

**“If treatment leads to successful outcome,  
this outcome is a  
result of activation of  
internal mechanisms for healing.”  
E.Wale**

# **SCENAR ABC**

## **INTRODUCTION LEVEL TRAINING COURSE**



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## WHAT IS A SCENAR and WHAT'S SCENAR THERAPY? Historical Reference

Scenar device is called Self-Controlled Energo Neuro-Adaptive Regulator.

Scenar Therapy is non-drug medical technology, which is directed at activating the self-healing resources of the human organism.

The device was invented in Russia nearly 20 years ago, in order to keep cosmonauts in good while in space and the group of scientists who developed it were awarded many times with government awards. In 1986 the first SCENAR device, having passed technical and clinical trials, was given permission by USSR Medical Council to be used in hospitals and in homes.

“SCENAR” is a trademark (according to class – therapeutic device and apparatus, electro-stimulators), registered in the state list of trademarks in USSR from 23 October 1989.

Together with the Committee for New Medical Technology and the department for “Non-drug Methods of Treatment” were issued 7 compilations of “SCENAR-therapy, SCENAR-expertise” where questions of therapy and practise of SCENAR-therapy are reflected.

Eight international conferences and 20 inter-regional seminars were held (Odessa, Ekaterinburg, S-Peterburg, N-Novgorod, Rostov-na-Donu) on SCENAR therapy and SCENAR-expertise.

The SCENAR device is capable of preventing many health problems and restoring health.

Scenar device is licensed as a pain relief in the UK.

In order to avoid making any medical claims, simply speak of the experience of the Russians. “According to Russian research, SCENAR therapy .....

## HOW DOES IT WORK?

- The device works on the skin surface, stimulating all structures of the skin. It works on two basic principles:
  - Acupuncture and Zonal therapy.
- In response of Scenar impulse, regulative neuro-peptides are released.
- Affects the whole system because regulative peptides metabolism has a cascade effect
- Operates on the Mind/body
- Regulates homoeostasis
- Wipes out repetitive Central Nervous System patterns

## IS THERE ANYONE THAT CANNOT BE TREATED?

- Those with cardiac pacemakers – absolute contra-indication
- Those with cardiac fibrillation (not for beginners).
- Intoxicated individuals.
- Overly sensitive individuals. (Those who faint or go into shock easily).
- People suffering with severe mental disorders

## WHAT CONDITIONS SCENAR CAN TREAT?

The Russian experience suggests that it can be effective for a very broad range of disease processes, including:

- ◆ Diseases of the digestive system;
- ◆ Cardio-vascular system;
- ◆ Respiratory system;
- ◆ Musculo-skeletal system;
- ◆ Urinary system;
- ◆ Reproductive system;
- ◆ Nervous system;
  
- ◆ Diseases of blood;
- ◆ Disorders involving immune mechanisms;
- ◆ Endocrine, nutritional and metabolic disorders.

It is also useful for managing

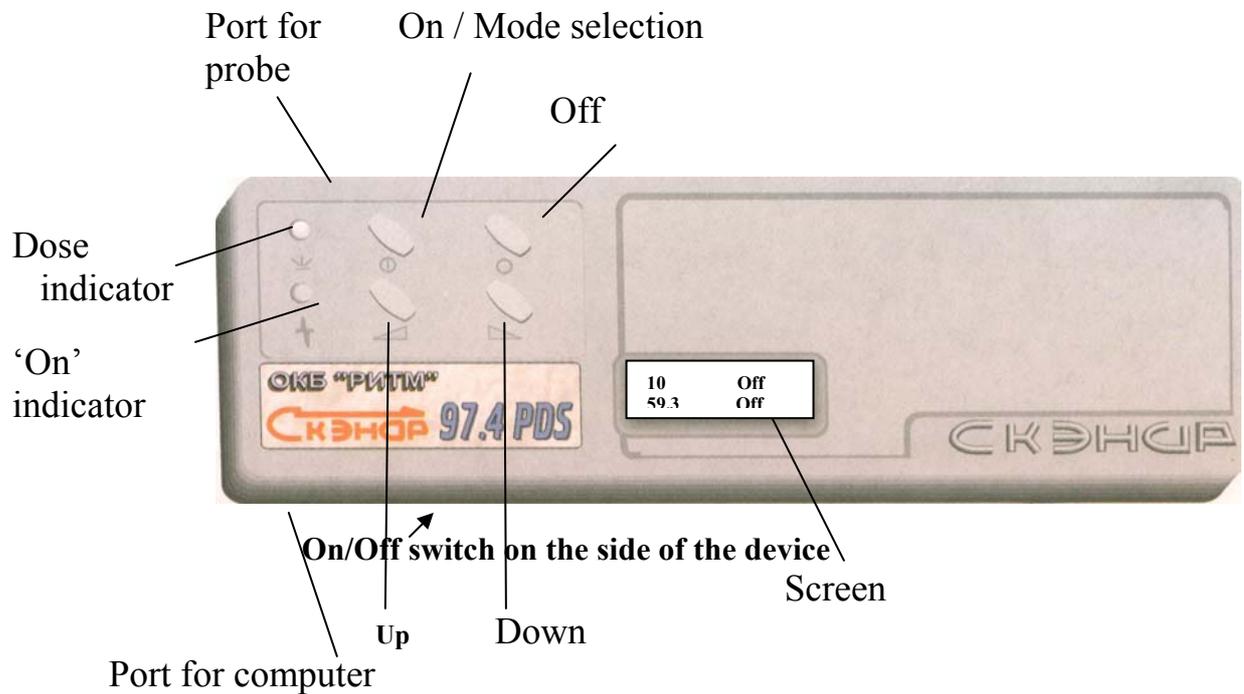
- ENT diseases;
  - Eye diseases;
  - Skin conditions;
  - Dental problems

It has also been found beneficial

- in burns,
  - fractures,
  - insect bites,
    - allergic reactions;
    - stress and mental depression, etc.

It is known to give great relief from any types of pain.

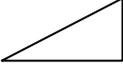
## SCENAR 97.4



Pic.1 Scenar 97.4

The SCENAR switches itself off after 5 minutes if no settings have been changed.

