

USE OF PANEURHYTHMY FOR HARMONIZATION OF SOMATIC ENERGIES IN ADULTS AND CHILDREN

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SUMMARY

Regular performance of Paneurhythmy harmonizes the energies of the body. The effect is measured with the device Biotest MK-02, expert evaluations, video analysis, and interviews. Results are processed with variation and correlation analysis. Children show positive changes in the meridians of the lungs, the triple heater, the gall, the heart and the small intestines and the endocrine and lymphatic systems. Adults show positive changes in the meridians of the stomach, the bladder, the gall, the lungs and the endocrine and lymphatic systems, connective tissue and joints. Negative emotions are restricted, positive emotions become active and stress is reduced. Paneurhythmy may be consilevel as a highly reliable system which increases and balances the vital energies and so brings about positive changes in the organism.

Key words: Vital energies, Biotest MK, paneurhythmy, exercise

ÖZET

ÇOCUKLAR VE YETİŞKİNLERDE SOMATİK ENERJİLERİN HARMONİZASYONU İÇİN PANÖRİTMİ KULLANIMI

Panörİtminin düzenli uygulanması vücudun enerjilerini harmonize eder. Etki Biotest MK-02 cihazı ile ölçülmektedir. Sonuçlar varyasyon ve korelasyon analizi ile değerlendirilir. Çocuklar akciğer, üçlü kanal, safra kesesi, kalp ve ince bağırsaklar ile endokrin ve lenfatik sistemlerin medyanlarında pozitif değişimler gösterdiler. Yetişkinler ise mide, safra

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kesesi, akciğerler ile endokrin ve lenfatik sistemlerin, bağ doku ve eklemlerin medyanlarında pozitif değişimler sergilediler. Negatif duygular sınırlanırken pozitif duygular aktif hale geçti ve stres azaldı. Panöritleminin yaşamsal enerjileri artırıp dengeleyerek organizmada pozitif değişimleri sağlayan güvenilir bir sistem olduğu söylenebilir.

Anahtar sözcükler: Yaşamsal enerjiler, Biotest MK, panöritlemi, egzersiz

INTRODUCTION

Many unfavorable factors cause great stress in contemporary societies. Modern people live in an extreme situation demanding high mobilization of their vital energies. Great quantities of vital energy is spent, resulting in fatigue, over-fatigue and exhaustion. The resistant powers decrease, and psychic and somatic diseases appear.

The efficiency of our activity is determined by the vital energies as well as by our psychological and physiological health. We may improve health and the efficiency of our activity if we have better quantity and balance of vital energies, and if they are harmonized. Our research aims to prove that systematic practice of Paneurhythmy balances vital energies.

Paneurhythmy is a Bulgarian system of exercises where movement, text, and music run simultaneously. This is a system for the harmonious growth of people in harmony with nature with complex physical and psychological effect.

MATERIAL AND METHODS

Subject of research were 23 children aged 9-10 years and 24 adults (10 women and 14 men). Adults were practicing Paneurhythmy regularly whereas the children were not.

We have applied a complex methodology: theoretical analysis of the concepts of vital energies, measurement with the apparatus Biotest MK-02, expert evaluation, video analysis and observation and conversation with children, adults and specialists. The results were processed by variation and correlation analysis. Tests were done in a period of eight weeks at a children's summer camp.

Biotest MK-02 is a patented device of the Bulgarian Medical Academy and Specialized Labor Protection Laboratory. It is approved by

the Bulgarian Committee of Standardization, Certification and Metrology with letter # 9300186/1992 and by the Ministry of Health with letter # 47221573/1992. It works following the principle of measuring the bio-resonance (energy information) of the active biological points. The method is discovered by the German doctor Reinhold Fall in the beginning of 20th century. Academic Sarchuk developed the Fall method and device in the Non-traditional Medicine Institute of the Ukrainian Academy of Sciences.

The active biological (acupressure) points and meridians are the basic constituents of the energy information system, recently called singular. The device measures the state of the vital energies of the active biological points, yielding information about the condition of bodily organs.

RESULTS AND DISCUSSION

Children

Research results reveal certain regularities concerning the positive influence of Paneurhythmy on vital energies. Before paneurhythmy; the condition of vital energies is good. The indicators of the level of vital energies of children are at the bottom line of the norm, which shows a tendency for decrease in energy potential. Following performance of the first 10 exercises of Paneurhythmy vital energies increase (Table 1).

