

**MADE IN RUSSIA**

# **VIBROACOUSTIC APPARATUS**

**«VITAFON-T»**

## **EXPLOITATION MANUAL AND USER GUIDE**

Recommended for use by Commission of Health Ministry  
of the Russian Federation.  
Registered in the State Medical Equipment Log.

**VITAFON Ltd.  
St-Petersburg**

Produced in accordance with the agreement and under  
the manufacturer's control – NPF MicroEPM Ltd.

## CONTENT

<b>Exploitation Manual</b> .....	3
General information.....	3
Functions of the apparatus .....	3
Main technical characteristics.....	4
Complexity of kit.....	4
Safety rules.....	5
Exploitation, transportation and storage rules.....	5
Structure and working principles.....	5
Preparation of the apparatus and working order.....	6
<b>User Guide</b> .....	9
Contraindications.....	9
Physiological mechanism of vibroacoustic treatment.....	10
Sensations.....	11
Application of vibrophones.....	11
<b>Methodological user recommendations:</b>	
1. Osteochondrosis, radiculitis.....	12
2. Prostatitis.....	14
3. Impotence.....	15
4. Adenoma (benign prostatic hyperplasia).....	16
5. Cystitis.....	17
6. Serous mastitis, lactostasis.....	17
7. Trophic ulcers.....	18
8. Fractures.....	18
9. Spinal traumas.....	19
10. Haematoma, oedema, bruises.....	20
11. Furunculosis, carbunculosis, acne.....	20
12. Wounds and sutures.....	21
13. Dislocations and strains.....	21
14. Maxillary sinusitis.....	21
15. Rhinitis (running nose).....	22
16. Tonsillitis (sore throat).....	22
17. Bronchitis.....	23
18. Insomnia.....	23
19. Essential hypertension.....	24
20. Sensorineural hearing disorders, Inflammation of middle ear (otitis).....	28
21. Burns.....	29
22. Frostbites, supercooling.....	29
23. Corns, calluses.....	30
24. Constipation.....	30
25. Hemorrhoid.....	30
26. Enuresis (urine incontinence).....	32
27. Encopresis (faeces incontinence).....	32
28. Periodontitis, stomatitis, parodontitis.....	32
29. Pyelonephritis.....	33
30. Joint diseases, arthritis, arthrosis, rheumatic polyarthritis.....	34
31. Complications of scoliosis.....	35

32. Chronic gastroduodenitis (gastritis).....	35
33. Glaucoma.....	36
34. Chronic impaired cardial function.....	36
35. Complications of infantile cerebral paralysis, Flaccid paralysis.....	37
36. Cosmetic purposes.....	39
37. Restoration and development of voice.....	39
38. Alleviating fatigue.....	39
39. Prevention of colds and raise of tonus.....	39
<b>Literature and video-materials on vibroacoustic therapy.....</b>	<b>40</b>
<b>Guarantees.....</b>	<b>42</b>

**List of pictures:**

Picture 1. Configuration of the apparatus.....	6
Picture 2. Location of vibrophones on the angle of 90° to each other.....	11
Picture 3. Treatment zones A, A1, B, B2.....	28
Picture 4. Treatment zones C, G, M, M1, M2, M3.....	43
Picture 5. Treatment zones D1, D2, E1, E2, E3, E4, E11, E21, E31, F, K.....	43

**ATTENTION! The present Exploitation Manual contains information and recommendations of primary importance for correct, safe and effective utilization of the “VITAFON-T” apparatus. User Guide contains a list of diseases to be treated by the device and schemes if their treatment and prevention. Read the present Exploitation Manual and User Guide attentively before using the device.**

**While purchasing the apparatus, one should check:**

- working condition for all the modes;
- complexity of the kit;
- manufacturer’s stamp and purchasing date in the Acceptance Act and Guarantee Coupon.

## **EXPLOITATION MANUAL**

### **GENERAL INFORMATION**

Vibroacoustic Apparatus VITAFON-T (later on “device”, “apparatus” or “VITAFON-T”) is a medical device, produced in accordance with the Russian State Standard “GOST R 50444-92” and certified in a proper manner.

Its safety characteristics answer the requirements of the Russian State Standard “GOST R 50267.0-92 (IEC 601-1:1988)” for the equipment of class 2, type BF, non-water resistant. According to the possible failure effects during its exploitation process, the apparatus corresponds to the class B, and according to its mechanical effect susceptibility – to the group 2 (GOST R 50444-92). Type of climatic performance – NF, category 4.2, GOST 15150-69.

### **FUNCTIONS OF THE APPARATUS**

The apparatus is to be used for prevention and treatment of the diseases, caused by dysfunctions of capillary blood and lymph flows. VITAFON-T produces microvibrations of continuously changing frequency, which leads to a multiple increase of blood and lymph flow within the zone treated and helps to provide detectable therapeutic healing effect during the treatment of inflammatory and traumatic diseases.

VITAFON-T is to be used in hospitals, other medical institutions and sanatoriums. It can be also effectively applied by a patient at home, after consultation with a doctor and under his supervision.

### MAIN TECHNICAL CHARACTERISTICS

Supply voltage, V	$\pm 10\%$
Power supply frequency, Hz	50
Power consumption, VA, not more than	8
Supply voltage from external source of continuous current, V	$12,6 \pm 1,3$
Duration of continuous work, hours, not less than	8
Average term of service, years, not less than	5
Weight, net, kg, not more than	0,7
Overall dimensions , mm, not more than	
Main block (electronic module)	135x63x35
Power supply unit	80x50x90

#### Setting Parameters:

Number of microvibrations frequency subranges	2
Lower frequency of the first subrange, Hz, within	30 – 60
Upper frequency of the first subrange, Hz, within	1200 – 4500
Lower frequency of the second subrange, Hz, within	200 – 1000
Upper frequency of the second subrange, Hz, within	9000 – 18000
Length of a single cycle of microvibration frequency changes, sec., within	70 – 120
Membrane's microvibrations amplitude on the lowest possible frequency, $\mu\text{m}$ , within:	
for Modes 1 and 3	2,8 – 5,4
for Modes 2 and 4	6,0 – 12,3
Duration of impulse frequency modulations, sec., within	0,5 – 1,2

### COMPLEXITY OF KIT

A complete kit of the VITAFON-T apparatus should include the following items:

Main block (electronic module).....	1
Vibrophones' protective case.....	1
Power supply unit working from alternating current network.....	1
Power cord working from power system of a car.....	<input type="checkbox"/>
Fixing belts / glands:	
– waist belt.....	<input type="checkbox"/>
– short fixing gland.....	<input type="checkbox"/>
– long fixing gland.....	<input type="checkbox"/>
– combined gland.....	<input type="checkbox"/>
Exploitation Manual and User Guide .....	1
Package.....	1

**NOTE.** A kit can vary for every particular supply. See notes on quantity supplied. Dash indicated that the position is not included into the particular supply kit.

## **SAFETY RULES**

Follow general safety rules for exploitation of electrical devices. Power supply unit of the apparatus switched on from the socket has dangerous alternating voltage.

Keep the main body of the device dry. **IT IS FORBIDDEN** to wipe a switched device with a wet napkin and to use the apparatus in the bathrooms or at the shower cabins. It is also forbidden to apply the device switched to the socket of a car when the car is moving.

In the case of and damages or malfunctions in the device, one should apply to the repairing centers, enlisted in the chapter “Guarantees”. **IT IS FORBIDDEN to repair or modernize the apparatus by ones own or with the help of unprofessional specialists.**

**ATTENTION! For fire safety before using the device make sure that the socket is in order and the plug is undamaged.**

**Keep the apparatus from falling down. Its vibrophones include optical and fine mechanical parts that should be kept from hitting by hard surface and falling. Do not lay vibrophones cords along.**

It is recommended to place the apparatus at the table, bed-side table etc. where it will be safe from falling and easy to operate. The device can be connected with the help of professionally manufactured extender. When the treatment is over, the device should be switched off and placed to its original box.

## **EXPLOITATION, TRANSPORTATION AND STORAGE RULES**

The apparatus is to work properly for a long time in the following conditions: air temperature: + (25±10)°C; relative humidity: 45 – 80%.

To keep the device in working condition, one should ship and store it duly packed, air temperature being within (-10 – +40°C) and relative humidity not more than 80%. During long breaks between using sessions the apparatus should be stored in its initial package. After a long-distance shift or cooling, the device is to stay in the normal conditions (room temperature) unswitched for 2 hours.

For disinfection the main body and converters of the apparatus are to be wiped with a napkin slightly moistened with a 3% hydrogen peroxide solution.

## **STRUCTURE AND WORKING PRINCIPLES**

The **VITAFON-T** apparatus (see picture 1) consists of a main electronic block (1) and two joint converters, the so-called “vibrophones” (2). At the main electronic block there is a socket (9) via which an external power source can be connected with the device. Power supply unit working from alternating current network included to the kit (3) or a power system of a car (voltage – 12 V) can be used as a power source of the device. The apparatus can be connected with a power system of a car via special power cord (10) trough the socket of a lighter, built-in to the car’s control panel. On the face panel of the main block there are main tools of data entry and control (4 – 7) and a digital display (8). Number of the chosen Mode and duration of the treatment session are indicated on the display.

Main electronic block of the device provides realization of the programmed parameters and produces signal, necessary for functioning of vibrophones. In contact with body tissues, membranes of vibrophones produce microvibrations of bodily tissues within the zone treated. Frequency of microvibrations automatically changes in accordance with a pre-given cycle program within the range of sound frequencies.



Picture 1 – Appearance of VITAFON-T: options of data entry and indication facilities

## PREPARATION OF THE APPARATUS AND THE OPERATION PROCEDURE

Make sure that the apparatus and converters are not damaged.

Before the first use, wipe membranes with a napkin to disinfect them. For this moisten a napkin with a 3% hydrogen peroxide solution and wring it out. Later on do it as necessary.

Connect the main electronic block of the device to the chosen source of power. When the power is received, for a short period of time the following data will be indicated on the display: **I 00** (status “Preparation for work”). Then, in 2 seconds, one will see on the display automatically programmed mode (Mode 1) and duration of the treatment session (20 minutes): **I 20**. Now the apparatus is ready for a treatment session with the parameters programmed or for an adjustment of Mode and Duration parameters in accordance with a particular treatment scheme.

In the case, if the device continues to be in a status “Preparation for work” or of reduced power consumption (the display goes out, no data indicated on it), one should press the button C «Start / Stop» (6). After that automatically programmed mode will be indicated on the display.

### Entering MODE parameter

Now one is to enter the data on the Mode of a particular treatment procedure, as indicated in the treatment scheme. Pressing the button P «Mode» (7), choose the mode, prescribed by the treatment scheme. The number of the Mode chosen is indicated on the left side of the digital display. By each button pressure the number will be changed according to the cycle: 1-2-3-4 – 1-2-... etc.

### Entering TREATMENT SESSION DURATION parameter

One should enter the data on the duration of the treatment session as indicated in the treatment scheme. Using buttons « + » (4) and « - » (5), choose the duration, prescribed by the treatment scheme. The duration of the treatment session chosen is indicated by the

two figures on the right side of the digital display. The duration of the treatment session can vary from 1 to 60 minutes with the step of 1 minute. If one presses buttons « + » or « - » for more than 1 second, the duration of the treatment procedure increases (decreases) automatically as indicated on the display.

### **Performing treatment procedure**

Membrane surfaces are to be applied to the body covered with a gauze, paper or cotton towel (for hygienic reasons). Application should be made in zones described in the treatment scheme.

