INFRA-R THERAPY ACCORDING TO R. RAKHIMOV: CONCEPTIONS OF DISEASE, METABOLISM, AND REGULATION OF ORGANISM FUNCTIONS

Introduction

According to the concept of Infra-R therapy by R. Rakhimov, the state of the organism is viewed as a result of the interaction of biochemical processes, metabolism, the functioning of internal organs, the nervous system, and mechanisms of immune defense. Within this approach, special attention is given to the interconnection of organs and tissues, as well as the role of infrared (IR) radiation in influencing physiological processes.

The method involves the use of special infrared emitters for localized impact on specific areas of the body. Let us consider the main provisions of this approach related to the understanding of disease, the functioning of internal organs, energy exchange, and the maintenance of immunity.

1. The concept of disease and immunity

In the concept of Infra-R therapy, disease is viewed as a condition in which the normal course of physiological and biochemical processes in the body is disrupted by various adverse factors. Such changes may be accompanied by metabolic disorders, inflammatory reactions, and dysfunction of individual organs and systems.

The immune system plays a crucial role in maintaining the internal balance of the organism. It is involved in protecting against infectious agents, recognizing foreign substances, and regulating inflammatory processes.

Within the framework of R. Rakhimov's method, it is assumed that the use of IR emitters can contribute to the improvement of local physiological processes. At the same time, the specific mechanisms of action, the impact on immunity, and the effectiveness of the method for various diseases require separate scientific validation.

2. Intestinal microflora and its significance

The intestinal microflora is a collection of microorganisms that inhabit the digestive tract. It is involved in the digestion of specific food components, the synthesis of certain biologically active substances, the maintenance of the intestinal barrier, and interaction with the immune system.

Disruption of the composition and functions of the intestinal microbiota can be accompanied by changes in digestion and affect the overall condition of the body.

In the methodology of Infra-R therapy, emitters of the GI series are considered as means of influencing the digestive system area. The intended goal of such influence is to maintain the normal functioning of the intestines. However, claims regarding the direct suppression of pathogenic microorganisms, the increase in beneficial bacteria, and the restoration of microflora under the influence of specific emitters must be confirmed by special studies.

3. Energy exchange and its significance for the organism

Energy exchange is a set of processes through which an organism obtains, transforms, stores, and uses the energy necessary for vital activities. It is closely related to the metabolism of carbohydrates, fats, and proteins, the functioning of mitochondria, heat production, and the maintenance of body temperature.

Thermal radiation is one of the ways to transfer energy. Infrared radiation, when absorbed by tissues, can cause their heating, the intensity of which depends on the characteristics of the radiation, the duration of exposure, and the properties of the tissues.

In the concept of Infra-R therapy, special importance is given to the effect of IR emitters on physiological processes. It is assumed that such an effect may contribute to the improvement of local blood circulation and changes in tissue reactions. At the same time, it is necessary to distinguish between the physical thermal effect of infrared radiation and broader claims about the normalization of the energy metabolism of the entire organism, which require independent evidence.

4. The relationship between organs and tissues

Organs and tissues of the body do not function in isolation, but in close interaction. Their joint work is ensured by nervous and endocrine regulation, blood circulation, immune mechanisms, and metabolism.

The dysfunction of one organ can affect the condition of other systems. For example, liver diseases can influence the metabolism of fats, carbohydrates, and proteins, as well as the synthesis of plasma proteins. Kidney dysfunction can lead to changes in water-electrolyte balance and the accumulation of metabolic products. The state of the nervous system, in turn, affects the regulation of many physiological functions.

Within the framework of R. Rakhimov's method, the possibility of local impact of IR emitters on specific areas of the body is considered, taking into account the interconnection of organs and tissues. However, the improvement of one organ's function cannot be automatically regarded as evidence of the restoration of the functioning of other organs: such effects must be evaluated separately.

5. The liver and its role in metabolism

The liver is one of the most important organs that maintain the internal balance of the body. It is involved in the processing of nutrients, regulation of blood glucose levels, synthesis of plasma proteins, formation of bile, and metabolism of many drugs.

The liver also plays a significant role in the metabolism of lipids, amino acids, and carbohydrates. Impairment of its function can be accompanied by changes in metabolic processes and can affect other organs and tissues.

In the methodology of Infrared therapy, emitters of series K and GI are considered in the context of their impact on physiological processes related to internal organs. At the same time, the possibility of restoring liver function, accelerating its regeneration, or treating liver

diseases with the help of these devices must be confirmed by the results of clinical studies. In cases of liver diseases, medical diagnosis and monitoring by a specialist are necessary.

