

## PATHOPHYSIOLOGY OF ENERGY MEDICINE WITH SPECIAL REFERENCE TO CRANIOSACRAL INTERVENTIONS

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**PURPOSE**  
*THIS paper will primarily try to analyse the role of science of energy in treatment of the disease states and balancing energy. This fundamental will be used to validate the efficacy of craniosacral therapy in the treatment and management of pain (including migraine), depression and anxiety.*

**Design/Methodology:** *The research methodology of the paper involves primary data collection on the basis of study on 30 patients. They were categorised according to their gender. In the first sitting a brief history of the patients was taken and they were being asked to rate the magnitude of the pain as per VAS. On the basis of information given, a complete diagnosis was made and treatment was started. Patients were actually given sittings for the energy treatment, and each patient was assessed as per Visual Analog Score (VAS) and were compared with the baseline scores.*

**Findings:** *CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease and is effective for a wide range of medical problems associated with pain and dysfunction. Carniosacral Therapy is a biodynamic approach to healing and the interconnections of mind, body and spirit are deeply acknowledged.*

**Research Limitations:** *The paper involves study of only 30 patients which is not sufficient to give the generalized view about the effect Craniosacral therapy has on the patients. Also, each patient was not assessed individually on the basis of available diagnostic modalities and the expert opinion.*

**Practical Implications:** *The primary significance of undertaking this research was to study the effective intensity of treating a wide range of illness which helps to create the optimal conditions for health, encouraging vitality and facilitating a sense of well-being. Also, it studies the suitability of the treatment for different age groups including babies and children.*

**Key Words:** *Energy Medicine, Craniosacral, Pathophysiology, Healing Therapy.*

Our modern civilization claims to be very productive creative and resourceful, but a hundred years ago we did not have the disease that existed today. One of the mile stone discovery in physics is **Relativity Theory** of Albert Einstein and says about the equivalence of Energy and Matter. In other words a mass or an object can be converted to energy, which means natural materials and natural beings (plants animals and humans) are also energy.

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***Energy medicine is a treatment or a method of improving health using subtle energy. Energy medicine can be equated to healing science ( Pe, 2007).***

As per energy medicine science there are 12 major energy centers that work along with many smaller centers to deliver and release energy. These centers or chakras become imbalanced or malfunctions due to negative emotions, negative thoughts, negative reactions or toxic substance, dirty food or negative environmental vibrations.

Master Del Pe the founder of ESOCEN inner power of healing science has beautifully explained the human body (physical, etheric, emotion, and mental) using the model of the cell phone. Many types of methods exist as the treatment of energy medicine like acupuncture, Reiki Craniosacral therapy. Craniosacral therapy (a.k.a. craniopathy and cranial osteopathy) is a holistic therapy that involves the manipulation of the skull bones (the cranium) and the sacrum to relieve pain and a variety of other ailments. A study was conducted to validate the efficacy of craniosacral therapy in the treatment and management of pain (including migraine), depression, and anxiety.

30 patients [27 adults and 3 children (age 8-14 years)] were studied during the period Nov 2006 to Nov 2007. Of them 9 were male and 21 were female. The patients presented with pain [(26) 86.7 % ]; depression [(2) 6%]; anxiety [(1) 3.3 % ] and depression +anxiety in [(1) 3.3 % ].

There was complete recovery in 10 (33.3%) cases; 75 % recovery in 7 cases (23.5%) and recovery between 50 to 75 % in 11 cases (36.6%) . 1 patient (3.3 %) showed recovery less than 50 % and 1 patient did not show any improvement.

It was concluded that craniosacral therapy reduces the pain and is helpful in anxiety and depression.

## **Introduction**

Our modern civilization claims to be very productive creative and resourceful, but a hundred years ago we did not have the disease that existed today. Although we are alive but the majority of us only experience the art of existence very few have really cultivated the art of living (Rama, 1999).

In spite of the enormous scientific and the technological advances of the past half century, illness related to discontent, fear, stress and unhappiness are reaching epidemic proportions.

As a scientific person the author rather feels elated about the latest advances in modern cosmology and quantum physics. Not long ago, it would have been considered extremely arrogant to think that we could figure out how this vast and busy universe developed and that would trace our ultimate origin back to 13.7 billion years ago to a tiny nugget of space containing the blue print of the universe, which sequentially unfolded to create everything.

