

# What is SCENAR Therapy?

By Professor Revenko (founder of SCENAR therapy)

## Introduction

SCENAR is an abbreviation from the name of the unique method of influence on the human body and the device used for the purpose. The mode of action on the human organism is **self-controlling ergo-neuro-adaptive regulation**, the name of the device is **self-controlled ergo-neuro-adaptive regulator**.

The device was developed as a part of a secret Soviet space program. The goal was to create a small, portable, energy economical but most importantly, highly effective device, which could keep the health of the astronauts in top form, and not making use of standard medicines – one universal non-invasive regulator of body functions.

Based on the principles of traditional Chinese medicine – acupuncture and zonal contact massage and the achievements of modern electrotherapy, SCENAR brilliantly combines the most up-to-date electronic technology with the ancient healing art of the East, and has brought the highest of state awards to its creators.

The original SCENAR devices and treatment protocols were invented and designed by A. Revenko and A. Karasjev. SCENAR became available to the broad medical community after the breakdown of the USSR and has since been gaining increasing acceptance and application throughout the world.

## Technology

A key to the working of the electrotherapeutic action of SCENAR, lies in the neuro-adaptive mechanism of adaptation, which ensures dynamic equilibrium of the human organism, both with the surrounding environment and with its internal environment – homeostasis, i.e. the state of being healthy.

The regulation of all vital functions is realized because of the close connection and interaction of the nervous and the endocrine systems, the effects of which are mediated through a release from the neural cells of biologically active substances called neuromediators, there are two types:

1. Classical neuromediators are amines (acetylcholine, noradrenaline, etc.) and amino-acids (glutamine, asparagin, etc.), which are characteristic of the thick myelinated A- and B-neural fibres and have a clearly defined physiological effect which is quick and short. 2. Neuropeptides– the largest and at present most important group of neuromediators from a physiological and medical point of view, include: endorphins, enkephalines, neurotensine, bradikinine and a great number of others (more than 2000 in all). Neuropeptides are produced by thin non-myelinated C-fibres, which make up the major part (more than 70%) of the nervous tracts and are particularly difficult to excite (activate). Science has shown neuropeptides to specifically have many properties, including:

- long lasting in time and distant effects,
- formation of complex regulative chains and cascades for the control of multiple physiological functions
- powerful analgesic effect etc.

Due to their specific properties these neuropeptides carry out all autoregulatory processes focused on the maintenance and restoration of homeostasis, i.e. the state/ condition of health in the organism. As a consequence, the main goal of SCENAR electrotherapy is to activate a maximal part of the nervous tissue, that is the neuropeptide-producing C-fibres, which should result in the release of an effective dose of neuropeptides, which are necessary for overcoming the disturbances existing in the organism. This goal is only partially achieved by the conventional methods of electrotherapy due to:

- the non-physiological character of their impulses, in form and duration, excite mainly the thick A-fibres. It is practically impossible to activate the extremely thin C-fibres without the risk of damaging the remaining tissue.
- the process of habituation of the organism to similar impulses brings about, comparatively quickly, a decrease of their therapeutic effect.

### **Why is SCENAR more effective?**

Several characteristics of SCENAR explain why this relatively new non-invasive energy-informational medical technology, has been recognised to be the ideal electrotherapy by an increasing number of specialists all over the world:

1. With the development of electrotherapy and electroacupuncture as a modern form of the classical acupuncture of the East, it has become clear that for the successful correction of pathological changes in the human organism such electro-actions need to be similar to the body's own nerve impulses.

SCENAR generates exactly such high-amplitude, bipolar electro-impulses, non-damaging in form and duration, which resemble the body's own nerve impulses. Due to the unique physical characteristics of the SCENAR signal, the probability for excitation of the thin C-fibres is significantly higher in comparison with the other methods of electrotherapy. In this way, without disturbance of the cell functions, a maximal part of the nervous tissue is activated, which is necessary for the achievement of the optimal adaptation response from the patient's organism.

2. To achieve maximum therapeutic effectiveness it is necessary that the electro-action should change its parameters automatically in accordance with the reaction it has induced in the organism. Such a dynamic co-ordination of the parameters of the influence and the condition of the organism could be achieved only if there is a constant informational biological feedback. SCENAR is the first electrotherapeutic device in the world working on the principle of a real interpreting biological feedback between the device and the body. Reading the permanent change of the skin impedance (resulting from the electro-action), SCENAR constantly modulates the form and the power of its signals. In the course of the therapeutic process each signal of the device controls the body activity and at the same time is controlled by the constantly changing condition of the organism. As a result each signal is different from the previous one, which prevents the development of accommodation to the action before the organism has generated enough amounts of neuropeptides, which is necessary for overcoming the pathological process and the restoration of homeostasis.

3. Long practical experience has shown that the optimal therapeutic effect can be achieved when there is a maximum variability of the acting signal during the therapeutic procedure. A change in the signal form (in connection with the changes of the skin impedance) can be observed only to a certain limit. Uniquely in electro-technology SCENAR uses a method of individually dosed influence. It reads the complex dynamics of skin impedance, through biofeedback, so that a measured influence is given to the body. The individually measured regime practically excludes the possibility of over-dosing and the development of adverse side effects. The SCENAR technology is based on the concept that the minimum dose necessary for achieving the desired affect, is the optimal. The emphasis is put on the informational rather than the energetic component of the electrotherapeutic action.