After the data on indicated in the particular treatment scheme Mode and Duration of the treatment session is entered and indicated on the display, press and release the button C «Start / Stop» (6). When the button is pressed, the apparatus begins to perform the treatment procedure programmed. One will see blinking of the figures, indicating duration of the treatment session – this means that timer has started its work. The changing figures on the display indicate the time, left before the treatment session is over.

When the apparatus is in work, a continuous sound of changing frequency is to be produced by vibrating membranes of the vibrophones. During first 5-30 seconds of work, sonic frequency will be considerably low (30–60Hz). Then it must continuously change from very low to very high, almost ultra-audible (9000–18000Hz) values and back – from very high to very lower – in a continues cycle of frequency changing.

### **Completion of the treatment procedure**

When a treatment session is over, the apparatus automatically completes its activity and after a short break (of 1-2 seconds) enters a status waiting for data entry. The data on the mode and treatment session duration, indicated on the display, will be still valid for the treatment procedure already over.

In case of need, a treatment procedure can be discontinued any moment by pressing and releasing the button C «Start / Stop» (6). After this initially programmed parameters will be indicated on the display.

### **Automatic switching off of the apparatus**

If no buttons were pressed during the time period of more that 60 seconds and the apparatus was ready for data entry of adjustment, the figures on the display go out and a point is visible at the place of the Mode parameter indication. One can interrupt this by pressing any button on the front panel of the apparatus.

In the case if the apparatus was not utilized for the time period of more than 4 minutes, it will automatically choose the status of reduced power consumption. Nothing is indicated on the digital display. One can interrupt the status of reduced power consumption by pressing and releasing the button C «Start / Stop» (6). After this for a short period of time the following data will be indicated on the display: **I 00** (status “Preparation for work”). Then, in 2 seconds, one will see on the display automatically programmed mode (Mode 1) and duration of the treatment session (20 minutes): **I 20**. Now the apparatus is ready for a treatment session with the parameters programmed or for an adjustment of Mode and Duration parameters in accordance with a particular treatment scheme.

### **Apparatus switching off**

When all the treatment procedures are over, switch the apparatus off, disconnect it from the power source, disconnect the vibrophones and put them into protective case to avoid damage of their membranes, then put the device into its original package.

In the case if before switching off the apparatus was in the status of reduced power consumption, it is recommended to interrupt it by pressing the button C «Start / Stop» (6). Then the device can be switched off.

During long breaks between using sessions the apparatus should be stored in its initial package in the conditions, enlisted in the chapter “EXPLOITATION, TRANSPORTATION AND STORAGE RULES”.

# USER GUIDE

## **Recommendations and instructions are based on clinical trials performed at:**

- Moscow I.M.Sechenov Medical Academy;
- Moscow Regional Research Clinical Institute;
- St-Petersburg I.I.Mechnikov Medical Academy;
- St-Petersburg S.M.Kirov Military Medical Academy;
- St-Petersburg D.O.Ott Scientific Research Institute of Obstetrics and Gynaecology;
- St-Petersburg G.I.Turner Russian Research Institute of Pediatric Orthopedia;
- St-Petersburg Municipal Children hospital No.1 and other institutions.

## **The following specialists were involved in the work:**

- O.I. Efanov, Doctor of Medical Sciences, Professor, Academician, Head of Physical Therapy Department, N.Semashko Medical and Sanitary Institute, Moscow;
- A.G. Gluharev, Senior Lecturer at the Urology Department at the S.M.Kirov Military Medical Academy in St.-Petersburg, Candidate of Medical Sciences;
- A.G. Panin, Head of the Urology Course and Clinic at the I.I.Mechnikov Medical Academy, St.-Petersburg;
- I.E. Detlavs, Head of the Biophysics laboratory at the Traumatology Institute, Riga, Doctor of Medical Sciences;
- A.I. Kurtov, Candidate of Medical Sciences, Docent at the S.M.Kirov Military Medical Academy in St.-Petersburg;
- A.G. Baindurashvili, Doctor of Medical Sciences, member of SICOT (Société Internationale de Chirurgie Orthopédique et de Traumatologie), Professor of the St.-Petersburg Academy of Post-Diploma Education;
- P.A. Novoselsky, Head of the Cardiac Intensive Care Department at the Regional Hospital, Vladimir;
- V.A. Fedorov, Chief Designer, NPF “MicroEPM”, St.-Petersburg.

## **ATTENTION!**

**Before using VITAFON-T you should consult with your doctor about your diagnosis, indications and contraindications.**

## **CONTRAINDICATIONS**

VITAFON-T should not be applied in the following cases:

- in body areas of oncologic pathology;
- in pregnancy;
- in body areas affected by thrombophlebitis;
- in body areas of evident atherosclerosis;
- in acute infectious diseases;
- in high temperature;
- in the vicinity of implanted pacemakers.

It is forbidden to apply vibrophones right at the heart area for no treatment schemes exists by now.

If particular body areas having stones (gall and urinary bladder etc.) become part of treatment zone, the therapy should be performed only after doctor's permission and under his control.

### **PHYSIOLOGICAL MECHANISM OF VIBROACOUSTIC TREATMENT**

Microvibrations are present in an every living organism and play there a role, analogous to the Brownian (thermal) movement. If no Brownian movement takes place (when the temperature equals absolute zero), chemical reactions are stopped; if no microvibrations take place, all physiological and biochemical processes of a living organism are stopped. Microvibration is a resource, as important and indispensable for a human organism, as food and oxygen /1/.

Plants receive microvibration energy from the wind, rain and living-beings' activities. Animals and people provokes microvibrations in their bodies by their own. The main source of microvibrations in a body is muscles' activity (micro-shivering of muscles), which occurs even when the body is relaxed. When one sleeps, his muscle activity is two times lower than when he is awake. That's why edemas and constrained motions often occur in the mornings. Not mobile life-style considerably reduces general level of microvibrations in a human organism and sooner or later causes different diseases.

Another source of microvibrations is a voice. A baby often cries loudly for it satiate his organism with microvibration. If one starts to rock him in a cradle, the baby immediately calms down. Resting cats are much relaxed and by their purr they compensate the lack of microvibrations, usually produced by shivering of their skeleton muscles. Famous statement that lathing makes a life longer has a serious physiological background.

Vibroacoustic therapy enlarges microvibrational background of a human organism. That's why vibroacoustic therapy is highly effective and widely used. Vibroacoustic devices use range of frequencies and amplitude of vibration, analogues to that of a living organism.

The main treatment zones are pathology zones without their own muscle tissue – kidneys, liver and spinal column. Resources of a living organism, its immunity and health depend on the intensity of microvibrations in these areas of a human body /1/.

Vibroacoustic treatment of kidneys enlarges general physical resources of an organism, causes the sensation of access of strength, raises physical tolerance, normalizes pressure, improves sleep and reduces cholesterol in blood.

Vibroacoustic treatment of liver speeds up the processes of detoxication and slag utilization, notably reduces allergic manifestations.

Vibroacoustic treatment of spinal column improves blood-supply of the spinal cord and enlarges a number of coming into blood stem cells (RF Patent № 2166924), which are necessary for rejuvenation of bodily tissues.

Vibroacoustic treatment of a pathology zone speeds up the process of and slag utilization, removes the edemas, improves immune reactions and makes drug therapy more effective.

In case of allergic drug intolerance, vibroacoustic resource support of an organism quite often is the only way to get rid of the disease.

## SENSATIONS

When VITAFON-T is in work, sensations are generally absent or there is a pleasant feeling of warmth or vibration.

Where a nerve center becomes involved, a painful sensation may sometimes appear, which enables the organism to react to its internal disorders in a more adequate way (the pain will subside soon). If the pain persists for 2-3 days, one should discontinue treatment and consult with a doctor.

In case of a chronic disease, an aggravation of pain usually occurs during the first 5-10 days of treatment. This pain gradually subsides by the end of the course of treatment.

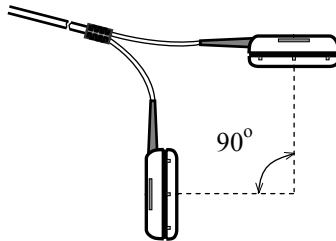
In the case of a severe disease, pain may disappear only during the second course of treatment.

## APPLICATION OF VIBROPHONES

Vibrophones should be applied directly to the patient's body. Membrane surfaces are to be applied to the body covered with a gauze, paper or cotton towel (for hygienic reasons). All converters should be fixed with an elastic bandage, special fixing equipment (e.g. fixation glands) for the apparatuses of the VITAFON -family or can be simply supported by hands or presses by a patient's body. Membrane and converters surfaces should be applied closer to the body. The maximum sensation of vibration at the low frequency range may serve as a criterion of the right application. It is not advisable to press converters with a too much effort, because it will result in the cessation of microvibration and, consequently, of the healing effect.

Converters can be placed at any distance from each other (if there is no special note in the treatment scheme) within one plane or at any angle. The only rule one should obey is not to place vibrophones with their membranes towards each other if the distance between them is less than 10 cm. – in such a position mutual energy termination takes place and healing effect decreases.

In the case of treatment of joints and in some other cases it is recommended to place vibrophones on the angle of  $90^\circ$  to each other with the membranes facing each other (see picture 2). In this position the maximum effect is achieved at the point of intersection of vibrophones' axes.



Picture 2. Location of vibrophones on the angle of  $90^\circ$  to each other

# Methodological user recommendations

## ATTENTION!

If vibroacoustic treatment takes place simultaneously in accordance with several different schemes, total duration of a single treatment session should not exceed 1 hour and total duration of daily treatment should not exceed 2 hours. Breaks between different treatment courses should not be less than 5 days, if there is no special note in the treatment scheme.

### 1. OSTEOCHONDROSIS, RADICULITIS

Treatment should be performed in accordance with the **schemes 1-4**. Duration of the osteochondrosis and radiculitis treatment course according to any scheme prescribed - 10 days. To achieve radical positive result one should perform 2-4 courses with a break of 2 weeks.

A patient should lie supine. During the treatment of osteochondrosis and radiculitis of the cervical area of the spine, a pillow should be put under a patient's neck and shoulders to allow the vibraphones to be located properly.

During first 10 days, the diseased area of the spine should be wiped with iodine solution before going to bed.

In every procedure, the vibraphones should be positioned successively upon the affected areas as indicated in the treatment scheme. During the whole treatment course, constant inactive warmth should be applied to the diseased areas.

It is not advisable to treat simultaneously more than one type of osteochondrosis or radiculitis.

#### Scheme 1. Treatment of osteochondrosis and radiculitis of the cervical area of the spine

Day		Zone K		Zone D1		Zone D2		Zone E1	
		Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.
1	Evening	1	8	1	1	1	1	1	2
2	Morning	1	8	1	1	1	1	1	2
	Noon	1	10	1	2	1	2	1	3
	Evening	2	7	1	2	1	2	1	3
3	Morning	2	10	1	3	1	3	1	4
	Noon	2	10	1	3	1	3	1	4
	Evening	2	10	1	3	1	3	1	4
4-8	Morning	2	10	1	3	1	3	1	4
	Noon	2	10	1	3	1	3	1	4
	Evening	2	10	1	3	1	3	1	4
9	Morning	2	10	1	3	1	3	1	4
	Evening	2	10	1	3	1	3	1	4
10	Evening	2	10	1	3	1	3	1	4

**Scheme 2. Treatment of osteochondrosis and radiculitis of the thoracic area of the spine**

Day		Zone K		Zone E11		Zone E2		Zone E21	
		Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.
1	Evening	1	8	1	2	1	2	1	2
2	Morning	1	8	1	2	1	2	1	2
	Noon	1	10	1	3	1	3	1	3
	Evening	2	7	1	3	1	3	1	3
3	Morning	2	10	1	3	1	3	1	3
	Noon	2	10	1	3	1	3	1	3
	Evening	2	10	1	4	1	4	1	4
4-8	Morning	2	10	1	4	1	4	1	4
	Noon	2	10	1	4	1	4	1	4
	Evening	2	10	1	4	1	4	1	4
9	Morning	2	10	1	4	1	4	1	4
	Evening	2	10	1	4	1	4	1	4
10	Evening	2	10	1	4	1	4	1	4

Vibroacoustic treatment goes well with a drug therapy.

