

## AGONISTISCHE AUTOANTIKÖRPER ALS GEFÄSS SCHÄDIGENDE KOMPONENTE BEI DIABETES UND DEMENZ

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Agonistisch wirkende Autoantikörper (agAAK) nehmen eine Sonderstellung unter den Autoantikörpern ein. Sie binden an G-Protein gekoppelte Rezeptoren und wirken ähnlich wie die natürlichen Agonisten. Mit den jeweiligen spezifischen Antagonisten sind sie am Rezeptor ablösbar. Auf Immunsuppression reagieren Sie nicht. Die agAAK gegen den alpha-1 AR aktivieren so wichtige Signalmoleküle wie Proteinkinase C, induzieren die Phosphorylierung und somit eine Funktionsänderung von Regulatorproteinen der kardialen Calciumhomöostase und beeinflussen die Genexpression des L-Typ Calciumkanals. Die unphysiologische und langanhaltende Aktivierung von zellulären Prozessen, losgelöst von den aktuellen physiologischen Anforderungen an das Organ, wie sie durch agonistische Autoantikörper verursacht wird,

führt zur Ausbildung von pathologischen Zuständen wie der Calciumüberladung der Zellen, dem Umbau von Zellstrukturen (Remodelling) bis hin zum Zelltod. Zusätzlich induzieren sie die Proliferation von vaskulären glatten Muskelzellen. Die Folge ist eine unphysiologische Verdickung der Gefäßwand mit einer Verringerung des Gefäßlumens.

Bei den sogenannten Volkskrankheiten Diabetes Typ 2 und Demenzen wurden die agAAK in einer Prävalenz zwischen 50–70% nachgewiesen. Die Entfernung der agAAK aus dem menschlichen Organismus ist mit Hilfe extrakorporaler Verfahren, bevorzugt mit der Immunadsorption heute schon möglich und wird u.a. bei der Herzmuskelschwäche in vielen Kliniken weltweit angewendet. Herzkranken Patienten mit Diabetes profitieren dabei insbesondere von einer Verbesserung der Herzleistung, bei Patienten mit Demenzen (Alzheimer / vaskuläre Demenz) führte die Entfernung der agAAK zu einer Stabilisierung der Gedächtnisleistung. Möglicherweise sind es die agAAK, die dafür mitverantwortlich sind, dass Diabetiker wesentlich häufiger an einer Demenz erkranken als Menschen ohne Diabetes.

## POTENTIALITIES OF ADDITIONAL METHODS IN THE TREATMENT OF SOME RENAL PROBLEMS

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Kidney pathology is at the centre of many specialists' attention, both in the East and in the West. Along with conventional methods for treatment of renal problems we have shown the efficacy of applying TCM methods.

Kidneys play a central role in the theories of the Five Elements, Yin-Yang, the Qi and the Jing.



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According to The Innere of the Yellow Emperor (Huang Di Nei Jing) kidneys promote the flow of the hereditary energy (yuan qi) throughout the body. Kid-

ney problems disturb this energy and its circulation. That is why kidneys are called the root of life.

Kidneys are essential for the normal functioning of the whole body.

Syndromes of kidney disorders are multiple. They may include urogenital disorders, hearing impairment, joint illnesses, hypertension, oedema, diabetes, thyroid disorders and others.

The water of the kidney goes up to irrigate the heart, the fire of the heart comes down to warm the kidney. When this balanced relationship breaks down, a number of symptoms such as fidgetiness, palpitation and insomnia may occur.

Our results are encouraging for the use of the TCM for treating such common kidney problems as urinary stones and renal cysts.

We would like to present two cases of successful treatments of these widespread pathologies.

## RENAL CYSTS

We are going to start with a renal cyst.

A 50-year-old woman was diagnosed with a renal cyst during an ultrasound examination. The intra-renal cyst was distinguished in the area of the lower pole of the left kidney. The size of the cyst was 9×10 mm.

The patient was examined with the TCM diagnostic methods. Her pulse was rapid, her tongue was pale pink and coated. The patient complained of an ache in the lumber and the kidney area and tiredness.

We applied complex TCM therapy including Sujok, classic and auricular acupuncture, moxibustion and Yamomoto scalp acupuncture.

We applied Sujok to expel Cold and to clear Dampness.

The most important classic points were shen shu (V 23), min men (VG 4) and tai xi (R 5). The auricular points were 22 — internal secretion glands, 55 — shen men, 95 — kidney. We applied moxibustion on zu san li (E 36) and Yamomoto scalp acupuncture in the kidney area on the head.

The ultrasound examination performed after a course of this complex therapy showed a positive result: the cyst disappeared. The backache stopped. The patient's general condition improved.

## KIDNEY STONES

We are now going to consider kidney stones.

We are going to look at a case that shows that the TCM methods can promote stone passage and have an analgesic effect.

A 45-year-old woman had suffered from urinary stones for a long time. There was a "silent" stone in the calyx of the right kidney. The size of the stone was 9×15.

When the patient had colic, the stone was in the renal pelvis. The treatment began with a session of auricular acupuncture that helped to relieve pain. The main points were 55 — shen men, 51 — antispasmodic, 95 — kidney, 92 — bladder.

The next day the patient had colic again. She had another ultrasound examination. The stone was in the ureter near the pelvis of the right kidney. We applied Sujok to tonify Heat.

The ultrasound made on the third day showed that the stone went down a little more in the ureter near the pelvis of the right kidney. The third session included Sujok therapy. This time the aim was to expel Cold and to tonify Wind.

On the fourth day the stone was near the orifice of the right ureter. The treatment included classic acupuncture on shen shu.

On the fifth day the stone was in the bladder. We applied Yamomoto scalp acupuncture in the area of the kidney and moxibustion on zu san li.

On the sixth day the stone went out.

We can come to the conclusion that

1. Acupuncture is an efficient organ-friendly approach to the treatment of such common kidney problems as cysts and stones.
2. The complex therapy including Sujok, classic and auricular acupuncture, moxibustion and Yamomoto scalp acupuncture can help to remove a renal cyst. Its key objectives are to expel Cold and to clear Dampness.
3. Due to their analgesic effect, the TCM methods can quickly relieve pain and promote the passage of a stone while a renal colic.
4. Using acupuncture is safe. We didn't find out any acupuncture contraindications.
5. The TCM helps to improve the patient's general well-being. It can contribute to the treatment and prevention of other diseases caused by kidney problems.

Fear attacks kidneys. Enrich yin, fortify the spleen, boost qi, course wind, dissipate heat, clear heat and cool the blood.

- disperse,
- clear drain
- expel
- dry damper.

In one Tibetan treatise kidneys are called the athletes that support the back because they ensure

An excess of Cold slows down metabolic processes in kidneys, disturbs venous and lymphatic outflow which can lead to stone formations and cysts.