

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

# اعمال یداوی در بیماری های زنان

آزاده زارعی

پزشک و متخصص طب ایرانی

دانشگاه علوم پزشکی تهران

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# *Visceral Manipulation in Osteopathy*

# *The Uterus*

## Topographic Relationships

- peritoneum
- urinary bladder
- rectum
- vagina
- small intestinal loops
- sigmoid colon
- fallopian tube
- ovary
- ureter
- uterine artery and vein

# *the Ovaries*

## Topographic Relationships

- ovarian fossa
- peritoneum
- psoas fascia
- ileum
- ovarian vessels
- uterine artery
- cecum (right ovary)
- appendix (right ovary)
- piriformis (in multiparas)
- obturator nerve

# *Concepts:*

## o Jean-Pierre Barral

(standard method of visceral osteopathy in Europe. palpates the organs and moves them directly in his mobilizing techniques)

## o Georges Finet and Christian Williame

(extensive radiograph and ultrasound to examine the movements of the abdominal organs in relation to diaphragmatic breathing)

## o William and Michael Kuchera

(using special techniques to influence the circulation (arteries, veins, vegetative nerves and lymphatic vessels) of the organ)

## o Chapman

(reflex therapy)

# *Visceral Manipulation according to Barral*

## o Physiology of Organ Movement

three movements of the internal organs:

- o **Motricity:** passive changes in the position of the organs that result from arbitrary motor activity by the locomotor system
- o **Mobility:** movement either between two organs or between an organ and the wall of the torso, the diaphragm, or another structure in the musculoskeletal system
- o **Motility:** intrinsic movement of the organs with a slow frequency and small amplitude.

# *Visceral Manipulation*

## **Visceral joint:**

- o the two joint partners can be two organs (liver-kidney)
- o An organ and a muscular wall (liver-diaphragm)
  
- o The joint partners have surfaces that glide toward each other; the visceral joint partners are separated from each other by a capillary gap, and the surface of their gliding face is smooth and covered with a film of fluid.



# *Disturbed Mobility*

Causes of disturbed mobility:

## *o* **Adhesions/fixations**

(infections, inflammation, surgical interventions, blunt trauma)

## *o* **Visceroospasm**

(inflammation, vegetative dysinnervation, allergic reactions)

## *o* **Ptosis**

(a result of adhesions, asthenic constitution, anorexia or rapid weight loss due to other causes, age-related loss of elasticity, depression with generalized tonus reduction, general laxity at the end of or after pregnancy, delivery by vacuum extraction, multiparity)

# *Movement Physiology according to Barral*

## Mobility

- The uterus is highly mobile,
- its position dependent on the menstrual cycle, the state of fullness in the urinary bladder and rectum, and the position of the small intestinal loops.

# *Typical Dysfunctions*

## **Adhesions/ Fixations ,Possible causes include:**

- surgery
- infections
- tubal pregnancy
- miscarriage

## **Ptosis ,Possible causes include:**

- loss of elasticity due to pregnancy
- obstetric procedures (vacuum extractor, large episiotomy)
- age-related loss of elasticity

## **Spasms ,Possible causes include:**

- infections
- psychosomatic
- when the openings of the tubes are occluded, spasms can be the cause of fertility or ovulatory disorders

# *Indications for Osteopathic Treatment*

- "Atypical Symptoms"
- surgery on the urogenital system
- cesarean section
- episiotomy
- intestinal surgery, e.g., appendectomy
- menopausal symptoms

# *Atypical Symptoms*

- discomfort in the lower abdomen
- dysmenorrhea
- disturbed ovulation
- hemorrhoids
- varicose veins
- recurrent cystitis

# *Contraindications for Osteopathic Treatment*

- pregnancy
- IUD
- infections
- obvious painful palpatory findings that cannot be relieved by osteopathic treatment and sometimes even persist unabated for several days after the treatment