One of the mile stone discovery in physics is ***Relativity Theory*** of Albert Einstein and a part of it is the equivalence of Energy and Matter. It says that to find energy, you multiply the mass by the square of speed of light.

$$E=mc^2$$

“**E**” stands for energy

“**m**” stands for mass

“**c**” stands for the speed of light

Reframing the formula we have

$m = E/c^2$  energies.

$c$  is a constant factor whose value is equal to speed of the light.

If we consider the constant  $c$  to be Identify ( $c=1$ ), then we have  $m=E$ .

In other words a mass or an object can be converted to energy, which means natural materials and natural beings (plants, animals, and humans) are also energy.

If we consider and accept that there is energy in every thing then the role of science of energy in treatment of the disease state and balancing energy comes into the picture. Today the well known and accepted method of treatment allopath is based more on physical body, however, many diseases have the link to mind and emotions Allopaths may still nurse reservations about linking moods and health, but the nascent science of psycho-immunology asserts what the eastern medical system has been stating for ages; that the mind body are linked intrinsically. ***Energy medicine is a treatment or a method of improving health using subtle energy. Energy medicine can be equated to healing science*** (Pe, 2007).

The problem today is the word medicine is always connected to pharmacological treatment. However, while dealing with the disease and the patients we have often witnessed the conditions where slight intervention in the life style have done a remarkable miracle in the treatment and management of the disease. Often many of us have come across the situation where a positive attitude towards the life and the disease and the spirit to fight and win over the situation have given a entirely new look to the outcome of the disease even when other factors remain constant. So what is that factor which has cause of the difference “the positive thinking.” This revive the importance of the old proverb saying that “One is responsible for one’s diseases and tensions”, and the funniest thing is that we consider some one else or some circumstances are responsible for all our tensions and of course the disease related to it. It is the scientific fact that neuro-chemical secreted in through various endocrine glands very much changes as per the mental and the emotional state of the person for example serotonin the mood elevators.

As per energy medicine science there are 12 major energy centers that work along with many smaller centers to deliver and release energy. The energy centers are like the mouth or portals to exude the stale energy from our body. They also serves to admit the fresh energy that revitalize the organ for that specific location. These energy centers or chakras become imbalanced or malfunctions for different reasons. like the metabolism of negative emotions, negative thoughts, negative reactions or toxic substance, dirty food or negative environmental vibrations.

The chakras though deals with the subtle energy but few changes are quite evident to catch attention in ones life. For example one observation with which we are familiar is that when we are worried frightened or anxious, there is some uneasy feeling in the gut and this is the solar chakra center as per the energy medicine and as per this science it deals with the pain nervousness frightening feeling along with many other functions.

Similarly we have observed that some thing expands in the heart when we are happy and there is the shrinkage feeling in depression. During these emotional states it is the heart center which is activated. So in energy medicine if we activate the center of energy in the middle of the chest, there is an energy center that controls the physical heart and the thymus gland and is called the heart chakra. This energy center is one that regulates and control the immune system through the thymus gland and also the circulatory system.

Unfortunately today most of the medical doctors concentrate mainly on the physical anatomy on the physical parts of the body because that is the way the medicine is being taught. Energy medicine starts with the bioplasmic energy fields. In the spiritual terms this is called aura the etheric substance or the

bioplasmic life substance which interpenetrates the physical body. Energy medicine is complementary to allopathic medicine. In fact a combination of modern medicine with energy medicine is emerging as one of the most suited model for the future medicine, where energy healers would complement the efforts of the doctors and both in synergy would be able to provide a fast and holistic health.

Master Del Pe the founder of ESOCEN inner power of healing science has beautifully explained the human body (physical, etheric, emotion, and mental) using the model of the cell phone. He has described, the physical body is like the hardware of the cell phone. There are several layers of the aura. The first layer is called the vitality aura, is the battery that serves to empower and energize the physical body. The second body is called the emotional body which relates to the feeling. The third layer is the mind, or mental body which is related to the thinking process. The emotional and the mental bodies are like the software of the cell phone. As the cell phone has the antenna to receive the signal we also have the energy connection for the information exchange with our soul and the spiritual self (<http://www.esocen.com/2006healing.pdf>).