When 'Nobody' appears on the screen for 30 seconds, it switches itself off.

Pressing  and  simultaneously for 2 seconds and then releasing will restore factory default settings.

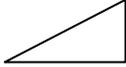
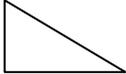
When switched on and after changing the power, the power level is displayed in the top left hand corner of the screen for two seconds, after which it changes to a timer.

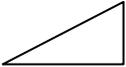
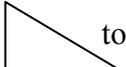
In Diag 1, damping cannot be changed.

In intensity 2 to 8, modulation and frequency will be set at factory default settings.

# POWER

The strength of the impulses.

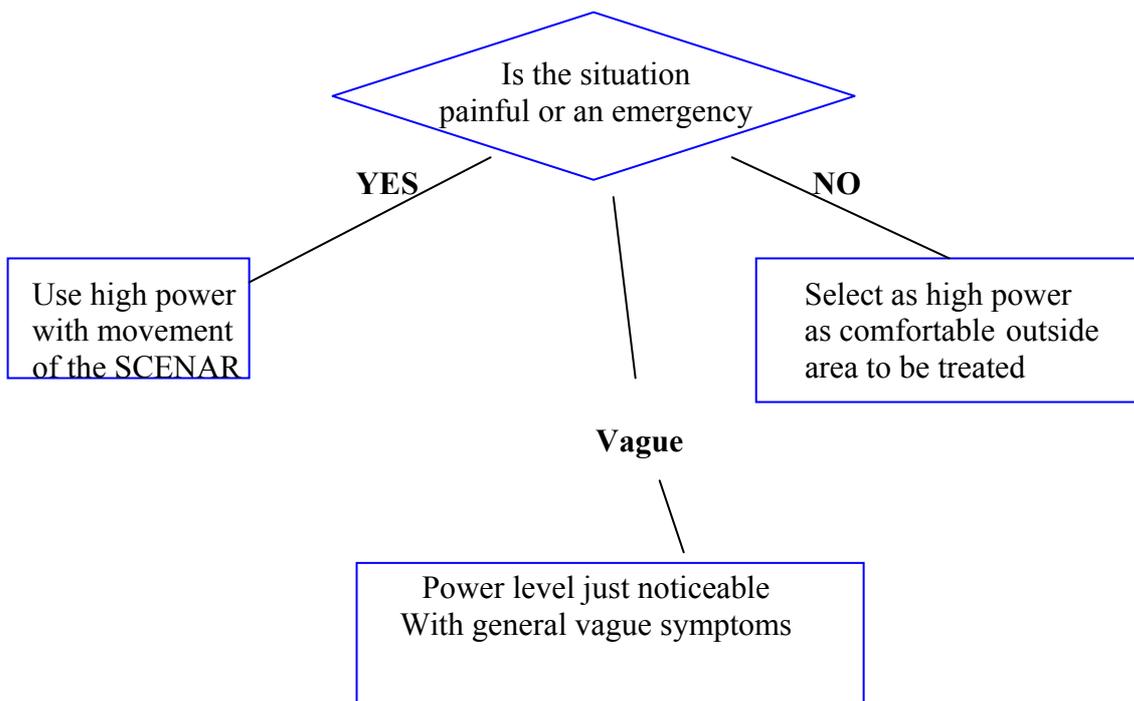
1. Switch the machine on. 
2. To increase power, press  **max 250**
3. To reduce power, press  **min 10**

**Remember:** Pressing   together restores factory settings.

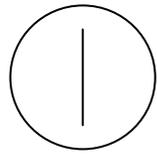
By convention, we say that:

- below-threshold level of energy does not give subjective sensation;
- threshold level is sensed as slight vibration;
- above-threshold level is sensed as comfortable electro-action;
- supra-threshold level is sensed as painful electro-action.

## HOW TO USE POWER

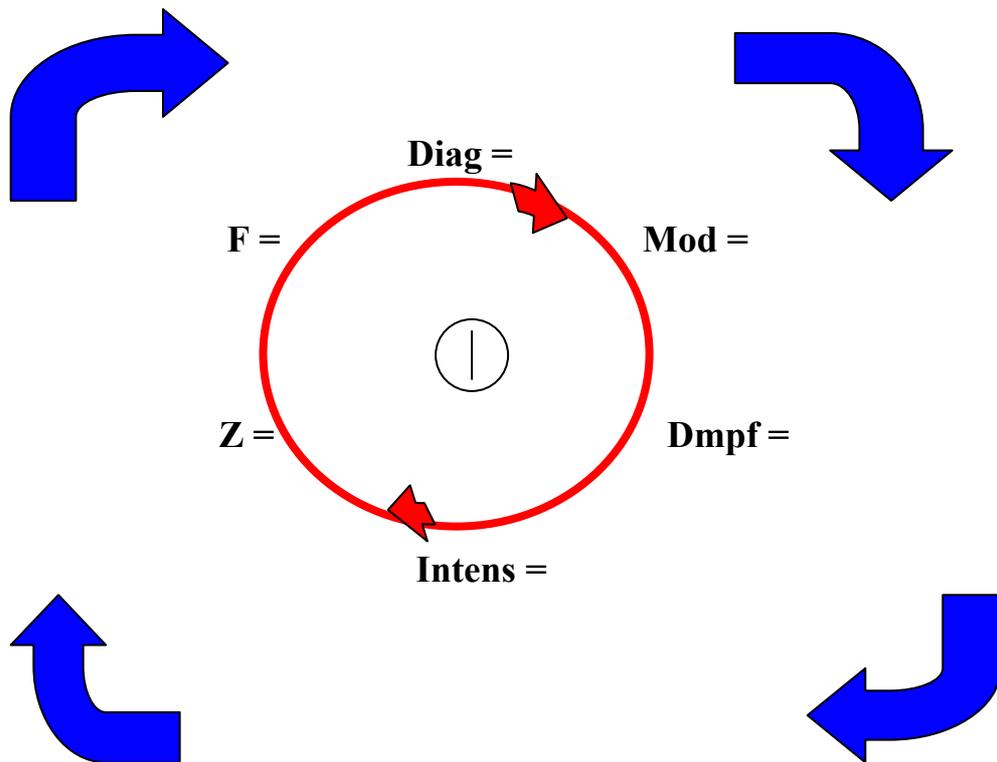


# MODE SELECTION



= ON / MODE SELECTION  
BUTTON

Pressing this button changes the mode through the various options as shown below.

