

DUYNY-T
Medical Apparatus for
PHOTOTHERAPY TREATMENT.

**User's Manual
and Prescriptions
for Application.**

Entered in the Top-Hundred List of First-Class Russian Goods.
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**Public Health Ministry of Russian Federation,
Pharmacology Research Institute of Tomsk Scientific Center (SD RAMS).**

**Therapy and Preventive Application of
“DUYNY-T” Apparatus**

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Tomsk.

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In case of any apparatus defects are detected by Customer within 3-year period (from the purchase date) the "Dunya" company warrants its free repair or renewing.

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*Health is the very thing
People ache to keep and
At the same time waste it
In the most carefree manner.
J. laubruiere.*

Allow us to present the “Duyny-T” portable multipurpose therapy apparatus as a latest achievement of domestic medical instrument-making industry.

You wonder:

- What is the “Duyny-T” unit intended for?
- Which of diseases may be cured with it and is it really drastic?
- Is the device able to keep down evaluative diseases and which of them?

We are ready to place all these questions in the clearest light.

All of us are Nature’s children so everything of human organism has to exist in harmony with Dame Nature. Where does our organism derive its life-supporting energy from? It is the Sun –an inexhaustible source of vital power. The “Duyny-T” unit just employs life-giving effect of red and infra-red bands of solar spectrum. 10-60 min. of daily treatment with the Unit makes it possible not only to ease the current of multiple ailments but prevent you from going down with a number of diseases as well. Today all mass media are overloaded with adverts of curatives of every sort and kind – vegetable, pharmaceutical, technical – being presented as cure-all “panacea”. We are not going to complement the list of those “magic remedies” with our device. The results of clinical trials and fundamental researches being carried out by leading Medical Institutes and the best practical clinicians of Russia speak louder for its high clinical efficiency.

The Unit is covered with patents of Russian Federation.

We pride ourselves upon having made the device not only health-improving but really good- looking as well.

Medical experts ascertained that the “Duyny-T” unit affecting doesn’t provoke the healthy tissues into degeneration. Moreover the Unit has a full-blown effect of immune system stimulation and betters the tissue circulation.

The pages below develop in details the “Duyny-T” apparatus based procedures of various diseases treatment.

We are quite sure that our Apparatus will be extremely useful for you because it is a real “Family Doctor”.

BE HEALTHY!

Respectfully Yours,

Prof. V. N. Dirin, General Director of Medico-Ecological Center “Duny” CJSC.

THERAPEUTIC EFFECTS OF «DUYNY-T» DEVICE

1. Renders general, mainly nonspecific effect, gradually improving functional state of cell, tissue, organ, system and integral organism whatever spot of application is.
2. Being applied to the zones of great vessels projection affects onto blood and has therapeutic effect not only towards the localized pathological processes but preconditions long-term general positive reactions of the integral organism.
3. Is beneficial for metabolic processes and indirectly normalizes hormonal state.
4. Renders immune-correcting effect.
5. Increases fluidity of blood and prevents from clots caused obstructions.
6. Has no contraindications (excepting malignant neoplasm) and does not cause any complications and side-effects.
7. May be employed as a killer of any pain excepting acute stomachache.
8. Hastens the wounds healing (including burns) with no coarse scars remained, prevents from colloidal scars formation, favors to softening and depigmentation of formed ones.
9. Being used at the preoperational stage brings to a few the chance of inflammatory complications.
10. In sanatorium-resort conditions makes process of patients rehabilitation more effective.

CASES WHEREIN THE UNIT IS ALLOWED TO BE EMPLOYED AFTER DOCTOR'S PRESCRIPTION AND MEDICAL SUPERVISION ONLY.

Neoplasm (malignant and non-malignant).

Pregnancy.

States preconditioned by de-compensating of cardiovascular, renal and hepatic systems.

Massive suppurative processes (phlegmon, abscess and lymphadenitis of undetermined origin).

Active stage of tuberculosis.

If any photo-conducting elements are implanted, photoerythema.

Arterial thrombosis, acute stage of embolism.

Lymphadenitis of undetermined origin.

«DUYNY-T» APPLICATION TECHNIQUE

Some additional explanations of terms and technique.

Field – exposed area on the skin, corresponding to the surface of device head.

Séance – time of manipulation over the all fields prescribed by every particular procedure. There may be several séances per day (according to prescribed periodicity).

Periodicity – number of daily séances.

Contact manipulation (treating) – the way when the head of device is touching the skin and pressing it slightly.

Remote manipulation (treating) – the head is being kept at 0.5-1.5 cm over the skin.

This way is used at the skin lesion with apparent weeping process (trophic ulcers, weeping eczema, festering wound, burns and so on). But in all the other cases the contact technique is more preferable. Although red and infra-red irradiation, the “Duyny-T” device used by, is absolutely innocuous for human organism the physiotherapy safety regulations require for the séances to be grouped into series (courses) with 1 – 1.5 months break.

Manipulation treatment should be started in 5 minutes upon plugging the Unit into the wall AC outlet. Duration of the séance should not be longer than 30 minutes for children under 7 and 60 minutes for adults (30-40 minutes of treatment over the all prescribed fields and points is more preferable). If there is set of complaints the patient suffers from they allowed to be treated simultaneously but the more advisable way is to start with the worst one, most troubling at the moment, and then gradually involve the others.

There are no age limitations for the “Duyny-T” apparatus application. The Unit was employed to cure purulent dermatitis of newborns and aged (over 70) persons appearing to be remedy of high efficiency. In a very few cases there may be noticed some exasperation of disease during the therapy course (by 3rd-5th séance) going along with acute pain syndrome. If so, make one day break in your treatment and then go on with cut-half séance-time prolonging it gradually up to prescribed value. The pain should be relieved by 5th-7th séance.

If your diagnosis is uncertain see the doctor to take an advice on correction the procedure just for your case.

Effectiveness of the “Duyny-T” based therapy of acute inflammatory diseases depends on intensity of the course. Thus if you start curing from the very first hours of illness symptoms appearance and keep it intensive during the first and second day (3-5 séances per day) you can usually cut pathological process just by second or third day. On some occasions, e. g. dermatitis with weeping process, diseases which are sprayed via contact or by air-drop way (e. g. herpetic infections, influenza e. t. c.) if the apparatus is being used by more than one person its lens must be thoroughly disinfected with piece of cloth or cotton wool moistened (but not wet) with 40 % (or more) alcohol. If the patient is susceptible to hyper- or hypotension then his arterial pressure has to be specially controlled (readings should be taken just before séance and re-taken 20-30 minutes upon its termination). Exposure time for first 2-3 séances

is to be 30-50% of prescribed one and if there is not marked rise of hyper- or hypotension you may progressively bring it up to advised level.