Treatment of Zone K prevents elevation of arterial pressure. In the case of essential pressure reduction, duration of treatment at the Zone K should be shortened, or the treatment discontinued. If one takes antihypertensive drugs, treatment at the zone K can cause redundant reduce of arterial pressure. In this case a drug zone should be corrected. In the case of redundant reduce of pressure, the treatment duration at the zone K should be reduced (or the treatment at this zone avoided).

**Scheme 3. Treatment of osteochondrosis and radiculitis of the lumbar area of the spine**

Day		Zone K		Zone E21		Zone E3		Zone E31	
		Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.
1	Evening	1	8	1	2	1	2	1	2
2	Morning	1	8	1	2	1	2	1	2
	Noon	1	10	1	3	1	3	1	3
	Evening	2	7	1	3	1	3	1	3
3	Morning	2	10	1	3	1	3	1	3
	Noon	2	10	1	3	1	3	1	3
	Evening	2	10	1	4	1	4	1	4
4-8	Morning	2	10	1	4	1	4	1	4
	Noon	2	10	1	4	1	4	1	4
	Evening	2	10	1	4	1	4	1	4
9	Morning	2	10	1	4	1	4	1	4
	Evening	2	10	1	4	1	4	1	4
10	Evening	2	10	1	4	1	4	1	4

Treatment must be accompanied with the daily monitoring of arterial pressure. In the case of elevation of arterial pressure, the treatment must be discontinued. If giddiness or weakness occur, the duration of a treatment session should be reduced.

#### Scheme 4. Treatment of osteochondrosis and radiculitis of the lumbar-sacral area of the spine

Day		Zone K		Zone E3		Zone E31		Zone E4	
		Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.
1	Evening	1	8	1	2	1	2	2	2
2	Morning	1	8	1	2	1	2	2	2
	Noon	1	10	1	3	1	3	2	3
	Evening	2	7	1	3	1	3	2	3
3	Morning	2	10	1	3	1	3	2	3
	Noon	2	10	1	3	1	3	2	3
	Evening	2	10	1	4	1	4	2	4
4-8	Morning	2	10	1	4	1	4	2	4
	Noon	2	10	1	4	1	4	2	4
	Evening	2	10	1	4	1	4	2	4
9	Morning	2	10	1	4	1	4	2	4
	Evening	2	10	1	4	1	4	2	4
10	Evening	2	10	1	4	1	4	2	4

In the case of cardiac arrhythmia of after infarction treatment of the thorax area of the spine can be performed only after consulting with a cardiologist and under his supervision.

In the case of kidney stones the treatment can be performed only after consulting with a doctor and under his supervision.

### 2. PROSTATITIS

Treatment course consists of 2 stages. The first – preparative - stage of treatment should be performed in accordance with the **scheme 4**, duration of the first stage – 10 days. The second – basic - stage of treatment should be performed in accordance with the **scheme 5**. (The basic course is divided into two sub-courses – standard and intensified; duration of each sub-course being 17 days). To achieve stable effect, repeat Preparative and Basic courses every 3 – 6 months.

A patient should lie supine. If necessary, a small pillow can be placed under the pelvis to keep the horizontal position.

One vibrophone is to be located and properly fixed in the perineum zone (between the anus and the root of the penis), another one –in the bladder zone (lower abdomen). Displacement of 1-2 cm. is not critical for the result. One should firstly perform a Standard course (follow treatment **Scheme 5a**). If little effect achieved, an Intensified course is to be carried out (follow treatment **Scheme 5b**). If a patient has any painful sensations during the treatment in the mode 4, mode 2 should be applied.

#### Scheme 5a. Treatment of prostatitis. Standard course

Day		Perineum, bladder	
		Mode	Duration, min.
1-2	Morning	1	15
3-8	Morning	2	15
9-11	Morning	4	15
12-17	Morning	2	15

### Scheme 5b. Treatment of prostatitis. Intensified course

Day		Perineum, bladder	
		Mode	Duration, min.
1-3	Morning	2	15
	Evening	2	15
4-8	Morning	4	15
	Evening	4	15
9	Morning	4	15
	Evening	2	15
10-17	Morning	2	15
	Evening	2	15

During the first 7 days treat the lower area of the abdomen once a day with iodine solution (if the tolerance to iodine is good, treatment area is to be equivalent to two palms of the patient's hands).

During cold seasons, a patient should be in the warm for not less than an hour after the treatment procedure. Throughout the course of treatment it is necessary to keep the pelvis area warm (warm clothes).

Treatment of acute prostatitis should be carried out only under the supervision of a doctor in combination with a prescribed course of antibiotics.

In the course of treatment of chronic prostatitis, an aggravation of pain sensations usually occurs and continues for 5-10 days. In rare cases, a transient decline of potency may be experienced on days from 2 to 4 after the treatment start. On days from 8 to 14 the potency steadily increases. In the case of such clinical course, a patient should obligatorily take antibiotics, prescribed by the doctor.

If prostatitis is associated with a bladder problem, products of cleansing and reparation processes may be discharged with urine. After 10-14 days urine becomes clear, pain subsides, the frequency of urination substantially decreases potency improves and coitus becomes longer.

In the case of chronic prostatitis, 2-4 treatment courses are to be carried out. The break between the first and the second courses should be of 3-5 days, between the second and the third one – of 2-3 weeks.

For preventive treatment of prostatitis VITAFON-T should be used once a week. Mode 2, treatment duration – 15 minutes.

### 3. IMPOTENCE

Treatment course consists of 2 stages. The first – preparative - stage of treatment should be performed in accordance with the **scheme 4**, duration of the first stage – 10 days. Then the basic course is to be carried out in accordance with the **scheme 6**, duration of the basic course – 17 days. To achieve stable effect, repeat Preparative and Basic courses every 2 – 6 months.

A patient should lie supine. If necessary, a small pillow can be placed under the pelvis to keep the horizontal position.

One vibrophone is to be located and properly fixed in the perineum zone (between the anus and the root of the penis), another one –in the bladder zone (lower abdomen). Displacement of 1-2 cm. is not critical for the result. To increase the effect achieved one should additionally treat daily Zones C and F (see pictures 4 and 5), Mode 1 (if a patient's

weight is more than 80 kg, Mode 2 should be chosen). In the case of cardiac arrhythmia, Zone F is not to be treated.

#### Scheme 6. Treatment of impotence

Day	Perineum, bladder		Zone C		Zone F	
	Mode	Duration., min.	Mode	Duration, min.	Mode	Duration, min.
1-2	1	15	1, 2	7-8	1, 2	5-6
3-8	2	15	1, 2	7-8	1, 2	5-6
9-11	4	15	1, 2	7-8	1, 2	5-6
12-17	2	15	1, 2	7-8	1, 2	5-6

#### 4. ADENOMA (BENIGN PROSTATIC HYPERPLASIA)

The apparatus should be used according to the recommendations of the urologist for the treatment of benign prostatic hyperplasia of the first (sometimes also the second) stage. It helps to reduce painful sensations in the perineum zone, to reduce urination frequency and to improve general health state.

The first – preparative-stage of treatment should be performed in accordance with the **scheme 4**, duration of the first stage – 10 days. The second – basic-stage of treatment should be performed in accordance with the **schemes 7a** and **7b**. One should repeat preparative and basic treatment courses once again after a break of 2 weeks.

A patient should lie supine. If necessary, a small pillow can be placed under the pelvis to keep the horizontal position. It is recommended not to urinate before the treatment session.

One vibrophone is to be located and properly fixed in the perineum zone (between the anus and the root of the penis), another one – in the bladder zone (lower abdomen). Displacement of 1-2 cm. is not critical for the result.

Treatment procedures in accordance with the **scheme 7a** should be carried out daily once a day, treatment duration being 15 minutes. After a break of 1 week the treatment course is to be continued in accordance with the **scheme 7b**. In the case if painful sensations occur during the treatment in the Mode 4, Mode 2 should be chosen.

During cold seasons, a patient should be in the warm for not less than an hour after the treatment procedure. Throughout the course of treatment it is necessary to keep the pelvis area warm (warm clothes).

To prevent the disease, the treatment should be performed once-twice a year, in accordance with the schemes 4, 7a and 7b.

#### Scheme 7a. Treatment of prostatic adenoma

Day	Perineum and lower abdomen	
	Mode	Duration, min.
1–2	1	15
3–15	2	15

#### Scheme 7b. Treatment of prostatic adenoma

Day	Perineum and lower abdomen	
	Mode	Duration, min.
1–15	4	15

## 5. CYSTITIS

Treatment course consists of 2 stages. The first – preparative - stage of treatment should be performed in accordance with the **scheme 4**, duration of the first stage – 10 days. The second – basic - stage of treatment should be performed in accordance with the **scheme 8**, duration of the first stage – 14 days. If necessary, a treatment course can be repeated after a break of 1-3 weeks.

In the acute condition the apparatus is used in combination with drug therapy. In remission the apparatus can be used without taking anti-inflammatory agents: it will be enough to treat an abdomen with iodine solution before going to bed during 10 days (in case of good tolerance). A patient should lie supine. One vibrophone should be located at the perineum zone, the other - on the bladder at the lower abdomen. Treatment duration is 15 minutes. Additionally one should treat daily Zone E4 for 5 minutes before going to bed.

### Scheme 8. Treatment of cystitis

Day		Perineum, bladder		Zone E4	
		Mode	Duration, min.	Mode	Duration, min.
1	Morning	1	15	–	–
	Evening	1	15	1	5
2-3	Morning	2	15	–	–
	Evening	2	15	2	5
4	Morning	2	15	–	–
	Evening	3	15	2	5
5	Morning	4	15	–	–
	Evening	4	15	2	5
6-13	Morning	2	15	–	–
	Evening	2	15	2	5
14	Morning	1	15	–	–
	Evening	1	15	1	5

## 6. SEROUS MASTITIS, LACTOSTASIS

The treatment should be performed in accordance with the **scheme 9**. Duration of a single treatment course is 14 days.

Vibrophones are to be located not far from each other within the affected area.

### Scheme 9. Treatment of serous mastitis and lactostasis

Day		Zone K		Zone D1		Zone E1		Inflammation zone	
		Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.
1	Evening	2	5	1	3	1	3	1	1
2	Morning	2	5	1	3	1	3	1	2
	Evening	2	5	1	3	1	3	1	3
3	Morning	2	5	1	3	1	3	1	5
	Evening	2	10	1	3	1	3	1	8
4-12	Morning	2	5	1	3	1	3	1	5
	Evening	2	15	1	3	1	3	1	10
13	Morning	2	5	1	3	1	3	1	5
	Evening	2	5	1	3	1	3	1	8
14	Morning	2	5	1	3	1	3	1	2
	Evening	2	5	1	3	1	3	1	3

## 7. TROPHIC ULCERS

Treatment should be performed in accordance with the **scheme 10**. Duration of the treatment course – 9-21 days.