Dr.Azadeh Zarei

# *Circulatory Techniques according to Kuchera*

## **Arterial Stimulation**

- diaphragm techniques
- obturator foramen technique

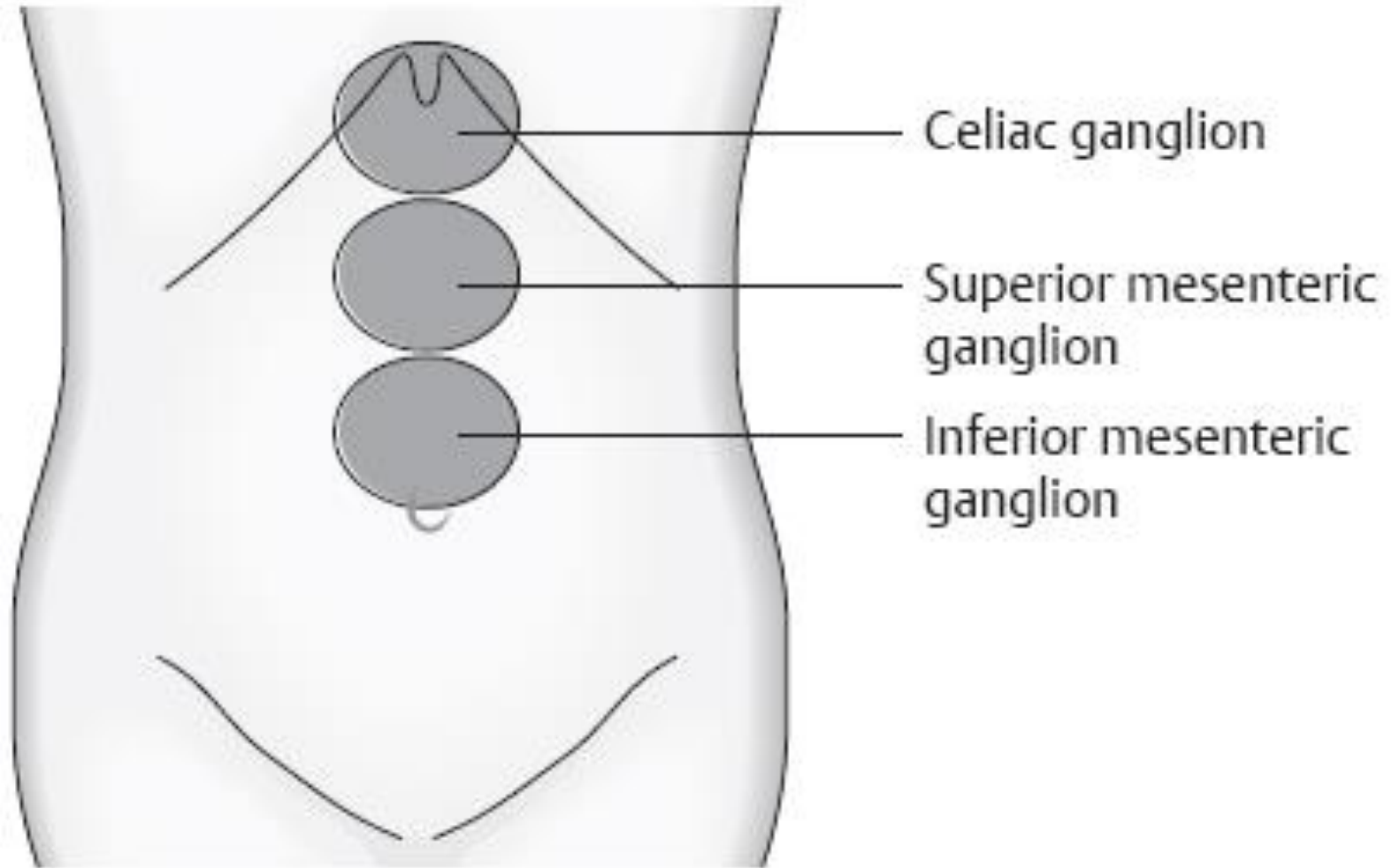
## **Venous Stimulation**

- liver pump
- diaphragm techniques
- obturator foramen technique

## **Lymphatic Stimulation**

- lymph drainage on thorax and abdomen