Paneurhythmy influences above all the energy meridians of the lungs, where the values have grown on the average with 4.22 points ($p < 0.001$). The emotional state has improved and joy dominates. These emotions influence health and activity in a positive way. They indicate adaptation to changeable environment. Paneurhythmy influences also the gall. Vital energies increase. Anger is considerably lowered. Peace dominates.

After one-week of regular Paneurhythmy exercising, we found positive changes in the energy potential of the meridians (Table 2). The strongest influence of Paneurhythmy is on harmonizing the energy potential of the lungs meridian. The energy has increased by 3.5 points: from 53.25 points before the beginning of Paneurhythmy to 56.75 points following the performance of the exercises. We find almost full balance of IN and YAN energies. Consequently, we can take for granted that vital energies have increased with a positive influence on health.

Table 1. Change of vital energies before and following paneurhythmy in children.

	Indicator	Before		After		d	t	P(t)
		\bar{X}_1	S	\bar{X}_2	S			
H1	Heart	54.22	5.29	56.17	4.36	1.95	-1.23	0.253
H2	Arteries. veins. lymph vessels	59.00	6.58	59.17	6.05	0.17	-0.13	0.900
H3	Lungs	53.78	4.89	58.00	4.39	4.22	-5.59	0.001
H4	Small Intestines	58.22	4.98	58.33	3.42	0.11	-0.10	0.927
H5	Large Intestine	60.06	5.05	60.83	2.62	0.77	-0.68	0.515
H6	Lymphatic System (ears, nose, throat)	56.06	3.58	56.61	4.60	0.55	-0.40	0.698
H7	Endocrine System	54.89	3.60	57.44	3.85	2.55	-2.53	0.035
H8	Vessel Parenchyma- Epythelial Degeneration	57.39	4.42	57.50	3.79	0.11	-0.15	0.888
H9	Allergy	57.78	4.45	59.39	5.24	1.61	-1.25	0.246
H10	Nerve degeneration	59.06	3.12	59.61	3.42	0.55	-0.61	0.560
F1	Bladder	58.33	5.88	58.17	5.74	-0.16	0.27	0.794
F2	Gall	56.11	4.52	57.22	4.98	1.11	-2.73	0.026
F3	Stomach	57.28	4.34	57.61	3.75	0.33	-0.34	0.743
F4	Kidneys	59.11	3.95	59.28	3.16	0.17	-0.28	0.789
F5	Liver	61.00	4.93	59.94	4.79	-1.06	0.81	0.441
F6	Pancreas and Spleen	59.22	6.29	61.17	4.22	1.95	-1.52	0.167
F7	Fatty Degeneration	57.50	5.11	57.89	5.38	0.39	-0.33	0.753
F8	Skin	58.17	3.53	59.11	2.12	0.94	-1.57	0.156
F9	Connective Tissue Degeneration	56.44	4.98	58.28	3.09	1.84	-1.93	0.090
F10	Joint Degeneration	54.61	5.68	57.61	3.75	3.00	-1.93	0.089

Paneurhythmy is the reason for the positive changes in the energy potential which is confirmed by the high quotient of Student t-criterion, $t=2.93$ and the high probability factor, $p=0.022$. The small standard deviations prove the efficiency of Paneurhythmy influence on the vital energies of all tested children. The positive changes relate to the increasing feeling of joy and the formation of optimistic mood and confidence.

There are positive changes in the energy potentials of other meridians as well: the triple heater, the heart, and the small intestines. The activity of the endocrine and lymphatic systems is improved.

We have discovered a regularity of interest about the practice: the positive effect of Paneurhythmy is accumulative. There are significant

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Table 2. Change of vital energies before and following paneurhythmy in one week daily practice in Children.