Before a treatment procedure, treat the edges of the ulcer with iodine solution, in 3 cm. of diameter. Vibrophones should be placed on the borders of the affected area. If an ulcer is not a large one, one vibraphone can be located over a large blood vessel supplying the affected area. Do not use any ointments during the treatment with the apparatus.

### Scheme 10. Treatment of trophic ulcers

Day		Site of wound	
		Mode	Duration, min.
1-9 (21)	Morning	1	10-20
	Afternoon	1	10-20
	Evening	1	10-20

If no obvious effect achieved after 10 treatment procedures by VITAFON-T, one should continue the treatment course, additionally treating spinal areas involved (in accordance with the **scheme 4** in the case of ulcers on lower extremities and in accordance with the **scheme 1** in the case of ulcers on upper extremities. In the majority of cases the healing effect is achieved already after a single treatment course. Treatment by the apparatus goes well with reflex therapy and laser therapy. **The treatment should not be performed in body zones affected by thrombophlebitis.**

## 8. FRACTURES

Treatment should be performed in accordance with the **scheme 11**. Duration of the treatment course – 15-30 days.

VITAFON-T is used to accelerate fracture healing, to increase the strength of connective tissue, to prevent complications, to remove swelling and itching within areas covered with fixed dressing, and to restore joint activity.

### Scheme 11. Treatment of fractures

Day	Daily number of procedures	Fracture zone	
		Mode	Duration, min.
1-15 (30)	1-2	2	20-40

One should start treatment with the apparatus not earlier than in 3-4 days after the trauma. Vibrophones should be applied as near to the fracture, as possible. In the case of plaster fixation, vibrophones are to be placed directly over the plaster at the angle of 90° to each other (see picture 2). A patient must lie during the treatment of fracture.

It is recommended for a patient to lie within an hour or two after the treatment. If there is an edema at the fracture area under the fixing bandage, vibrophones are to be additionally applied over the edema (15-20 minutes, mode 2).

A pillow should be placed under the fractured extremity to elevate it higher than the heart level and to accelerate blood outflow. Concomitant injuries and wounds (including even little scratches) are to be also obligatory treated by the apparatus in combination with the iodine therapy according to the **scheme 16**.

The apparatus can be used in combination with other means of treatment, including Yelizarov's apparatus. It may be applied to areas where there are metal inserts.

For post-trauma restoration of joint motility Mode 4 should be chosen, session duration being 20-40 minutes. If possible during the first half of the session, special joint gymnastics should be made (long banding of the injury with little pressure – 20-30 sec., then long opening).

## 9. SPINAL TRAUMAS

Treatment should be performed in accordance with the **scheme 12**. Duration of the treatment course – 4 months.

Vibrophones should be fixed symmetrically concerning the spine within the trauma zone. If more than 3 vertebrae were traumatized, the vibrophones are to be applied twice to cover the whole affected zone. In such cases the duration of each treatment session should be as indicated in the treatment scheme. It is important that treatment zone should cover also the vertebrae, neighboring to the traumatized ones. To reduce the inflammation process one should once a day treat the spine with iodine solution (traumatized vertebrae plus several centimeters up and down are to be treated). Iodine therapy is to be over when its trace does not disappear within one day. In the case of heavy organism response with the advent or aggravation of painful sensations, the session duration should be reduced down to the acceptable tolerance.

**Scheme 12. Treatment of spinal traumas**

Day		Zone K		Trauma zone		Zone E21		Zone E3		Zone E31	
		Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.
1-2	Evening	2	10	1	3	1	3	1	3	1	3
3-4	Morning	–	–	1	4	1	4	1	4	1	4
	Evening	2	15	1	4	1	4	1	4	1	4
5-6	Morning	–	–	1	5	1	5	1	5	1	5
	Evening	2	15	1	5	1	5	1	5	1	5
7-8	Morning	–	–	1	6	1	6	1	6	1	6
	Evening	2	15	1	6	1	6	1	6	1	6
9-10	Morning	–	–	1	8	1	6	1	6	1	6
	Evening	2	15	1	8	1	6	1	6	1	6
11-12	Morning	–	–	1	9	1	6	1	6	1	6
	Evening	2	15	1	8	1	6	1	6	1	6
13-14	Morning	–	–	1	10	1	6	1	6	1	6
	Evening	2	15	1	10	1	6	1	6	1	6
15-30	Morning	–	–	1	8	2	5	1	5	1	5
	Evening	2	15	1	8	1	5	1	5	1	5
31-32	Break										
33-60	Morning	–	–	1	8	2	5	1	5	1	5
	Evening	2	15	1	8	1	5	1	5	1	5
61-62	Break										
63-90	Morning	–	–	2	5	2	4	1	4	1	4
	Evening	2	15	1	8	1	4	1	4	1	4
91-92	Break										
93-120	Morning	–	–	2	10	1	3	1	3	1	3
	Evening	2	15	1	8	1	3	1	3	1	3

## 10. HAEMATOMA, OEDEMA, BRUISES

### **HAEMATOMA, OEDEMA**

Treatment should be performed in accordance with the **scheme 13**. Duration of the treatment course – 5-10 days.

Vibrophones are applied directly to the injured area. In the case of deep haematoma, two vibrophones are placed at the angle of  $90^{\circ}$  (see picture 2) directed toward a haematoma. Considerably small oedema can be fully treated after 1 or 2 procedures performed. In cases of inveterate haematomas, procedure duration may be increased up to 40 minutes and the course of treatment may be increased up to 3-4 weeks. In cases of haematomas on the head or on any internal organs, the treatment can be performed only after consultation with a doctor and under his supervision. In such cases Mode 1 should be applied.

#### **Scheme 13. Treatment of haematoma and oedema**

Day	Daily number of procedures	Affected zone	
		Mode	Duration, min.
1-5 (10)	1-2	1, 4	15-20

### **BRUISES**

Treatment should be performed in accordance with the **scheme 14**. Duration of the treatment course – 2-5 days.

One can start treatment of a bruise not earlier than in 2 hours after the trauma. Vibrophones are applied directly to the affected area.

In cases of bruises on the head or on any internal organs, Mode 1 should be chosen. In other case Mode 2 is to be applied (if large oedemas occur – Mode 4).

#### **Scheme 14. Treatment of bruises**

Day	Daily number of procedures	Affected zone	
		Mode	Duration, min.
1-2 (5)	1-2	1, 2, 4	15-20

## 11. FURUNCULOSIS, CARBUNCULOSIS, ACNE

Treatment should be performed in accordance with the **scheme 15**. Duration of the treatment course – 5-10 days.

If necessary, clean the focus of affection before using the apparatus (remove the pus, treat furuncles and carbuncles with iodine solution, treat acnes with alcohol or some other purifier). Apply vibrophones at the affected area covered with a sterile gauze towel. If general square of the affected area is more than 4mm, vibrophones are to be located near the affected zone.

#### **Scheme 15. Treatment of furunculosis, carbunculosis and acne**

Day	Daily number of procedures	Affected zone	
		Mode	Duration, min.
1-10 (15)	1	1	7-15

## 12. WOUNDS AND SUTURES

Treatment should be performed in accordance with the **scheme 16**. Duration of the treatment course – 5-10 days. The apparatus is used to shorten treatment, accelerate forming of epidermis and to prevent complications and scars.

Treatment should start in 24 hours after appearing of the wound and its prior surgical treatment (pus and dirt removal, washing the wound with a Furacillin solution, treatment of wound edges with iodine solution and sterile bandage).

It is recommended to apply VITAFON-T after surgical operations for preventions of complications and for acceleration of sutures healing. The apparatus should not be applied in patients after surgical operation of d-bridement.

### Scheme 16. Treatment of wounds and surgical sutures

Day	Daily number of procedures	Site of wound or incision	
		Mode	Duration, min.
1–10 (15)	1–2	1, 2	10–15

If there is a bandage, vibrophones should be placed directly to the wound area on the bandage. Mode 2 should be chosen.

## 13. DISLOCATIONS AND SPRAINS

Treatment should be performed in accordance with the **scheme 17**. Duration of the treatment course – 7-21 days.

One should start treatment with the apparatus not earlier than 8-10 hours after injuring. Treatment should be performed directly at the trauma zone, one vibraphone is to be applied to the smoother patch of the area, the other one – 10 cm. higher than the first one. A patient should lie supine. In the case with an extremity trauma, the extremity should be up, higher than the heart level. When the procedure is over, a patient should lie quietly not less than half an hour.

To prevent inflammation, it is advisable to treat the trauma zone with iodine solution from the 3-d up to the 7-th days of treatment.

### Scheme 17. Treatment of sprains and dislocations

Day	Daily number of procedures	Trauma zone	
		Mode	Duration, min.
1–7 (21)	2	2, 4	20–30

## 14. MAXILLARY SINUSITIS

Treatment of maxillary sinusitis should be performed during remission in accordance with the **scheme 18**. Duration of the treatment course – 15 days. The minimum break between treatment courses – 2 weeks.

Duration of treatment at the Zone G should be prolonged gradually: 3, 5, 7, 9, 11, 13 and up to 15 minutes. Once a day before going to bed vibrophones are to be additionally applied at the Zone K (a patient should lie supine) - Mode 2, duration of a session being 10 minutes.

In the case of chronic maxillary sinusitis, it is recommended to undergo 1-3 treatment courses.

If the adenoids are enlarged, treatment should take place under the supervision of a doctor. With acute sinusitis the Highmore sinuses should be cleaned off from pus (to be done by otolaryngologist) before using the device.

In order to prevent the disease, treatment course should be repeated 1-2 times a year.

#### **Scheme 18. Treatment of maxillary sinusitis**

Day	Daily number of procedures	Zone G	
		Mode	Duration, min.
1	1-3	1	3
2			5
3			7
4			9
5			11
6			13
7-15			15

#### **15. RHINITIS (RUNNING NOSE)**

The treatment is to be performed at the early stage of the disease. Treatment should be performed in accordance with the **scheme 19**. Duration of the treatment course – 3-7 days.

Vibrophones should be sequentially located at the Zones G and K.

With a timely treatment, it is possible to prevent the progression of the disease. In the course of treatment, a heavy nasal discharge may sometimes occur. If on the 14<sup>th</sup> day of treatment these nasal discharges are not over, one should consult with an allergologist.

In the case of allergic rhinitis, VITAFON-T should be used only at the final stage of treatment in combination with antiallergic preparations. For preventive purposes the treatment may be performed once in two weeks.

#### **Scheme 19. Treatment of rhinitis**

Day	Daily number of procedures	Zone G		Zone K	
		Mode	Duration, min.	Mode	Duration, min.
1-3 (7)	1-2	1	7-15	2	10-15

#### **16. TONSILLITIS (SORE THROAT)**

Treatment should be performed in accordance with the **scheme 20**. Duration of the treatment course – 9-15 days.

Before the procedure, treat the tonsils with the Lugol's Solution. Apply vibrophones symmetrically above the larynx so that they are as close to the tonsils as possible (Zone B, see picture 3). To do so a patient should lie supine and slightly recline his head backwards. Once a day before going to bed vibrophones are to be additionally applied at the Zone K (a patient should lie supine) – Mode 2, duration of a session being 15 minutes.