- diaphragm techniques







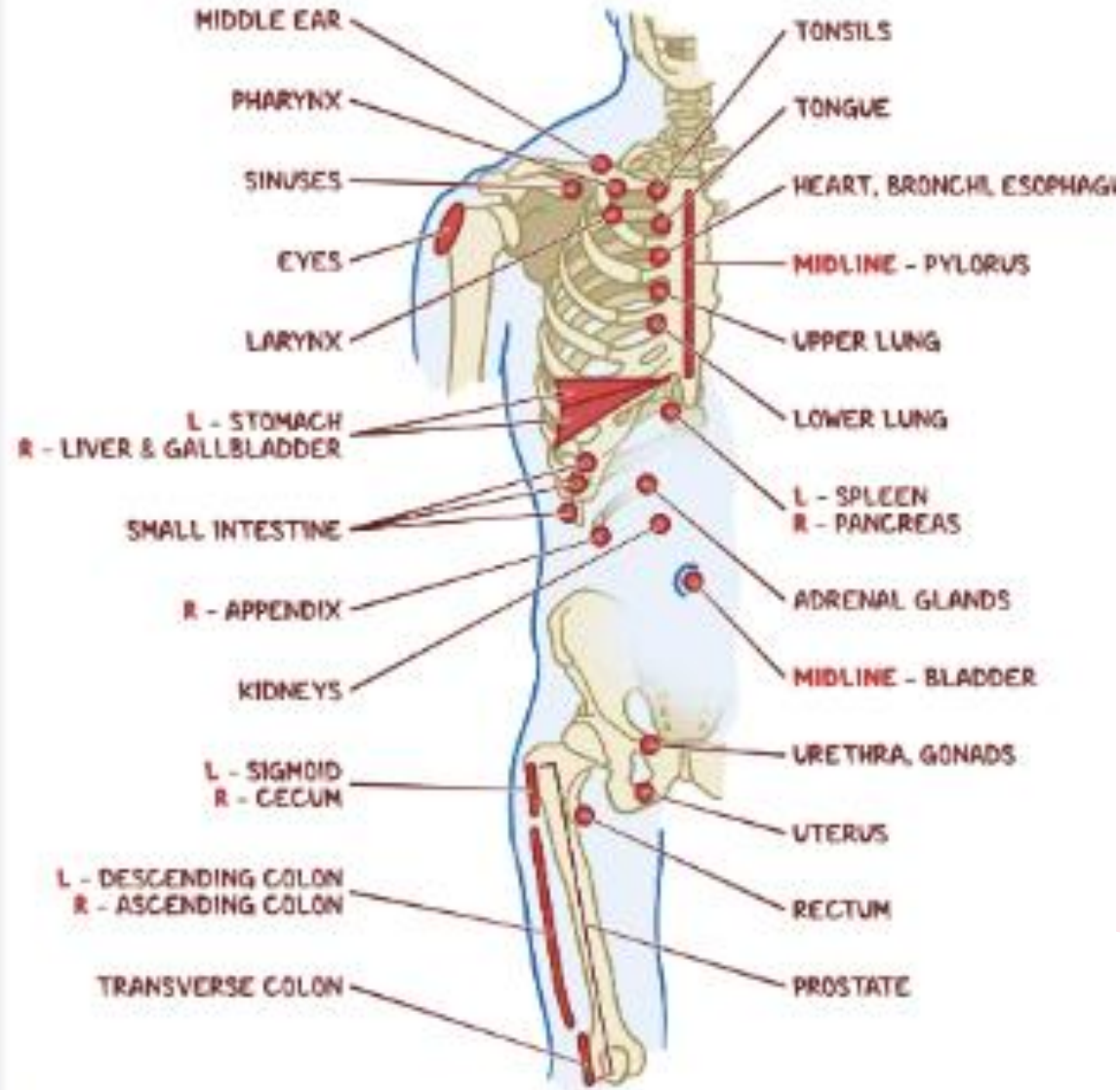
# *Reflex Point Treatment according to Chapman*

Make contact with the reflex point.

For this purpose, very gently place a finger on the point and press only lightly.

Reflex points are often very sensitive, so it is important to proceed with caution.