6. The relationship of metabolism in the liver and other tissues

The liver, adipose tissue, and skeletal muscles work together to maintain the energy balance of the body.

Adipose tissue and liver. Adipose tissue serves as the main reservoir of energy in the form of lipids. In certain metabolic disorders, excess fat can accumulate in liver cells, leading to the development of hepatic steatosis. This condition may be associated with obesity, insulin resistance, and other metabolic factors. Treatment methods with proven efficacy according to clinical guidelines are used for its management. The possibility of reducing fat accumulation in the liver under the influence of infrared emitters of the K series requires evidence.

Muscles and the liver. The liver and skeletal muscles interact through the exchange of glucose, glycogen, lactate, and amino acids. The liver is involved in maintaining blood glucose levels, while muscles use it for energy during physical exertion. Liver diseases and metabolic disorders can be accompanied by muscle weakness and increased fatigue.

Kidneys and liver. The kidneys excrete metabolic waste products, regulate water-electrolyte and acid-base balance, and also participate in maintaining arterial pressure. The liver and kidneys perform different but complementary functions in maintaining the constancy of the internal environment of the body. Impairment of the function of one of these organs can complicate the condition of the other. At the same time, claims about the restoration of renal filtration or improvement of kidney function under the influence of IR emitters require clinical confirmation.

7. Nervous system and regulation of physiological processes

The nervous system coordinates the work of internal organs, regulates motor and sensory functions, participates in maintaining body temperature, and ensures the adaptation of the organism to changes in the environment.

Stress, lack of sleep, and prolonged physical or emotional strain can affect well-being, performance, and certain physiological indicators.

In the context of Infra-R therapy, it is assumed that the exposure to IR radiation can influence local physiological responses and subjective feelings of comfort. However, claims regarding the normalization of central nervous system function, treatment of depression, or alleviation of neurological disorders require separate clinical studies. IR emitters should not be considered a substitute for specialized medical care in such conditions.

8. Wounds and tissue regeneration

Wound healing is a complex biological process that involves an inflammatory response, the formation of new tissue, the development of blood vessels, and subsequent tissue remodeling.

The speed of healing is influenced by blood supply, the presence of infection, the overall condition of the body, nutrition, and concomitant diseases. Thermal exposure in certain medical procedures can affect local physiological responses; however, the outcome depends on the parameters of the exposure and the condition of the damaged tissues.

The use of infrared emitters for wounds, burns, and trophic ulcers requires adherence to safety rules and assessment of medical indications. It cannot be assumed that any infrared exposure accelerates healing: improper heating can exacerbate tissue damage. Open wounds, burns, and trophic ulcers should be evaluated by a medical professional.

9. The effectiveness of the method and directions for further study

The Infrared Therapy method by R. Rakhimov involves the use of IR emitters to affect specific areas of the body with the aim of influencing physiological processes. The descriptions of the method consider such directions as:

- maintenance of physiological processes in the digestive system;
- the effect on local blood circulation and tissue reactions;
- study of the interrelationship of metabolism in the liver, muscles, and adipose tissue;
- study of the effect of IR radiation on the condition of tissues and their recovery processes;
- assessment of the possible impact on well-being and functional state of the body.

To determine the effectiveness of the method in cardiovascular diseases, obesity, diabetes, liver and kidney diseases, chronic inflammatory processes, and nervous system disorders, high-quality clinical studies are required.

When evaluating results, it is important to consider objective indicators, the safety of the procedure, the duration of the effect, and comparison with recognized treatment methods. The mere presence of positive observations does not yet prove the effectiveness of the method for all the listed diseases.

Conclusion

Infra-R therapy according to the method of R. Rakhimov represents an approach that pays special attention to the use of infrared emitters and the interconnection of physiological processes in the body. Considering the functions of the intestines, liver, kidneys, muscle and adipose tissue, as well as the nervous system, allows for a holistic understanding of the mechanisms of health maintenance.

At the same time, the physical action of IR radiation, its possible physiological effects, and clinical efficacy for specific diseases are different questions that need to be assessed separately. For the justified application of the method, the standardization of exposure

parameters, adherence to safety requirements, and the conduct of controlled clinical studies are important.

Infrared exposure should not be considered a universal method for restoring organ functions or a substitute for proven treatment methods. Its application should take into account the individual's condition, medical indications, and recommendations from a qualified specialist.