#### **Scheme 20. Treatment of tonsillitis**

Day	Daily number of procedures	Zone B		Zone K	
		Mode	Duration, min.	Mode	Duration, min.
1-9 (15)	1-2	2	10-15	2	15

In order to prevent the progression of the disease, it is necessary to use the apparatus

as soon as the first symptoms appear (zone B, mode 2, for 10 minutes) and then to repeat such treatment after 2-3 hours and, further, after 6-8 hours. In addition, before going to bed apply converters to zone K for 15 minutes in Mode 2.

In acute tonsillitis the apparatus is to be used in combination with bactericidal preparations and under doctor's supervision. If there are no bactericidal preparations, one should gargle the throat with an antiseptic before each procedure. In this case, reduce the duration of treatment up to 7-8 minutes.

In the case of chronic tonsillitis, the treatment should be performed only at the stage of remission. Duration of a single session in this case can be prolonged up to 20-25 minutes.

## 17. BRONCHITIS

Treatment should be performed in accordance with the **scheme 21**. Duration of the treatment course – 9-15 days.

VITAFON-T is used to reduce the period of treatment, to prevent complications and to accelerate healing effect achieved as well. A patient should lie supine.

Vibrophones should be applied according to the localization of inflammation process in the lungs: at the Zone C if inflammation occurs in the upper part of the lungs, at the Zone E1 if inflammation occurs in the middle part of the lungs and at the Zone F if inflammation occurs in the bottom part of the lungs. Zone K should be treated in all the cases mentioned. In the zone C the converters are to be supported by hands, in zones E1 or F they should be placed under a patient's back.

If a patient's weight is more than 80 kg, or if little effect was achieved after the treatment applying Mode 1, Mode 2 should be chosen.

In order to prevent the progression of the disease, it is necessary to use the apparatus as soon as the first symptoms appear (zone C, mode 2, for 8 minutes) and then to repeat such treatment after 2-3 hours and, further, after 6-8 hours. In addition, before going to bed apply converters to zone K for 15 minutes in Mode 2.

In the case of chronic bronchitis, coughing gets worse on days 2 and 3 of the treatment and then gradually subsides over the period till days 10 - 14. During first 5 days of the treatment, a patient should treat the thorax area with iodine solution before going to bed.

In the case of severe cough, duration of treatment may be reduced down to 7-10 minutes. It is essential that throughout the course of treatment the thorax is kept warm. In the case of arrhythmia, the application of converters to the zones F and E1 should be excluded.

### Scheme 21. Treatment of bronchitis

Day	Daily number of procedures	Zones C, E1, F		Zone K	
		Mode	Duration, min.	Mode	Duration, min.
1-9 (15)	1-2	1, 2	10-15	2	15

## 18. INSOMNIA

Treatment should be performed in accordance with the **scheme 22**.

Application of vibrophones at the Zones D1 or K helps well in falling asleep. Application points are to be chosen individually according to the reason of insomnia. The procedure should be performed before going to bed, duration of a treatment session being 10-15 minutes. Zone K is to be treated in the B Mode 2 or Zone D1 in the Mode 1. In some cases it is recommended to treat consecutively Zones D1 and K, per 8-10 minutes for each zone, in the

same Modes. If cervical osteochondrosis or susceptibility to hypertension exists, one should obligatorily carry out a treatment session at the Zone K after Zone D1 was treated.

### Scheme 22. Treatment of insomnia

Daily number of procedures	Zone D1 or zone K	
	Mode	Duration, min.
1	1, 2	10–15

## 19. ESSENTIAL HYPERTENSION

It is recommended to perform the treatment in accordance with the schemes 23 – 27. Vibrophones are to be placed at the zone K with a displacement of no more than 1,5 cm. If gauze towels are put between body surface and vibrophones, they should be disposable and of 1 layer only. A patient should lie or sit. In the case of falling of kidney a patient must lie supine during the treatment and vibrophone is to be placed in the zone of falling kidney (2-3 cm. lower from the K zone). The treatment method should be chosen according to the severity of the disease.

**If arterial pressure of the patient elevates for the first time and is not more than 140/90 mm. of mercury**, it is not necessary to take drugs. In such cases it is recommended to perform one treatment procedure by VITAFON-T at the zone K before going to bed. Mode 2 should be chosen, session duration being 10 minutes.

To make the effect achieved stable, this procedure may be repeated during next 2-4 days, treatment duration being elevated up to 15 min.

**In the case of hypertension of the stage 1 (the so-called “mild” or ”border-line” hypertension, arterial pressure= 125/90 – 159/99 mm of mercury) the treatment is to be performed in accordance with the scheme 23 with no simultaneous drug therapy.**

### Scheme 23. Treatment of stage 1 hypertension

Day	Arterial pressure =140-159 mm of mercury		Arterial pressure =125-139 mm of mercury	
	Zone K, Mode 2 Duration, min.		Zone K, Mode 2 Duration, min.	
	Morning	Evening	Morning	Evening
1	10	10	10	10
2	10	15	10	15
3	10	20	10	20
4-7	10	25	10	20
8-21	10	30	10	20
22-28	10	35	10	20
29-35	15	35	10	20
36-60	15	35	Then regular procedures to be performed 1-3 times a week per 20-30 minutes each.	
	Then regular procedures to be performed 2-3 times a week per 30-50 minutes each.			
The number and duration of sessions are to be chosen to support blood pressure on its optimal level.				

**In the case of stable elevation of arterial pressure (hypertension of stage 2-3, arterial**

pressure more than 160/100 mm. of mercury), the treatment should be performed in accordance with the scheme 24 in combination with drugs prescribed by the doctor.

#### Scheme 24. Treatment of stage 2-3 hypertension

Day	Zone K, Mode 2 Duration, min.		Drug dose
	Morning	Evening	
1	10	10	full daily dose
2	10	15	full daily dose
3	10	20	full daily dose
4-7	15	25	full daily dose
8-14	15	30	3/4 of daily dose
15-21	20	30	1/2 of daily dose
22-28	20	35	1/4 of daily dose
29-56	20	40	no drugs or minimal dose
57-90	–	40	no drugs or minimal dose

Then regular preventive procedures to be performed 1-3 times a week per 40-60 minutes each. The number and duration of sessions are to be chosen to support blood pressure on its optimal level.

It should be taken into consideration that vibroacoustic therapy reinforces effect of antihypertensive drugs. So, patients receiving vibroacoustic treatment in combination with drug therapy should obey the following rules:

- daily control of arterial pressure (in the morning and in the evening);
- drug dose prescribed by the doctor is a full daily drug dose;
- daily drug dose should be taken during the day in equal parts or as it is recommended by doctor;
- complex therapy should start with taking full drug dose prescribed by the doctor; in the course of treatment the dose should be gradually reduced up to achievement of desirable clinical effect together with prolongation of single VITAFON-T session;
- drug dose leading to achievement of desirable clinical effect is a sufficient one;
- drug dose reduction of which leads to elevation of optimal arterial pressure is a minimal or supportive dose;
- full drug withdrawal can take place only on the condition that arterial pressure does not increase higher than 160 mm. of mercury when no drugs taken and vibroacoustic therapy is continuing;
- it should be taken into consideration that effect of vibroacoustic therapy becomes obvious in 1-2 hours after the first procedure and is effective from 6 to 24 hours; more than it, the healing effect accumulates with every new procedure performed.

During the treatment, the drug dose should be corrected to keep higher systolic pressure within the range of 145–160 mm. of mercury, **if doctor does not prescribe some other scheme**. It is not recommended to reduce the drug dose fast. To keep arterial pressure at the optimal level, the dose should be gradually reduced up to the achievement of desirable clinical effect together with prolongation of single VITAFON-T session. After some time it will become possible to keep optimal pressure by vibroacoustic procedures only. This period continues for 1–6 weeks or more depending of severity and age of hypertension. After full drug withdrawal arterial pressure should continue to reduce for

1–10 mm. of mercury for every week of vibroacoustic treatment (usually 2–4 mm. of mercury weekly) depending of severity and age of hypertension.

In the case if after 1 month of treatment in accordance with the **scheme 24** the effect achieved is not a sufficient one or full drug dose is still required, it is recommended to continue vibroacoustic treatment in accordance with the **scheme 25**. The drug dose is to be reduced gradually (not more than ¼ of the full drug dose within the period of one week).

**Scheme 25. Treatment of stage 2-3 hypertension. Intensified course**

Day	Zone K, Mode 2 Duration, min.		Drug dose
	Morning	Evening	
29-35	20	40	full daily dose
36-42	25	40	3/4 of daily dose
43-49	30	40	1/2 of daily dose
50-56	35	40	1/4 of daily dose
57-63	40	40	no drugs or minimal dose
64-70	20	40	no drugs or minimal dose
71-90	–	40	no drugs or minimal dose

Then regular preventive procedures to be performed 2-3 times a week per 40-60 minutes each. The number and duration of sessions are to be chosen to support blood pressure on its optimal level.

**Scheme 26. Treatment of systolic hypertension**

Day	Zone K, Mode 2 Duration, min.		Drug dose
	Morning	Evening	
1	10	–	full daily dose
2	10	5	full daily dose
3-4	10	10	full daily dose
5-6	10	15	full daily dose
7-8	10	20	3/4 of daily dose
9-10	15	20	3/4 of daily dose
11-12	20	20	3/4 of daily dose
13-14	20	25	3/4 of daily dose
15-21	20	30	1/2 of daily dose
22-28	20	35	1/2 of daily dose
29-35	20	40	1/4 of daily dose
36-42	25	40	1/4 of daily dose
43-49	30	40	no drugs or minimal dose
50-56	35	40	no drugs or minimal dose
57-70	40	40	no drugs or minimal dose
71-77	20	40	no drugs or minimal dose
78-90	–	40	no drugs or minimal dose

Then regular preventive procedures to be performed 2-4 times a week per 40-60 minutes each. The number and duration of sessions are to be chosen to support blood pressure on its optimal level.

**In the case of systolic arterial hypertension** (the so-called “old people hypertension”) when elevation only of systolic arterial pressure takes place (systolic arterial pressure higher than 160 mm. of mercury, diastolic pressure less than 90 mm. of mercury), the treatment should be performed in accordance with the **scheme 26**.

In the case if the effect achieved is not a sufficient one or lower arterial pressure is still not in norm, one should consult a doctor for changing of drugs prescribed or preparing of individual scheme of treatment by VITAFON-T.

**In the case of nephrogenetic hypertension**, the treatment should be performed in accordance with the **scheme 27**.

**Scheme 27. Treatment of nephrogenic hypertension**

Day	Zone K, Mode 2 Duration, min.		Drug dose
	Morning	Evening	
1-2	5	–	full daily dose
3	10	–	full daily dose
4	10	5	full daily dose
5-6	10	10	full daily dose
7-8	10	15	full daily dose
9-10	10	20	3/4 of daily dose
11-12	15	20	3/4 of daily dose
13-14	20	20	1/2 of daily dose
15-21	20	25	1/2 of daily dose
22-28	20	30	1/2 of daily dose
29-35	20	35	1/4 of daily dose
36-42	20	40	1/4 of daily dose
43-49	25	40	no drugs or minimal dose
50-63	30	40	no drugs or minimal dose
64-70	20	40	no drugs or minimal dose
71-77	10	40	no drugs or minimal dose
78-90	–	40	no drugs or minimal dose
Then regular preventive procedures to be performed 3-6 times a week, total duration of 1-2 daily sessions being 20–50 minutes. The number and duration of sessions are to be chosen to support blood pressure on its optimal level.			