4. The SCENAR signal can also be influenced by the therapist, which permits the evaluation of the effectiveness of the procedure and its optimization. Through SCENAR protocols optimal points and zones for influence on the skin are precisely defined and which are absolutely individual with every patient, in every particular condition. This leads to the accelerated release of an effective dose of neuropeptides and respectively, to the acceleration of the healing process. Very often the optimal zones coincide with the biologically active points and meridians, well known from the classical methods of Eastern medicine. This way, SCENAR to a considerable extent, combines the mechanisms of action of physiotherapy, acupuncture reflexology. What the Russian inventors of SCENAR have achieved is the

possibility of activating the processes of self-regulation and self-recovery of the organism by stimulation of the thin C-fibres of the nervous system, which gives grounds to look on SCENAR as an extremely effective generator of regulatory neuropeptides.

In a most natural and delicate way, SCENAR helps the human body to correct and complete its self-recovery programme, stimulating the release of its own “internal pharmacy” (the neuropeptides), and providing the organism with a freedom of choice of the necessary healing substances. All this makes the therapeutic process maximally physiological and explains the absence of complications, negative side effects and absolute contraindications and also why the SCENAR-therapy does not only attack the active pathologic process, but at the same time it brings about the improvement of the general physical and psychological condition, and the restoration of the patient’s health as a whole. All these qualities really make SCENAR-therapy the ideal electro-therapy for the moment and according to the conviction of more and more specialists it could turn out to be the leading medical technology of the new millennium. SCENAR is a brilliant combination of modern electronic technology with the healing art of the East. That is why, in spite of its specific peculiarities, SCENAR therapy is based on the same, born the test of ages, fundamental therapeutic principles as well as the Traditional Eastern Medicine. SCENAR is the first non-invasive, individually-dosed, electronic energy-informational device.

## **SCENAR Therapy**

We know that the human skin and the inner organs have a tight connection through the nerve system. This connection already exists from the early stage of embryogenesis onwards, because both the nerve system and the skin are created from the same leaf of the young embryo, the ectoderm. The nerve branches, in their turn, are connected to every inner organ.

It is known that because of these connections, the nerve system plays an important role in the regulation of the activities and states of the inner organs. Thanks to the reasons as mentioned above, it is possible to regulate the state of the inner organs through the skin. The SCENAR devices are used to affect the skin on those places that will lead to the specific regulation of inner organs, for example to treat diseases.

It is necessary to point out that the regulation of the inner organs through the skin is only one important effect of the treatment process. There are more aspects, and one of them is humeral regulation. During its appliance on the skin, SCENAR is affecting the C-fibres of the nervous system. As a result, the channels of the C-fibres are easily opened and a huge amount of neuropeptides, like endorphins, are excreted from these fibres. These neuropeptides are spread all over the body in a quick way. And we know that neuropeptides are the natural medicine for all pathological processes in the human body.

Yet another important effect of SCENAR therapy is the successful training of the adaptive reactions (Garkawi, Kwakina). Adaptive reactions are unique, non-specific reactions of the body or any kind of stimuli that could affect health. When the adaptive reactions are well trained, the body can heal itself and prevent the development of a wide variety of diseases.

When operating, SCENAR works through the principle of biofeedback. The system is measuring the activities of the various skin areas. Thanks to this, we can find the right places for treatment and define the specific treatment parameters. The original SCENAR devices and treatment protocols have been designed and are produced and taught in licence of the inventors: J. Grinberg, J. Gorfinkel, A. Karasjev and A. Revenko.

SCENAR application is indicated at any stage in treatment of the following diseases:

- Nervous system (various diseases of the vertebral column with secondary disorders of the nervous activity, static and dynamic's disorders of the vertebral column, deformation of the spinal column, radiculitis, neuritis, strokes and their consequences, diseases of the vegetative nervous system etc.);

- Skeletal-muscular system (myositis, arthritis, arthrosis, bruising of the soft tissue, at the fractures at different stages of the process);
- Respiratory system (tracheitis, bronchitis, viral infection, pneumonia, pleurisy, bronchial asthma);
- Cardio-vascular system (angina, hypertonia, hypotonia, various form of arrhythmia), vessels of the extremities (endarteritis, varicose veins, disturbance of micro-circulation, trophic ulcers);
- Digestive system (gastritis, enteritis, colitis, cholecystitis, hepatitis);
- Genito-urinary system (pyelonephritis, cystitis, disturbance of the cycle, adnexitis, infertility, toxicosis in pregnancy);
- Tooth and mouth cavity diseases (periodontosis, periodontitis, arresting of inflammation and complication after the treatment of pulpitis and periodontitis, arresting pain syndrome);
- Other pathological conditions and their combinations.

#### The Effects of Scenar Action (SCENAR-Therapy)

- Considerable improvement of the general state with an increase in the adaptive ability of the organism;
- Returning disturbed functions back to normal;
- Speeding up and slowing down the manifestations of pathological processes;
- Pain-killing;
- Anti-inflammation;
- Anti-allergy;
- Anti-swelling;
- Normalization of the vascular and blood functions;
- Endocrine-immunity response of the organism;
- Normalization of the metabolic processes.

The effects are traced and confirmed by additional methods of the investigation (ECG, REG, EEG, x-ray, CT, U-Sound irido-diagnostics, bio-chemical investigations, electro-information investigation, computer acupuncture diagnostics - Nakatani, Voll, auricle-diagnostics).

#### **Who Are the Users of the SCENAR Device?**

Today the users of the SCENAR in Russia are medical doctors and medical personnel with more than 30 specialities, including neurology, surgery of different specializations, traumatology, gynaecology, obstetrics, oto-rhino-laryngology, odontology, sport medicine, physiotherapy, resuscitation and others. The device was designed to be used by housewives, engineers, office clerks, and other specialists without medical background, and also on ferries, on liners, in aeroplanes, in cars, etc.

This article has been amended and edited. The original can be found here:  
[http://www.scenar-revenko.ru/en/scenar/what\\_is\\_scenar.htm](http://www.scenar-revenko.ru/en/scenar/what_is_scenar.htm)