

RANC. Why nobody knows?

Written by врач невролог А.А.Пономаренко
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Almost everyone knows that "all the future exists in the past". RANC method was used frequently, it had a different name and an insignificant scope of application due to another theoretical justification and it was forgotten.

Working as a doctor, I had been analysed the results of practical using of different methods of treatment during 14 years. I found out the answers to questions, which were not discussed in books and lectures of our professors. After changing the old and forgotten way of treatment, I succeed in extending the scope of application in treatment of some diseases which have been considered incurable until now. I named it according my own views of its operating principle. My conclusions are differ from traditional ones; therefore, an old way of treatment got a new name. In the article below, I tell about it. Let us start.

RANC is an English abbreviation for the Restoration of the Activity the Nerve Centers. I will tell you now what it means, but in short, because of the article size. One who wants details may read them by visiting a website: [www. nevrologica. ru](http://www.nevrologica.ru).

In practice it is a modify paravertebral block, which is not used anywhere. There are different modifications and techniques of performing these manipulations. The whole point is that mixtures of local anaesthetic, anti-inflammatory, hormone and vitamin solutions are injected deeply in unhealthy parts along a spine. The authors of these methods explain that due to terminating painful impulses to brain, by nourishing painful places and removing inflammation, they get curative effect. Effectiveness of such treatment isn't very high, these manipulations are dangerous and hard to perform, therefore they aren't got accustomed.

Having analysed the action mechanism of this treatment, Chinese acupuncture, manual therapy

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and different physiotherapeutic procedures, I arrived at my conclusion, which is confirmed by practice. To my opinion, the curative effect appeared not because of medicine and current (TENS, electrophoresis), but due to short local painful stimulation at the moment of manipulation, during acupuncture treatment one doesn't inject anything only inflicts pain by needles. Relying on these ideas, I performed intramuscular injections, which have the same cure as "blockade" by using solution of different medicine and understood that painless solutions didn't have an effect. Finally I chose two agents: weak solution of analgin (0,5 cubic centimetre by 10 cubic centimetre of solution), and also weak solution of magnesium sulfate, a doctor, Beryugin Gennadiy Vasilievich from Angarsk offered to use distilled water, it gets pain and that's why it is more effective. Why does it «work»? I can share my conclusions, which I made after the years or observing the reaction of patients to this treatment. If anyone has other opinion concerning activities in our body, I will be glad to hear it with the same pleasure as it was with doctor, Beryugin Gennadiy Vasilievich, who offered water injections. We did the same with colleagues from Vilnius, where using of analgin is forbidden.

What is pain? Pain is a powerful flow of electrical impulses which goes to brain through spinal cord (if they go from body muscles) or skirt it if goes from internals, or from traps. This flow of impulses through spinal cord reaches sensitive convolution of the brain and it measures several square centimetres in parietal region when we discuss back muscles. Certainly on their way they pass through thalamus, through so called "brain doors" and perform particular changings of functional character. The flow of impulses from traps has it's own path, to my mind, if we follow the principle of anatomical structure of brain.

Due to the fact that "accessory nerve" which controls traps (they hold cervical and thoracic spine) originated from numerous "nucleuses" in brain stem and cervical cord we have an amazing possibility to reach all its sections which include cortical and subcortical ones. What is the way and base of my conclusions? They are based on the knowledge that nucleuses of so-called reticular formation are located between the nucleuses of "accessory nerve". This formation has also a name "Rising activating system". It pierces through all cortical and subcortical parts of brain and integrates their operation. To my opinion due to this close anatomical and physiological functional connection occur the changings in brain activity, which we can observe later.

Thus, creating a strong flow of impulses from back muscles we "pierce" through all parts of brain. We plan to understand subtle mechanisms of activities in brain, moreover the necessary equipment exist nowadays. I mean functional CAT (Computerized Axial Tomography) and other equipment, which allow scanning brain online and observing changings. As far as all functions and systems of our body, and even brain are controlled by brain, positive changings lead to recovery all body systems, which is logical.

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Let's revert to the article name. I am asked this question frequently. Why this method isn't used? What can I answer? There are several answers, and I used them. Firstly, we weren't studied it, and due to conservatism of our medical profession, which is proven by dealing with human life, only a few people will take responsibilities for correcting old, partly functional methods of treatment. Another reason is based on complication of spreading information. Firstly, for advertising it in the Internet, TV, newspapers, and journals you should have enough money. For example, for one published article in the middle of a regional daily tabloid "Komsomolskaya Pravda" you should pay approximately 1500 dollars. Television advertising costs differently, so we have many obstacles. Due to flows of false information from the Internet and other sources, people are deceived and don't believe anything, so it's quite easy to understand "Why this method isn't used?" However, we are trying to give information to people that medicine is developing and not all spheres are studied, we have created our website to give help for people: "RANC association", where you can contact with doctors who use the method RANC in their regions.