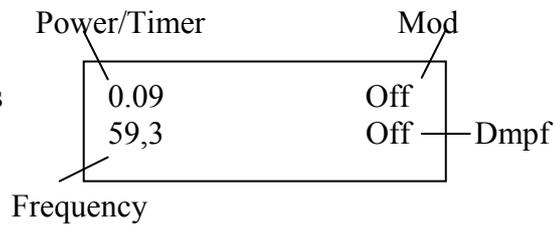


After changing one of the modes, when you press the mode selection button again, the mode that was changed reappears on the screen first.

## DIAGNOSTIC MODE

1 Switch Machine on.

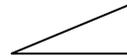
2 After a few seconds the screen shows



3 From factory default settings, press  once.

4 "DIAG = 0" appears on the screen.

5 Quickly (within 2 seconds) firmly press the button



6 "DIAG = 1" appears on the screen.

7 After a few seconds "Nobody" appears on the screen.

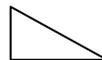
8 Apply to the skin and readings will appear. (more about these later)

## HOW TO SWITCH DIAGNOSTIC MODE OFF

1 Make sure machine is on.

2 Press  repeatedly until "DIAG = 1" appears on the screen.

3 Quickly and firmly press the button



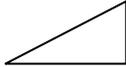
4 "DIAG = 0" appears on the screen.

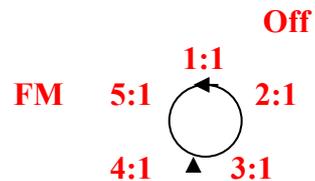
# MODULATION

Modulation is the ratio of time the machine is working to not working.

1 Set SCENAR at factory default settings.

2 From factory default settings, press  twice until “Mod = Off“ appears on the screen.

3 To change Modulation up - press  Mod =



4 To change Modulation down - press 

**Note:** Pressing the buttons briefly will increase the modulation one step at a time and if pressed and held down will circulate round the options until released.

## HOW TO USE MODULATION

1. SCENAR needs to be kept still on the skin when using this facility.
2. Acute conditions with significant reaction during treatment - use 3:1, then 1:1.
3. Acute conditions without reaction during treatment - use 3:1 to 5:1, then 3:1 or FM.
4. Chronic conditions - use as with 3.
5. For stimulation of muscle contraction – use 3: 1 or 4:1.

## Dmpf – DAMPING OF THE WAVE FORM



Damping is the change in the initial form of the signal. Damping also controls the corresponding dynamic response of the organism at action. Damping has to do with the shape of the wave, form introduced into the body. For example, a sharp wave will elicit a particular response and damping alters the properties of the respond.

Sk1

Sk2

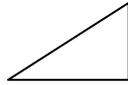
Sk3

Sk4

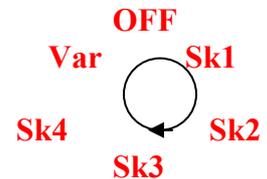
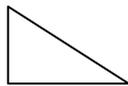
1 Dmpf can only be altered when in Diag = 0.

2 From the factory default settings, press  three times until “Dmpf = Off “ appears on the screen.

3 To change Dmpf up, press

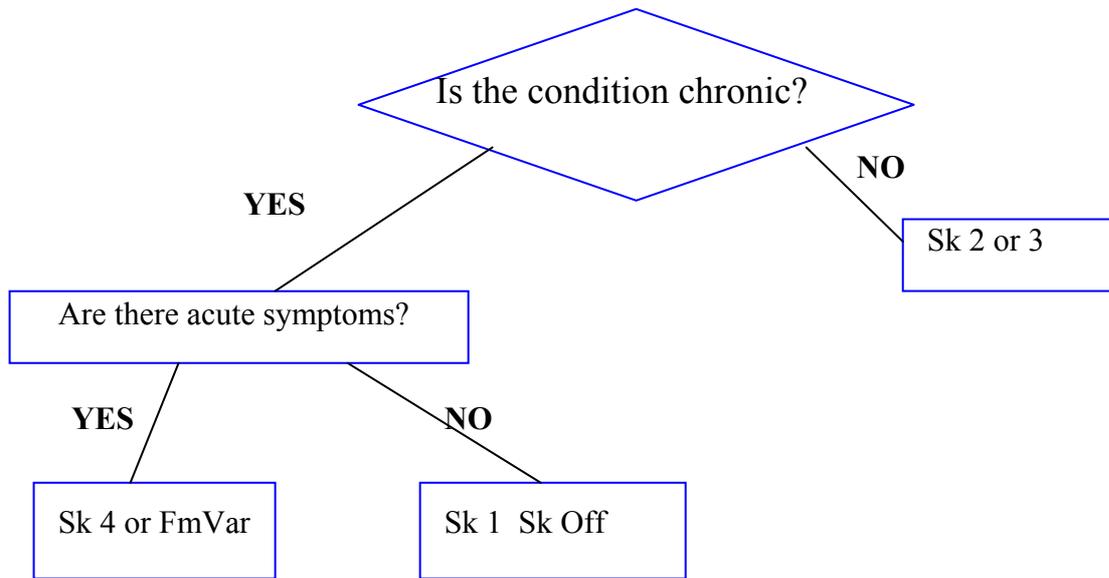


4 To change Dmpf down, press



**Note:** Pressing the buttons briefly will increase the damping one step at a time and if pressed and held down, will circulate round the options until released.

