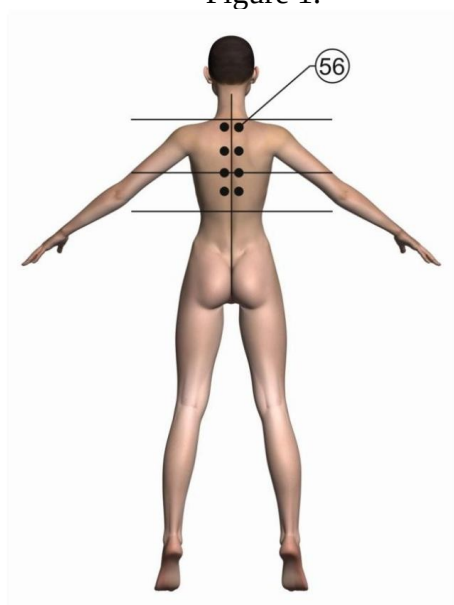


Fig.18.

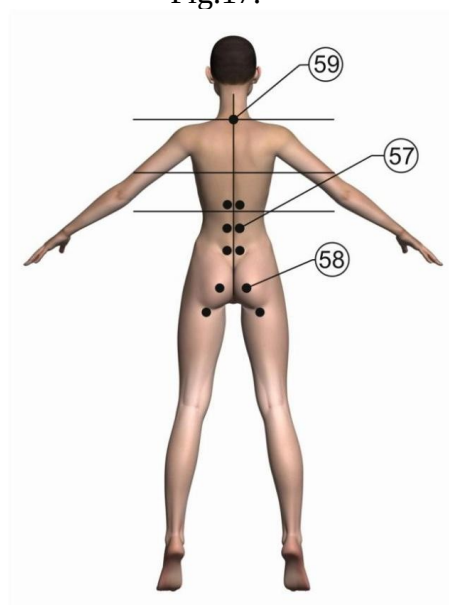


Fig.19.

## 15. DISEASES OF THE GASTROINTESTINAL TRACT

### 15.1. Diseases of the esophagus (esophagitis, peptic ulcer)

With these diseases, the use of an IR emitter should be considered as additional physiotherapeutic effect after consultation with the attending physician, doctor and exclusion of complications (perforation, bleeding).

- **Epigastrium** - field No. 4 Fig. 47, field No. 21 (a) Fig. 31. 15 minutes on the field, daily, 2 times a day for 15 days.
- **Elbow fossa** - field no. 1 fig. 46. 5 minutes per point on each side, daily, once a day, for 10 days.
- **On both sides of the spine** - field No. 8 Fig. 32. 3 minutes for each point, once a day (total exposure time 12 minutes).
- **Points of correspondence of the digestive organs on the palms** - field No. 7 Fig.5. By 3 minutes for each point, once a day.

The duration of the course is 15 days.

### 15.2. Diseases of the stomach and duodenum (gastritis, gastroduodenitis, duodenitis, peptic ulcer)

- **Stomach, duodenum** - field no. 4 fig. 47. 15 minutes on the field daily, 2 times a day, for 15 days.
- **Elbow fossa** - field no. 1 fig. 46. 5 minutes per point on each side, daily, once a day, for 10 days.
- **On both sides of the spine** - field no. 8 Fig. 32. 3 minutes for each point, once a day (total exposure time 12 minutes).
- **Points of correspondence of the digestive organs on the palms** - field no. 7 fig.5. By 3 minutes for each point, once a day.

The duration of the course is 15 days.

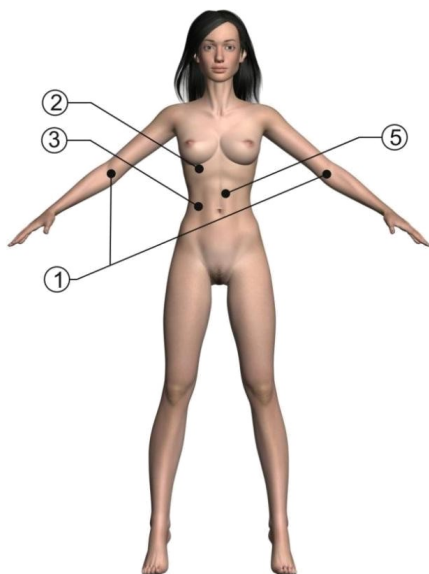


Fig.46.

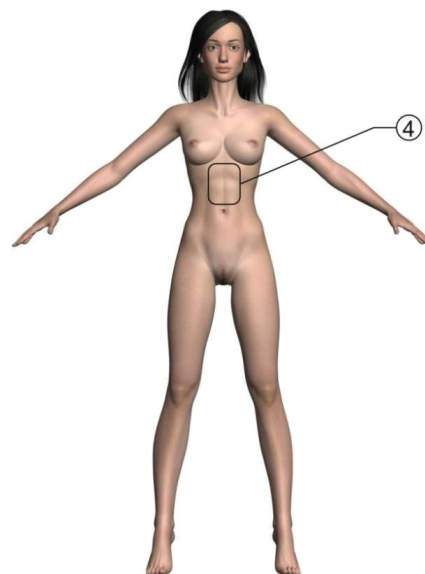


Fig.47.



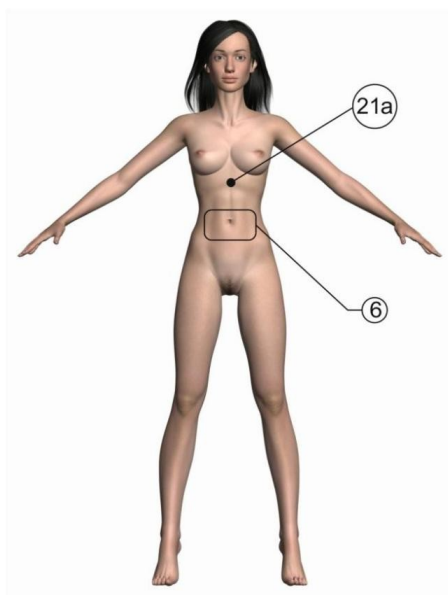


Fig.31.