The physicians focus on the physical body including its neurological, hormonal and chemical components to heal. Energy medicine focus on energy anatomy of the human energy system to heal. Energy medicine uses cosmic energy and the energy system of the humans, plants, and animals to heal. Allopathic medicine uses chemicals, drugs, surgery and / or the methods of neurological simulation to affect the physical body to cure diseases and / or improve the conditions or sustain the life. The difference with energy medicine is that it goes to the origin of the disease versus allopathic medicine, which cures the symptoms / signs of the disease and in very few case the cause of disease (infections etc.). When we look at the techniques used, allopathic medicine affects the symptoms of the disease and indirectly works with the energy energetic field. While energy medicine works directly with the energy centers that affect the physical organs and the endocrine glands, thus both are complementary to each other.

Many different types of treatment modalities exist which deals with subtle energy like acupuncture, meditation, Reiki, craniosacral therapy, yoga, etc. All these have specialized method of dealing with the body and the subtle energy and claims improvement to the different extent. A study was conducted at the Center for Craniosacral Therapy - Vaishali Pitampura Delhi India to validate the efficacy of craniosacral therapy in the treatment and management of pain, migraine, depression, and anxiety.

Craniosacral therapy was invented by osteopath William G. Sutherland in the 1930s. Another osteopath, John Upledger is the leading proponent of craniosacral therapy today. (Upledger 2001)

Craniosacral therapy (a.k.a. craniopathy and cranial osteopathy) is a holistic therapy that involves the manipulation of the skull bones (the cranium) and the sacrum to relieve pain and a variety of other ailments.

## **Principle of the Treatment**

In the biodynamic approach of craniosacral work the subtle rhythms produced in the body are regarded as the essential factors of the normal healthy functioning of the body. The rhythm are present in every cell and every organ of the body. Some which are well appreciated are respiratory, cardiac, etc. The craniosacral rhythm are studied and balanced in this therapy.

## **Aims and Objective**

To validate the efficacy of craniosacral therapy in the treatment and management of pain ( including migraine), depression, and anxiety.

## **Methodology of the Craniosacral Therapy**

Cranio sacral therapy (CST) is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

Using a soft touch generally not greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

During the treatment, the client is usually supine on a table. The therapist assesses the patterns of energy in the body through touch at several “listening stations” and then decides where to start that day and how to focus the treatment.

### Materials and Method

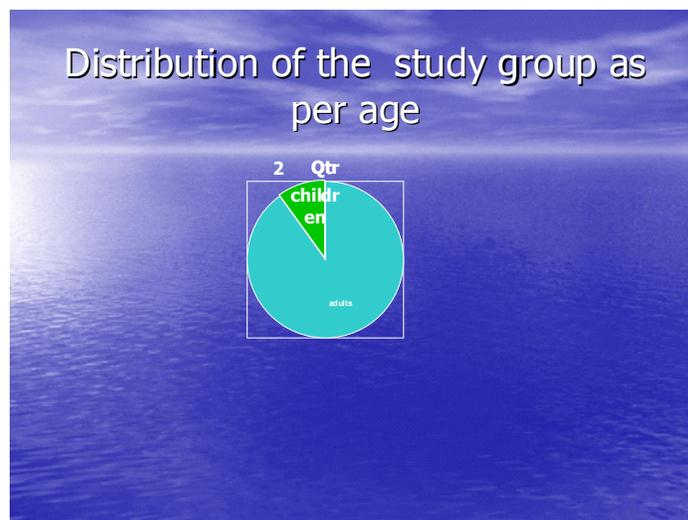
30 patients [27 adults and 3 children ( age 8-14 years )] were studied during the period Nov 2006 to Nov 2007. Of them 9 were male and 21 were female (Table No. 1). The patients presented with pain [(26) 86.7 %]; depression [(2) 6%]; anxiety[ ((1) 3.3 % ]and depression +anxiety in [(1) 3.3 % ] (Table No. 2). None of the cases were having medical problems related to known causes of pain like high uric acid, positive RA factor, history of trauma, etc. Two of the patients were having low serum calcium, serum phosphorus and high Alkaline Phosphatase.