IMMUNITY DISORDERS.

The application of “DUYNY-T” device is aimed to both therapy and prophylaxis. Actually every illness the patient suffers from is accompanied by loss of host defenses (immunity) so it is quite a good practice to complement the most of therapy procedures with this one. While doing this the following alternation is recommended: during the one séance you should treat great vessels of upper extremities via antecubital fossae and axillary space (Fig. 1 a, b, fields 20, 18) and the next séance – great vessels of lower extremities via popliteal space and femoral veins (Fig. 1 a, b, fields 30, 9).

Exposure time: 3-5 minutes per every field.

Periodicity: daily.

Complete course time: 5-10 days.

JOINT DISEASES.

1. Atrophic and infectious-allergic arthritis, arthrosis.

The therapy is based on anti-inflammatory, anti-edematous and anesthetic effect as well as improving of local circulation.

Act by contact. The great joints are to be exposed to treating from the four sides (2-3 minutes per each field) – over the anterior, posterior and both lateral surfaces. Small joints (toes, fingers) are to be treated (2-3 minutes per each field) from two sides – over the anterior and posterior surfaces. On occasion of atrophic arthritis with local inflammations occurrences first 3 séances exposure time is to be 3 minutes per each field and from 4th one and further – 2 minutes per field. It is a good practice to use this procedure alongside with contact processing of great vessels via antecubital fossae and popliteal space (see procedure of immunity disorders treatment). Total exposure time (max) of single séance is 60 minutes (30-40 minutes is the most optimal time). In case of polyarthritis (when a great number of joints are simultaneously involved in process) each joint is to be exposed for 5-10 minutes (over all fields) depending on quantity of damaged joints. If their number is over six then make a break for 4-6 hours and then go on with the joints have not been exposed before.

Periodicity: 1-3 times a day during 10-15 days.

2. Degenerative-dystrophic monoarthritis, arthrosis deformans.

Non-allergic and non-atrophic arthritis are to be treated by direct contact over the fields surrounding the damaged joint along the joint space projection.

2.1. Shoulder joint.

Three fields are being exposed to contact influence:

- a) Joint anterior surface below greater tubercle of humerus (Fig. 1b, field 19).
- b) Joint upper-lateral surface between acromio-scapular process (breast bone-scapula union spot) and greater tubercle of humerus (Fig. 1a, field 12).

- c) Joint posterior surface below acromio-scapular process (Fig. 1a, field 1, 2, 3).
Exposure time: 5 minutes per field for first 3séances and 3 minutes per field for 4th séance and further. Periodicity: daily during 10-15 days.

2.2. Elbow joint.

Three fields are being exposed to contact influence:

- a) Joint external surface close to process of ulna (Fig. 1a, field 14).
b) Joint internal surface close to process of ulna (Fig. 1a, field 15).
c) Middle of elbow flexion (Fig. 1b, field 27).
Exposure time: 5 minutes per field for first 3séances and 3 minutes per field for 4th séance and further. Periodicity: daily during 10-15 days.

2.3. Wrist joint.

Two fields are being exposed to contact influence:

- a) Joint dorsal surface toward the elbow side (Fig. 1a, field 7).
b) Joint palmar surface in the middle of radiocalpar fold (Fig. 1b, field 28).
Exposure time: 5 minutes per field for first 3séances and 3 minutes per field for 4th séance and further. Periodicity: daily during 10-15 days.

2.4. Metacarpophalangeal joints of hand.

- a) Dorsal surface of hand along the joint space projections (Fig. 1a, field 17).
b) Palmar surface of hand along the joint space projections (Fig. 1b, field 22).
Exposure time: 3 minutes per field. Periodicity: daily during 10-15 days.

2.5. Interphalangeal joints of hand.

For pain and edema relieving two fields are to be exposed to the “Duyny-T” influence:

- a) Dorsal surface of hand along the projections of certain joint space (Fig. 1a, field 17).
b) Palmar surface of hand along the projections of certain joint space (Fig. 1b, field 22).
Exposure time: 3 minutes per field. Periodicity: daily during 10-15 days.

2.6. Hip joint.

Four fields are being exposed to contact influence:

- a) From above the greater trochanter of femoral bone (Fig. 1b, field 23).
b) From behind the greater trochanter of femoral bone (Fig. 1a, fields 4-6).
c) From below the greater trochanter of femoral bone (Fig. 1b, field 24).
d) Middle of inguinal fold (Fig. 1b, field 30).
Exposure time: 5 minutes per field for first 3séances and 3 minutes per field for 4th séance and further. Periodicity: daily during 10-15 days.

2.7. Knee joint

Contact treating over the following fields:

- a) Lateral external surface along the projection of joint space (Fig. 1b, field 31).
b) Lateral internal surface along the projection of joint space (Fig. 1b, field 32).

c) Center of popliteal space (Fig. 1a, field 9).

Exposure time: In case of degenerative-dystrophic joint diseases and arthrosis deformans – 5 minutes per field for first 3séances and 3 minutes per field for 4th séance and further; for non-infectious inflammatory joint diseases – 3-4 minutes per field for first 3séances and 2-3 minutes per field for 4th séance and further. Periodicity: daily during 10-15 days.

2.8. Ankle joint.

Ankle joint is more frequently open to degenerative-dystrophic diseases and inflammatory changes.

The women preferring high- (stiletto) heel footwear and athletes (gymnasts especially) most often run the danger of said abnormalities. These persons are recommended using the “Duyny-T” apparatus as a preventive measure even if the joint does not trouble them.

Whatever the case the joint is to be exposed to contact treating along the joint space projections from three sides:

- a) Dorsal foot flexing (Fig. 1b, field 33).
- b) Area between lateral malleous and heelstring (Fig. 1a, field 10).
- c) Area between internal malleous and heelstring (Fig. 1a, field 11).