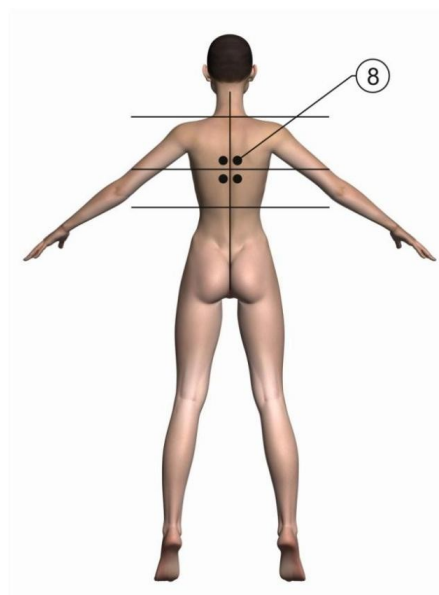


Fig.32.

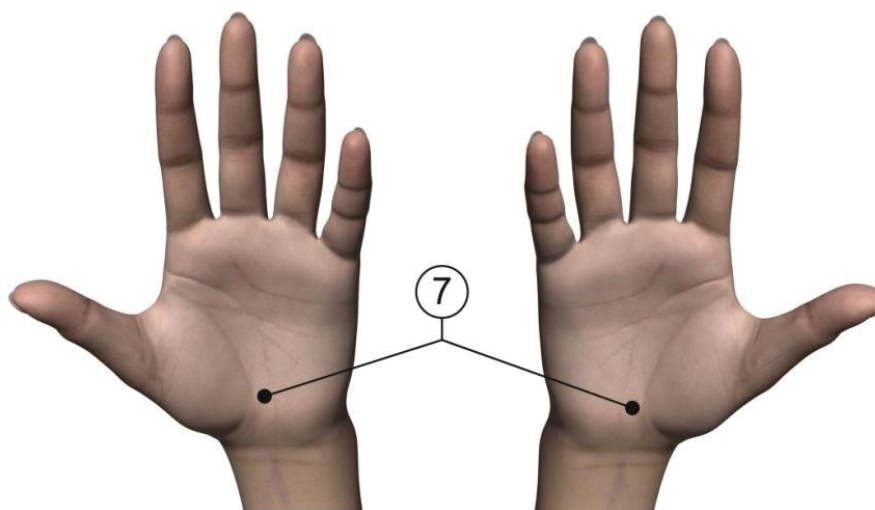


Fig.5.

### 15.3. Diseases of the liver and biliary tract

- **Liver** - field No. 2 fig. 46. 15 minutes on the field, daily, 2 times a day, during 15 days.
- **Point of the gallbladder** - field No. 3 of Fig. 46. 15 minutes on the field, daily, 2 times a day for 15 days.
- **Elbow fossa** - field no. 1 fig. 46. 5 minutes per point on each side, daily, once a day, for 10 days.
- **Points of correspondence between the liver and gallbladder on the palms** - field №7 Fig.5. By 3 minutes for each point, once a day.
- **On both sides of the spine** - field no. 8 Fig. 32. 3 minutes for each point, once a day (total exposure time 12 minutes).

The duration of the course is 15 days.

#### 15.4. Pancreatic disease

- **Pancreas** - field no. 5 fig. 46. 15 minutes on the field, daily, 2 times a day, within 15 days.
- **Elbow fossa** - field no. 1 fig. 46. 5 minutes per point on each side, daily, once a day, for 10 days.
- **Points of correspondence of the digestive organs on the palms** - field no. 7 fig.5. By 5 minutes per point on each side (total exposure time 10 minutes), 3 times a day.
- **On both sides of the spine** - field no. 8 Fig. 32. 3 minutes for each point, once a day (total exposure time 12 minutes).

The duration of the course is 15 days.

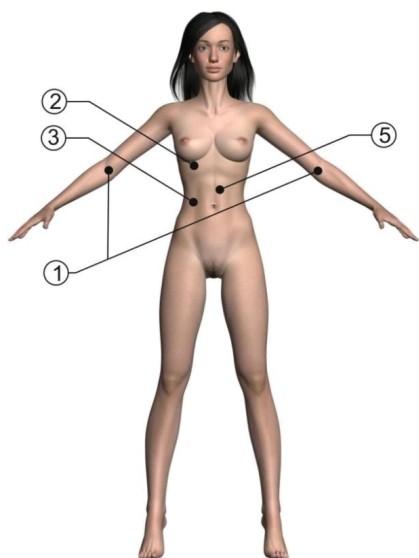


Fig.46.

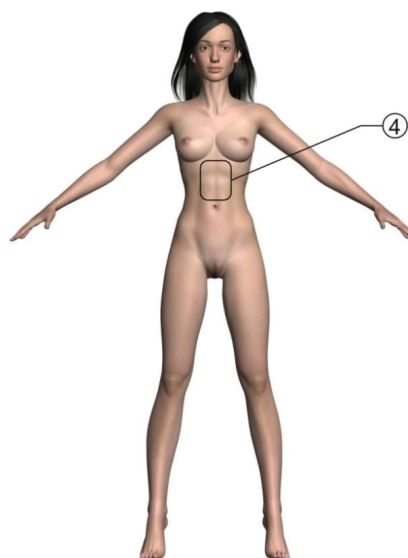


Fig.47.