## HOW TO USE DAMPING



**Remember:** Changes in Damping are impossible when in Diagnostic 1

# INTENSITY

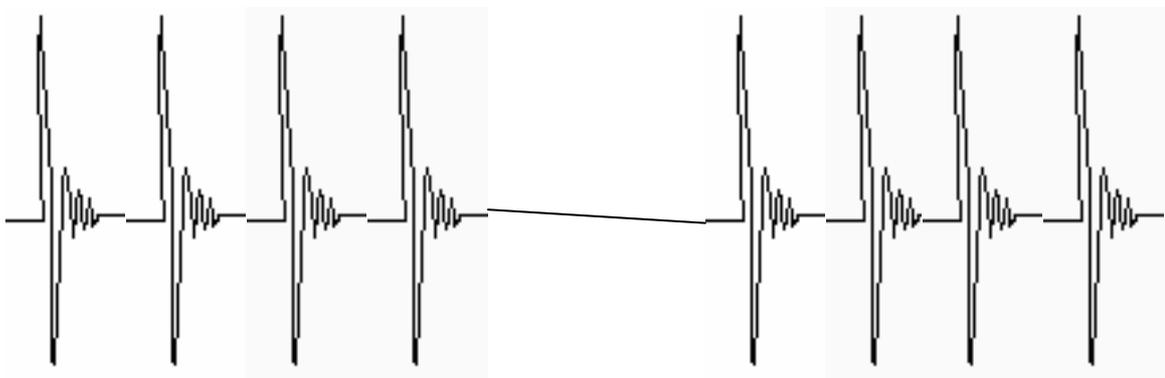
Intensity is the number of impulses in each bundle at with frequency 59.3 Hz. In the wave form, it denotes the number of peaks in the wave.



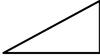
Freq 59.3Hz      Intens Off



Freq 59.3Hz      Intens 2

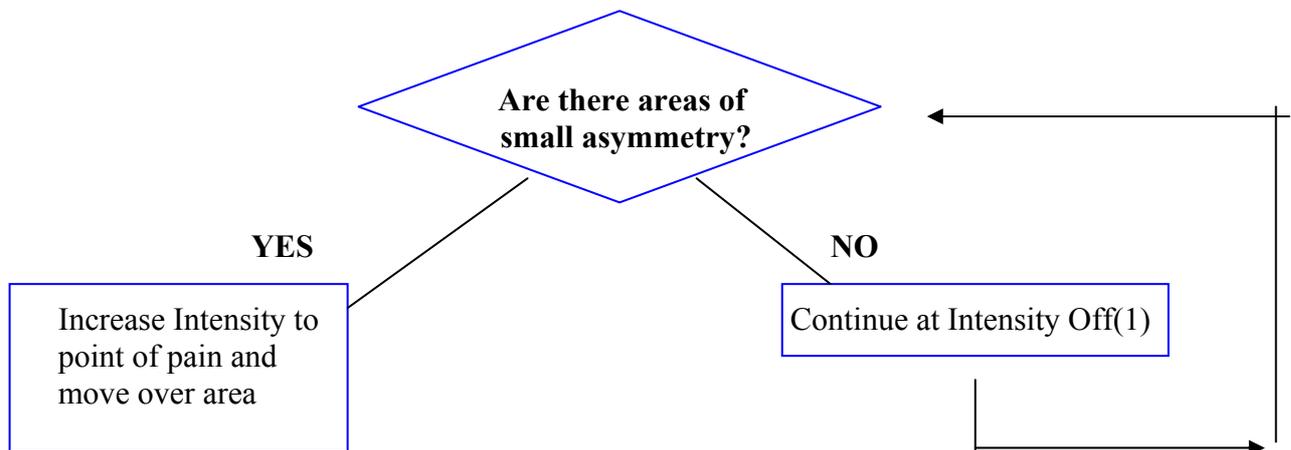


Freq 59.3Hz      Intens 4

- 1 From factory default settings, press  four times until “Intens “ appears on the screen.
- 2 To change Intensity up, press  **(Max = 8)**
- 3 To change Intensity down, press  **(Min = 2)**

**Note:** Intensity does not circulate round – only goes up to 8 and back down again, depending on which button is pressed.

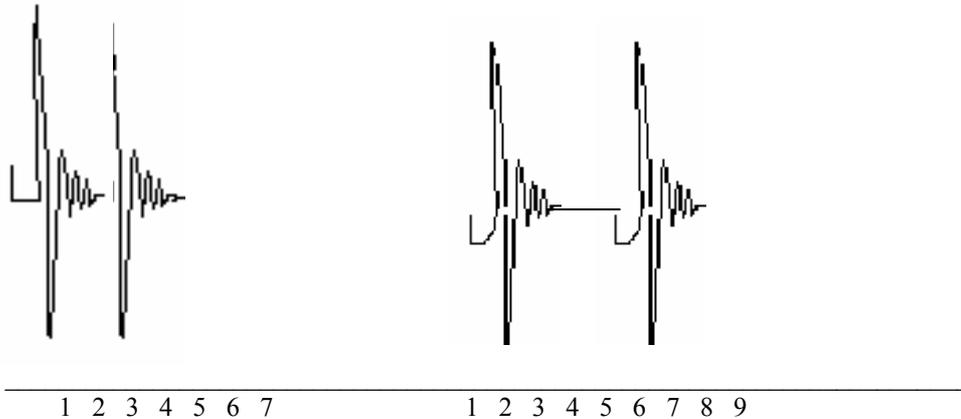
## HOW TO USE INTENSITY



**Remember:** Frequency and modulation return to factory default levels in Intensity = 2 or above. This means that with Intensity 2-8, the frequency will be 59.3Hz.

## Z – PULSE DELAY

Pulse delay is the time delay between peaks of the wave.



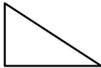
**Z = 30**

**Z = 50**

1 Obviously, there is no effect in changing Z unless the SCENAR is in Intens = 2 or above.

2 From factory settings, press  five times until “z =” appears on the screen.

3 To change Z up, press  **(Max 80)**

4 To change Z down, press  **(Min 10)**

**Note:** Z does not circulate round. It only goes up or down according to which button is pressed.

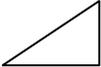
## HOW TO USE PULSE DELAY

When general symptoms predominate, use pulse delay 10 to 40.

When local symptoms predominate, use pulse delay 40 to 80.