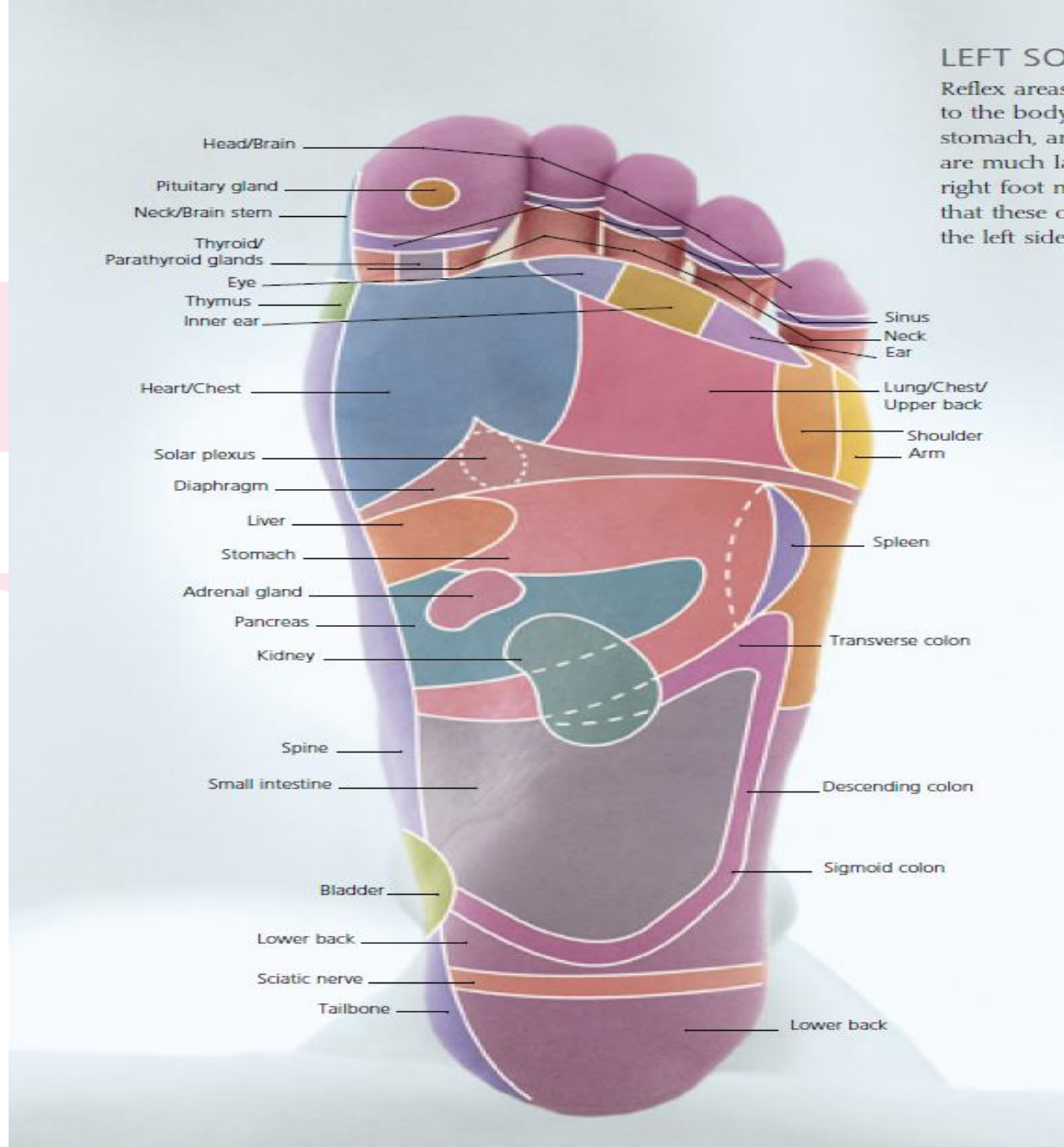
# CHAPMAN POINTS ANTERIOR



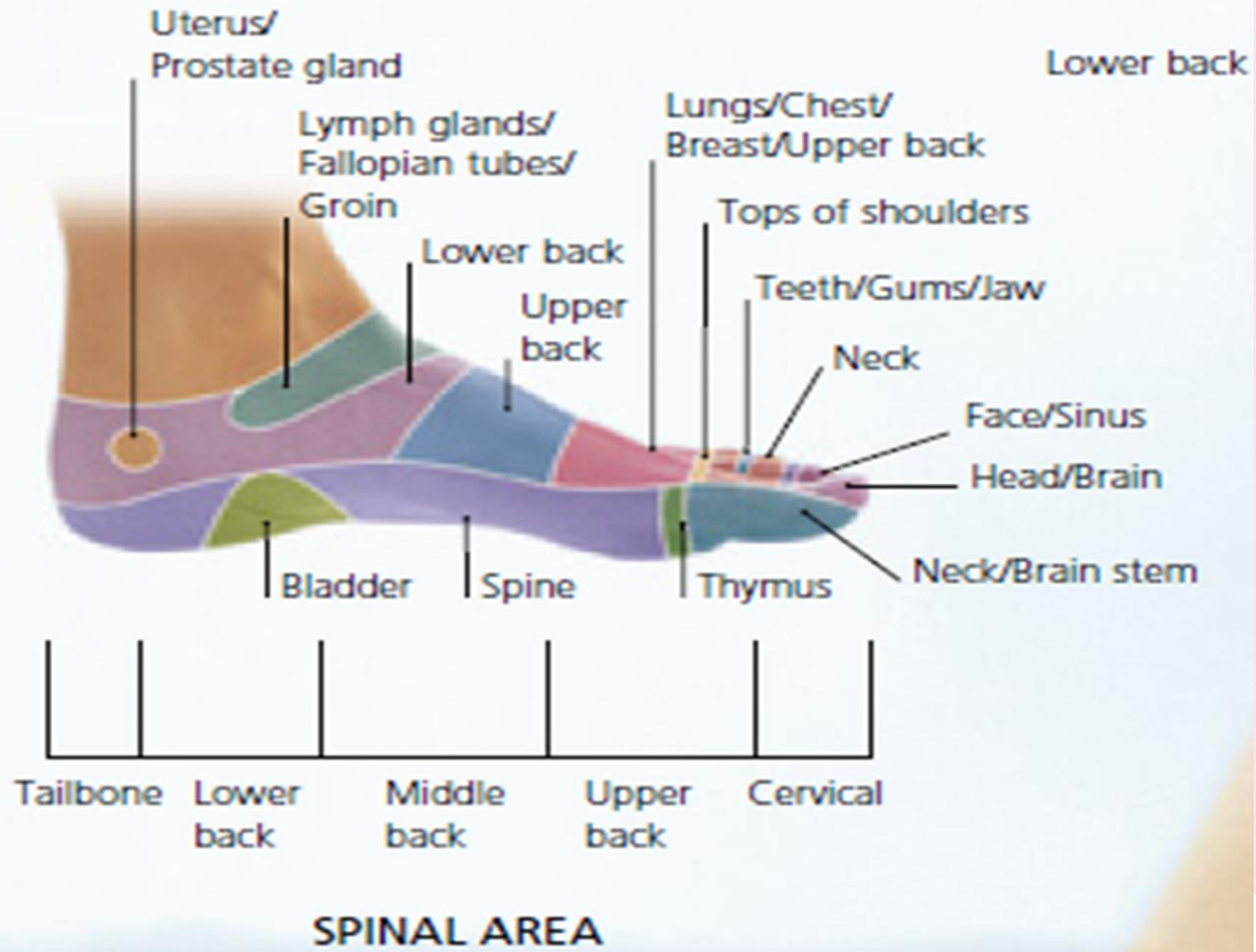
All points are bilateral, unless otherwise noted with L (left), R (right), or MIDLINE