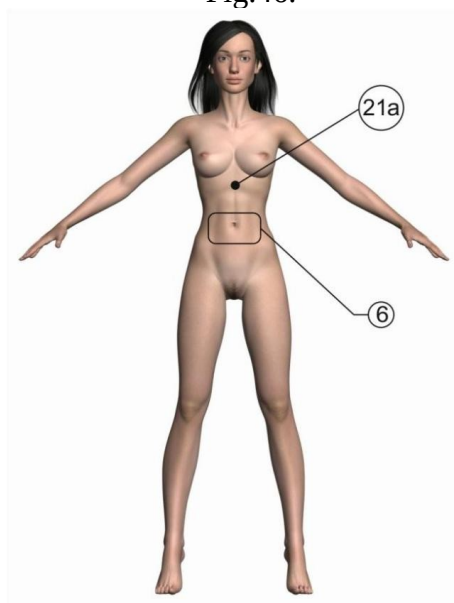


Fig.31.

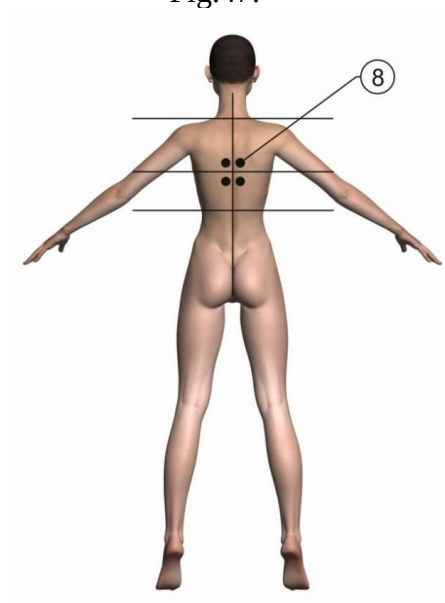


Fig.32.

Fig. 46-49. Fields of exposure to an IR emitter in diseases of the gastrointestinal tract.

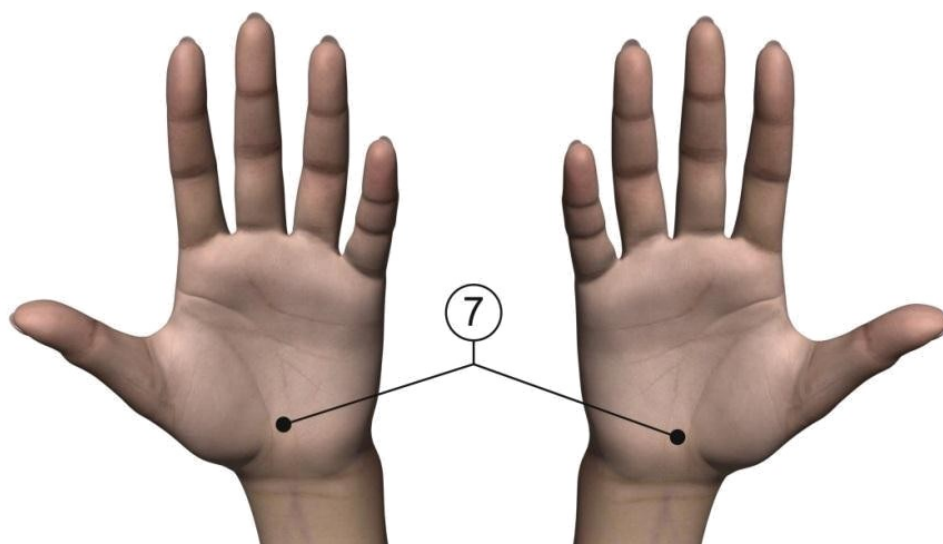


Fig.5.

- **Liver** - field No. 2 fig. 46.
- **Point of the gallbladder** - field No. 3 of Fig. 46.
- **Pancreas** - field no. 5 fig. 46.
- **Stomach** - field no. 4 fig. 47.
- **Esophagus** - field No. 21 Fig.31.
- **Thoracic spine from both sides** - field No. 8 Fig. 32.
- **Points of correspondence of the digestive organs on the palms** - field no. 7 fig. 50.

## 16. DISEASES OF THE UROGENITAL SYSTEM ORGANS

### 16.1. Acute cystitis and exacerbation of chronic cystitis

- **Bladder** - field no. 90 Fig. 33. 10 minutes at zero, 2 times a day.
- **Ureters** - field No. 91 Fig. 33. 10 minutes on the field, 2 times a day.
- **Nearrenal area** - field no. 82 Fig. 33. 10 minutes per area, total exposure time 20 minutes, 2 times a day.
- **Points of correspondence of the bladder on the palm** - field No. 93 Fig.34. 3 minutes each per point, once a day.
- **On both sides of the spine** - field No. 92, Fig. 33. 3 minutes per point (total exposure time 18 minutes), once a day.
- **Elbow fossa** - field no. 1 fig.1. 5 minutes per point on each side, once every day.

The duration of the course is 10 days. Repeated course in 10 days within 10 days.