**For the preventive treatment** it is the most important to choose such weekly duration of kidney zone treatment that will keep arterial pressure at its optimal level. In the case of physical overload, stress or supercooling it is recommended to perform an additional treatment procedure at the zone K before going to bed, Mode 2 should be chosen, session duration being 15-20 minutes. This procedure can be also performed to remove high arterial pressure caused by taking unusual doses of alcohol. In such case it should be performed not earlier than in 6 hours after taking alcohol (in the morning of the next day). It is recommended to perform on the next day 2-3 preventive procedures, total duration being 60-80 minutes (the first session should be of not less than 30-40 min.).

Vibrophones are to be placed at the zone K with a displacement of no more than 1,5 cm. If gauze towels are put between body surface and vibrophones, they should be disposable and of 1 layer only. A patient should lie or sit.

**Contraindications:** acute inflammatory process in kidneys (such manifestations as blood pressure increase or blood in urine after vibroacoustic therapy at the zone K).

If in the course of treatment arterial pressure increases, the treatment should be discontinued for checking of possible contraindications.

In the case of nephrolithiasis (stones more than 4 cm.) the treatment should be performed under doctor's supervision according to his recommendations.

## 20. SENSORINEURAL HEARING DISORDERS, INFLAMMATION OF MIDDLE EAR (OTITIS)

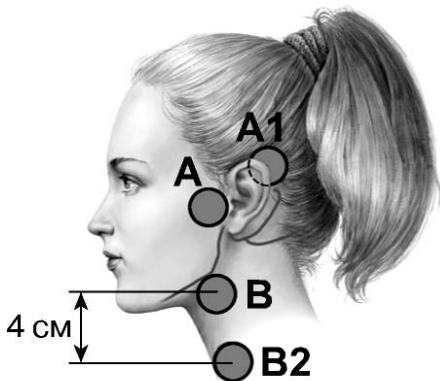
### *SENSORINEURAL HEARING DISORDERS*

Treatment should be performed in accordance with the **scheme 28**. Duration of the treatment course – 14 days. It is recommended to undergo 3-4 treatment courses. A break after every single treatment course is 2 weeks.

If one-side Sensorineural hearing disorder takes place, vibraphones are to be located at the zones A and A1 (see picture 3) on the side of the affected ear. In the case of bilateral disease, left and right ear are to be treated one after another. The treatment scheme also include treatment at Zones K, D1 and D2. Treatment at the Zone K is to be performed once a day, before going to bed.

A patient should sit during the treatment at the Zones A and A1 and lie during the treatment at the Zones D1, D2, K.

Treatment by VITAFON-T goes well in combination with the drug therapy prescribed by the doctor.



Picture 3. Treatment zones A, A1, B, B2

### *INFLAMMATION OF MIDDLE EAR (OTITIS)*

Treatment should be performed in accordance with the **scheme 28**. Duration of the treatment course – 2-7 days.

The apparatus is used at the early stage of the disease and in order to prevent the disease after having caught cold. One vibraphone is to be located at the Zone A, the other – at the Zone A1 (see picture 3) on the side of the affected ear. The treatment scheme also include treatment at Zones K, D1 and D2. Treatment at the Zone K is to be performed once a day, before going to bed.

In the case of acute inflammation, the apparatus may be used only in combination with anti-inflammatory preparations and under doctor's supervision.

**Scheme 28. Treatment of sensorineural hearing disorders and inflammation of middle ear (otitis)**

Day	Daily number of procedures	Zone K		Zone D1		Zone D2		Zones A, A1	
		Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.
1-2	1-2	2	10	1	4	1	4	1	5
3-7 (14)	1-2	2	20	1	4	1	4	1	10

**21. BURNS**

Treatment should be performed in accordance with the **scheme 29** up to recovery.

In the case of burns of 1 & 2 degree, if skin integrity is not impaired, vibrophones should be applied to an affected area covered with a gauze towel. Before the application of vibrophones the skin around the burn can be treated with sea-buckthorn oil or some other burn ointment, the edges of the burn (2 cm.) can be treated with iodine solution.

In the case of burns of 1 & 2 degree, consequences of burning injury can be prevented by applying the apparatus not later than in 3-4 minutes after the burning. After a break of 1 hour the treatment session should be repeated. Then the treatment procedures are to be performed 1-2 times a day.

With more severe burns VITAFON-T should be applied as an integral additional part of the complex treatment. In such cases vibrophones should be applied to an affected area, without pressing them, over 4-5 layers of a loose sterile bandage. The treatment procedure is to be performed 3-4 times a day. The treatment scheme also includes treatment at Zones K, performed once-trice a day per 10-15 min. The treatment is to be over after the healing effect is achieved.

**Scheme 29. Treatment of burns**

Day	Daily number of procedures	Affected zone	
		Mode	Duration, min.
1 – up to recovery	1-4	1	10-15

**22. FROSTBITES, SUPERCOOLING**

Treatment should be performed in accordance with the **scheme 30** up to recovery.

Vibrophones should be applied to an affected area, Mode 2 is to be chosen, session duration being 15-40 min. Treatment procedure should be performed 2-4 times a day. In the case if the treatment starts later than in one day after supercooling, the affected area should be treated with iodine solution.

**Scheme 30. Treatment of frostbites and supercooling**

Day	Daily number of procedures	Affected zone	
		Mode	Duration, min.
1 – up to healing effect achieved	3-4	2	15-40

### 23. CORNS, CALLUSES

Treatment should be performed in accordance with the **scheme 31**. Duration of the treatment course – 3-6 days. One of two vibrophones are to be located directly on the corn, previously treated with iodine solution.

#### Scheme 31. Treatment of corns and calluses

Day	Daily number of procedures	Affected zone	
		Mode	Duration, min.
1–3 (6)	1–2	2, 4	15–20

### 24.CONSTIPATION

Treatment should be performed in accordance with the **scheme 32**. Duration of the treatment course – 14 days. In the case of chronic constipation, it is recommended to perform 3 treatment courses with a break of 2-3 days after each.

A patient should lie supine. If necessary, a small pillow can be placed under pelvis. Vibrophones should be successively located at the Zones M1, M2 и M3, E21, E3, E31, E4, K.

#### Scheme 32. Treatment of constipation

Day		Zone M1	Zone M2	Zone M3	Zone E21	Zone E3	Zone E31	Zone E4	Zone K
		Mode 1	Mode 1	Mode 1	Mode 1	Mode 1	Mode 2	Mode 2	Mode 2
		Dur., min.	Dur., min.	Dur., min.	Dur., min.	Dur., min.	Dur., min.	Dur., min.	Dur., min.
1	Evening	2	2	–	3	3	–	3	10
2	Morning	2	2	3	–	3	3	3	10
	Evening	2	2	–	3	3	3	3	10
3	Morning	2	2	3	–	3	3	3	10
	Evening	3	3	–	3	3	3	3	10
4	Morning	3	3	3	–	4	3	3	15
	Evening	3	3	–	3	4	3	3	15
5-13	Morning	3	3	3	–	5	3	3	20
	Evening	3	3	–	3	5	3	3	20
14	Evening	2	2	–	3	3	3	3	15

In the case of a single constipation, it will be enough to perform 3-4 procedures in accordance with the **scheme 32**. If constipation lasts more than 4 days it is advisable to give an enema before the treatment and perform a full treatment course.

If vibroacoustic treatment by VITAFON-T takes place in complex with drug therapy, a daily drug dose of purgatives is to be gradually reduced from the third day of treatment.

### 25. HEMORRHOID

Treatment should be performed in accordance with the **scheme 33**. Treatment scheme includes 2 treatment courses. Duration of each treatment course – 14 days. A break between treatment courses is 2-3 days. If necessary, treatment course can be repeated.

A patient should lie supine. A pillow should be placed under pelvis.

**Scheme 33 a. Treatment of hemorrhoid. Course 1**

Day		Zone M1		Zone E3		Zone E31		Zone E4		Zone K	
		Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.
1	Evening	2	2	2	3	–	–	2	3	2	10
2	Morning & Evening	2	3	2	3	2	3	2	3	2	15
3	Morning & Evening	2	4	2	3	2	3	2	3	2	15
4	Morning & Evening	2	5	2	4	2	3	2	3	2	15
5	Morning & Evening	2	6	2	5	2	3	2	3	2	20
6	Morning & Evening	2	7	2	5	2	3	2	3	2	20
7	Morning & Evening	2	8	2	5	2	3	2	3	2	20
8	Morning & Evening	2	9	2	5	2	3	2	3	2	20
9	Morning & Evening	2	8	2	5	2	3	2	3	2	20
10	Morning & Evening	2	7	2	5	2	3	2	3	2	20
11	Morning & Evening	2	6	2	5	2	3	2	3	2	20
12	Morning & Evening	2	5	2	5	2	3	2	3	2	20
13-14	Morning	2	4	2	3	2	3	2	3	2	10
	Evening	2	3	–	–	–	–	–	–	–	–

**Scheme 33 b. Treatment of hemorrhoid. Course 2**

Day		Zone M1		Zone E3		Zone E31		Zone D1		Zone E4		Zone K	
		Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.
1	Evening	2	2	1	3	2	3	1	3	2	3	2	15
2	Morning	2	2	–	–	2	3	1	3	2	3	2	15
	Evening	2	2	1	3	2	3	1	3	2	3	2	15
3	Morning	2	2	–	–	2	3	1	3	2	3	2	15
	Evening	2	3	1	3	2	3	1	3	2	3	2	15
4	Morning	2	3	–	–	2	4	1	3	2	3	2	15
	Evening	2	3	1	3	2	4	1	3	2	3	2	15
5-12	Morning	2	3	–	–	2	5	1	3	2	3	2	15
	Evening	2	3	1	3	2	5	1	3	2	3	2	20
13	Morning	2	2	–	–	2	3	1	3	2	3	2	15
	Evening	2	2	1	3	2	3	1	3	2	3	2	15
14	Evening	2	2	1	3	2	3	1	3	2	3	2	15

Vibrophones should be successively located at the following zones:

Zones M1, E3, E31, E4 and K – treatment course 1;

Zones M1, D1, E3, E31, E4 and K – treatment course 2.

Treatment by VITAFON-T can be performed in combination with drug therapy prescribed by the doctor. If chronic constipation takes place, a patient should alternate treatment courses for hemorrhoid and constipation.

## 26. ENURESIS (URINE INCONTINENCE)

Treatment should be performed in accordance with the **scheme 34**; one should take into consideration the age of a child. Duration of the treatment course – 15 days. The interval between treatment courses is 2 weeks.

A patient should lie supine. To achieve stable effect one should have 2-3 courses of treatment.

### Scheme 34. Treatment of enuresis

Day	Treatment zone	Mode	Duration, min.			Daily number of procedures
			up to 5 years old	from 5 to 10 years old	from 10 years and older	
1–5	E3	1	5	8	10	2
6–10	E3	2	5	8	10	2
11–15	above the urinary bladder	4	3	5	7	3–4

## 27. ENCOPIRESIS (FAECES INCONTINENCE)

Treatment should be performed in accordance with the **scheme 35**. Duration of the treatment course – 15 days. To achieve stable effect one should have 2-3 courses of treatment. The interval between treatment courses is 2 weeks. A patient should lie supine.

### Scheme 35. Treatment of encopresis

Day	Zone	Mode	Duration, min.	Daily number of procedures
1–5	E3	1	15	1
6–10	E3	4	15	1
11–15	E4	2	15	1

## 28. DENTAL DISEASES, PERIODONTITIS, STOMATITIS, PARODONTOSIS

VITAFON-T is used to ameliorate pain and swelling, reduce dental loosening via blood supply restoration in the inflammation zone; it also shortens time of healing and helps to avoid complications. Treatment should be performed in accordance with the **scheme 36**. Duration of the treatment course – 10-14 days.