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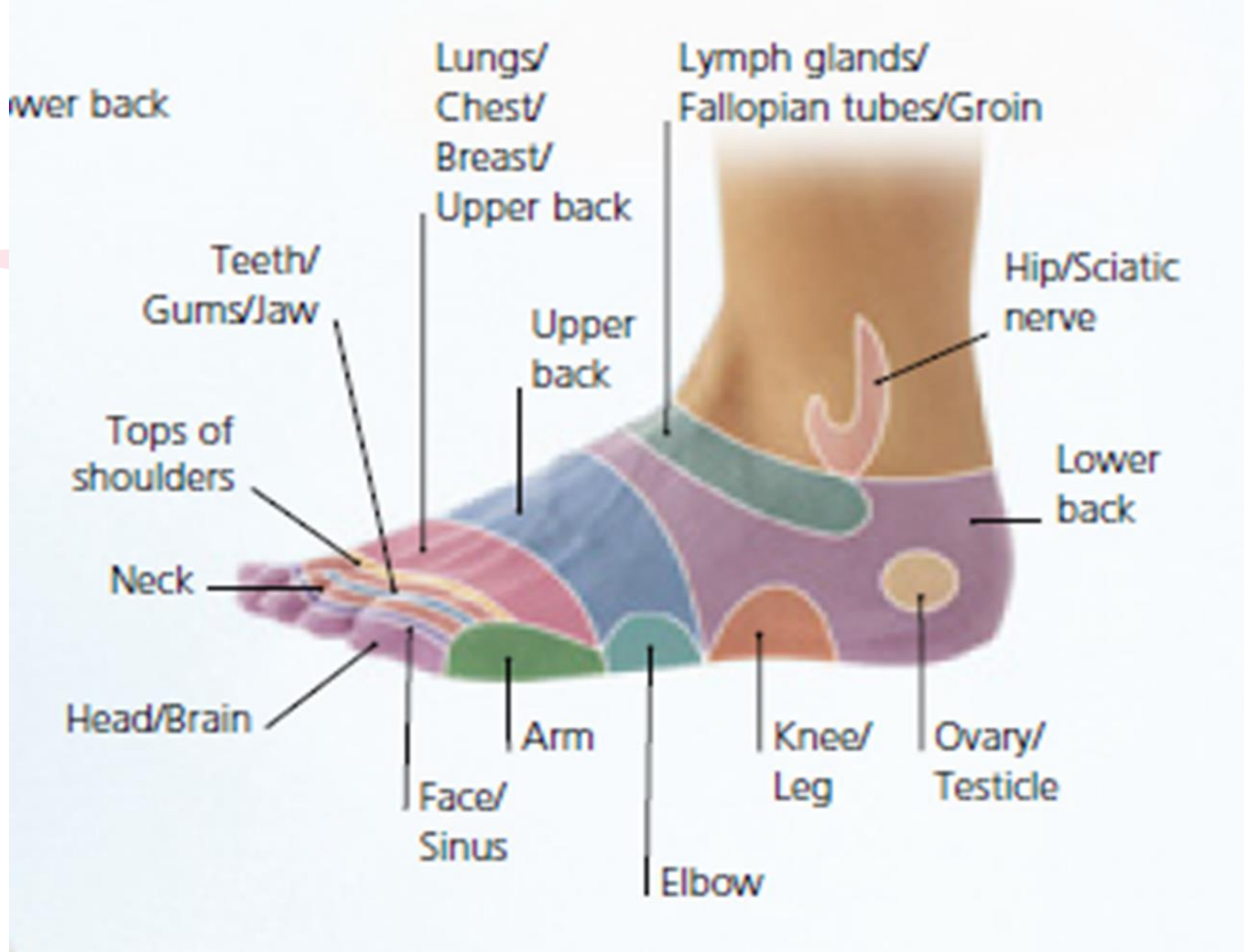
# *Reflex zone therapy*



LEFT SO  
 Reflex areas  
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 right foot n  
 that these o  
 the left side









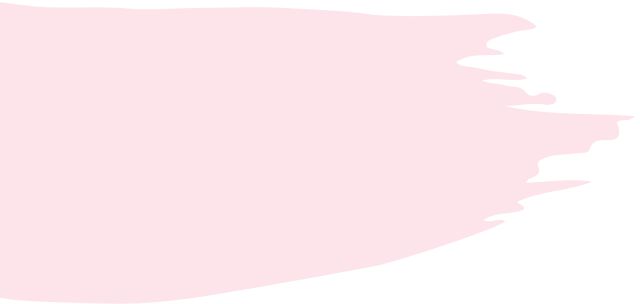
# روغن مالی

بابونه

برنجاسف (بومادران)...دفع اخلاط

دفلی (خرزهره)..باه

کراث (تره)..ثالیل

- 
- آبن
  - کما