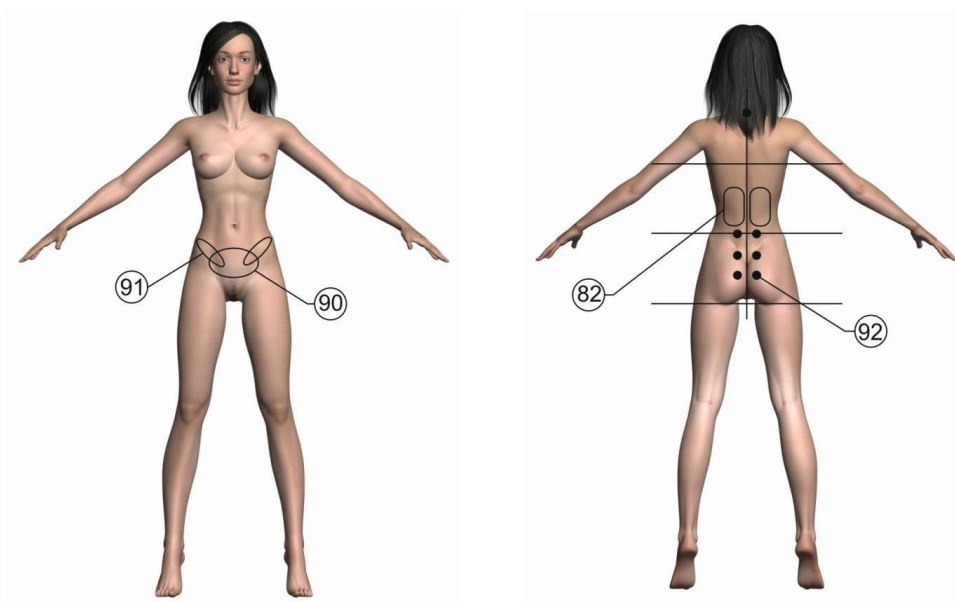


Fig.33. Fields of influence for cystitis.

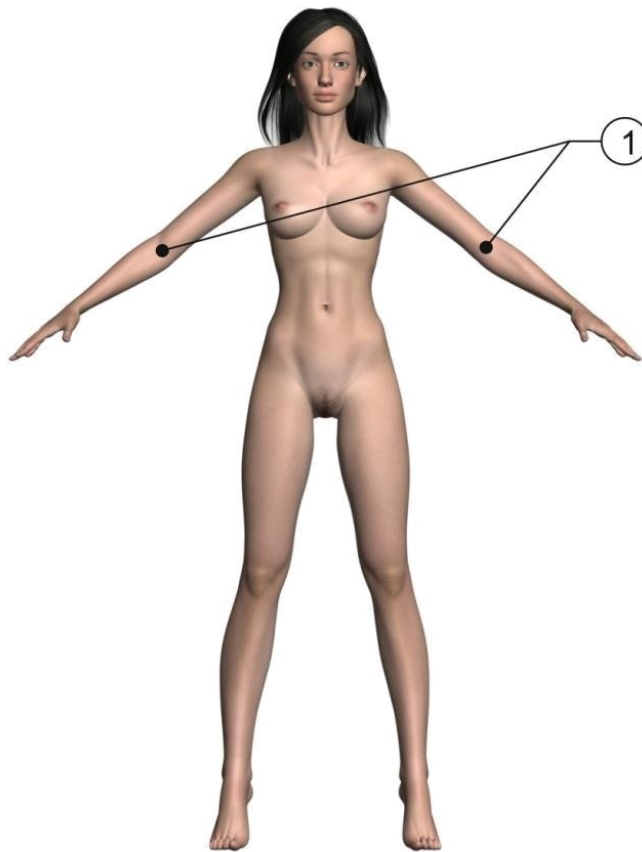


Figure 1. Exposure to an infrared emitter on the cubital fossa.

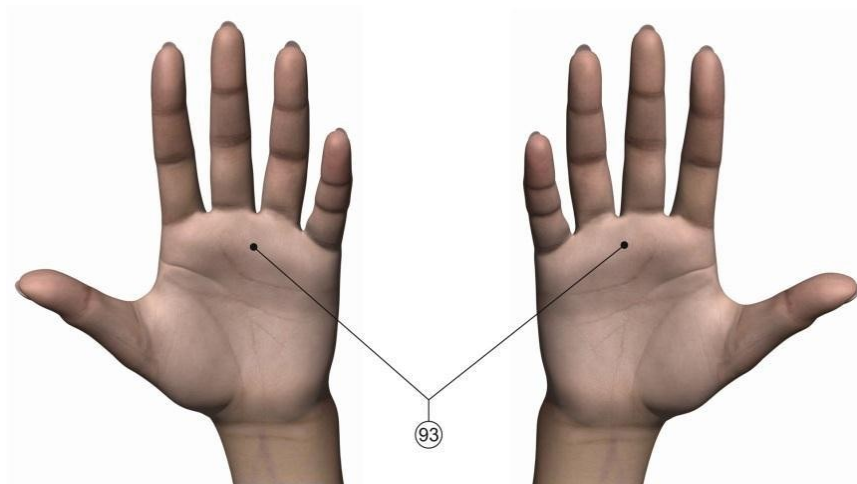


Fig.34. Bladder correspondence points on the palm.

## 16.2. Chronic prostatitis

Attention! Before treatment, you must consult a doctor!  
Combine this technique with the prescribed treatment.

- **Lower abdomen** - field no. 94 fig. 35. 10 minutes per point, once a day.
- **Elbow fossa** - field no. 1 fig.1. 5 minutes per point on each side, once every day.

- **On both sides of the spine** - field no. 92 Fig. 35. 3 minutes per point (total exposure time 6 minutes).
- **Between the root of the penis and the anus** - field no. 95 Fig. 35. ten minutes per point, once a day.
- **Scrotum** - field no. 96 Fig. 35. 10 minutes per point, once a day.

The duration of the course is 20 days, with two repeated courses after 15 days for 20 days.