The apparatus can be used in order to prevent complications after making a prosthetic appliance for the teeth (tooth replacement), filling a tooth or root canal cleaning. In such case the procedures by VITAFON-T should start in a day after completion of the treatment mentioned and the treatment course should continue for 2-3 days. One vibraphone is to be applied onto the cheek over the root of a bad tooth, the other – at the junction of the upper and lower jaws (Zone A, see picture 3) on the side of the affected tooth. If the affected tooth is in the lower jaw, the second vibraphone can be

also placed below the jaw on the same side of the head.

In the case of stomatitis, mucous tunic of the oral cavity should be previously treated with the Lugol solution. The vibrophones should be placed on the face so that mucous tunic of the affected area is in their field of operation.

In the case of paradontosis, the apparatus should be applied as an additional therapy to the traditional treatment course. It should be used after removing of subgingival plaque.

### **Scheme 36. Treatment of periodontitis, stomatitis and paradontosis**

Day	Treatment zone	Mode	Duration, min.	Daily number of procedures
1-10 (14)	See description above	2	15-20	1-2

## **29. PYELONEPHRITIS**

Treatment should be performed in accordance with the **scheme 37a**. Duration of the treatment course – 10 days. The apparatus should be used in combination with the drug therapy, prescribed by the doctor.

A patient should lie supine. Vibrophones should be applied at the Zone K and at the point of its projection to the abdomen. In the case of nephroptosis, the converters are to be applied 3-5 cm. below. Treatment procedures should be performed once a day. In is recommended to be in the warm for at least 30 minutes after the treatment procedure is over.

### **Scheme 37a. Treatment of pyelonephritis**

Day	Treatment zone	Mode	Duration, min.
1	K	1	2
2	K	1	3
3	K	1	4
4	K	1	5
5	K	1	6
6	M	1	6
7	M	2	7
8	M	2	8
9	M	2	9
10	M	2	10

In the case of chronic pyelonephritis or in order to prevent complications it is advisable to perform 2 or 3 treatment courses. Break between treatment courses being 7 days. In the case of stones in kidneys, the treatment can be performed only after consultation with a doctor and under his supervision.

During repeated courses of treatment at the stage of remission, the apparatus can be used without taking drugs in accordance with the **scheme 37b**.

### **Scheme 37b. Treatment of pyelonephritis (repeated course)**

Day	Treatment zone	Mode	Duration, min.
1	K	1	5
2	K	2	5
3-5	K	2	10
6-10	M	2	10

### 30. JOINT DISEASES, ARTHRITIS, ARTHROSIS, RHEUMATIC POLYARTHRITIS

Treatment course consists of 3 stages. The first and the second stages are preparative ones, the third is the basic one.

The first stage of treatment should be performed in accordance with the **scheme 27**, duration of the first stage – 14 days.

#### Scheme 38. Treatment of arthritis, arthrosis and rheumatic polyarthritis

Day		Zone K		Zone E3 (leg joints) Zone D2 (arm joints)		Zone.E31 (leg joints) Zone E1 (arm joints)		Affected joint	
		Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.
1	Evening	1	10	1	3	1	3	2	7
2	Morning	1	15	–	–	–	–	4	3
	Evening	2	10	1	3	1	3	2	8
3	Morning	2	15	–	–	–	–	4	4
	Evening	2	15	1	4	1	4	2	10
4-18	Morning	2	15	–	–	–	–	4	4
	Evening	2	18	1	4	1	4	2	10
19	Morning	2	12	–	–	–	–	4	4
	Evening	2	12	1	4	1	4	2	8
20	Morning	2	10	–	–	–	–	4	3
	Evening	2	10	1	3	1	3	2	7
21	Morning	2	10	–	–	–	–	12	7
	Evening	2	10	–	–	–	–	–	–

The second stage of treatment should be performed in accordance with following schemes:

- for treatment of lower extremities joints according to the **scheme 4**, duration of the stage is 10 days.

- for treatment of upper extremities joints according to the **scheme 1**, duration of the stage is 10 days.

The third stage of treatment – treatment of the joint affected - should be performed in accordance with the **scheme 38**. Treatment should be performed at the zones K, E3 and E31 (if leg joints are affected) or at the zones K, D2 and E1 (if arm joints are affected). In both cases, affected joint should be treated separately. Vibrophones are applied to a joint at its most flat part at an angle of approximately 90° to each other (see picture 2).

A patient should lie supine. Before the procedure, a joint should be treated with an anti-inflammation agent. If you apply iodine solution, keep in mind that it can be used once a day, right before the start of treatment and only if there are no traces of previously applied iodine on the skin.

A course of treatment for one joint lasts three weeks. During the next three weeks one, if necessary, can treat another joint. At the same time, a 10-minute maintenance procedure (mode 2, without application of iodine therapy) on the first joint is to be performed daily. After the second three weeks, the treatment course of the first joint should be repeated, while performing the maintenance procedures in the Mode 2 on the second joint. One should make a break of 1 month after 3 months such alternative treatment of several joints. Thus, the full treatment course lasts 4 month. If necessary, treatment course can be repeated.

If a patient feels pain during the treatment, one should reduce treatment duration or change treatment Mode to make the treatment tolerable enough.

It is forbidden to treat several joints at a time. One can, however, treat at a time the left and the right part of one and the same joint. In this case, Zone K should be also treated. This means that a healing effect for either part of the joint will appear later.

If after treatment procedures pressure elevation, giddiness or weakness occurs, the treatment is to be discontinued.

**Contraindications:** detectable atherosclerosis, thrombi and mobile atherosclerosis plaques in the blood-vessels of extremities (high risk of thrombus tearing off).

### 31. COMPLICATIONS OF SCOLIOSIS

Treatment should be performed in accordance with the **scheme 39**. Duration of the treatment course – 10-14 days. A patient should lie supine.

Vibrophones are to be located paravertebrally (symmetrically to each other down the spine) within the affected area.

#### Scheme 39. Treatment of complications of scoliosis

Day	Treatment zone	Mode	Duration, min.	Daily number of procedures
1–10 (14)	Affected zone	2	15–20	1–2

### 32. CHRONIC GASTRODUODENITIS (GASTRITIS)

Treatment should be performed in accordance with the **scheme 40**. Duration of the treatment course – 15-20 days. Treatment procedures are to be performed once-twice a day. A patient should lie supine. Treatment with VITAFON-T is adjunctive to drug therapy prescribed by the doctor. Vibrophones should be successively located at the following zones: at the Zone K, over the affected area of the stomach and at the Zone E21. Break between treatment courses being 1-2 weeks. At the stage of remission the apparatus is used for preventive purposes without drug treatment.

#### Scheme 40. Treatment of chronic gastroduodenitis (gastritis)

Day	Zone K		Affected area of the stomach		Zone E21	
	Mode	Dur., min.	Mode	Dur., min.	Mode	Dur., min.
1–2	2	5	1	5	1	3
3–4	2	10	1	10	1	5
5–15(20)	2	15	1	15	1	7

### 33. GLAUCOMA

Treatment should be performed in accordance with the **scheme 41**. Duration of the treatment course – 3-6 months. The interval between treatment courses is 6 months.

The treatment should be performed successively at the zones indicated in the treatment scheme. If a patient has glaucoma on both eyes, an every eye zone should be treated separately, one by one, per 5 min. each. A patient should lie supine during the treatment at the zone K and sit or lie during the treatment at all the rest zones.

For the treatment at the jugular vein zone (zone B2, picture 3), the vibrophones are to be placed on the level of the lower frontier of thyroid cartilage, on the both sides of it, from the outside of pulsing carotid artery. For the treatment at the eye zone, one vibraphone is to be placed on the side of the ill eye on the temple, the other one – over the closed eyelid of it.

#### Scheme 41. Treatment of glaucoma

Day	Zone B2		Zone K		Eye zone		Zone B2 (for the second time)		
	Mode	Dur., min	Mode	Dur., min	Mode	Dur., min	Mode	Dur., min	
1	Morning	-	-	-	-	-	-	-	
	Evening	-	-	2	15	-	-	-	
2-3	Morning	2	2	2	15	-	-	-	
	Evening	-	-	2	15	-	-	-	
4-5	Morning	2	3	2	15	1	5	2	
	Evening	-	-	2	20	-	-	-	
6-7	Morning	2	3	2	20	1	5	2	
	Evening	2	3	2	20	-	-	-	
8-28	Morning	2	3	2	25	1	5	2	
	Evening	2	3	2	25	1	5	2	
29-35	Break								
36-56	Morning	2	3	2	25	1	5	2	
	Evening	2	3	2	25	1	5	2	
57-63	Break								
64-84	Morning	2	3	2	25	1	5	2	
	Evening	2	3	2	25	1	5	2	
85-91	Break								
If positive dynamics is present, the treatment should be continued for the next three months in the following way: 3 weeks of treatment in accordance with the upper scheme (days 64-84) than a 1-week break and so on.									

### 34. CHRONIC IMPAIRED CARDIAL FUNCTION

Treatment should be performed in accordance with the **scheme 42**. Vibrophones are to be placed at the zone K with a displacement of no more than 1,5 cm. Disposable sanitary towels between the body and a vibraphone should be of not more than one layer only. A patient should lie supine or sit. In the case of falling of kidney, a patient should lie supine and a vibraphone should be placed over the kidney, 2-3 cm. lower from the point K.

**Contraindications:** acute inflammation process in the kidneys, which can be registered by pressure increase during the procedures and blood in urine.

### Scheme 42. Treatment of chronic impaired cardiac function

Day	Zone K, mode 2	
	Duration, min	
	Morning	Evening
1	10	-
2-4	10	5
3-5	10	10
4-6	10	15
7-8	10	20
9-10	15	20
11-12	20	20
13-14	20	25
15-21	20	30
22-28	20	35
29-35	20	40
36-42	25	40
43-49	30	40
50-56	35	40
57-70	40	40
71-77	20	40
78-90	-	40
and so on regularly	Prophylactic procedures are to be performed 4-7 times a week, to total treatment time – 40 minutes (to be collected via 1-4 daily sessions)	

If due to any circumstances some treatment sessions were missed, it should be compensated by performing additional treatment sessions in the other days of the same week.

In the case of supercooling, overfatigue or mental stress, one should perform an additional treatment procedure at the zone K (Mode 2 should be chosen, session duration – 15-20 minutes).

If the prophylactic procedures were stopped for more than a months, they should be resumed, starting from the day 7 of the treatment scheme.

If during the treatment arterial pressure raises up for more than 20 mm of mercury, one should discontinue the treatment and check for possible contraindications.

In the case of stones in kidneys of more than 4 mm in diameter, the treatment can be performed only after consultation with a doctor and under his supervision.

### 35. COMPLICATIONS OF INFANTILE CEREBRAL PARALYSIS, FLACCID PARALYSIS

A patient should lie supine. Duration of the treatment course is to be prescribed individually, according to the clinical course of the disease.

Treatment procedures are to be performed twice a day, in the morning and in the evening, in accordance with the following scheme:

1. at the zone of spine (mode, session duration and location of vibrophones to be chosen are indicated below), then at the Zone K (Mode 2 should be always chosen, session duration – 15 minutes), then over contraggregated muscles (Mode 2 should be

always chosen, session duration – 15-20 minutes).

