

CORRECTION OF AGE CHANGES IN THE FACIAL SKIN WITH ACUPUNCTURE LIFTING

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Introduction:

Acupuncture is a method, the essence of which is to irritate peripheral nerve endings by inserting needles into these active zones. In turn, restoring endothelial dysfunction. Endothelial dysfunction is a central link in pathogenesis. Endothelial cells create a barrier between blood and tissues, perform a number of important regulatory functions, synthesizing and secreting a large number of various biologically active substances.

Facial wrinkles are an integral part of the aging process, but many people strive to reduce their visibility and slow the appearance of new wrinkles. Among the various methods offered by the cosmetic industry, acupuncture has emerged as one of the highly effective treatments. In this article, we'll look at what acupuncture is and how it can be used to treat facial wrinkles.

Target. Development of a method for correction and prevention of age-related facial skin changes.

Task. Develop a way _ ensuring rejuvenation of facial tissues due to:

- simultaneous multidirectional effects on various anatomical layers (dermis, hypodermis, muscles), which allows you to simultaneously tighten the skin, straightening the contours;
- eliminating or reducing the severity of wrinkles;
- improve trophism of all layers of facial tissues involved in age-related changes; stimulate skin regeneration.
- originality of placement of needles during one procedure in one area of the face, determined by the depth of influence, direction and angle of inclination of needle placement, the way the needles are manipulated during installation and the time the needles remain in tissues, which allows you to obtain a complex and sustainable result due to stimulation own factors for activating regeneration and improving nutrition of facial tissues.

What is acupuncture?

Acupuncture is a traditional Chinese treatment that uses fine needles to stimulate specific points on the body.

Acupuncture for the treatment of facial wrinkles:

Acupuncture can be used to treat facial wrinkles. During this procedure, an experienced acupuncturist will select specific points that are associated with the face and energy meridians. Soft and thin needles will be inserted into these points to stimulate the flow of energy and renew the energy balance on the face.

Benefits of acupuncture for treating facial wrinkles:

1. Natural Solution: Acupuncture does not use chemicals or synthetic substances, making it a natural treatment option.

2. Collagen Stimulation: Acupuncture can promote collagen production, which in turn helps improve skin elasticity and tone and reduce the appearance of wrinkles. Triggers the cellular renewal mechanism. Restores water balance. Facial skin is rejuvenated.
3. Improving blood circulation: Acupuncture needles increase blood circulation in areas of the face, improving skin nutrition and helping to restore water balance, which in turn saturates the epidermis with all the necessary minerals and vitamins.
4. Muscle Relaxation: Acupuncture can be used to relax tense muscles, which reduces wrinkles on the facial skin. Prevents the onset of premature aging. Smooths out even the deepest wrinkles.
5. Produces a slight whitening effect, making age spots less noticeable.

It is important to note that acupuncture can be effective when approached correctly and performed by a qualified acupuncturist. Each case of wrinkles is unique and may require an individualized approach. As a result of our research, we found that the impact in within one layer of facial tissue (for example, as in the analogues described above) or unidirectional impact on all layers of tissue simultaneously (for example, setting one needle at once through all layers to the muscles according to traditional Chinese methods) does not allow achieving selectivity and stability of aesthetic effects.

It is known that involuntional changes in facial tissues occur with varying intensity, quantitative and qualitative characteristics (this is due as genetic, age-related, neuro-humoral factors, type of aging, and the influence of external factors), which requires a selective combination of techniques needles aimed at different layers of facial tissue involved in the aging process.

We have developed an original technique for simultaneous placement of needles in at least two layers of facial tissue (one of the layers of skin - dermis and/or hypodermis and muscle layer) within one area of the head . For correction or prevention within one area, needles are inserted as follows: 1) into one of the layers of the skin into the dermis:

- into the dermis - the needles are installed parallel to the skin (the angle of the needles relative to the skin surface is up to 5 degrees). Moreover, if there are wrinkles, the needles are placed along the wrinkle, directly into the wrinkle itself. In the absence of wrinkles (i.e., when preventing age-related changes), the needles are installed along Langer's lines (it is along these lines that wrinkles form). The needle is passed along the wrinkle to a depth of about 1 mm, to a length of up to 1 cm from the length of the needle.