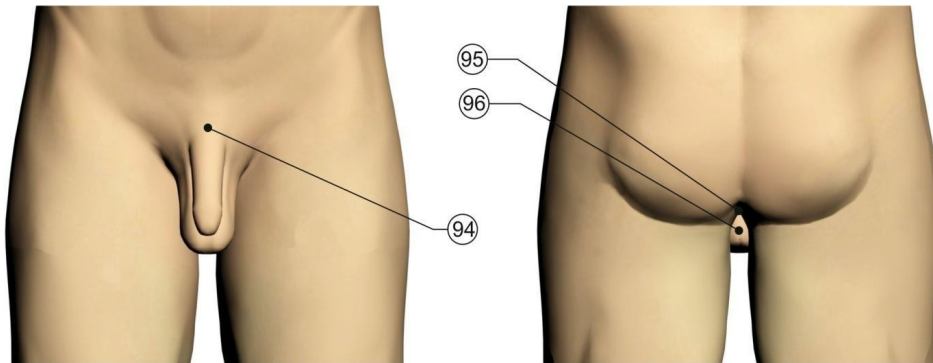


Fig.35. Impact fields for prostatitis..

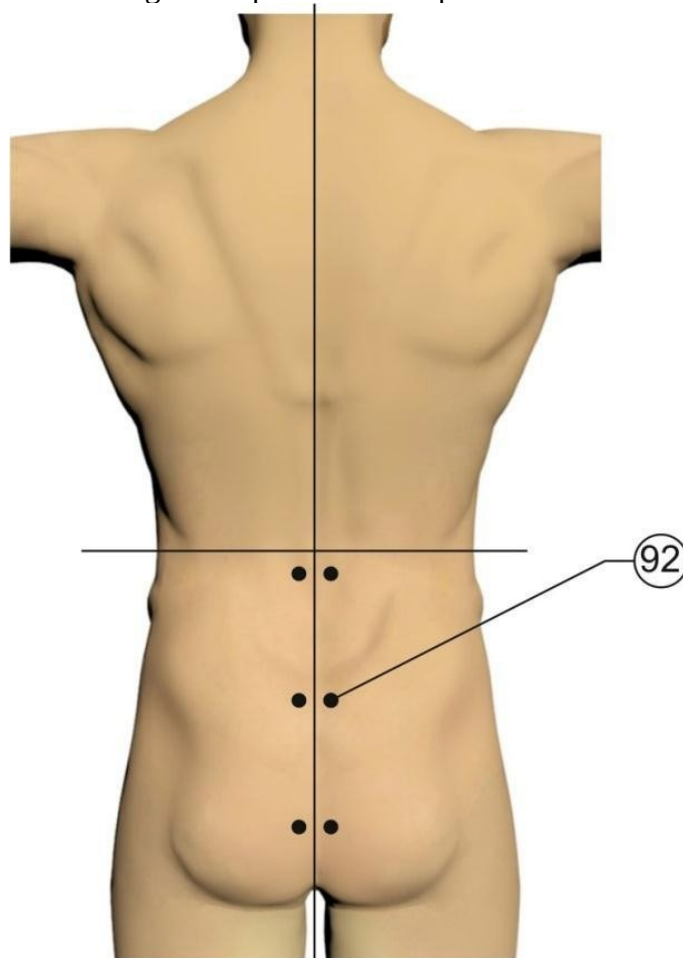


Fig.35. Impact fields for prostatitis.

## 17. PROCTOLOGICAL DISEASES

17.1. Anal fissures, hemorrhoids, postoperative conditions (paraproctitis, fistula, epithelial coccygeal passage, cyst).

- **The middle of the groin folds** - field No. 98 Fig. 36. 5 minutes per point with each sides, 1 time per day.
- **Lower abdomen** - field no. 99 Fig. 36. 10 minutes per point, once a day.
- **Anus** - field no. 100 Fig. 36. 10 minutes per point, once a day.
- **Middle of pack folds** - field No. 92 Fig. 33. 3 minutes per point (total exposure time 18 minutes), once a day.

The duration of the course is 10 days.

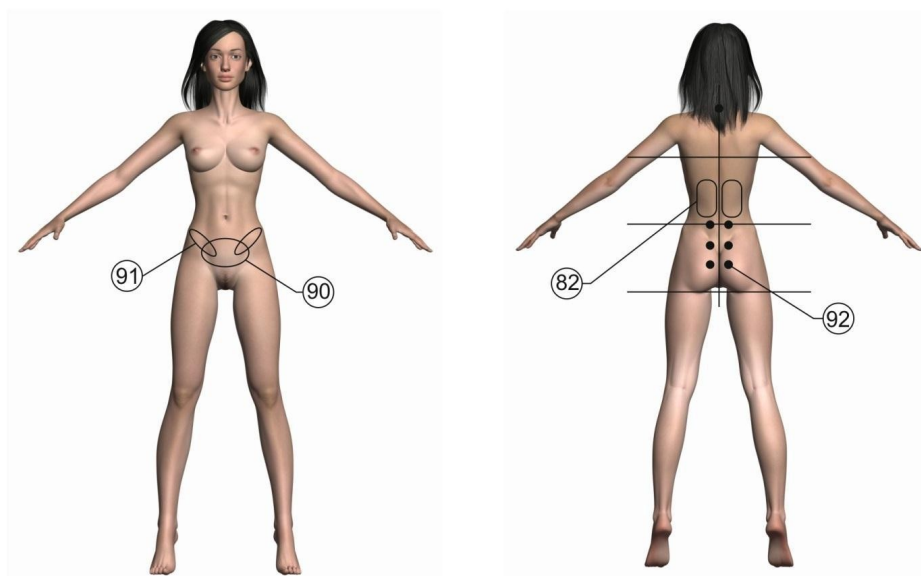


Fig.33. Impact fields in obstetrics and gynecological diseases.