In the first sitting a brief history of the patients was taken and all the available medical documents were studied. The patient was also asked to rate the magnitude of the pain as per visual analog score (VAS) (Times of India Dec 28) Table No. 3.

If required some relevant investigations were advised and if considered necessary was referred to a concerned medical doctor. Based on all the information available a diagnosis was made and treatment was started. Generally patients were given 3-4 sittings and after each sitting the patients were assessed as per visual analog score (VAS) as were compared with the baseline score.

Table No. 1

Sl. No.	Distribution of the Patients under Study	No. of Patients
1.	Adult	27
2.	Children	3
3.	Male	9
4.	Female	21



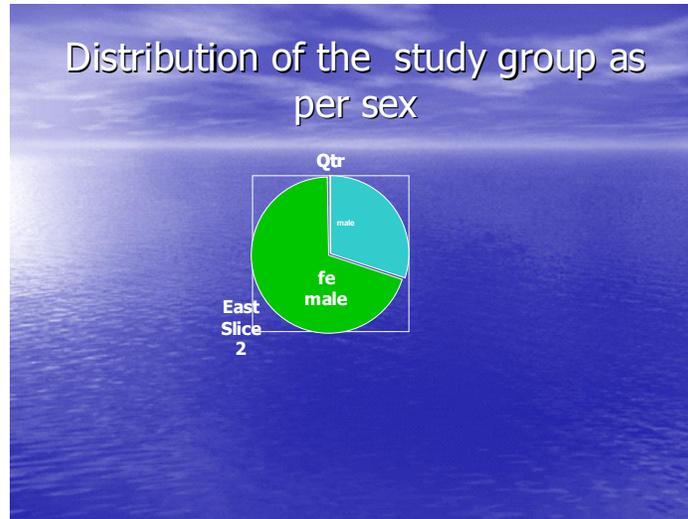
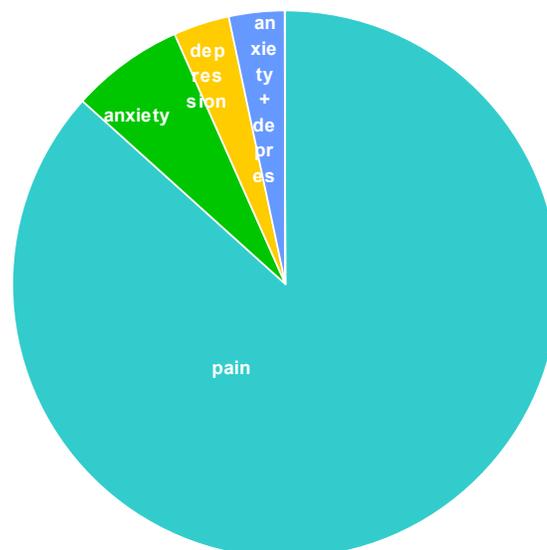


Table No. 2

Sl. No.	Symptoms	No. of Cases	Percentage
1.	Pain	26	86.7 %
2.	Depression	2	6%
3.	Anxiety	1	3.3%
4.	Depression + anxiety	1	3.3%
	Total	30	



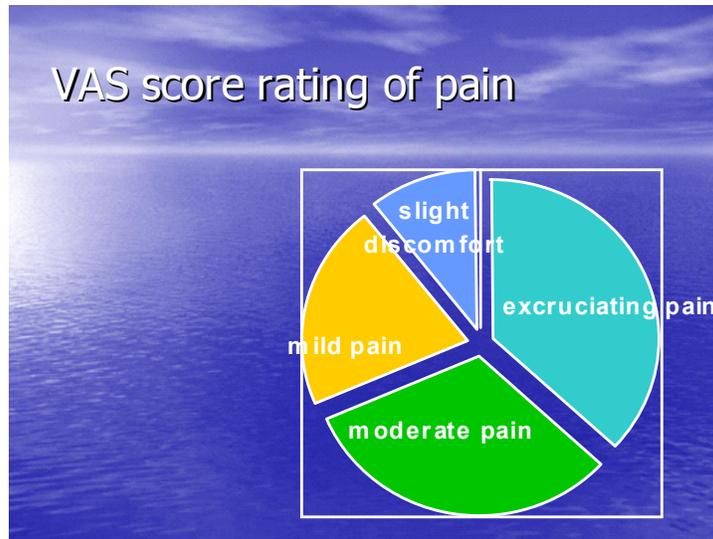
Pie diagram depicting distribution of cases as per the symptoms