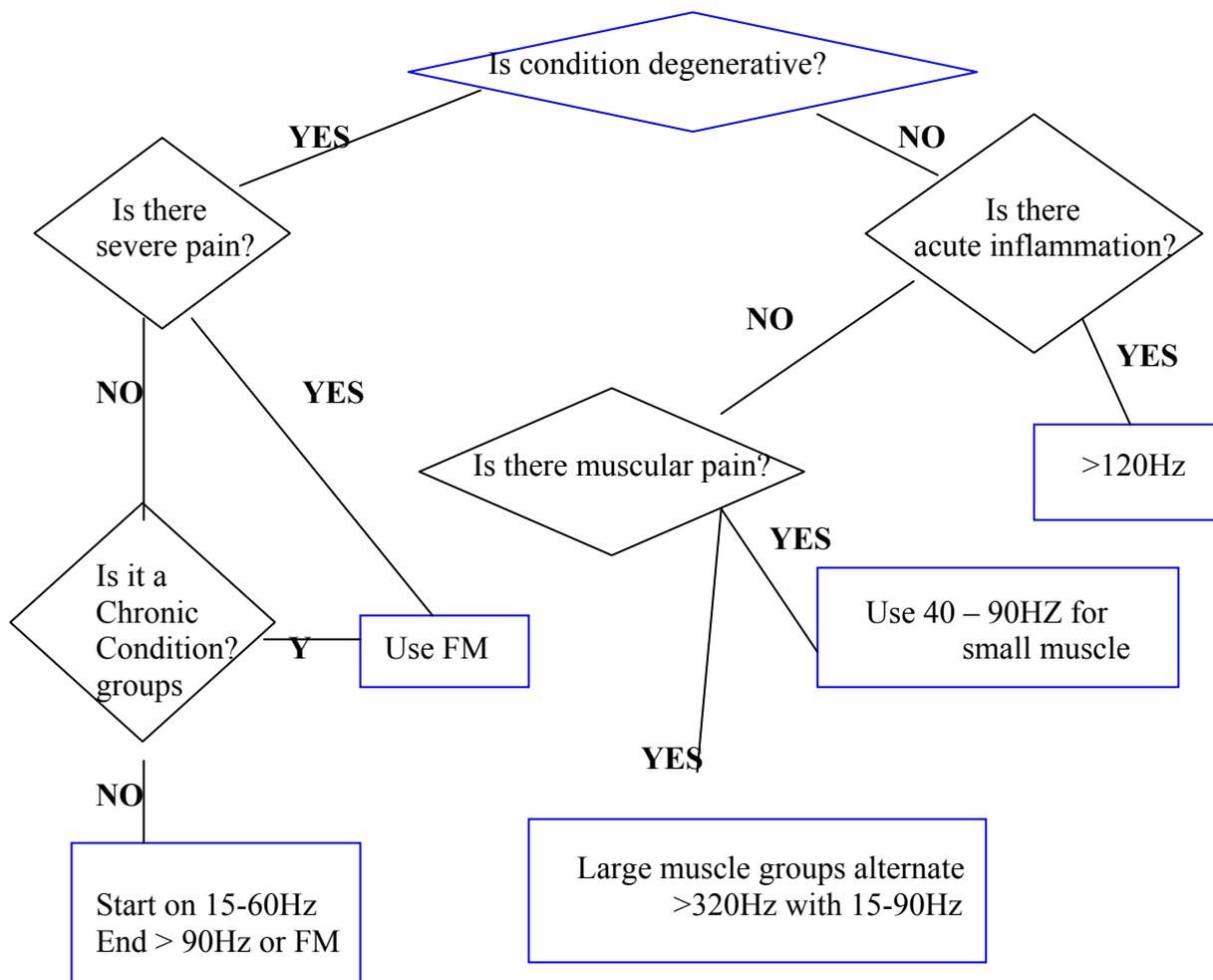
# FREQUENCY

Frequency is the number of complete oscillations per second.

- 1 Frequency cannot be changed when Intens = 2 or above.
- 2 From factory settings, press  six times until "Freq = 59,3 Hz" appears on the screen.
- 3 To change Frequency up, press  (Max 351 Hz)
- 4 To change Frequency down, press  (Min 15,3 Hz)

**Note:** Pressing and releasing the button causes a change in small increments. Pressing and holding causes a continuous change in frequency. However, at the following numbers, 29.7, 59.3, 90.3, 121, 180, the numbers stop and it is necessary to release the button and press again to continue changing.

## HOW TO USE FREQUENCY



## GENERAL GUIDELINES

- Ask the patient not to shower or bath two hours before and after the treatment.
- It may be necessary to shave the area as SCENAR requires electrical contact with the skin.
- It does not matter if the patient has eaten recently.
- It is best to treat on a table in a comfortably warm room, with the patient either sitting or lying.
- Explain about a ‘healing crisis’.

## BEFORE YOU START THE TREATMENT

- Take a history of the client’s complaints – past and present.
- Note any medication being used.
- Note any allergies, family history, etc.
- A Complaint “here and now”

## CURRENT COMPLAINTS

- Ask the patient to point with one finger (if possible) to what is the most pressing problem *right now*. (usually pain)
- Ask the patient to recall anything about the pain eg. Character, severity, timing, radiation etc.
- Is there a movement which triggers or regenerates the pain?
- If possible, make the patient elicit/demonstrate the pain. Where appropriate compare with the opposite side. Test any weaknesses.

## SKIN SIGNS IN SCENAR THERAPY

### Reaction of the organism

Examine the skin properly before, during and after the treatment. The signs or treatment indicators will show where to work and dynamics of the treatment process.

#### Primary Signs

Differences in the skin, which are apparent before treatment.

Colour	Itching	Erosions	Sores
Rash	Pigmentation	Spots	Scars
Scales			

#### Secondary Factors

Differences which appear during and after the treatment *outside* treatment area:

Hyperaemia / pallor  
Focal pain  
Itching / Rash  
Local pain after treatment

Another topical complaint

#### Asymmetry

Local changes in, and only in the area, that is being treated or as a result of treatment.