Exposure time: In case of degenerative-dystrophic diseases – 5 minutes per field for first 3séances and 3 minutes per field for 4th séance and further; for inflammatory disease – 3-4 minutes per field. Periodicity: daily during 10-15 days.

In purpose of prophylaxis it is advised 3-minutes treating of each joint field for 10 days every six months.

2.9. Calcaneacuboid articulation.

The following fields are to be exposed to contact treatment:

- a) Lateral external surface of joint space projection (Fig. 1b, field 25).
- b) Lateral internal surface of joint space projection (Fig. 1b, field 26).
- c) Plantar surface of joint space projection (Fig. 1c, field 37).

Exposure time: 2-3 minutes per field. Periodicity: daily during 10-15 days.

2.10. Tarso-metatarsal articulation.

The following fields are to be exposed to contact treatment:

- a) Dorsal surface field along the joint space projection (Fig. 1d, field 38).
- b) Two fields of plantar surface (Fig. 1c, field 36).
- c) Plantar surface of joint space projection (Fig. 1c, field 37).

Exposure time: 2-3 minutes per field. Periodicity: daily during 10-15 days.

2.11. Metatarsophalangeal articulations of foot.

Contact treating of the following fields:

- a) Dorsal surface of joint space projection (Fig. 1d, field 39).
- b) Plantar surface of joint space projection (Fig. 1c, field 35).

Exposure time: 2 minutes per field. Periodicity: daily during 10-15 days.

2.12. Interphalangeal joints of foot.

- a) Dorsal surface of joint space projection i.e. toes area (Fig. 1d, field 40).
- b) Plantar surface of joint space projection (Fig. 1c, field 34).

Exposure time: 2 minutes per field. Periodicity: daily during 10-15 days.

NEURAL DISORDERS.

1. Osteoarthritis and osteochondrosis of vertebral column.

While taking advantages of the “Duyny-T” device blood and lymph circulation of vertebral structures is restoring to normal state alongside with effect of inflammation, edema and pain relieving.

The patient should take prone position. Treatment is to be contact. Start with palpation of area surrounding the spinal column to locate the most painful fields and process them. They may be those ones Fig. 2 shown by (fields 2-3, 5-7, 14, 16-17).

Exposure time: for cervical part – 4-5 minutes per field; thoracal part – 5-6 minutes per field; lumbosacral part – 5-6 minutes per field; damaged joints area and spots of inflammation – 3-5 minutes per field. Periodicity: 2-3 times a day during 10-15 days.

To prevent osteochondrosis exacerbation you may involve the fields 15, 7, 8, 18, 9, 13, 22 (Fig. 2) in therapy process.

Exposure time: 2-3 minutes per field or series of fields. Periodicity: daily during 8-10 days.

2. Peripheral nerves diseases.

Employing of the “Duyny-T” apparatus brings to improving of microcirculation, nerve fiber trophism and favors to anti-edema and anti-inflammation effect.

Spinal segments are to be exposed to contact treating over the fields related to damaged motor nerve or plexus. For upper extremities manipulate along both sides of spinal column from skull base down to scapula center. For lower ones – from top of scapula down to coccygeal bone.

Exposure time: 3-5 minutes per field. Periodicity: 2-3 times a day during 4-6 days.

3. States after stroke, brain injuries and spinal traumas.

LED therapy has anti-inflammatory and anti-edema properties.

Act contactly onto the popliteal and ulnar veins (Fig. 2. fields 31 and 12).

Exposure time: 3-5 minutes per field.

Then contactly treat over the zone of supposed lesion focus projection (vertebral column, head e. t. c).

Exposure time: 3-5 minutes per field. For better effect you are recommended to involve extra fields (Fig. 2. fields 1, 4, 15, 28, 32, 33, 34, 37) for additional 2-3 minutes treating. Periodicity: daily during 10 days.

4. Trifacial neuralgia and facial nerve neuritis.

These abnormalities have been grouped together because of their common fields being exposed to the “Duyny-T” apparatus influence. The procedure provides pain-killing, anti-inflammatory, anti-edema effects and improving of microcirculation.

The fields 20, 22, 28, 29 of Fig. 2 and all ones of Fig. 3 are to be contactly treated.

Exposure time: 3-5 minutes per field (total duration of single séance – not more than 40 minutes). Periodicity: 1-2 times a day during 8-12 days.

NONSPECIFIC BRONCHO-PULMONARY DISEASES

1. Acute respiratory infections, tracheitis, bronchitis.

On these occasions the contact treating of diseased area (lesion focus) should be combined with manipulations over the fields 28, 31, 25, 15 (Fig. 2).

Exposure time: diseased area – 5-10 minutes, Fig. 2 fields – 3-5 minutes, submaxillary area – 3-5 minutes from each side. Periodicity: 1-2 times a day during 4-5 days.

2. Influenza.

The “Duyny-T” apparatus is extremely useful for therapy and prophylaxis of this disease. On influenza occasion phototherapy is to be used alongside with usual medication from the very first hours of illness indications. To improve integral organism immunity you should contactly treat the great vessels via antecubital fossae, popliteal space and inguinal fold (from the right and left; points 12, 31, Fig. 2).

Exposure time: 3-5 minutes per field. Periodicity: daily during 7-10 days.

For local manifestations relieving it is advisable extra-treating of nose laterals and submaxillary area.

Exposure time: 3-5 minutes per field (from both sides). Periodicity: 2-3 times a day during 4-5 days.

3. Exacerbation of chronic obstructive bronchitis, bronchial asthma, pneumonia.

On these occasions application of the “Duyny-T” apparatus is to be regarded as a compliment to the medicines the doctor prescribed by. Start with blood contact affecting via popliteal space and flexion of elbow. Elbow (from both sides and popliteal vessels should be exposed alternatively (every other séance). Breast bone area should be treated from neck down to 4th intercostals zone (Fig. 2, fields 27, 28).

Exposure time: 4-5 minutes per field. Periodicity: daily during 8-10 days.

Besides the fields 10, 29, 32, 34 (Fig. 2) are to be contactly processed. If there is allergic component then involve fields 22, 28 (Fig. 2) in the therapy process.

Exposure time: 2-3 minutes per field. Periodicity: 2-3 times a day during 8-10 days.

Diseased area (lesion focus) should be manipulated contactly (pneumonia – respective zone of lung, lungs laterals and bronchi area; bronchial asthma – tracheas and roots of lungs).