**Table No. 3**

Sl. No.	Rating of the pain in the scale of 0-10 (Visual analog score) modified as per the requirement of the study	Interpretation
1.	8-10	Excruciating pain
2.	5-8	Moderate pain
3.	3-5	Mild pain
4.	1-4	Slight discomfort

**Results**

There was complete recovery in 10 (33.3%) cases; 75 % recovery in 7 cases (23.5%) and recovery between 50 to 75 % in 11 cases (36.6%). 1 patient (3.3 %) showed recovery less than 50 % and 1 patient did not show any improvement.



**Table No. 4**

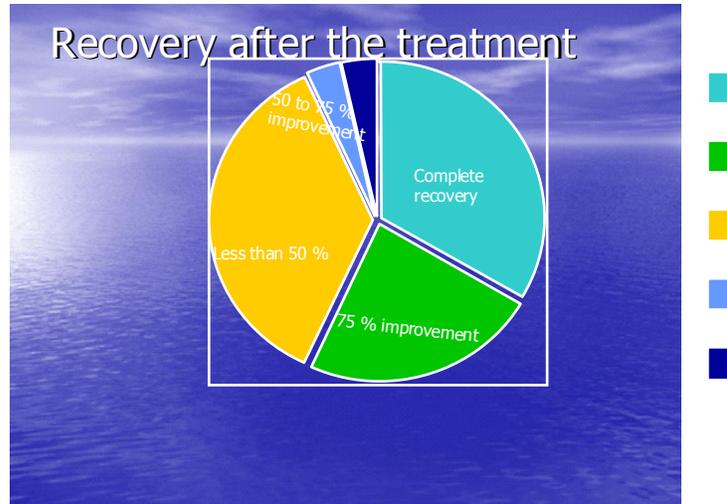
Sl. No.	Amount of Improvement	No. of Case Out of 30	% of Improvement
1.	Complete recovery	10	33.3
2.	75% improvement	7	23.5
3.	50 to 75 % improvement	11	36.6
4.	Less than 50 %	1	3.3
5.	No improvement	1	3.3

**Discussion**

**Biodynamics of Craniosacral Therapy**

**Relevance of Motion in Life**

Life expresses itself as motion. At a deep level of our physiological functioning all healthy, living tissues subtly have motion of life – a phenomenon that produces rhythmic impulses (Kern, <https://www.craniosacraltherapy.org/Whatis.htm>).



Craniosacral therapists are able to detect a craniosacral “rhythm” in the cranium, sacrum, cerebrospinal fluid and the membranes which envelop the craniosacral system. The balance and flow of this rhythm is considered essential to good health. The rhythm is measured by the therapist’s hands.

The living body produces a series of subtle rhythms that may be palpated in the body and which make up an integrated physiological system. At least three subtle rhythms have been identified in this system, each having a different rate and producing rhythms within rhythms. These three “tides” are referred to as:

- The cranial rhythmic impulse; a more superficial rhythm expressed at an average rate of 8-12 cycles per minute,
- The mid-tide; a tidal rhythm that carries ordering forces into the body expressed at a slower rate of approximately 2.5 cycles per minute and
- The long tide; a deep and slow rhythmic impulse expressed about once every 100 seconds. The long tide is considered to be the first stirring of life and motion as the Breath of Life emerges from a deeper ground of stillness at the center of our being.

### **Inertial Patterning**

During the course of our lives our bodies become patterned, shaped, and conditioned according to how we are able to deal with any stresses or traumas. If stresses or traumas are overwhelming, they become locked in the body as sites of inertia - until such a time as we are able to access resources that allow them to be processed and released. These sites of inertia effect the natural rhythmical movements of the life and so hinder the ability of our essential blueprint for health to manifest at a cellular level.