Location of vibrophones over contraggregated muscles should be appointed by neuropathologist.

Mode, session duration and location of vibrophones on the spine should be chosen according to clauses 2-11 and, if necessary, according to the clauses 2-17.

2. a) during the first procedure the vibrophones should be located at the Zone D1, Mode 1 is to be chosen, session duration being 5 min.;

б) during the second procedure the vibrophones should be located 4 cm. down from the Zone D1, i.e. at the Zone D2, Mode 1 is to be chosen, session duration being 5 min.;

в) during the third procedure the vibrophones should be located 4 cm. down from the Zone D2, i.e. at the Zone E1, Mode 1 is to be chosen, session duration being 5 min.;

г) then for every next procedure the vibrophones should be located 4 cm. down from the zone, treated previously, down to sacral part of spine.

3. Repeat clause 2, duration of every treatment session on the spine should be prolonged up to 8 min.

4. Repeat clause 2, duration of every treatment session on the spine should be prolonged up to 11 min.

5. Repeat clause 2, duration of every treatment session on the spine should be prolonged up to 12 min.

6. Reduce the duration of every treatment session on the spine down to 7 min. and repeat clause 2, choosing Mode 2.

7. Prolong the duration of every treatment session on the spine up to 10 min. and repeat clause 2, choosing Mode 2.

8. Prolong the duration of every treatment session on the spine up to 13 min. and repeat clause 2, choosing Mode 2.

9. In the case of good tolerance, prolong the duration of every treatment session on the spine up to 15 min. and repeat clause 2, choosing Mode 2.

10. Make a break of 1 week.

11. a) if beneficial effect occurs, repeat clause 9 during the term of 1 year. A break of 7 days should be made every month. In the case if treatment of some particular area of the spine leads to the best result, this spinal area should become the central point of the treatment;

б) if no effect occurs, perform the treatment starting from the clause 12.

12. Reduce the duration of every treatment session on the spine down to 7 min. and repeat clause 2, choosing Mode 4.

13. Prolong the duration of every treatment session on the spine up to 10 min. and repeat clause 2, choosing Mode 4.

14. Prolong the duration of every treatment session on the spine up to 13 min. and repeat clause 2, choosing Mode 4.

15. In the case of good tolerance, prolong the duration of every treatment session on the spine up to 15 min. and repeat clause 2, choosing Mode 4.

16. Make a break of 1 week.

17. a) if beneficial effect occurs, repeat clause 15 during the term of 1 year. A break of 7 days should be made every month. In the case if treatment of some particular area of the spine leads to the best result, this spinal area should become the central point of the treatment;

б) if no effect occurs, the treatment by the apparatus will not show any result.

### **36. COSMETIC PURPOSES**

To smooth mimic wrinkles, vibrophones are to be located at the affected zone via 1 layer of cosmetic, gauze or paper towel. Every affected zone is to be treated for 5 minutes, Mode 1 should be chosen. The treatment procedure is to be finished up by treatment at Zone K (Mode 2, 20 minutes). These procedures should be performed 3-4 times a week before going to bed. The treatment is more effective if the skin is previously covered by the individually chosen cosmetic or therapeutic agent.

To reduce eye-edemas one should daily performed treatment at the zone K (Mode 2, 20-30 minutes).

After cosmetic surgery application of the apparatus over sutures will help to reduce scars and risk of complications; it will also raise the effect achieved by the surgery. The treatment procedures are to be performed daily for 15 days in accordance with the scheme for smoothing of mimic wrinkles.

### **37. RESTORATION AND DEVELOPMENT OF VOICE**

Vibrophones should be located on the larynx in the area of the vocal chords (2 cm. below Zone B, see picture 3). Treatment procedures should be performed once-twice a day. Mode 2 is to be chosen, session duration being 15-20 minutes. Duration of the treatment course for the voice restoration – 1-4 days.

In order to develop one's voice, the procedures can be periodically performed before a voice-training session (40 minutes before its start) or after it (in 3-6 hours). Such procedures can be also performed before going to bed.

In the case of any thyroid disorder, one should consult an endocrinologist before starting the treatment by the apparatus.

### **38. ALLEVIATING FATIGUE**

VITAFON-T is used to alleviate fatigue and to increase capacity for work of one's muscular system. Mode 4 is to be chosen, session duration being 10-15 minutes. Vibrophones should be located at the zones of the muscles involved.

To alleviate fatigue in the hand muscles, one should grip vibrophones in his fists, with membranes facing one's palms. Mode 2 is to be chosen, session duration being 15-30 minutes.. It is recommended also to treat Zone D2 (cervical part of spine) – Mode 1 is to be chosen, session duration being 5 minutes. Then Zone K should be treated – Mode 2 is to be chosen, session duration being 15 minutes.

### **39. PREVENTION OF COLDS AND RAISE OF TONUS**

In order to prevent catching cold, preventive treatment course should be performed 2-4 times a year, duration of the treatment course being 1-2 weeks. Vibrophones should be successively located at the following zones:

Zone G, Mode 1, Duration – 8 min.;

Zone B, Mode 2, Duration – 8 min.;

Zone C, Mode 1, Duration – 8 min.;

Zone K, Mode 2, Duration – 35-40 min.

**In order to raise the tonus** and to decrease fatiguability one should regularly, once-trice a week, treat Zone K. Mode 2 is to be chosen, session duration being 20-40 minutes. If supercooling, hard overstrain or stress takes place, one should additionally treat Zone K - Mode 2 is to be chosen, session duration being 30-40 minutes. Number of procedures to be performed and duration of a single treatment session should be chosen individually according to individual state of health.

## **Literature and video-materials on vibroacoustic therapy.**

**1. Vasilev A.E., Kovelenov A.U., Kovlen D.V., Ryabchuk F.N., Fedorov V.A. Resources of an organism - immunity, health, longevity. - St-Petersburg "Vita-Nova", 2004. – 416 p., pict.**

This book is written by a group of Russian physicians and physicists. Discovery of a new resource of living organisms – microvibrational background – in 2002-2003 made the authors to create this, in a way rebellious, monograph. And it is not a kind of some mysterious field by measurable and tangible physical phenomenon. The resource was proved to be as indispensable for a human-being as food, water and oxygen do. The lack of it inevitably evidences that the organism is dead! Forming and maintaining of it takes a human organism daily as much energy, as for 2-3 hours of intensive physical activity. A nice feature of this resource is that it can be maintain not only by consuming food, water and air but also by some other easy ways. It's a curious fact, that some of these ways are found in religious practices and traditional activities; still the most effective of them became available only in recent times.

A human organism is in itself managed so well, that the only support one can produce to it is a resource support. Just the first attempts to perform the resource support of an organism resulted in overcoming of chronic hepatitis B and C, chronic impaired cardiac function, gaining high results in sports, treatment of adenoma, hypertension, glaucoma, osteochondrosis and arthrosis as well as prominent progress in the treatment of burns and severe traumas.

This book not only describes this new resource and possibilities it brings in an easy way, but also contains a complex of practical recommendations, following which one may raise his immunity, physical and mental abilities, slow down ageing and reduce morbidity without any serious changes in one's life-style.

**2. Fedorov V.A. The Vitafon. Treatment and Prevention of Diseases.** Ed. by Dr. Kurtov A.I. – St-Petersburg "Vita-Nova" 2003 – 256p., pict.

This book is written by a physicist, the inventor of the Vitafon vibroacoustic device in collaboration with highly qualified doctors. It summarizes the experience of application of the "VITAFON" and describes the mechanism of the unique healing effect produced by the apparatus.

**3. Vibroacoustics in Medicine.** Collection of the reports on vibroacoustic therapy. - St-Petersburg "Vita-Nova" 2003 – 240 p., pict.

The book presents materials of the papers read at the Second National Research-Practical Conference on Vibroacoustics in Medicine (St-Petersburg, June 6-7, 2002) and some of the reports of the conferences of 2000-2002. Scientific reports summarize the results of 8 years of active application of vibroacoustic therapy in medical practice.

Scientific editor of the book – Efanov O.I., Professor, Doctor of Medical Sciences, Academician of the Academy of Medical and Technical Sciences, member of the International Academy of Informatization.

**4. Vibroacoustic Therapy in a Complex Treatment of Patients.** Doctors' Manual. Scientific editor - Dr. Kurtov A.I., docent. - St-Petersburg "Vita-Nova" 2003 – 96 p., pict.

The Manual contains modern conception on the role, played by vibroacoustic therapy in a complex treatment of patients in cardiology, urology, gynaecology, surgery, traumatology and orthopedics. It also describes a detailed method how to choose the right treatment tactics and scheme.

**5. Ryabchuk F.N., Alexandrova V.A. Application of Vibroacoustic and Infra-Red Treatment to the Children with Somathic Pathology.** Students' Manual. Reviewed by Prof. Orlova N.V., Pediatrics Department #1, St-Petersburg Medical Academy of Post Graduate Education– St-Petersburg, Publishing House of St-Petersburg Medical Academy of Post Graduate Education, 2003. – 36 p.

This book summarizes the experience of application of the “VITAFON” and “VITAFON-IR” apparatuses in the pediatrics clinic of the Pediatrics Department #2, St-Petersburg Medical Academy of Post Graduate Education.

**6. Eryshev O.F. and others. Application of "Vita fon" Apparatus for the Treatment of Alcohol Abstinence Syndrome.** Doctors' and patients' manual. – St-Petersburg “Vita-Nova” 2003 – 16 p.

This book summarizes the experience of application of the “VITAFON” for the treatment of alcohol abstinence syndrome in the V.M. Behterev St-Petersburg Scientific and Research Psychoneurological Institute and in the Vasileostrovsky branch of St-Petersburg narcological dispensary.

**7. Astahov Y.S. and others. Application of "Vita fon" Apparatus for the Treatment of Open-angle Glaucoma.** Patients' Manual. - St-Petersburg “Vita-Nova” 2003 – 8 p., pict.

The book reveals the application method of the “Vita fon” for the treatment of open-angle glaucoma and the way it works. It is based on the experience of the Ophthalmology Department of I.P.Pavlov St-Petersburg State Medical University.

**8. Vibroacoustic resource support of a human organism - a new approach to health.** Popular science film. – produced by “Evropa-TV”, St-Petersburg by the order of Vita fon Ltd., 2003. – 42 minutes, VHS format.

## **GUARANTEES**

The "VITAFON-T" apparatus is certified in a proper way, answers all technical requirements and corresponds to the sample approved.

The warranty period is 12 months from the purchasing date, on the condition that exploitation and storage rules, given in the present User Manual, are followed and the Acceptance Act contains the manufacture's stamp. The warranty storage period is 2 years from the manufacturing date.

If purchasing date is not indicated or there is no distributor's stamp in the Acceptance Act and Guarantee Coupon, the guarantee term begins from the manufacturing date.

Repair, change or return of the purchased apparatus is performed in accordance with the Russian legislation and Consumers Remedy Law. If an apparatus is out of order within the warranty term, its owner can repair or change it for free if the Guaranty Coupon is presented. An apparatus can be changed in the place where it was bought.

Guarantee is not valid in the following cases:

- if there is no Guarantee Coupon;
- if stamps on the apparatus are damaged;
- if exploitation and storage rules were not followed by the user;
- if the apparatus is physically damaged.

In these cases the apparatus can be repaired at the expense of its owner.

Manufacturer is not to be blamed in cases of damages, produced in the main block by water or other liquids, substances or objects inside. The manufacture is also not responsible for damages caused by natural conditions, fire or other reasons not related to the manufacturer.