Exposure time: 3-5 minutes per field. Periodicity: 2-3 times a day during 8-10 days.

INFECTIOUS DISEASES.

Powerful anti-inflammatory, anti-edema, anesthetic, biodegrading, antiviral and bactericidal effect of the “Duyny-T” apparatus application allows to employ it for therapy of acute intestinal infections, viral hepatitis, epidemic parotitis and anginas.

1. Parotitis.

Manipulate contactly over the areas of adenopathy.

Exposure time: 3-5 minutes per gland. Periodicity: 1-2 times a day during 5-6 days.

2. Acute intestinal infections.

Treat elbow and popliteal veins.

Exposure time: 5-7 minutes per field. Periodicity: daily during 5-6 days.

3. Viral hepatitis.

Treat elbow veins and inguinal zone from the right side.

Exposure time: 5-7 minutes per field. Periodicity: daily during 5-6 days.

4. Angina.

See instructions for acute respiratory infections.

SURGICAL DISEASES.

1. Acute processes (purulent ulcers, pustulous eruptions, skin burns).

Considerable body of clinical research evidence proved that applying of the “Duyny-T” apparatus favors to regress of inflammatory process, reducing of intoxication, relieving of pain and increasing of integral organism general resistance. Curing of minor localized purulent focuses being lanced (drained) may be carried out from the distance over the diseasous area. While manipulating involve healthy tissues into the zone of exposure.

Exposure time: 20-30 minutes. Periodicity: 2-3 times a day during 5-6 days.

If you have burnt your skin then keep bad spot cooling and upon relieving of pain use above technique, moving the apparatus from periphery toward the center of the burnt spot.

Healing spacious purulent ulcers first expose to contact treating vascular zones off the lesion focus (hypoglossal, antecubital, inguinal and popliteal areas). Exposure time: 20-30 minutes per zone. Periodicity: daily during 2-3 days.

Two days later start distant healing of purulent spots. Exposure time: 10-15 minutes. Periodicity: 2-3 times a day during 5-6 days.

Phototherapy of suppurative processes (furuncle, carbuncle, phlegmon) is allowed to be conducted after the doctor’s advice only.

2. Trophic ulcer.

The “Duyny-T” apparatus operating improves microcirculation, restores cells nutrition, hastens of ulcer healing, favors to cutting of inflammation and pain syndrome.

Start with contact influence on blood involving all vascular fascicles of damaged extremities from the right and left. If the ulcer is located on lower extremity then treat contactly inguinal and popliteal vessels. If on upper one – treat axillary area and elbow flexing (see “Immunity disorders” item). Exposure time: 5 minutes per zone. Periodicity: 2-3 times a day during 5-7 days.

Five days later turn into treating of ulcer surface involving 2-3 cm of healthy tissue. Exposure time: 15-20 minutes. Periodicity: 2-3 times a day during 10-12 days.

3. Sluggish wounds and fractures.

The “Duyny-T” apparatus application normalizes circulation and improves nutrition of tissues that results to hastening of healing process and inflammation relief. As red and infrared radiation, the “Duyny-T” apparatus generated by, is not able to penetrate through gypsum obstacle before you start treating make an opening in the plaster right against the fracture spot or even take it off at all.

Exposure time: for breast bone – 3 minutes per field (fields 27-29, Fig. 2), for wounded area – from 15 to 20 minutes (depending on wound kind and area). Periodicity: 2-3 times a day during 6-8 days.

4. Bruises, hematoma, sprains of ligaments, bursitis, hemartrosis, tendoperiostopathy, periostochondropathy, periostitis.

Including rehabilitation of athletes traumatized in the course of competition or practice routine, states related with locomotorium overloading (as a result of irrational training procedure and sub-maximal weights). Therapy is aimed to relieving of edema, dispersal of hematoma (bruise) and pain relief. Appliance of “Duyny-T” apparatus makes it possible to reduce the term of rehabilitation by 3-4 days. In case of not too severe (minor) injuries “Duyny-T” apparatus is rather effective being used as a mono-therapy. On more serious occasions the best effect can be reached by combining with drug therapy usual for the case. The earlier you start treatment the better results can be gained. Use local-contact manipulation technique.

Exposure time: 20-30 minutes. Periodicity: 2-3 times a day during 8-12 days.

5. Sepsis, peritonitis, pelvioperitonitis.

Therapy is allowed in surgical hospital conditions under the medical supervision only in parallels to routine drug therapy. Start with contact influence on blood (antecubital and popliteal cavities), lymph nodes (including submaxillary ones) and breast bone area.

Exposure time: 3-5 minutes per field. Periodicity: 2-3 times a day during 10-12 days.

You are allowed to turn over treating of post-operational scar not until after lowering of intoxication level. Exposure time: 15-20 minutes. Periodicity: daily during 10-12 days.

To grow up effectiveness of medical course you are recommended to treat daily the vertebral area (for 10-15 minutes, from both sides of column over the perivertebral

fields of lumbosacral part) and the fields 8, 18, 20, 22, 27, 29, 30 (Fig. 2, for 2 minutes per each field).

PROCTOLOGIC PATHOLOGY.

Anal fissures, hemorrhoid, postoperational states (hemorrhoidectomy, fistulectomy, excision of epithelial coccygeal process, cyst and fissure). On proctitis, epithelial coccygeal process and cyst occasions the Unit is to be employed after open therapy in order to provide venous outflow normalization, improving of blood and lymph circulation in rectum wall, pain relief and scarring of cracks and ulcerations. It is able to hasten the postoperational rehabilitation of tissues, lower intensity of pain and favor inflammations avoiding. Thanks to above advantages the terms of hospitalization can be 2-3 days shortened.

Treat contactly femoral veins (inguinal fold area) for 5 minutes for each side, lower part of abdomen (suprapubic area) and anal area. Exposure time: 10-15 minutes per each field. Periodicity: 2-3 times a day during 6-8 days.

DERMATITIS

1. Atopic dermatitis, diathesis, eczema, urticaria.

Start therapy with definition and elimination of the nidus. The «Duyny-T» proved to be very helpful in itch, edema and desquamation relieving and rapid skin continuity recovering when being applied with drug-therapy in tandem.