Common causes of inertia are physical injuries, emotional and psychological stresses, birth trauma, and toxicity. Due to an accumulation of these stresses, tissues can become imprinted with the memory of unresolved experiences and so act like video tape which may keep replaying whenever stimulated.

### **A Gentle Facilitation**

The emphasis in Craniosacral Therapy is to help resolve the trapped forces that underlie and govern patterns of disease in body. This involves the practitioner “listening through the hands” to the body’s subtle rhythms and any patterns of inertia or congestion. Through the development of

subtle palpatory skills the practitioner can read the story of the body, identify places where issues are held and then follow the natural priorities for healing as directed by the patient's own physiology.

The intention of treatment is to facilitate the expression of the "Breath of Life" and so enhance the body's own self-healing and self-regulating capabilities. This is done in a non-invasive way as the practitioner subtly and gently encourages the conditions that allow for the re-emergence of primary natural rhythmic motion..

### **A Holistic Approach**

Biodynamic Craniosacral Therapy takes a whole-person approach to healing and the inter-connections of mind, body, and spirit are deeply acknowledged. It is an effective form of treatment for a wide range of illnesses helping to create the optimal conditions for health, encouraging vitality and facilitating a sense of well-being. It is suitable for people of all ages including babies, children, and the elderly, and can be effective in acute or chronic cases.

### **Conditions where Cranio Sacral Therapy can be Used**

By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction, The conditions where the use of technique is advocated as per The International Alliance of Healthcare Educators are:

- Migraine Headaches
- Chronic Neck and Back Pain
- Motor-Coordination Impairments
- Colic
- Autism
- Central Nervous System Disorders
- Orthopedic Problems
- Traumatic Brain and Spinal Cord Injuries
- Scoliosis
- Infantile Disorders Learning Disabilities
- Chronic Fatigue
- Emotional Difficulties
- Stress and Tension-Related Problems
- Fibromyalgia and other Connective-Tissue Disorders
- Temporomandibular Joint Syndrome (TMJ)
- Neurovascular or Immune Disorders
- Post-Traumatic Stress Disorder
- Post-Surgical Dysfunction

### **Limitations of the Craniosacral Therapy**

1. Craniosacral therapists claim to be able to detect a craniosacral "rhythm" in the cranium, sacrum, cerebrospinal fluid and the membranes which envelop the craniosacral system. The balance and flow of this rhythm is considered essential to good health. The rhythm is measured by the therapist's

hands. Any needed or effected changes in rhythm are also detected only by the therapist's hands. No man made instrument is used to measure the rhythm or its changes, hence no systematic objective measurement of healthy versus unhealthy rhythms exists.

2. The methodology of rating pain is not the full proof since it is the subjective feeling and the same degree of pain may have different rating by different individuals. Craniosacral therapy: the effects of cranial manipulation on intracranial pressure and cranial bone movement.
3. No significant differences were noted between baseline and distraction suture separation ( $F = 0.045$ ;  $P > 0.05$ ) and between baseline and distraction ICP ( $F = 0.279$ ;  $P > 0.05$ ) at any load. In the single animal that underwent additional distractive forces, movement across the coronal suture was not seen until the 500-g force, which produced 0.30 mm of separation but no corresponding ICP changes. (Downey et al., 2006).
4. Low loads of force, similar to those used clinically when performing a craniosacral frontal lift technique, resulted in no significant changes in coronal suture movement or ICP in rabbits. These results suggest that a different biological basis for craniosacral therapy should be explored. (Downey et al., 2006).
5. Physical manipulation of the skull and cervical spine has been used by chiropractors, osteopathic physicians, occupational therapists and others for specific therapeutic purposes. Despite claims that practitioners can alter and sense cerebrospinal fluid (CSF) flow or the Cranial Rhythm Impulse, no movement of boney sutures or alteration of pressure could be demonstrated in a laboratory model 24. or in humans 70 (Levy, 2008).

## Summary and Conclusion

1. Although the sample size is small but there are sufficient indication to suggest that craniosacral therapy reduces the pain and is helpful in anxiety and depression.
2. Each patient should be assessed individually based on the available diagnostic modalities and the expert opinion available and Craniosacral therapy should be used along with allopathic medicine if required.

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