



## The KASSIAN-SAIDBEGOV method

For a long time now, **disturbances of the spinal column and joints** have occupied a predominant place among the most wide-spread diseases in the world. A large number of those who suffer from **backache** and the consequent secondary neurological symptoms are young or middle-aged (40-50 years old). Being of working age, these patients mainly resort to pharmaceutical treatment in the hope that the painful syndrome will regress in as short a time as possible.

But pharmaceutical products are not always, and in all patients, as effective as hoped for, whereas the use of them can always, and in all patients, produce disagreeable or even harmful effects, especially if the use is intensive and for prolonged periods of time.

**Backache** can, however, be cured by manual treatment of the spinal column, without using any kind of pharmaceutical product or complicated surgical interventions. Among the various methods of manual treatment of the spine, there is one which has been used in the ex-USSR for centuries. This practice, in more recent times, was updated and perfected by **Professor Nikolai A. Kassian**, a member of the Ukrainian Academy of Sciences. Known as the **Kassian method**, this technique has been further developed and updated by **Professor Saidbegov**. It is totally different from chiropractic and osteopathic methods. Neither is it a kind of massage.

The technique, defined by Prof. Saidbegov as **Non-Invasive Vertebral and Articular Re-positioning (NIVAR)**, differs from other methods for these three fundamental reasons:

- ♦ *It can only be applied by experts- by neurologists and/or orthopaedists with many years of experience. No less than 5-7 years of daily training are necessary for a practitioner to master this method.*
- ♦ *It involves the use of so-called "short levers" or spinal apophyses in the manipulation of the back.*
- ♦ *It is a unique method in the Western world that cures without pharmaceuticals or the use of surgery, even for herniated or slipped discs that are voluminous and expelled.*

The **Kassian-Saidbegov method** allows the practitioner to intervene at the seat of the disease right from the first day of therapy, and can treat, at the same time, the whole of the spinal column and the various joints causing pain. This method is used with success to treat the following diseases: **herniated or slipped discs including those which are voluminous and expelled** as well as simple protrusions, scoliosis, juvenile kyphosis, arthrosis in the joints of the upper and lower limbs, cervical arthrosis, thoracic arthrosis, lumbosacral arthrosis, osteochondrosis and the related secondary symptoms (headache, pain in the neck and back, lumbago, lumbar sciatica, disorders in the vascular flow in the last lumbar vertebrae-syndrome of the vertebral artery, etc.), discopathy, periarthritis in the joints of the limbs, periarthritis in the scapula or humerus, epicondylitis, styloiditis, etc.

The treatment begins with a detailed study of the results of tests- including Nuclear Magnetic Resonance (NMR), a full neurological-orthopaedic examination and diagnosis of the state of the vertebrae and joints through a medical examination in which special sensitivity in the fingers- only acquired after years of experience- is used.

## The advantages of the method

The main objective of the manipulations is the unblocking (mobilization) of the vertebral segment where the problem is located, and of the whole of the spinal column, the normalization of intervertebral relations with the elimination of any partial dislocation and subluxation so as to restore movements in the vertebo-motor segment concerned, and thus to eliminate inflammation and pain. As a result of the therapy, the muscles relax and the biomechanical function of the spinal column is restored. Thanks to the manipulation, there is an improvement in blood and lymph circulation and also in intercellular metabolism not only in the segment of the back causing pain, but all along the whole of the spinal column. This in turn leads to an improvement in the metabolic processes in the cartilaginous tissue and in the tissue around the discs and joints. It is a known fact that in diseases of the intervertebral discs due to radicular disc conflict, metabolic structural changes take place in the adjacent tissues, tendons, ligaments, and muscles. These are exactly the formations that the Kassian-Saidbegov method acts on.

As far as intervertebral hernias are concerned, the method can put them back in place only in the acute phase (the first hours- sometimes in the first days following its displacement). If a long time has passed from the onset of the hernia, the manipulation eliminates the inflammatory process around the hernia, gets rid of the oedema, and causes the liquid which has formed to be reabsorbed with the consequent absorption or calcification of the hernia itself and the total liberation of the compressed nerve root. Thus, the lumbar-sciatica syndrome disappears and both the vertebral segments that were affected, and the whole of the spinal column, resume functioning properly again.

The therapy treatment is applied in cycles of 10 successive daily sessions. During each course of manual treatment, patients must suspend any other therapy they are undergoing, such as physiotherapy or remedial gymnastics. It is also advisable for them to suspend any sports activity that they may be practicing and to refrain from any physically tiring work. At the end of each session, it is normal practice for the patient to rest for 20-30 minutes on a bed.

### The significant advantages of NIVAR with the KASSIAN-SAIDBEGOV method:

- ♦ Treatment is of a physiological nature and does not involve the use of pharmaceutical products or surgical operations, but rather it stimulates the body itself to resolve the problem.
- ♦ Compared to traditional methods, the duration of treatment is significantly reduced.
- ♦ The method corrects the functioning of the whole of the spinal column and this stimulates the normalization of the functioning of the whole of the body and the internal organs.
- ♦ Treatment can be carried out anywhere and in any circumstance.
- ♦ The method (in cases of emergency) does not require any complicated tests or expensive equipment. In fact, all that is required is a relatively rigid raised flat surface.
- ♦ In 95% of cases there is full recovery or improvement. The possibility of complications of any kind can be ruled out.

**After the first three or four sessions, the patient may feel a worsening of the pain, but this is no cause for alarm: this pain is a physiological reaction to the manual re-positioning of the parts of the spinal column. During treatment, the patient is advised not to take hot baths and not to use any kind of curative ointment.**

## The spinal column

The spinal column, being the axis for the whole body, plays an important role in the human organism. It serves as a protective casing for the spinal cord- the natural extension from the brain of the nervous and motor systems- which is contained within it. By means of the roots of the spinal cord and through the intervertebral cavities, the spinal cord and, as a consequence, the brain "communicate" with all the systems and organs of the body, regulating their functioning. In short, the brain and the spinal cord control all the structures of the skeletal system: muscles, bones and joints, as well as all the internal organs.

The spinal column is made up of 24 vertebrae plus the sacrum and the coccyx. The vertebrae are interconnected by the articular apophyses, by the intervertebral discs, and by strong ligaments arranged around the vertebrae.

Each vertebra is made up of a round body shaped like a barrel and an arch with a spinous apophysis which can be identified by touch along the median line of the neck and back. The space between the round body and the arch of each vertebra forms the vertebral cavity. The vertebrae, connected together by the intervertebral discs and by the articular apophyses- which serve to link each vertebra with those above and below it- form the spinal column inside which the cavities of each vertebra form the spinal cord canal. Here, inside a "sheath" made up of the spinal cord membranes and a porous, fatty cellular tissue, lies the spinal cord. The vertebrae are linked together, two by two, by the articular apophyses which, situated on the arches, form the intervertebral cavities through which the nerve roots pass.

It is exactly here that neurological diseases such as radiculitis occur (bringing pain, muscular tension, and an alteration in the functions of the spinal column), due to compression of the nerve root resulting from a narrowing of the intervertebral cavity caused by a herniated disc or vertebral osteophytes.