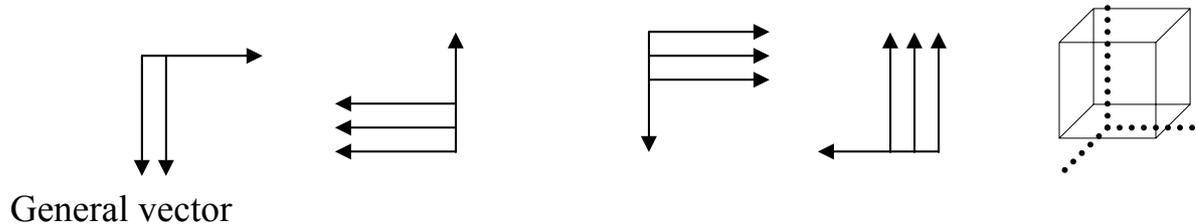
- **In the colour of the skin:** hyperaemia / pallor
- **In patient sensation:** numbness / hypersensitivity
- **In the sound of the SCENAR when working:** louder / quieter
- **Stickiness of the electrode:** sticky / non sticky
- **In pain sensation:** pain / no pain
  
- **In Diag 1:** Highest IR / Highest Dose / Highest “0”

#### Small Asymmetry

Example: when working in Diag 0 skin coloration changes in two directions: redness and pallor. A small white patch within a red area or vice versa, is called a small asymmetry and is important to treat this.

## NOTION - VECTOR

Direction of the movement of the electrode corresponding to the direction of the reaction in the body.



Zonal vector

When working on the zone use the vector, which shows the most of dynamics. Once you have achieved the dynamics, then you can stop working on the zone.

## GENERAL PRINCIPALS

Dynamics	—————>	Stability
Asymmetry	—————>	Small asymmetry
Combination	—————>	Alternation
Opposition	—————>	Cycle

## LOCATION PRIORITY

- Secondary Factors to asymmetry
- Opposite Side
- Channel (Meridian)
- Gloves & Socks
- Treat horizontals rather than neurological dermatomes
- Treat until there is a change either BETTER or WORSE (minutes to hours)

## AIMS IN SCENAR THERAPY

### **To achieve dynamics.**

We create dynamics

- 2 as we move the device
- 3 as the skin has different conductivity at different areas
- 4 as a patient present different illness patterns

As a result you will see that the organism will represent the same constant signs at the area which reflect a pathological focus:

In colour;

In the sound of the device;

In stickiness of the device on the skin;

In patients sensation of pain.

Despite of variety of representation of the complaints, the body is always produce constant response in above changes, which will be a guide for us to work on. In order to achieve the therapeutic effect from Scenar on the body you will have to achieve dynamics of these constants, i.e. cause adaptive regulation in the organism. The organism remembers constant and with the Scenar will show the best vector (direction) to work in order to achieve the adaptive regulation, which will be remembered by the body.

## BASIC TREATMENT METHODS

### Diag 0

- Set the SCENAR to the lowest possible power.
- Place the SCENAR on the skin *outside* the area selected for treatment.
- Increase the power to an appropriate level whilst on the skin.
- Move to the area selected for treatment.
- In Diag =0, move the SCENAR over the skin with firm pressure looking for signs of asymmetry – redness, stickiness etc.
- Continue rubbing with the SCENAR until the redness, stickiness etc. goes.

### Diag 1

- Measure the initial reactions
- Look for the highest of the initial reactions.
- Replace the SCENAR on the area with the highest number and treat until the multitone bell rings. (Hold still for 3 seconds before removing from skin). This is called a ‘dose’.
- Then compare areas that have had a ‘dose’. The one with the highest dose (threshold of the reaction) (see page 23) is treated again until the relative speed of the reaction (second number from left on the top line) becomes 0 (often a few minutes).
- Then by comparing areas that have been taken to zero, we choose the one on which to set FM Var (often for 2 minutes).

# WORKING IN THE SUBJECTIVE REGIME

DIAGNOSTIC = 0

When to use:

- In the presence of clearly defined local symptoms.
- In an emergency - for achieving functional changes in organs/systems.
- When large surfaces are being treated.

Move the device steadily (speed) and firmly (pressure) in one direction. Start treatment at any presenting primary signs.

In the presence of active complaints (especially in combination with primary signs) start treating here. Treat one site at a time, until any small asymmetry (or secondary sign) appears.

When you have achieved a asymmetry, change the action regime (Freq, Mod, z, Dmpf, Intens or any combination of these). Work, looking for a small asymmetry. Then work on the area of small asymmetry, varying the direction of the electrode (4 directions), attempting to achieve a dynamic change (in the pain, in the colour, in stickiness of the electrode, in the local sensation, in the sound from the device). Ideally work until the sign disappears or until an opposite sign appears.

Finish the procedure when you have achieved a subjective improvement of the patient's condition.

When there are no more reactions or there is an insignificant subjective effect:

- Change the action regime and extend the area of action along a horizontal line or along a segment.
- Include the general action area (3 paths).
- Continue to reveal areas of small asymmetry and secondary signs.

It is important to regularly monitor the patient's general state.

# WORKING IN THE INDIVIDUALLY MEASURED OUT REGIME

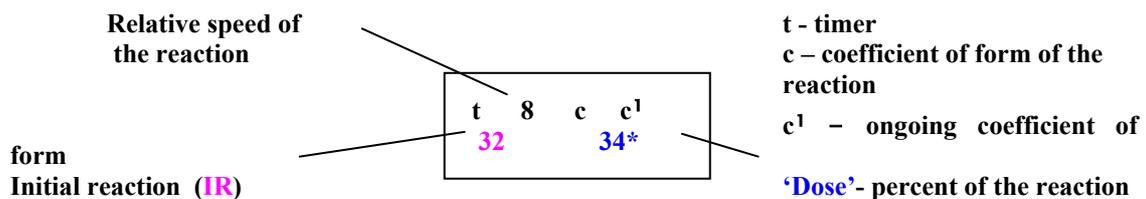
## DIAGNOSTIC = 1

When to use:

- to localise symptoms
- to save time when looking for asymmetry
- to avoid healing crisis
- to optimise the action time
- If areas of small asymmetry have been revealed during the treatment in Diag 0, you may work on them again in Diag 1.

Place the device electrode on the area under investigation.

Remain in skin contact without moving.