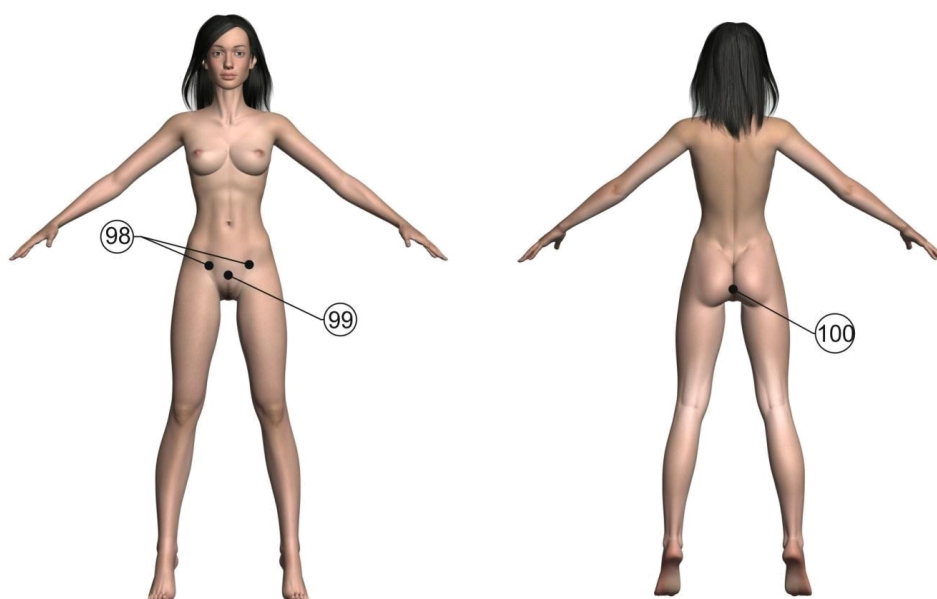


Fig.36. Impact fields for proctological diseases.

## 18. CORRECTION OF DIABETES MELLITUS AND COMPLICATIONS

### 18.1. Trophic ulcer

- **Areas of defeat.** 10 minutes on the ulcer field, 3 times a day.
- **Pancreas** - field no. 5 fig. 46. 15 minutes on the field, daily, 2 times a day, within 15 days.
- **Elbow fossa** - field no. 1 fig. 46. 5 minutes per point on each side, daily, once a day, for 10 days.
- **Points of correspondence of the digestive organs on the palm of the hand** - field No. 7 Fig.5. By 3 minutes per point, once a day.
- **On both sides of the spine** - field no. 8 Fig. 32. 3 minutes for each point, once a day (total exposure time 12 minutes).

The duration of the course is 10 days.

### 18.2. Diabetic angiopathy and polyneuropathy

- **Elbow fossa** - field No. 1, Fig. 46. 5 minutes per point on each side, daily, once a day, for 10 days.
- **On both sides of the spine** - field no. 8 Fig. 32. 3 minutes for each point, once a day (total exposure time 12 minutes).
- **The front and back surfaces of the legs and feet** - contact, smoothly moving along field number 88 Fig.30. Average exposure time 20 minutes per limb, 1 time per day.
- **Front and back surface of the forearm, hands** - contact, smoothly moving across field No. 86 Fig.30. Average exposure time 20 minutes per limb, 1 time per day.
- **On both sides of the spine** - field No. 89 Fig.30. 3 minutes per point (total exposure time 24 minutes), once a day.
- **On both sides of the spine** - field no. 87 Fig.30. 3 minutes per point (total exposure time 18 minutes), once a day.

The duration of the course is 10 days. Repeated two courses with an interval of 15 days within 15 days.



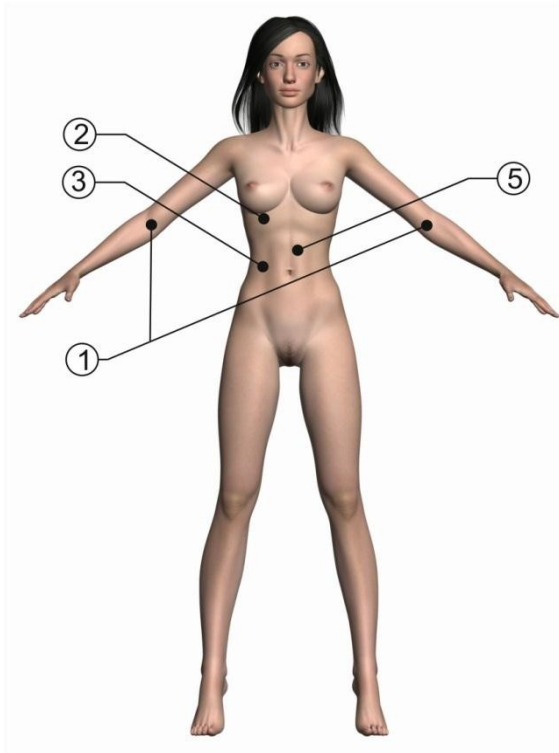


Fig. 46.

