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Calatonia: a systemic rebalancing technique

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by Dr. Leili Khosravi

What is Calatonia?

Calatonia means literally “*adequate tonus*”, therefore the noticeable tone adequacy in physical and also emotional and mental plan. The technique itself is simple, but it requires an appropriate operator training.

Calatonia is part of systemic rebalancing techniques that use the energy called “subtle” to produce positive effects on the subject’s well being. When one mentions systemic rebalancing techniques, one should consider activating interconnections among the scales that form the human being, that connect him/her with Nature, Planet and Universe kingdoms. It uses the *minimum stimulation* law enforcement described by Weber and Fechner. It is a **response proportionality relationship, not to the stimulation, but to the stimulation logarithm**.

The technique Founder

This method was developed and practiced by the Hungarian physician **Dr. Petho Sandor (1916-1992)**. During World War II, as he worked at hospitals and fugitive camps, he faced the trouble of finding pain killers and the medications required to the injured and war wounded people. During the visits, as he stood by the patients’ bed, he realized that the spontaneous touch on the feet generated a comforting physician dialogue development and produced several degrees of pain and discomfort relief. Thus was Calatonia born, from the practical need of healing the wounded people in a medical situation lacking resources. **Dr. Sandor** emigrated to Brazil in 1949, where, in the following 40 years, he developed Calatonia technique, which he taught at College,

¹ Naturovaloris: Applied Naturopathy College

aimed mainly at psychologists. Nowadays, Calatonia is widely disseminated in Brazil and has been disseminated in Europe over the last decade.

Calatonia nowadays

After over half a century of clinical practice executed by several professionals, one can realize how Calatonia has become a valuable tool to rebalance physical and psychic functions, playing a part in deregulation of daily conflicting experiences. Calatonia is, however, a holistic method that leads to a wider self-knowledge, enabling a finer potential expression of everyone. Today, hundreds of scientific journals document Calatonia's beneficial effects on the patient psychological, physical and emotional rebalance.

"Subtle touch" effects observed at biological level

The summary of subtle touch biological effect list, described by several authors, is as follows:

- In a research led by LUCY Moraes PENNA, it is stated that the subtle touch trophic on structure innervation, including skeletal muscles, can perform positive effects even in case of patho-physiological or pharmacological hypersensitivity (Fleming, 1976). In another paper by Hughes et al. (1975), the effect on organs and peripheral tissues, and also the central nervous system is confirmed, due to endorphin release, which, as secondary action, behave as pain killer and hypnotic agent.
- Such researches and other experiments in biological field support the need that cutaneous and subcutaneous stimulations can potentially unchain diffuse and deep reactions compared to pharmacological agents.
- It enables the self-regulation process between cholinergic and adrenergic systems (sympathetic and parasympathetic).
- It corrects the posture by means of a self-regulation process between the sympathetic and parasympathetic system.
- The touch enables improving several perceptive qualities: pressure, heat/cold, pain and its grading.

Moreover, the following facts have been disclosed about the touch:

- It provides a stimulation in which the patient, and his/her psychological and physical structure, are not used to, mobilizes him/her and stimulates the body reorganization.
- It develops a progressive habitual tension relaxation, so that the client experiments, spontaneously, a new and more balanced posture (anatomic and psychic).
- It is an instrument that enables finding a new corporeal image.
- In some cases, biological pace changes can happen, including sleep, appetite, sexual activity, etc.
- It has effect on the distance among dreams, remembrances, and images, changing the patient conscience focus. It changes the client energetic appearance, as it includes wider aspects in inferior unconscious and superconscious. Indeed, Sandor stated: "The method assures exchanging

rational, irrational, pre-rational and arational frequencies of total psyche”.
(Sandor, 1982).

A clinical case

Experimentation year: 2016-2017. Female gender patient, 27 years of age, searched me as a gynecologist and naturopath due to cycle irregularities associated to spotting phenomena. At anamnesis collection, she reports panic crises related to diarrhea and vomit since she was 19 years of age: she is already seeing a psychologist and is assisted by medical therapy with a psychiatrist.

As I realize the clinical checks and hormonal dosage performed, besides the clinical exams, I propose immediately Calatonia treatment, with approximately 30-minute sessions. At first, I suggest weekly meetings, and afterwards monthly meetings, for a year and a half treatment period.

At the first session, she reports the following feelings:

“I felt the body weight, the breathing and circulation perception, I feel fine, I feel light, but I also realize my body concreteness.”

In every meeting, I realize the deepening of contact with herself; the patient is able to detect her own body limits and becomes conscious of her breathing pace. She shares with me the improvement of her relation field, whether in her family or as a couple. I notice improvement at her daily pace, feeding, physical activity and biological pace (dream-vigil, menstrual bleeding pattern, and intestinal and urinary activity). After one year, she suddenly reports: *“I haven’t had panic crises for about 9 months”*; I highlight this symptom has never been the focus of our meetings. After a couple of months, she says that, following the psychiatrist advice, she suspended panic crisis therapy. This case describes exactly how a holistic technique can work in the subject biological, psychological and spiritual rebalancing.

Did you like this paper and want more advices?

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Paper published on the website www.naturovaloris.it

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