

Case Report

Sujok triorigin therapy for vaginitis: case reports

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ABSTRACT

Vaginitis cases are the most frequently encountered cases of gynaecologists in women who seek treatment at health facilities. Various therapies are sought by sufferers to overcome this condition. This case report discusses the use of Sujok triorigin therapy with the mudra method to treat the symptoms of vaginitis. Mudra method is the therapy only by using the thumb placed on certain knuckles based on the tri-origin concept and the respondents meditate for 15-20 minutes. There was no charge applied for the therapy were given to the patient. Two female patients on their 40s contacted researcher through social media to get help for their vaginitis problems. Researcher sent the instruction through picture how to apply the therapy on patients' fingers. In the first case, this extreme vaginal itching condition had been experienced for 1 year with various treatment methods tried but none were successful. In this respondent, it took 9 days for the itching to completely disappear with therapy being done 4 times a day for about 15 minutes. The second respondent complained of extreme itching in the vagina, with a severity scale of 5 (from 1-5) and bleeding because of scratching. After 4 minutes of doing mudra, the itching went down to scale 3 and after 20 minutes the itching went down to a score of 1-2 and then was completely gone after that. In conclusion, Sujok triorigin therapy can reduce vaginitis symptoms in two respondents in a relatively short time of therapy.

Keywords: Vaginitis, Itching, Sujok triorigin therapy, Mudra methods

INTRODUCTION

Vaginitis is defined as an infection from inflammation of the vagina.¹ This condition is caused by changes in the normal flora in the vagina.² The three most common vaginal infections are fungus, bacteria, and *Trichomonas vaginitis*.³ Meanwhile, the three most common causes (70% of cases) are *Trichomonas*, bacterial vaginosis, and vulvovaginal candidiasis.⁴ The remainder of the cases may be associated with other causes including atrophic vaginitis, desquamative inflammatory vaginitis, and erosive vaginal disease. The vagina is a unique and complex micro-ecosystem that can include as many as 46 microorganisms.⁵

Symptoms of vaginitis are foul-odor discharge, dysuria, itching, inflammation of the external genitalia,

dyspareunia and irritation or burning sensation.^{2,4,6} Almost all women have experienced it at least one time during their lifetime, making this condition a common complaint of women worldwide and this gynecological diagnosis frequently found in the primary health services.⁶⁻⁸

Vaginal infections can cause high stress, dissatisfaction with life, depression, low self-esteem, and decreased sexual activity as well as infertility.⁹ Other studies have found that vaginitis causes anxiety, embarrassment, and related concerns about hygiene, especially problems regarding recurring symptoms.⁶

There have been various attempts to deal with this vaginitis problem either with conventional medicine or herbal medicine including allopathic and homeopathic

remedies. Even though some of the results are quite promising, the treatment of vaginitis is still a challenge for women and clinicians.¹⁰

The purpose of this article is to report two successful courses of treatment for cases with vaginitis using an alternative therapy called Sujok triorigin therapy with the mudra method in relieving vaginitis symptoms.

CASE REPORT

There were two females involved in this case reports. The mudra method applied for these two respondents are performed by touching the tip of the thumb against the knuckles and keeping the thumb on the knuckles for about 15-20 minutes in a relaxed and smiling position. The Sujok triorigin therapy was done by the respondents themselves with the help of a video guide and instructions from the researcher. Instructions in the form of videos were sent via social media (telegram) and then the researcher did the follow-up and monitored the severity of symptoms from day to day until they were no longer felt.

Ethical clearance was not applied in this study because this case series was not planned by the researchers. Nonetheless, the identities of the respondents were not disclosed to ensure that the data submitted in this article could not be traced nor their privacy and confidentiality violated. The researcher re-contacted the respondents and obtained consent to use the data for this publication. Interactions between the researcher and respondents were only through social media-telegram. The first respondent complained on the telegram group about her extreme itching in the vagina and explained she had experienced it for 1 year. These respondents have tried various conventional and traditional treatments such as allopathy but there was no improvement. The respondent felt much stress since she was unable to have a good sleep for one year. The second respondent deliberately contacted the researcher by sending a telegram about her extreme vagina itching. For both respondents, the researcher sent the Sujok triorigin therapy protocol in the form of video instructions explaining the steps to be applied. The researcher then monitored the progress of the complaints experienced by both respondents. Below is the detail information for those two cases.

Case 1

A woman in her 40s wrote on a social media group made up of traditional medicine therapists, explaining that she had symptoms of vaginal itching. She felt a pinching red rash, and there was also a watery discharge. The respondent said that she could not sit nor even walk and she scratched the area continuously until it caused bleeding. The patient said that she had used various allopathic treatments but there was no improvement. The researcher responded to the respondents in the group by

providing a video recording of 3.84 seconds duration as a guidance for carrying out the therapy.

The researcher then gave directions to follow the video (Figure 1 for the first step of therapy) and in the final thumb position (Figure 2). Simply, the respondent let the thumb rest on the lower knuckle of the little finger for 15 minutes in a relaxed and smiling position. Respondent immediately did it and after 5 minutes of doing it, she reported that itching had decreased by 30%. The respondent then continued for an additional 15 minutes. After 15 minutes, respondents said she felt relaxed and the itching decreased by 50%. The researcher then asked her to apply therapy for 4 times a day with 15 minutes each therapy.