Before treatment cleanse the damaged spot displacing wet serous or purulent discharge (if any). Damaged zone is to be exposed to contact or distant (in case of weeping) influence involving 1-1.5 cm of good skin. First day influence onto one field only and the further days – onto 4-5 fields (on necessity).

The damaged area is to be treated over the fields (depending on process extension) – 5-10 minutes per each one. Cervicothoracic part is allowed to be exposed for not longer than 5 minutes. Having done this go on with manipulation over the vascular fascicles of popliteal cavities and elbow flexings.

Exposure time: 3-5 minutes per field (but totally not longer than 60 minutes for single séance). Periodicity: 1-2 times a day (morning hours are more preferable) during 10-15 days. In children case this time should be shortened: for babies under three it is to be 2-3 minutes per field once a day; for children from three to ten – 3-5 minutes once a day and for older ones – 10 minutes per field 1-2 times a day (in the morning).

2. Dermatitis, dermatosis, psoriasis, erythema nodosum, benign pemphigus vulgaris, lichen ruber planus.

Act contactly over the both sides of perivertebral area from the thoracic part for 5-10 minutes per field. The area of skin damage is to be treated contactly for 5-10 minutes per field (but totally not longer than 60 minutes for single séance). Periodicity: 3-4 times a day during 7-10 days.

3. Cosmetology.

Rather good effect can be gained by combined appliance of the “Duyny-T” unit with creams and ointments for face and neck skin rejuvenation.

Start with 20-30 minutes contact manipulations along the facial massage lines in order to better metabolic processes and skin microcirculation then apply cosmetic or medical skin preparation. Periodicity: 1-2 times a day. The head of device should be processed with 40% (or more) alcohol (if required).

4. Acne Vulgaris.

Contact treating for 3-5 minutes per each field (Fig. 4). Periodicity: 1-2 times a day during 6 weeks.

5. Herpes Simplex.

Therapy should be started as soon as possible at the very first illness indications appearance. Influence directly contactly or from the distance (in case of weeping) onto the eruption focus.

Exposure time: 15 minutes per field. To increase immunity of integral organism alternatively (from séance to séance) treat antecubital (Fig. 2, field 31) and popliteal (Fig. 2, field 12) cavities from both sides (3-5 minutes per side).

Periodicity: twice a day during 3-5 days.

6. Shingles.

The “Duyny-T” based therapy is able to relieve inflammatory process and pain syndrome.

Treat contactly over the perivertebral fields (costovertebral junctures), according to damage degree, and field 28 (Fig. 2) for 5-10 minutes during 4-5 days. Eruption areas should be exposed to contact or distant (in case of weeping) treatment for 10-15 minutes. The fields being treated are to fit the process locality.

Periodicity: 2-3 times a day during 15-20 days.

OTOLARYNGOLOGY DISEASES.

1. Otitis, ethmoiditis.

LED based therapy favors to inflammatory process and pain syndrome cutting short. Influence contactly onto the acoustic duct and parotid area for 10 minutes per field 3-4 times a day. Nine times of ten, clinical presentations get cut short in 1-2 days. If not, then complete the therapy procedure with extra contact treating of sternum (Fig. 2, fields 27, 28, 29) for 4-5 minutes per field.

Periodicity: 2-3 times a day during 3-4 days.

2. Rhinitis, highmoritis, phrontitis (acute and chronic).

Before you start course of therapy see the ENT-doctor for subspecialty consultation.

The «Duyny-T» based therapy is able to take away inflammation, normalize the nose water and condition integral organism. The following zones are to be exposed to:

sternum (Fig. 2, field 28), submaxillary space, nose wings (from both sides), bridge of nose and maxillary sinus (Fig. 2, field 25).

Exposure time: 4-5 minutes per field. Periodicity: 2-3 times a day during 7-10 days.

3. Tonsillitis, pharyngitis, laryngitis.

LED based therapy favors to taking away of inflammatory process, edema and pain syndrome. Treat for 5 minutes (per each side) submaxillary space, for 4-5 minutes — sternum area (Fig. 2, field 28) and for 10-15 minutes – areas of inflammation (neck anterior surface from both sides over the damaged organ projection). Periodicity: 2-3 times a day during 2-3 days.

STOMATOLOGY.

Application of the “Duyny-T” unit is able to shorten the terms of inflammation resolving, relieve pain syndrome and condition of patient’s well-being. On occasions of complicated caries and other purulent processes there was noticed lowering or even relief of pain syndrome and edema. Relief of pain caused by root canals plugging (especially on event of exteriorization of filling material out of root apex) took place after first-third procedure. While treating of periodontium abnormalities there were noticed conditioning of integral organism, pain remission and stomatorrhagia exhausting.

Influence transcutaneously onto: the area of bad teeth projection (at complicated caries therapy), the area of joint projection (in case of temporomandibular joint arthritis), inflammation initial focus directly (in case of upper/lower lip injury and aphthousstomatitis). You should also affect onto the regional lymph nodes (mental and mandibular).

Exposure time: 5-10 minutes per field. Periodicity: 2-3 times a day during 5-10 days.

OBSTETRICS AND GYNECOLOGY

1. Nipple cracks and oedemata.

The “Duyny-T” apparatus employing makes favor to normalization of blood and lymph circulation, remission of pain and edema, wounds healing over.

Make 10-15 minutes contact local treating of nipples.

2. Mastitis.

LED based therapy being combined with traditional medical procedures is able to take away inflammation and pain syndrome.

Manipulate contactly over the axillary cavities for 5 minutes per each side.

Inflammation area is to be exposed to up to 30 minutes treating (5-10 minutes per field). Periodicity: 3-5 times a day during 5-7 days.

3. Metroendometritis after labor or artificial amblosis.

The therapy results to noticeable growth of erythrocytes and hemoglobin quantity and ESP lowering. There were noticed drop of temperature, immunocorrecting effect and flow characteristics of blood normalization. Moreover there were marked: after 1-2 séances – pain remission, after 2-3 séances – womb narrowing and after 5-6 séances – significant drying of vaginal discharge. Application of the Unit is not allowed on purulent process occasions.

Alternatively contactly influence onto the antecubital or popliteal veins (one séance – the former and next séance – the latter), lower section of abdomen (suprapubic area) and perineum area. Exposure time: 7-10 minutes per field. Periodicity: 1-2 times a day during 7-10 days.