	Indicator	Before		After		d	t	P(t)
		\bar{X}_1	S	\bar{X}_2	S			
H1	Heart	55.08	2.13	57.17	3.72	2.08	-1.37	0.230
H2	Arteries, veins, lymph vessels	55.80	2.28	60.70	3.70	4.90	-3.11	0.036
H3	Lungs	53.25	2.12	56.75	5.13	3.50	-2.93	0.022
H4	Small Intestines	55.29	4.31	58.07	3.28	2.79	-1.87	0.110
H5	Large Intestine	55.94	2.65	57.00	5.24	1.06	-0.65	0.534
H6	Lymphatic System (ears, nose, throat)	55.90	3.52	57.70	3.38	1.80	-2.30	0.083
H7	Endocrine System	55.21	2.63	58.00	3.72	2.79	-2.57	0.042
H8	Vessel Parenchyma- Epythelial Degeneration	56.08	2.71	57.75	3.78	1.67	-1.17	0.296
H9	Allergy	55.00	2.70	56.75	4.52	1.75	-1.33	0.241
H10	Nerve degeneration	54.44	3.08	56.25	4.04	1.81	-1.60	0.153
F1	Bladder	58.20	3.33	58.80	0.91	0.60	-0.49	0.648
F2	Gall	56.80	4.13	58.90	3.13	2.10	-1.24	0.284
F3	Stomach	55.79	4.07	57.71	2.50	1.93	-1.72	0.136
F4	Kidneys	57.14	3.93	56.93	2.32	-0.21	0.15	0.883
F5	Liver	57.57	2.89	58.57	2.75	1.00	-0.82	0.442
F6	Pancreas and Spleen	56.21	3.83	57.79	3.33	1.57	-1.35	0.227
F7	Fatty Degeneration	56.92	4.10	58.67	3.31	1.75	-1.42	0.214
F8	Skin	57.00	4.04	57.31	3.23	0.31	-0.18	0.863
F9	Connective Tissue Degeneration	56.50	2.49	56.44	2.67	-0.06	0.05	0.960
F10	Joint Degeneration	55.81	3.00	57.44	2.11	1.63	-1.42	0.200

changes in accumulation and balance of energies in the meridians of the lungs, the heart, the spleen, and the gall. The activity of the endocrine and blood systems is improved. All these positive changes are a sign of growth of vital energies.

Adults

Tests on adults practicing Paneurhythmy regularly also prove the effect of Paneurhythmy on vital energies. We have discovered regularities similar to those observed in children (Table 3).

Table 3. Change of vital energies before and following paneurhythmy in adults.

	Indicator	Before		After		d	t	P(t)
		\bar{X}_1	S	\bar{X}_2	S			
H1	Heart	61.11	2.89	60.50	2.51	-0.61	0.53	0.612
H2	Arteries. veins. lymph vessels	55.83	4.55	58.67	3.80	2.84	-1.88	0.097
H3	Lungs	57.89	5.99	61.33	3.20	3.44	-2.59	0.032
H4	Small Intestines	58.39	5.60	60.67	1.75	2.28	-1.39	0.201
H5	Large Intestine	59.83	3.82	61.94	1.76	2.11	-1.48	0.178
H6	Lymphatic System (ears, nose, throat)	53.78	5.25	57.44	3.02	3.66	-2.59	0.032
H7	Endocrine System	58.00	4.02	61.67	2.19	3.67	-2.87	0.021
H8	Vessel Parenchyma- Epythelial Degeneration	56.11	4.35	57.50	3.87	1.39	-1.61	0.147
H9	Allergy	58.61	4.04	61.83	2.61	3.22	-3.24	0.012
H10	Nerve degeneration	57.56	7.06	60.00	4.74	2.44	-1.93	0.090
F1	Bladder	55.78	2.24	60.06	1.13	4.28	-5.41	0.001
F2	Gall	56.00	3.74	59.39	3.36	3.39	-4.64	0.002
F3	Stomach	55.17	3.26	59.06	3.73	3.89	-5.16	0.001
F4	Kidneys	59.50	2.73	60.94	2.01	1.44	-1.83	0.104
F5	Liver	59.11	4.30	60.89	2.00	1.78	-1.27	0.239
F6	Pancreas and Spleen	58.89	3.86	60.78	1.95	1.89	-1.25	0.247
F7	Fatty Degeneration	59.00	1.12	61.39	2.29	2.39	-3.03	0.016
F8	Skin	58.06	3.50	60.67	1.62	2.61	-2.10	0.069
F9	Connective Tissue Degeneration	55.67	3.62	60.78	3.22	5.11	-4.13	0.003
F10	Joint Degeneration	55.89	3.69	59.56	3.88	3.67	-1.94	0.088

The energies of the meridians of the stomach, the bladder, the gall, and the lungs have increased and have balanced as a result of Paneurhythmy training. There is an improvement in the functioning of the endocrine and the lymphatic systems ($p=0.03$) and in the functioning of the joints, as well.