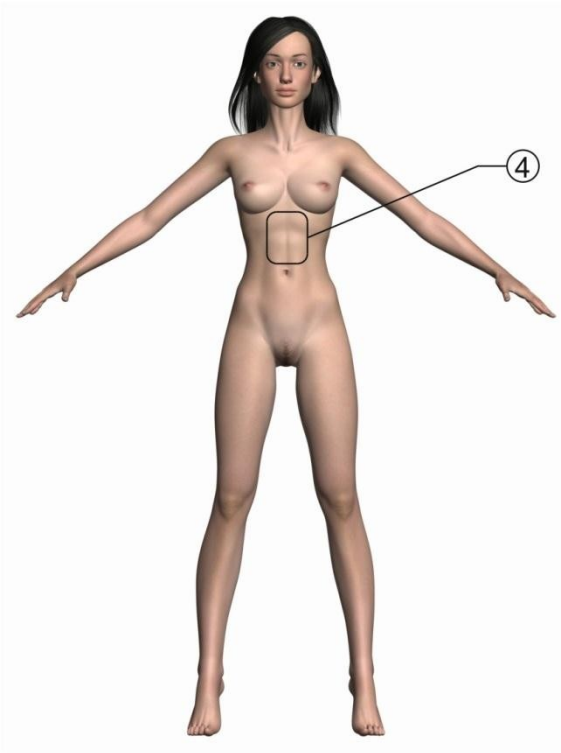


Fig. 47.

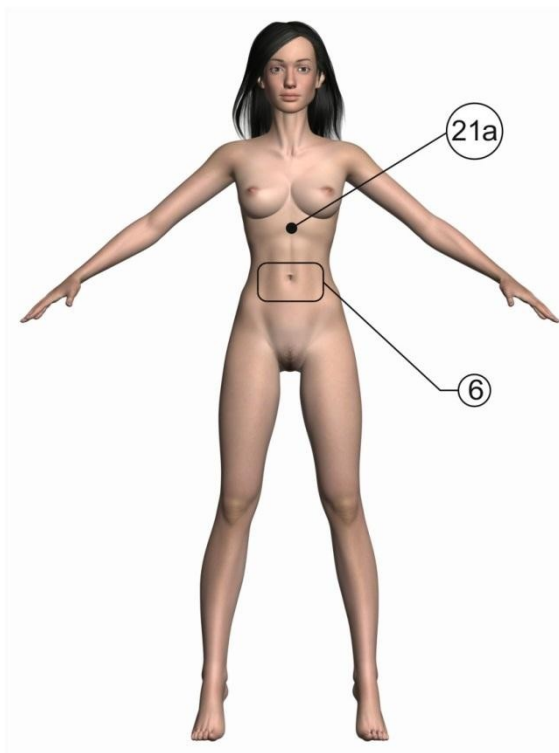


Fig. 31.

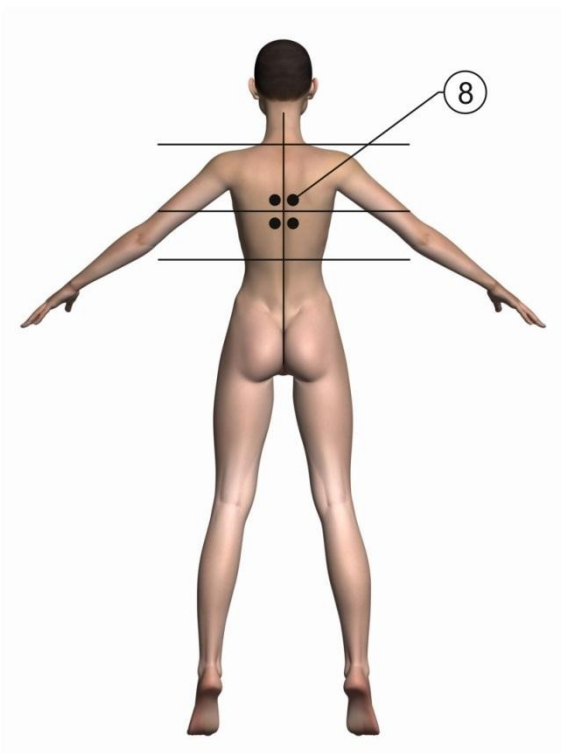


Fig. 32.

