

2. ANATOMO CLINICAL ARGUMENTATION OF REFLEXOGENIC ZONES



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Introduction. A reflexogenic zone can be defined as a specific region of the human body that, through stimulation or pressure, can influence or trigger responses in other parts of the organism. These can be considered true "mirrors" of internal organs or systems, reflecting their condition, whether it is one of health or imbalance.

Aim of study. Determining the importance of reflexogenic zones in the medical and therapeutic context, including their role in diagnosis, as well as illustrating how these areas can influence the health of the human body.

Methods and materials. The presented work was created through a literature review using articles published in databases such as PubMed, NCBI, and Science Direct, as well as anatomy textbooks and international literature on alternative medicine.

Results. The state of internal organs can influence the appearance of external projection areas, for example, the appearance of moles, papillomas, keratomas, and condylomas, the emergence of vascular patterns on the facial skin, reddening or cyanosis of the lips and nails in the case of chronic pathology. Also, it can manifest with pain in the skin, muscles, periosteum, blood vessels, and fascia, which represents its projection. It was proven that a chronic kidney disease can lead to shoulder elevation on the same side of the body. Chronic lung diseases are often accompanied by kyphosis in the thoracic region of the spine. These aspects are based on visceral sensitivity, viscerovisceral, somatovisceral and viscerosomatic connections. For visceral sensitivity are responsible afferent visceral fibers that transmit information about the internal state of the body to the central nervous system (CNS). This information is processed unconsciously and contributes to the automatic regulation of vital functions, such as blood pressure, blood chemical composition, heart rate, respiratory rate, and vascular resistance. Viscerovisceral connections describe the interactions where one viscus can influence the functioning of another. Somatovisceral and viscerosomatic connections illustrate the interaction between internal organs and somatic structures. Stimulation of a somatic area can have effects on the functioning of a visceral organ. Conversely, dysfunctions of visceral organs can lead to manifestations in somatic areas, such as referred pain, a phenomenon in which pain from a visceral organ is felt in a superficial area of the body. It is explained by the dermatomal law, according to which visceral pain radiates to the cutaneous zones, also known as Zaharin-Head zones. Dermatomes correspond to the spinal segment at which the respective organ developed during embryonic development. An illustrative example is cardiac pain, which can be felt in the dermatomes C8-T1, also renal, ureteral, or testicular pain is referred to the dermatomes L1-L2. In the case of angina pectoris pain appears in the left shoulder and arm, in the case of gastric ulcer disease – in the interscapular region, and in the case of appendicitis – in the right inguinal region.

Conclusion. Knowing and studying reflexogenic areas is important to understanding the human body's complexity and developing effective therapies such as reflexology, acupuncture, acupressure, physiotherapy, kinesiotherapy, hirudotherapy, cupping therapy, and others, which are components of traditional medicine, and as alternative treatment methods are proven to be effective and with fewer side effects.