CARDIOVASCULAR DISEASES

1. Hypertension.

Application of the “Duyny-T” unit betters microcirculation and restores arterial pressure to norm. Treat over the fields of spinal and chest top-area, neck (for 2-3 minutes per field), elbow flexing, popliteal space for 4-5 minutes per each side (see “Immunity disorders” clause). Good effect is being reached by daily influence onto the 8, 10, 15, 18, 22, 32, 34 fields (for 2-3 minutes per group, Fig.2) during 8-10 days.

2. CHD, exertional angina

Exposure to “Duyny-T” apparatus radiation assists in vasospasm vanishing, coronary circulation restoring to norm and pain syndrome rapid relief. At acute event applying of the device should be combined with drug therapy.

Treat sternum (Fig. 2 fields 27, 28, 29), chest projection of heart, antecubital fossae (from both sides, for 4-5 minutes per field) and fields 19, 20, 22, 32, 33 (Fig. 2, for 3-5 minutes per each one). Periodicity: daily during 5-10 days.

3. Vegeto-vascular and neuroculatory dystonia.

During the course of therapy patient’s arterial pressure has to be specially controlled (readings should be taken just before séance and re-taken in 20-30 minutes after its termination). Exposure time for first séance is to be 50% of prescribed one with further progressive bringing up to advised level. Operate contactly over antecubital and popliteal space (Fig. 2, fields 31, 12) for 3-5 minutes per field and then over the fields 4, 15, 22, 29, 32, 33, 34 (Fig. 2) for 2-3 minutes. Periodicity: daily during 8-10 days.

4. Vibration disease combined with arterial hypertension.

All recommendations are the same to ones for hypertension case.

5. Phlebitis, thrombophlebitis, varix dilatation, obliterating endarteritis.

Usage of the Unit improves microcirculation, relieves pain syndrome, oedemata and inflammations, and makes a good effect on flow characteristics of blood. Before starting take a surgeon’s advise. Kind of therapeutic procedure depends on disease progress degree. In acute or subacute stage of disease the area of chest and vascular

formations (on the upper and lower extremities) only should be exposed to contact treatment (see trophic ulcer therapy procedure).

Before you start treating of damaged extremity first provide pain relief and local temperature to be restored to a norm.

Exposure time: from 15 to 30-40 minutes (depending on the process extent, 3 minutes per each field). Periodicity: daily during 10-12 days.

Upon completing the course of therapy it is good thing to nail down the gained effect by contact influence over the fields 10, 11, 19, 20, 32, 34, 22 (Fig. 2). For good stimulation of immune system contactly manipulate over the 26 and 29 fields (Fig. 2). Exposure time: 2-3 minutes per field. Periodicity: daily during 12 days.

1. Gastritis, peptic ulcer, cholecystitis and pancreatitis.

To take more advantages of “Duyny-T” unit the latter is advised to be used combined with the drug therapy being prescribed by your doctor in charge. By doing this the circulation around the affected organ gets better and pain syndrome gets taken away. Operate contactly over the perivertebral fields from forth thoracic vertebra down to second lumbar one (from the both sides) and over the bad organ projection.

Exposure time: 3-5 minutes per zone. Periodicity: daily during 6-8 days.

The following fields (Fig. 2) exposure can nail down the effect:

Stomach diseases – 21, 22, 30;

Liver diseases – 22, 35, 37, 40;

Pancreas diseases – 15, 30, 37, 39.

Exposure time: 5 minutes per field. Periodicity: daily during 5-7days.

UROGENITAL SYSTEM DISEASES

1. Acute and chronic cystitis, chronic prostatitis, vesiculitis.

It is the best thing to employ the Unit as a compliment to drug therapy. Act contactly over the Fig. 5 shown fields. For first 3 séances 4-5 fields only should be involved in the therapy and then you may bring this number up to 10. At the 10-th --12-th séances down the number of treated fields to 5-6.

Exposure time:

perineum and penis root zones – 10 minutes,

field 6 – 5 minutes,

anal area – 7-10 minutes,

fields 1, 2, 4, 5, 7-12 – 10-15 minutes (at total),

lymbosacral area (field 3) and pain fields detected by palpation – 5 minutes,

Periodicity: daily during 14 days.

2. Pyelonephritis.

Carry out the procedure just the same to that one for gastrointestinal diseases over the fields 15, 23, 24, and 38 (Fig. 2).

COMPENSATION OF DIABETES COMPLICATIONS

1. Pyoinflammatory lesions of skin and subcutaneous fat cellulose.

Lesion area should be treated from the distance. The hours before afternoon are more preferable. Besides the great vessels of antecubital fossae and popliteal space are to be exposed to contact treating.

Exposure time: lesion area – 15-20 minutes, vessels – 5 minutes for each side. Periodicity: 2-3 times a day during 7-10 days.

2. Diabetic anheopathy and polyneuropathy.

Use contact treating of vascular fascicles, internal femoral surface located on and both sides of popliteal spaces.

Exposure time: 5-7 minutes per field.

Periodicity: 1-2 times a day during 10-15 day

3. Lipodystrophy.

Use contact treating of lesion areas (forearms, abdomen, buttocks).

Exposure time: 10-15 minutes per field.

Periodicity: daily during 15-20 days.

OPHTHALMIC DISEASES

The “Duyny-T” unit being applied renders antiinflammatory, antiedema and pain-killing effect, hastens hemorrhages resolution and raises local immunity. Phototherapy is rather useful to cure diseases of palpebra, conjunctiva, cornea and iris. It may be also employed during the postoperational (cataract, glaucoma) stage to hasten the healing process (on above occasions pre-operational appliance of the Unit is not recommended). Influence contactly on the bad eye (or both) thru the closed palpebra. First day séance is to be a third shorter over against below prescribed one. For immunity stimulation expose to treatment the projection of great vessels located in the area of antecubital fossae and popliteal spaces (see immunity disorders therapy procedure).

Exposure time: 10 minutes per eye, 5 minutes per each side of great vessels.

Periodicity: 1-2 times a day during 7-10 days.

CHILDREN’S DISEASES.

The Unit is applicable on the same to adult’s occasions but exposure time is to be shortened by 30-50% and more (depending on the age of patient).