Anxiety decreases significantly and confidence and feeling of security increase. Anger and hatred are mostly blocked. Peace is established and emotions are balanced. Positive experiences of joy dominate. Love grows. The intellectual structure of the psyche develops especially on its higher levels. Creativity develops strongly. Will power increases. Psychological stability and persistence increase. Moral, will and social-psychological qualities develop. Paneurhythmy influences in a positive way the

overcoming of fear and aggression. It is most powerful in expanding love and affection.

Paneurhythmy harmonizes the structure of the interrelations and interactions between the energy meridians. When meridians' energy potentials have more correlations with each other, the structure of our energy potential as a whole is more perfect. Vital energies increase. Health improves and various activities are done with success.

Paneurhythmy improves the meridians' energy potentials both in children and adults. As a result of training, increase is observed in the number of correlations and also in their power (Figure 1: a, b). The same regularity is valid for adults: power of correlations grows (Figure 2: a, b). This

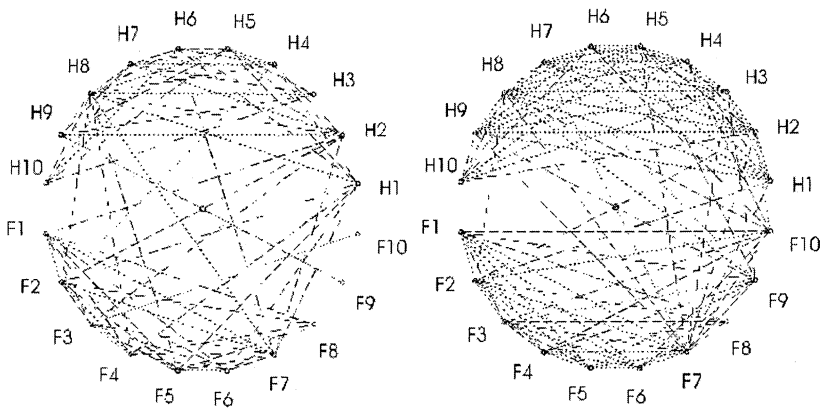


Figure 1. Vital energies correlation model for children before (a) and after (b) impact.

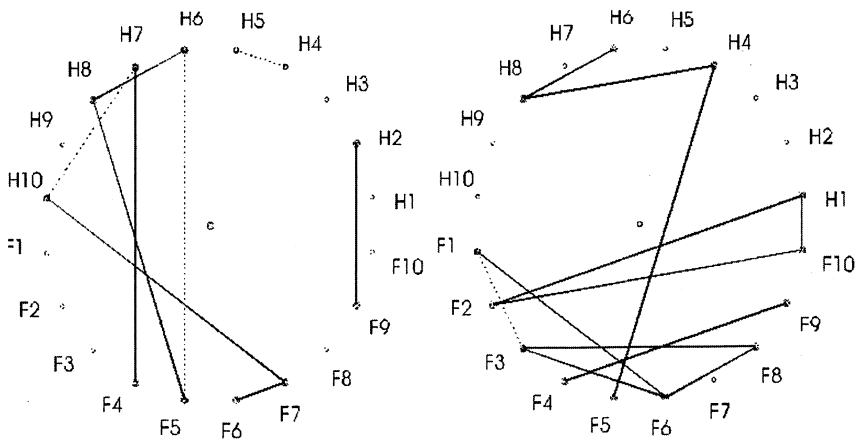


Figure 2. Vital energies correlation model for adults (women) before (a) and after (b) impact.

proves that vital powers have grown. The quotients of correlation between the various indices determine the character of the changes; these quotients have increased significantly.

CONCLUSIONS

Following the analysis we can draw some basic conclusions:

1. Positive processes take place in the body while exercising Paneurhythmy as a result of increase and balance of the vital energies.
2. The growth and balance of energies limits the influence of negative emotions: fear, anxiety, anger, and hatred. It activates positive emotions: bravery, love. Psychological tension decreases.
3. Paneurhythmy is a highly reliable system for harmonization of the vital energies of self and society. We recommend continuation of the scientific studies concerning Paneurhythmy.

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