The day after the incident, the patient reported that she could sleep at night after almost 1 year of not being able to sleep. On the second day, the patient reported that she also has had diabetic problems and she further asked to be given instructions related to the condition for her diabetes. The researcher then also provided guidance on Sujok triorigin therapy for her diabetes problem, but the progress of her diabetes-related therapies is not reported in this article.

Four days after the first therapy, the respondent said that only 20% of the symptoms of vaginal itching remained. She also reported that she had applied the therapeutic guidelines for diabetes, but the researchers found that the therapeutic recommendations for diabetes were not done entirely for certain reasons, so this lack of treatment adherence might cause results indicating no improvement related to her diabetes.

Nine days after the first respondent applied the therapy, vaginal itching disappeared 100%. The patient said that the therapy was conducted without any other treatment. Previously, she received information from a health professional that her vaginal itching is possibly due to her diabetes. Her average random blood sugar is around 400-500 mg/dl even though she already regularly took medicine for this diabetes problem. She was informed by the health professional that if the blood sugar drops, it is possible that the vaginal itching will stop and also be over. But in this case, the respondent found that even though her blood sugar had not improved, the vaginal itching was resolved 100%.

Case 2

The second respondent was a woman in her 40s who deliberately contacted the researchers regarding her vaginal itching condition. The respondent often experienced symptoms of itching, but usually because of wearing her underwear and the itching was in the groin area. This time the respondent stated that the extremely itchy area was in the labia majora and she mentioned on a scale of severity, it was 5 (in range scale 1-5), and she had scratched the area until it bled. The respondent said

that she often cleaned the genital area and shaved her genital hair regularly. The researcher sent the same instructional video to guide the respondent to apply the therapy (Figures 1 and 2). The respondent reported that after 4 minutes, the itching scale decreased to 3, and after 20 minutes of doing the mudra, the patient reported that the scale had subsided to 1-2 and then disappeared and she felt the immediate relief and was comfortable.



Figure 1: The first step of therapy by touching tip of thumb to the tip of little finger one time.



Figure 2: The second step of therapy with mudra method by touching tip of thumb to the middle of the knuckle on little finger and hold for 15 minutes in relaxed and smiling position for 4 times a day. The hand position can face the sky, the earth or side position as per respondent's convenient.

DISCUSSION

In both cases, Sujok triorigin therapy with the mudra method succeeded in eliminating the symptoms felt by the respondents. It appears that the need for therapy in respondent 1 was greater in terms of frequency and duration of therapy, to achieve 100% symptom-free. This may be due to the long period of illness experienced, reaching 1 year. Even though it took 9 days to achieve symptom-free status, but after about 5 minutes both respondents have shown an improvement in the severity of symptoms. This rapid response was also particularly

felt by respondent 2. This speed of feeling improvements and changes is in accordance with the theory stated by prof. Park Jae Woo, the founder of Sujok triorigin therapy, that describes how if the therapy is done with the right targets and methods, the symptoms can quickly subside.^{11,12}

Sujok triorigin therapy is a further development of the Sujok therapy which was also discovered by prof. Park Jae Woo. The findings of the first Sujok knowledge are since 1987 which has a focus on the similarity of body parts and organs in the hands and feet and the therapy mostly used a focused method by applying massage, seed, magnet, moxibustion, etc., and the therapy is applied on hands and or feet.¹¹The literature review found that the combination of different methods will give quicker results of therapy.¹³ The mudra itself did not originate with the method of Sujok therapy at the beginning time of the discovery of Sujok therapy.

The concept of riorigin is the latest invention of prof. Park Jae Woo, which covers not only the body but also the mind, life and soul.^{14,15} There are also publications related to Sujok triorigin therapy for psychological problems, such as the fear of COVID-19 by using twist and seed methods.¹⁶ The emotional response is further classified into levels of the human mind. Interestingly, in all Sujok's scientific developments, only the triorigin concept is possible to create a therapy protocol to target microorganisms, for example viruses and bacteria.^{14,15} Just as done in Sujok therapy, the Sujok triorigin therapy also has various methods of therapy such as massage, color, seed, twist and others. Recent research showed that the protocol in Sujok triorigin therapy using color which targeted viruses (i.e., COVID-10) produced an improvement in symptoms.¹⁷⁻¹⁹

The concept of triorigin states that in the universe everything that exists either in physical or non-physical form can be categorized into the triorigin model which includes 4 energies.^{14,15} Prof. Park Jae Woo mentioned the four energies namely neutro, hetero, homo and neutro. The four energies have their own characteristics. Everything in the universe can be classified according to these four energy characteristics. For example, the human being consists of neutro for soul, hetero for mind, homo for body and neutro for life.^{14,15} This classification continues even to the organs and parts of the human body. Besides that, prof. Park Jae Woo also made a classification not only on the human being but also on microorganisms. In his book, prof. Park Jae mentions that models for living things are, for example, viruses, bacteria, and fungi.^{14,15} distribution of energy in the model of living things for bacteria can be homo or neutro.^{15,20} Based on this concept, a Sujok triorigin therapy using the mudra method was able to reduce the itching symptoms of vaginitis in a relatively short time. Given the ease of this therapy and its success, there is a need for further research using a more complex design to find out whether this therapy can also be successfully applied to a

larger number of samples and with measurement methods that involve more evidence-based laboratory examinations.

CONCLUSION

Sujok Triorigin is a simple method to be applied and able to reduce vaginitis symptoms in two respondents for a relatively short period. This result will provide hope for female with the same problems and a more rigorous method of research need to be conducted to provide a higher level of evidence.

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