For newborns in their first three months it must not exceed 10-15 minutes per single séance. For more senior children (but under 5 years old) that period may be prolonged up to 20-30 minutes alongside with elevation of séances number from 1 to 3. The patients over 5 years old may take adults’ dosage schedule.

Aware the younger is child the shorter séance should be for no reason but rapid fatigability (not for health hazard). Short but frequent (5-6 times a day) séances are more preferable. They are allowed to be conducted in baby’s sleep. For immunity stimulation the procedure should be complemented by thymus contact stimulation (Fig.2, field 28) for 4-5 minutes once a day.

ANIMALS' DISEASES.

Animal's health troubles are the same to human ones so all above procedures are quite suitable for the case. Moreover there are no psychotherapeutic effects after the Unit appliance. Considerable body of clinical research and trial proved the "Duyny-T" unit ability to decrease rehabilitation process by 2-4 days.

Exposure time: 30-40 minutes per séance over the all fields.

Periodicity: 1-2 times a day during 7-10 days.

CONCLUSION.

Thus we have opened up at your disposal all the information on the "Duyny-T" apparatus application for quite a number of health troubles treatments. These recommendations are by no means suitable for all those phototherapeutic appliances overflowing to-day's market. They are valid for "Duyny-T" unit only. Specially elaborated and tested device parameters and therapy procedures are the best guarantee of "Duyny-T" apparatus effectiveness. We sincerely hope that if you have made your mind to pay serious consideration to health care then "Duyny-T" unit is quite your home right-hand.

WE WISH YOU GOOD HEALTH!

DOCTORS' OBSERVATIONS ON "DUYNY-T" DEVICE APPLICATION.

1. **Male patient B., 42 years old**, used to suffer from plural tooth caries accompanied by acute pain and gingival mucous edema, had sleep disturbance and trouble chewing. After curing suitable to the case the patient underwent the course of "Duyny-T" apparatus therapy. Upon the first séance he got lightened, pain and gingival edema turned abated. After the forth séance he got started to be prepared for teeth replacement.
2. **Female patient K., 53 years old**. There was identified osteoarthritis of right-knee joint. She had been suffering from the disease for 5 years yet having acute conditions 2-3 times a year. In the time of the latest episode pain stroke the other knee joint. The latter got edematic with temperature rise and redness appearance. Every joint movement brought on pain. It took not more than three séances to relieve pain and improve joints motility. Upon the 5th séance there was made clean sweep of pain and inflammation manifestations. Just for prophylaxis the patient was prescribed one more therapy course to be conducted fortnight later.
3. **Female patient K., 47 years old**, had been suffering from two-year-long lumbar osteochondrosis of spinal column. Quite a number of drugs caused to breaking out of allergic skin eruption all over the woman's body. That was a reason why she

declined any medication being prescribed. In the long run (after the doctor's advice) she purchased the "Duyny-T" apparatus for osteochondrosis therapy and after three séances only the pain syndrome had been taken away.

4. **Child patient, 5 years old** has been suffering from chronic vasomotor rhinosinusitis during 1.5 years. In the latest acute condition was troubled by 3-week lasting rhinitis. Baby looked pale, had a bad appetite and hypersomnia. The drug therapy brought close-to-nothing. After the doctor's advice baby's mother purchased the "Duyny-T" device to assist the medication treatment. There were exposed areas of nose, perirhinal sinuses and chest as well. Time of exposure was 30 minutes for each séance. Upon 3 séances there was noticed decrease of nasal discharge. The latter got viscous and even bark-like, headache relieved, appetite got better and spirits higher. The baby enjoyed the treatment and soon after started taking it singly.
5. **Male patient A., 60 years old** had seriously hacked his left forefinger while beef-dressing. After stopping and initial handling of the wound there was employed the "Duyny-T" apparatus. Not longer than 15 minutes after an accident the casualty felt pain relief. He had undergone 4-days therapy with "Duyny-T" device resulted to damaged tissues cicatrizing.
6. **Female patient Sh., 26 years old** is troubled by herpetic eruption which appears 2-4 times a year. At the first prodromes (itch, pricking, hydropic lips), she starts 30-minutes applying of the "Duyny-T" apparatus. In 24 hours the ailment gets cut short and vesicular eruption gets gone. For immunity improving purpose the patient goes on the course with great vessels treating.
7. **Female patient K., 59 years old** was hospitalized in surgical department to undergo an abdominal operation for bilestones removal. For 3 days before operation the place of future incision was exposed to the "Duyny-T" device therapy (15 minutes twice a day, as a preparing to operation). The operation caused no complications and after-effects. Status of patient was rather good. During the post-operational period the cut place was influenced by light radiation and by 5th day stitches had been taken out. Two days later the woman was discharged in good condition.
8. **Child patient, 12 years old** was attacked by severe ill: temperature got raised up to 39.5°C, acute pain struck his throat, regional lymph nodes got swelled, the boy looked pale and limp. The doctor, being called for, diagnosticated follicular tonsillitis. Apart from prescribed measures (rinsing the throat with hypertensive solution and vitamin therapy) there was applied "Duyny-T" apparatus. The course was kept running during 5 days. Not later than by second day the throat-ache got relieved measurably and the child was able to have a meal. By third day the number of follicles on the tonsils dropped down and they got less hydropic, swelled lymph nodes became less painful, the temperature returned to a norm.

Repeat course of therapy (to be carried out 3 weeks later) was recommended just for purpose of prevention and immunity improving.

WE WISH YOU GOOD HEALTH!

So we have reported medical recommendations on application of "Duyny-T" apparatus for LED therapy.

