BALANCED POSTURE AND ELECTRIC ACUPUNCTURE (BPEA)

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It is said that good posture should satisfy the following conditions: less strain upon the muscles, effortless, nonfatiguing, little consumption of energy and aesthetically acceptable appearance. Now I would like to add 3 other conditions: 1) stable 2) dynamic i.e., easy to move in any direction directly and 3) no abnormal feeling, such as pain stretch pain, sensorial disturbance, dizziness, and so on.

Many people have abnormal feelings when they try to move or to keep the same posture for some time. This phenomenon has much to do with immediate or proximate causes of diseases and disorders. Therefore studies of “Balanced Posture” will give an important insight into diagnosis and treatment.

Today I would like to present a simple method I’ve found to reform poor postures, and show that “Balanced Posture” is the best posture that a man can assume.

Look at the picture, please. (Fig. 1) As a rule, we examine the patient from the front, from the side, and from behind, to make sure in which direction the body tends to lean. We then make him try six basic motions, i.e., bending forward and backward, to the left and to the right and twisting in two ways, to see whether the motions are easy or not, and whether the patient complains of an abnormal feeling such as pain.

Principles to get “Balanced Posture” (B. P.) are, as a rule, as follows;

(1) In case of right-leaning (left-leaning), or if it is hard for you to bend to the left (right), put your right foot to the right (left).

(2) In case of forward-leaning, or if it is hard for you to bend backward, open your toes outside.

(3) In case of backward-leaning, or if it is hard for you to bend forward, close your toes inside.

(4) In case of slant-leaning, or if it is hard for you to twist to the right (left),
move your right (left) foot front half right (front half left).

Taking these principles into consideration, move your feet to all directions and try to adjust the width between your feet or the way of your opening toes adequately. Naturally, these movements of feet should come in company with those of pelvis, spinal column, shoulders and hip joint.

The right sciatica patient (Fig. 2) finds it hard to turn to the right from pain. But if he puts his right foot forward aslant, he can twist his body easily. The pain disappears, and he stands comfortably. This is the "Balanced Posture" (B.P.) for him.

This old man with osteoporosis (Fig. 3) feels a lowback pain when he stands upright, putting both feet together. His back is curved like a buttonhook; he sticks out his chin and draws his arm backward. He assumes a forward leaning posture and is unstable with pain. His head leans to the left, his right shoulder is lowered. His right arm and right side are wide apart. Now let him put his right foot to the right with the toe outside. Then his breast gets open, both shoulders and arms are even, the lowback pain disappears, his back is straightened, and he stands erect comfortably. It is easy now for him to bend backward, forward, to the right and to the left, and to twist his trunk. This posture is B.P. for him. Note that this posture satisfies the conditions of a good posture that I enumerated at the beginning.

Now, let him keep this Balanced Posture (Fig. 4), and let us probe for the spots which show better electroconductivity of the skin on the lumbar area and the areas which cause an abnormal feeling. When they have been found, let us perform acupuncture on these points (electro permeable points, Ryodoten) with an application of interrupted Direct Current 200μA; 12 Volts at the time when the patient breathes out. After 2 or 3 breaths, let him stand with
both his legs put together, and then he is cured instantly. This corresponds to Howarth’s “dynamic basic posture”.

I call this method “Balanced Posture Electric Acupuncture” B.P.E.A.

Naturally, the better balanced posture you can make the patient assume, the better results you can get immediately. When you find it difficult to get a balanced posture, you must rely on other methods, particularly on electric acupuncture of other types in attitude which manifest maximum pain in body, therapeutical exercise, operation, etc. The effect of B.P.E.A. appears immediately as a change of electric discharge in Electromyograph, change of the center of gravity, equilibrium tests and the results of the treatment, such as the whiplash injury, postural lowback pain and others.

On checking the activity of the abdominal and back muscles simultaneously during flexion of the trunk by way of Electromyograph (Fig. 5), the back muscles usually show silent discharge while the abdominal muscles show a slight activity shortly before the trunk reaches it’s full flexion—Alternating Period positive (A.P. (+)) and the majority of the patients with lowback pain demonstrate the overlapping of discharge in back and abdominal antagonistic muscles (A.P. (−)) and absence of relaxation of the back muscles. The discharge of a 24-year old woman with lowback pain (A.P. (−)) changes after B.P.E.A. to normal Type A.P. (+) instantly with no pain.

By using the equipment “stasiofax” we can trace the shift of the center of gravity (called the Electrogravitiograph) E.G.G. (Fig. 6) the pattern of E.G.G. while standing with both eyes closed on both feet and on one foot, by means of B.P.E.A. changes such that the position of the center of gravity moves nearer to the center and the area of fluctation reduces surprisingly so that the posture becomes stable and the body well balanced.

This figure shows the test of equilibrium of a 19-year-old man with Rachioscoliosis and Spondylosis (Fig. 7). In the upper part are the results of the righting reflex tests; Romberg test, Mann’s test and standing-on-one-foot test, with open and closed eyes. Before B.P.E.A. he is unstable in the 3 tests and after Acupuncture he becomes stable instantly in all tests. In the lower part are the results of the test of drift reaction or the stepping test. Before B.P.E.A. he shows right deviation and forward rotative displacement and after Acupuncture he demonstrates no deviation and little backward displacement.

This is a list of letters by a 19-year old woman (Fig. 8) in the blindfolded vertica-
lrwriting test, one of the tests of drift reaction. Letters before B.P.E.A. show right deviation and tend to shrink. But Acupuncture cures her instantly; they show no deviation and both their feet are stable after the treatment.

From the standpoint of vitaldynamics and reflex-physiology, “Balanced Posture” means the best posture that a man can assume at a particular time and in a particular situation. It is, therefore, the fundamental and most important posture in our daily life.

B.P.E.A. will develop a new way to the study of the posture, and will relieve us from many diseases and disorders which are caused by poor postures. The idea of B.P.E.A. is effective in the therapeutics and corrective exercise and also in the posture education.

Including such an acupuncture anesthesia, Oriental medicines as well as Occidental medical science, has made much contribution to our health and has cured many diseases and physical disorders. I'm confirmed Oriental medicine including acupuncture anesthesia and Ryodoraku therapy will develop more rapidly and widely in contact with Western medicine. This “Balanced Posture Electric Acupuncture” which is very simple and painless to change posture immediately, is one of these rapidly progressing Oriental medical techniques.

Thank you.

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