

Alternative Medicine

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Diet, microbiome and visceral congestion

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Increasing scientific research about brain-gut interactions is bringing numerous questions and challenges for the future of individually oriented medicine. There is a huge variety of microorganisms, which are distributed throughout the intestine, with the prevalent metabolic activity in the large intestine. The intestinal flora or microbiome is made of 500 to 1000 species of microbes, approximately 70% of which cannot be cultivated *in vitro*. Numerous efforts are directed to genetic analysis and implementation of immunological reactions in order to detect the most dangerous pathological species, which are capable of interaction with human microbiome and its genome that influences production of main neurotransmitters and biologically active substances like serotonin, dopamine, histamine, vasoactive intestinal peptide (VIP), calcitonin gene related peptide (CGRP) and many others, physiologically less important substances.

Diet, especially highly processed and preserved food items are becoming more and more questionable as a pathogenic factor. People, especially infants and elderly frequently have poor digestive capacity. This makes them prone to dysbiosis and inflammation that initially remains subclinical. Congestion and vasodilatation are one of the earliest remarks of inflammation that could be observed by examination of vertebral viscerotomes, which are pertaining to coeliac plexus.

The application of middle under pressure dry cupping therapy on the paravertebral region between fifth and eleventh thoracic vertebra and the point Tian zong (SI 11) on small intestine acupuncture channel is proposed as a qualitative clinical method for early screening and follow up of visceral congestion. Warm cups were applied on coeliac viscerotomes (Th5-11) for 5 minutes; slight circular counterclockwise movement of each cup was done the last minute of treatment. Ten different clinical patterns were examined and particular changes will be presented.

Lymphatic congestion appears as an edematous swelling under the applied cup, while blood congestion appears as a bruise with less extensive or without lymphatic swelling. Some of the swellings are segmentally assembled with dense

and excessive accumulation of degenerative lipopigments (lipofuscin), which are similar to moles. Those two joined appearances may be understood as simultaneous remarks of excessive oxidative stress in pertaining organ or tissue.

This clinical method has been historically present in many different countries as a part of traditional medicine and is lately becoming more applicable by itself or attached to other modes of therapies. Clinical observations are showing significantly differences among the patients and healthy individuals. The cupping method could be also applied as a follow up or preventative measure for different modes of microbiome interventions.

Recent Publications

1. Extraordinary vessels, body fluids and body posture -subtle governors of autonomous nervous system signaling BMC Complementary and Alternative Medicine 2017, <https://ifst.onlinelibrary.wiley.com/doi/10.1186/s12906-017-1784-2>
2. Microbiome, diet, visceral congestion and cupping Acupuncture & Electro-Therapeutics Res., Int. J. Integrated Medicine, Vol. 43, pp. 185-294, 2018 <https://doi.org/10.3727/036012918X15355691785681>
3. Acupuncture & Electro-Therapeutics Res., Int. J. Integrated Medicine, Vol. 43, pp. 185-294, 2018 <https://doi.org/10.3727/036012918X15355691785681>
4. CLINICAL AND NEUROPHYSIOLOGICAL PARALLELS BETWEEN CERVICAL GANGLIA CHAIN AND YANG VESSELS MAIN CROSSING – GV14 (DAZHUI) Acupuncture & Electro-Therapeutics Res., Int. J. Integrated Medicine, Vol. 43, pp. 185-294, 2018 <https://doi.org/10.3727/036012918X15355691785681>.

Biography

Papuga P is an acupuncturist, graduated from the Faculty of Medicine in Zagreb-Croatia, received education in Traditional Chinese Medicine during three-year studies in Beijing and Shanghai (1989-1992). At the University of Ljubljana he has completed master studies in the field of the Epidemiology of effects of non-ionizing radiation on humans. His present interest in clinical work and research is on the integration of neurophysiology, traditional medical knowledge and present scientific advances for improvement of health. He daily advises on natural methods for improvements the quality of life. He is also the author of the books "The Chinese Key to Health and Our Nutrition", a reflection of ourselves, both in Slovenian and Croatian language.

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