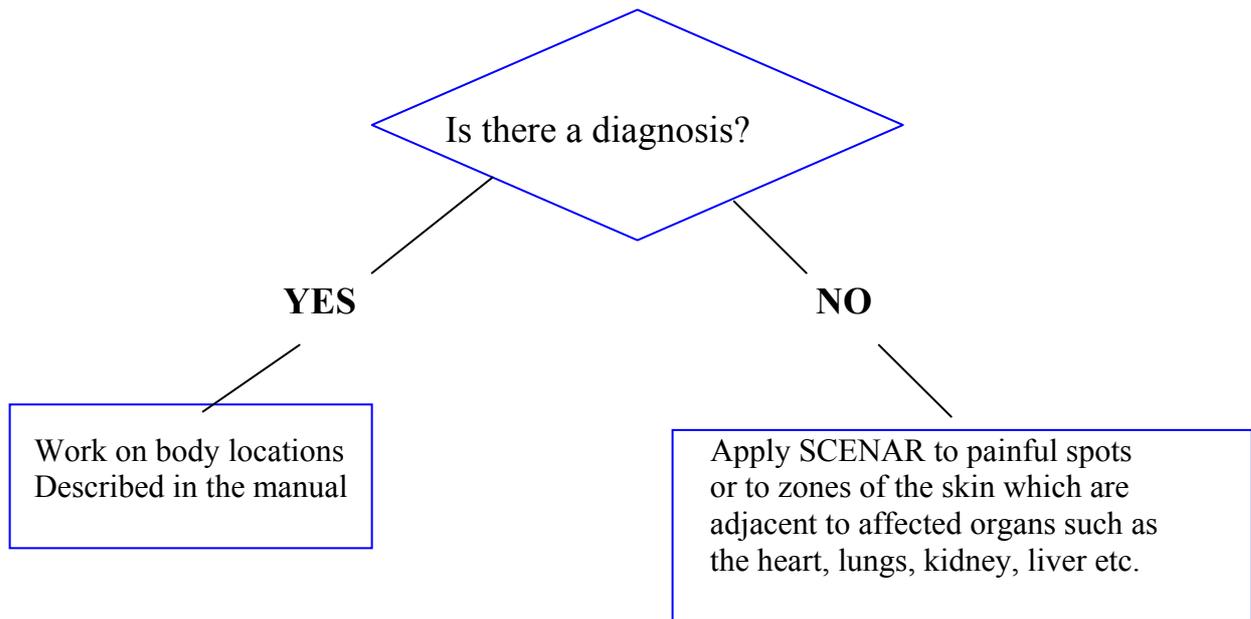
The higher the bottom left figure (Initial Reaction), the better that electrode position is to treat. By comparing readings from various areas, it is possible to choose the best places to dose for optimum effect.

When an area is chosen to dose, the electrode is placed on the skin and a 'dose' is given. When the 'dose' is completed, the machine emits an audio signal and a '\*' appears in the bottom right corner. The number in the bottom right is also recorded and can be compared to others for further treatment.

If the SCENAR is placed on the skin and the sound of the multi-tone rings immediately, remove the SCENAR from the skin and place it back. Continue to do this until contact is established and treat this area.

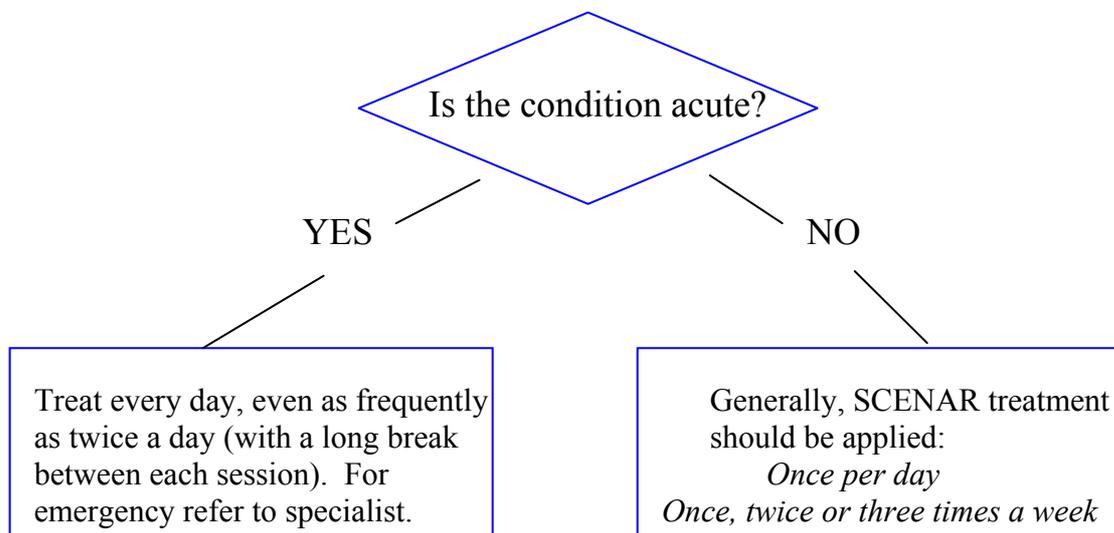
When the IR (left bottom corner) and Dose (bottom right corner) are the same in two areas, ie. there is no difference between areas, choose the area for treatment with the lowest dynamic based on the form coefficient. (See instruction manual p18).

## PROTOCOLS FOR SCENAR



In order to increase the benefits of treatment, work on the symmetrical zones (explain). It is not possible to work on pain spots because of open wounds, plaster or bandages, you should work on zones symmetrical to the painful area.

## FREQUENCY OF TREATMENT



A complete treatment usually consists of one to ten sessions. Sometimes 20 or more sessions may be required in the case of conditions such as paralysis. Everything depends on the response of the patient. In some instances it is appropriate to repeat the course of treatment. Once the symptoms have resolved, it is recommended to treat a few extra times. The best results are obtained when the patient is treated for *any* arising complaint or change in symptoms.