High effectiveness of the Unit has been confirmed by following medical institutions of Tomsk, Novosibirsk, St. Petersburg and Moscow:

- Pediatric Dept. #3 of SSMU (Siberian State Medical University, Head of Dept. – Prof. L. P. Bushmeleva, Executive Specialists – Doc. E. M. Kamaltynova – Associate Prof., and O. Y. Mazaeva – Head of Tomsk Children’s Hospital #1 Physiotherapy Dept., Head Children’s Physiotherapist, Doctor of Higher Category).
- SSMU Dept. of Pediatrics including Children’s Endocrinology (Head -- Prof. E. B. Cravets) on the base of Tomsk Children’s Hospital #1 Endocrinology Dept.(Head Doctor – V. A. Cartashov, Executive Specialists- Prof. Cravets and L. V. Calinina — Head of Tomsk Children’s Hospital #1 Physiotherapy and Children’s Endocrinology Depts., Doctor of Higher Category).
- Therapy Dept. of SSMU Doctors’ Advanced Training Faculty and Physiotherapy Dept. of Tomsk Regional Clinical Hospital (Head – Doc. M. I. Calujina, Head of Dept – Z. A. Chehova -- Doctor of Higher Category, Executive Specialist – S. V. Novikova).
- Children’s Infections Dept. of SSMU (Head Prof. A. P. Pomogaeva, Executive Specialists – Doc. L. A. Juravleva, Doc. E. M. Climanova, O. G. Scryptic).
- Infectious Diseases Dept. of SSMU Doctors’ Advanced Training Faculty (Head – Prof K. I. Chuikova, Executive Specialists – Doc. L. A. Juravleva, Doc. T. A. Covaleva).
- Children’s Surgery Dept. of SSMU (Head – Doc. V. M. Maslikov, Executive Specialist – Prof. D. D. Melnic).
- Ophthalmology Dept. of SSMU (Head – Doc. A. A. Fetisov, Executive Specialist – I. V. Usacheva).
- Immunology Section of SSMU Central Research Lab. (Head – G. V. Potapova).
- Clinical Dept. of Pharmacology Research Institute (Tomsk Research Center of Russian Academy of Medical Sciences, Siberian Branch. Head of Dept – Prof. V. V. Udut,– Prof. S. A. Naumov and Doc. E. V. Borodulina).
- Tomsk Regional Stomatologic Hospital (Head – S. P. Ryabova, Executive Specialist – N. E. Alexandrova).
- Tomsk Medical Unit #2 (Head – M. P. Procopovich).
- Tomsk Regional Therapeutic Physical Training Dispensary (Head – V. E. Bolotov, Head Regional Specialist in Exercise Therapy and Sports medicine).

- Tomsk Dermatovenerologic Dispensary (Head A. P. Galtsova).
- Proctology Dept. of Tomsk Regional Hospital (Head O. I. Buldakova).
- Immuno-Allergologic Dept. of Tomsk Students' Hospital (Executive Specialists I. E. Grahova and L. A. Malysheva).
- Central Military Clinical Sanatorium "Arhangelskoe" (Head Military Doctor, Colonel V. K. Nikiforov, Executive Specialist Military Doctor, Colonel Y. Kudryashov).
- Veterinary Clinic "Fauna", Tomsk (executive Specialist Y. Y. Fomin).
- Novosibirsk Circulation Pathology Research Institute of Russian Public Health Ministry (Head A. M. Kraskov, Executive Specialist O. A. Ivantsova).
- Internal Diseases Dept. of Novosibirsk State Medical Institute Pediatric Faculty on the base of Clinical Hospital #2, Children's polyclinic #5 and Burn Center of Novosibirsk Regional Hospital (Head Doc. G. N. Filipova, Doc. V. A. Drobyshev).
- Outpatient Surgery Dept. of St. Petersburg Higher Medical Academy (Doc. V. P. Goncharov).
- Rehabilitology Dept. of St. Petersburg Pediatric Academy (Doc. N. Y. Solomkina).
- St. Petersburg Children's Rehabilitation and Recovering Center "Ogonyok" (Doctor of Higher Category B. V. Demidov).
- Physical Therapy Dept. of Moscow Medical Stomatological Institute (Head Prof. O. I. Efanov).
- Russian Research Center of Rehabilitation and Recovering, Moscow (Head of Physical Therapy Methods Dept. Prof. A. A. Minenkov).

We wish to express our deep appreciation to all the doctors who had contributed to experimental and clinical trials.

The manual is published by "Duny" Medico-Ecological Center — designer and manufacturer of "Duyny-T" LED apparatus for phototherapy. Should any problems arise during handling of the "Duyny-T" device, our medical advisers would be happy to answer any questions on the Unit application.

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In 1998 the portable medical LED matrix "Duyny-T" apparatus for phototherapy, manufactured by "Duny" Medico-Ecological Center" CJSC had entered the "Russian Top Hundred List of First-Class Goods" for its highest quality.

In 2001 within the Program timed to World Quality Day American-Russian Chamber of Commerce and Industry (ARCCI) and American-Eurasian Chamber of Commerce (AECC) awarded the "Duny" Medico-Ecological Center" CJSC with Medal and Diploma "For Top-Quality". Our company joined the other 25 Russian enterprises being awarded as the high-quality products manufacturers.

In April, 29, 2002 at the "Intercontinental" Hotel (Frankfort-on-Maine, Germany) was held ceremony of the "Duny" Medico-Ecological Center" CJSC presentation with "For the Best Trade Name" International Award (New Millennium Award). There were the diplomatic corps, German trade officials and representatives of standing World reputation companies from 40 countries presented at. Our company was nominated after the referendum, being polled among the 15,000 members of "Trade Leader's Club" from 115 countries and was recognized as the one earned fame for its Trade Mark.



Registration Certificate of Russian Public Health Ministry.

SERTIFICATE.**"Duyny-T" AC Transformerless Apparatus for Phototherapy with Spatially Arranged Red and Infra-red LEDs.****Delivery Set:**

"Duyny-T" apparatus	1 unit.
Special packing	1 unit.

Operation:

1. Plug the Unit into wall AC outlet (220V, 50 Hz). The LEDs (red) light will go on and stay lit until the device is turned off (IR luminescence can not be seen). If there no red luminescence or it is blinking call the purchaser for service.
2. Follow the instructions above while choosing the exposure area, duration and periodicity of phototherapy séances.
3. Upon the end of séance unplug the Unit.
4. Time of non-stop operation is not limited.
5. Slight rise of handle temperature is allowed as being a norm.
6. At the above mentioned occasions process the Unit with 40% (and more) alcohol.

Key parameters:

Red wavelength, nm	632,7
IR wave length, nm	840
Total density, mW/cm ²	2
Exposure area, cm ²	12
Power consumption, VA	not more than 6
Weight, g	250
Supply voltage, V	220±10

Date of manufacture

Date of purchase

On guarantee:

If any defects of manufacturer will be detected by customer within 3-year period (from the purchase date) the former commits himself to free repair or replace of defect unit by new one. To be guarantee serviced the customer has to produce the present Sertificate.

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