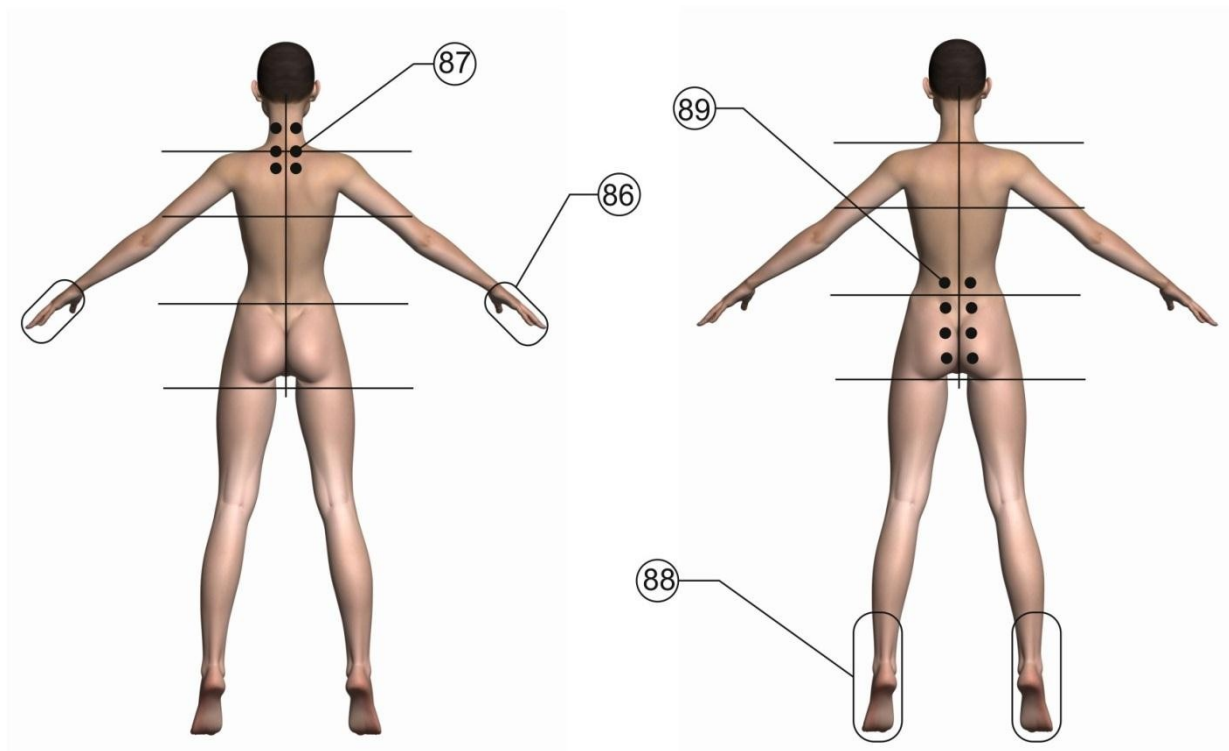


Fig. 30

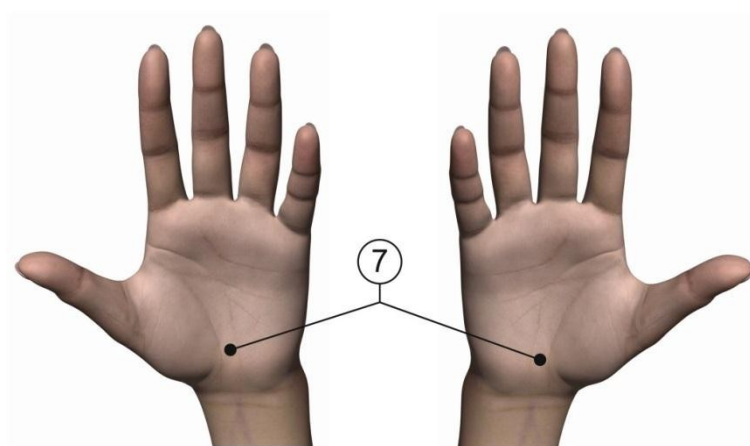


Fig. 5.

## 19. PEDIATRICS

The method of treating children corresponds to the method of treating similar diseases in adults. The impact is carried out on the same fields, but the exposure time reduced by half or more depending on the age of the child: for children of the first a year of life a session is 15 minutes, from 1 to 5 years 20 minutes, from 5 to 10 years 30 minutes. Older children are treated in the same way as adults. Each technique additionally include exposure to the sternum.

- **Sternum** - field No. 21 Fig.14. 3 minutes per point, once a day.

The duration of the course is 10 days.

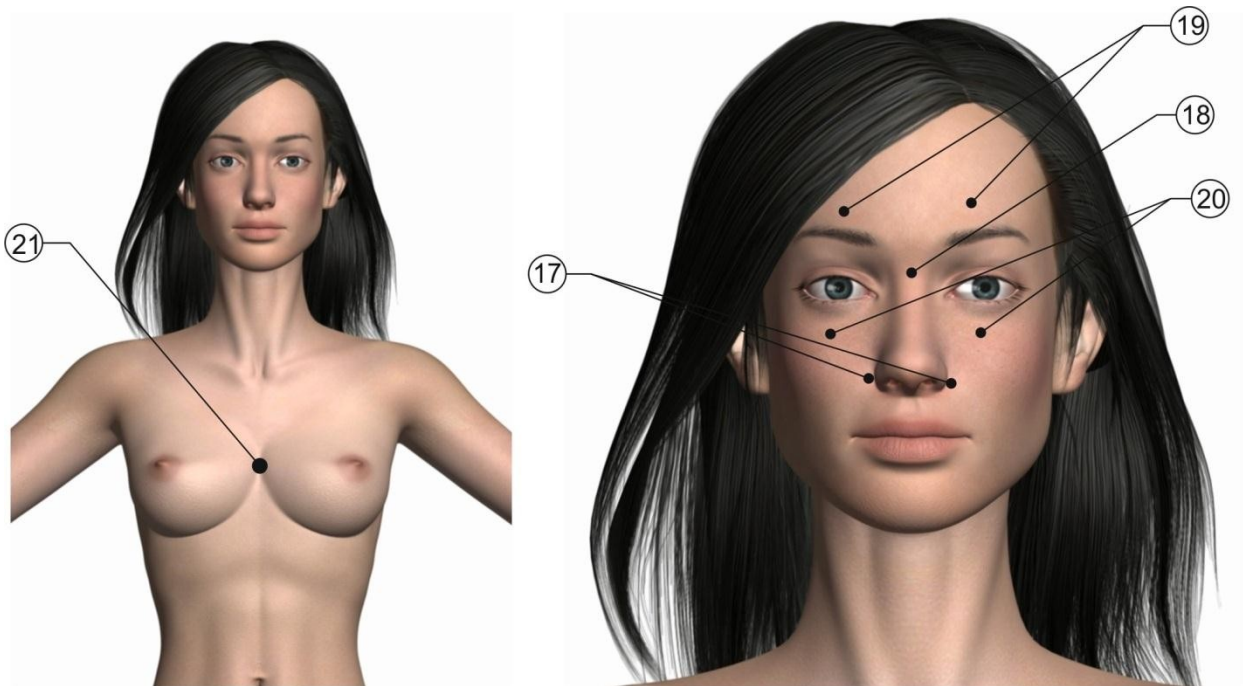


Fig 14

## **20. ANIMAL DISEASES**

Animals suffer from the same diseases as humans, therefore, for their treatment all the techniques described above are applied. Recommended time of one session 30 – 40 minutes.

Frequency 2 times a day. The duration of the course is 10 days..

The material used techniques and developments:

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