## SCENAR SETTINGS

Settings	Acute Inflammation	Chronic Inflammation	Aggravation of Chronic process
Power	High	Comfortable	High/Comfortable
Modulation	3:1 1:1	FmVar	3:1 5:1 3:1 FmVar
Damphing	Sk2 / Sk3	Var	Sk4 / Var
Intencity	1-8	1	1 - 8
Z	Local symptoms predominate over general 60 – 80 at	General symptoms predominate over local 10 – 20	Local symptoms predominate over general – 60 – 80 at
Frequency	>120	15.3Hz – 59.3Hz	59.3Hz – 120 >

For diagnostic purpose set your device at factory default settings:

Diag 1 Mod – Off Damph – Off Intens – Off Z – 20 Frequency – 59.3 Hz
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Adjust power to comfortable sensation and do not change the power until you complete the diagnostics.

## ZONES FOR GENERAL ACTION IN SCENAR THERAPY

**There are general and specific zones in Scenar Therapy.**

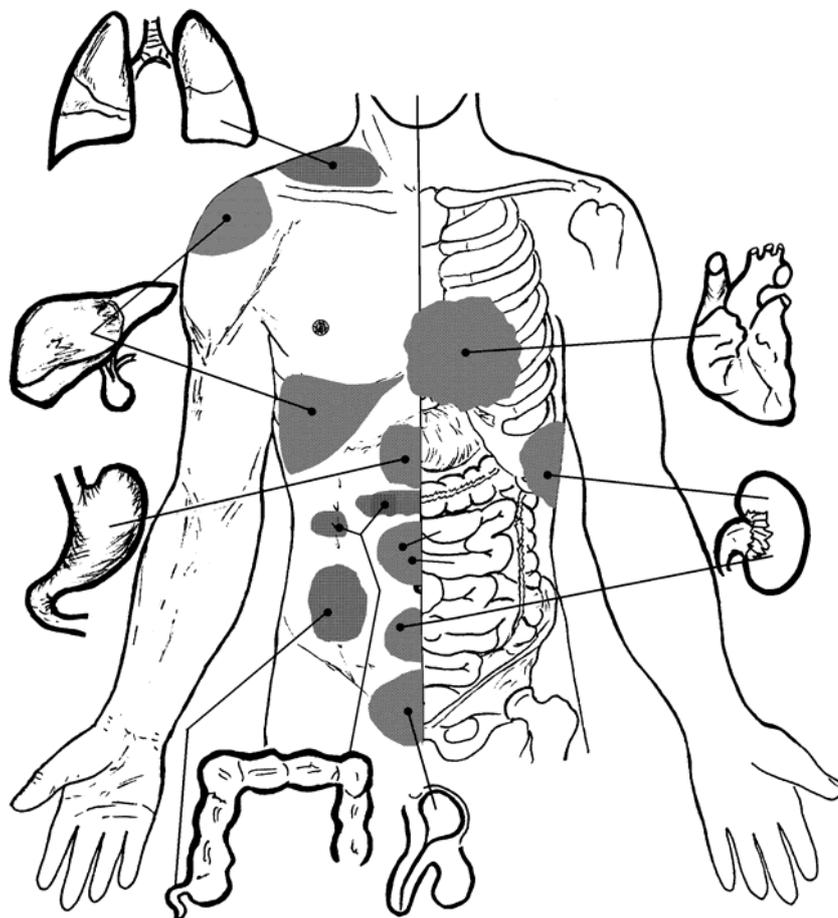
- 1 Three pathways and Six points;
- 2 Collar zone;
- 3 Palm
- 4 Active Hormonal zone;( triangle, scrotum, big labia)
- 5 Central Lines on the limbs (top/bottom; internal/external; front/back)

Used as special zones as well as general zones:

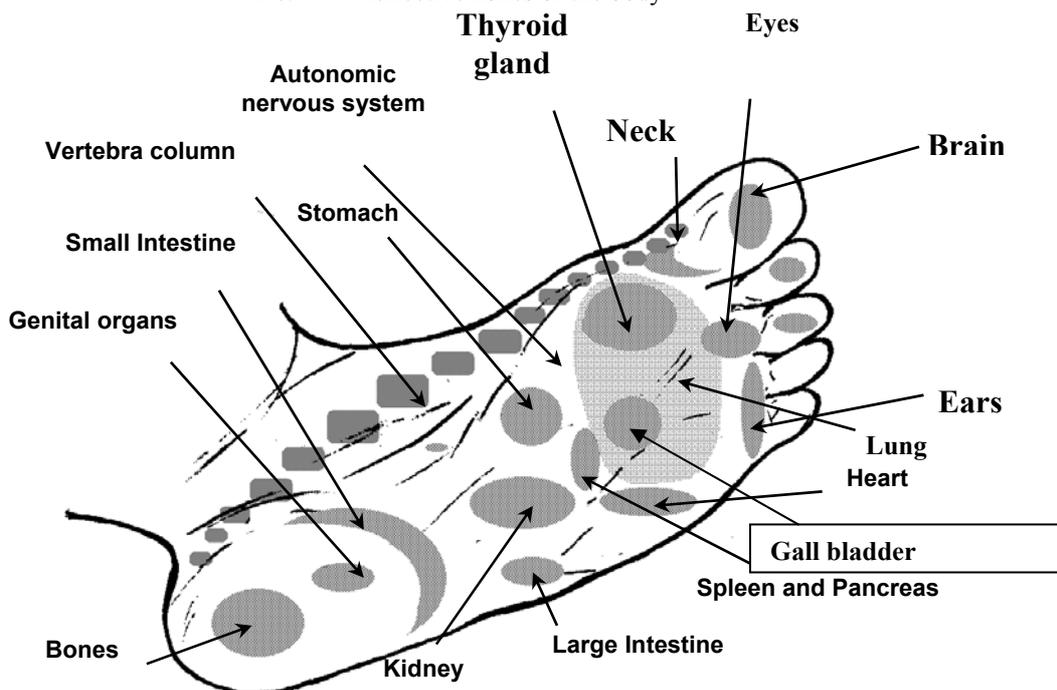
Specific general zones:

1. Back surface of the thoracic part
2. Liver zone; & Pancreas zone;
3. Abdomen zone; or its parts
4. Gynecological zone (big triangle front, back, internal surface of the thigh and outside surface of the shin, top of the foot)
5. Meridians
6. Reflexive zones

# REFLECTIVE ZONES IN SCENAR THERAPY



Pic. 4 Reflective zones of the body





# ZONES FOR GENERAL ACTION