- hypodermis (subcutaneous fat layer) - needles are placed at an acute angle from 15 to 30 degrees. Subcutaneous fat tissue, the so-called "fat packets" of the face, changes density over the years, becoming looser and more abundant in some areas, and with a predominance of the degenerative process and volume deficit in others. 2) into the muscle layer - needles are installed: the middle and lower third of the face - perpendicular to the surface of the skin, the upper third of the face - along the muscle fibers. Over the years, the facial muscles tend mainly to spasm in the upper third of the face and hypotrophy in the middle and lower third. The purpose of this placement of needles is to more actively eliminate muscle spasm in the upper third of the face and maintain the trophic function of the muscles of the middle and lower third. The advantage of using acupuncture needles for aesthetic purposes is their safety, absence of allergies, and the ability to selectively change the intensity of microtrauma in different layers of facial tissue, which sets the activity of regeneration processes and allows you to obtain the desired aesthetic results. Over the long period of human existence, the body's mechanisms of skin restoration in response to cuts and injections have been brought to perfection. The stages and factors

involved in wound healing are well studied and well predicted. In this case, the intensity of the restoration process in tissues depends on the intensity of their damage. The areas of the face include: frontal region, orbital region, auricular region, infraorbital region, buccal region, sternocleidomastoid region, parietal region, temporal region, infratemporal region, nasal region, zygomatic region, mouth region, parotid-masticatory region , mental region, scapulothoracic triangle.

Rules for conducting acupuncture

Anamnesis is collected, in which, in addition to age, important attention is paid to the state of somatic and mental health. Lifestyle, sleep and wakefulness patterns, the presence or absence of bad habits, the state of the hormonal system, etc. are analyzed .

Acupuncture technique

The patient is placed on the couch. The patient's facial area is removed with make-up and the affected area is treated with an antiseptic. Then an initial visual assessment of the symmetry of the face, the type of aging is carried out, the density of the hypodermis, the tone and elasticity of the skin, and the mobility of the soft tissues of the face are determined by palpation. The initial state of the facial skin is recorded using a camera from different positions. The wishes of patients regarding possible external changes are clarified. Next, the patient's pain sensitivity threshold, for example, orbital and nasolabial, is determined first using a survey, then using diagnostic tests in the area of the double chin. The number of needles and areas of their placement during one procedure are determined by individual characteristics, based mainly on the type of facial aging.

After the above steps, 10 or more needles are installed in one area of the head in one of the layers of the skin: - in the dermis - the needles are installed parallel to the skin (the angle of the needles in relation to the surface of the skin is up to 5 degrees). Moreover, if there are wrinkles, the needles are placed along the wrinkle. In the absence of wrinkles (i.e., when preventing age-related changes), the needles are installed along Langer's lines (it is along these lines that wrinkles form). The needle is passed along the wrinkle to a depth of about 1 mm, to a depth of up to 1 cm from the length of the needle and left there - the hypodermis (subcutaneous fat layer) - the needles are placed at an acute angle from 15 to 30 degrees. Then, within the same area of the face, 5 or more needles are installed into the muscle layer - the needles are installed: the middle and lower third of the face - perpendicular to the surface of the skin, the upper third of the face - along the muscle fibers. During one procedure, at least one area of the face is affected. The duration of exposure to needles ranges from 20 to 30 minutes. Depends on the type of facial aging and individual characteristics. After which they are removed, followed by treating the skin with an antiseptic.

Based on the type of face, a therapeutic algorithm for the duration of exposure is used : hypo-reflex type 5-10 minutes, hyper-reflex type 25-30 minutes, normo-reflex type 20 minutes. The course of treatment is 5 days. To maintain the achieved result, sessions are carried out once every 12 months. To achieve the best effect, it is advisable to additionally perform a modeling facial massage.

Example 1

Woman A., 47 years old. Pronounced horizontal wrinkles on the forehead. One group of needles was inserted into the dermal layer directly into the wrinkles themselves. The number of needles is 20, the

interval is about 1 cm, for a length of up to 5-7 mm. The thickness of the needles is 0.20 mm, length - 15 mm. Another group of needles was installed perpendicular to the horizontal wrinkles of the forehead, the skin was pierced at an acute angle, and the needles were passed deeper into the muscle layer parallel to the direction of the muscle fibers of the frontal belly of the musculus occipitofrontalis (occipitofrontalis muscle) for a length of up to 15 mm. The interval between the needles is about 1 cm, the number of needles is 20, installed in 2 rows of 10 pieces, 1 cm upward from the wrinkles. Sessions were conducted 5 times with an interval of 12 months. After the first 3 sessions, wrinkles on the forehead became less noticeable, the microrelief and tone of the forehead skin improved. The patient noted a significant visual improvement in the skin of the forehead and a positive sensation of weakening the facial activity of the forehead muscles.

Example 2

Woman A., 52 years old. Complaints about decreased skin tone in the middle and lower third of the face, ptosis, increased wrinkles around the eyes, and the appearance of a double chin. 5 sessions were performed with an interval of 12 months. The needles were installed as follows: - In the upper third of the face, in the forehead area. The needle was installed in the dermal layer directly parallel to Langer's skin tension lines, in the projection of the emerging horizontal forehead wrinkles. The number of needles is 12, the interval is about 1 cm, for a length of up to 5-7 mm. Needle thickness 0.20 mm, length 15 mm. Another group of needles was installed perpendicular to Langer's lines in the forehead area, the skin was pierced at an acute angle and the needles were inserted deeper into the muscle layer of the frontal abdomen musculus occipitofrontalis (occipitofrontalis muscle) parallel to the direction of the muscle fibers for a length of up to 15 mm. The interval between the needles is about 1.5 cm, the number of needles is 12, installed in 2 rows of 6 pieces, departing 1 cm upward from the emerging wrinkles. - In the area between the eyebrows. In the dermal layer of skin in the eyebrow wrinkles, parallel to their axis, 3 needles on each side at a distance of 5-7 mm from each other. Another group of needles pierced the skin at an acute angle, and the needles were carried deeper into the muscle layer parallel to the direction of the muscle fibers for a length of up to 15 mm so that the needles were at their maximum extent in the muscle layer, in particular in the musculus depressor supercillii (muscle that lowers the eyebrow) and corrugator supercillii (muscle that wrinkles the eyebrow). 3 pcs. from each side. - In the orbital zone. Five needles were inserted into the dermal layer of skin into wrinkles in the form of crow's feet on each side. The direction and distance between the needles was determined primarily by the location of the wrinkles themselves.

In this way, the needle seemed to pierce the wrinkle and the tip of the needle was brought back to the surface of the skin, in order to avoid accidental damage to the infraorbital area due to careless accidental movement. Another group of techniques was aimed at the lower lateral portion of the musculus orbicularis oculi (orbicularis oculi muscle). To do this, the skin was pierced with needles at an acute angle and passed along the axis for a length of up to 1 cm into the muscle layer. Used 3 pcs. from each side. Since the orbicularis oculi muscle in the lateral segment has a small radius, in order to maintain the direction of the needles along the muscle fibers, they were installed fan-wise, relative to the surface of the skin, at a distance of up to 1 cm from each other.

- In the cheek area. 12 needles on each side horizontally into the dermal layer of the skin for a needle length of up to 1 cm, along Langer's lines, in the direction from the nasolabial fold to the edge of the

lower jaw. The needles are located at a distance from each other from 10 to 15 mm, 4 pieces in 3 lines. Another group of needles is installed perpendicular to the surface of the skin, to a depth of 15-20 mm, depending on the thickness of the hypodermis, in the projection of the musculus zygomaticus major, minor, risorius (zygomatic major and minor muscles and laughter muscle). The number of needles is 10, five on each side, at a distance of 10-15 mm from each other. - In the double chin area. Intradermal, 3 needles on each side along Langer's lines. Another group of needles pierces the skin at an acute angle and is inserted into the middle of the thickness of the subcutaneous fatty tissue correctly, 1 cm away from the lower edge of the lower jaw from below towards the center of the midline of the cervical-mental angle. At the end of the course (9 weeks after the start), the tone and color of the facial skin improved, fine wrinkles smoothed out, the cheek area tightened, and the double chin noticeably decreased. The face acquired a fresher and more youthful appearance, the patient was satisfied with the result. After another 3 weeks, the patient noted continued improvement in her appearance. Thus, the developed technique launches the processes of self-rejuvenation of facial tissues, which reach maximum external manifestations from 2 to 3 months.

Claim

1. A method for correcting and preventing age-related changes in facial skin, including placing needles in the facial area, and in each area the needles are placed in at least two layers of facial tissue - one of the skin layers and the muscle layer within one area of the head, one layer needle placement includes: dermis - the needles are set parallel to the skin, the angle of the needles in relation to the skin surface is up to 5 degrees, and in the presence of wrinkles, the needles are installed along the wrinkles, and in the absence of wrinkles, the needles are installed along Langer's lines; hypodermis (subcutaneous fat layer) - needles are placed at an acute angle from 15 to 30 degrees; Another layer of needle placement is the muscle layer, where needles are installed in the middle and lower third of the face perpendicular to the surface of the skin, and in the upper third of the face along the muscle fibers.
2. The method according to claim 1, which consists in the fact that the duration of exposure to needles during one session is from 15 to 30 minutes.
3. The method according to claim 1, which consists in the fact that the course is at least 5 days.
4. The method according to claim 1, which consists in the fact that maintenance courses are carried out once every 12 months.
5. The method according to claim 1, which consists in additionally performing a modeling facial massage.

Conclusion:

Acupuncture is one of the few treatments for facial wrinkles. This method can offer a natural solution by stimulating and renewing the metabolic process. Results may vary depending on 2 to 5 days of individual response, so it is important to consult with an experienced acupuncturist before beginning the procedure.

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