

Diagnosics and methods of treatment of psychosomatic emotional disorders according to priority emotion

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Summary

This work examines new approaches to the diagnosis and treatment of psychosomatic emotional disorders on the priority affected meridian (channel) and pathogenetically significant acupuncture points under the control of muscle testing. It is shown that the achievement of a radically positive result in treatment is possible if all components of the human health triad are considered: psychoemotional - as a priority, biochemical, structural.

Relevance

In medicine, there are ideas about psychosomatic emotional disorders, i.e. about the emotional constitution of health and illness. However, the parameters for assessing constitutions used by the authors are not only different, but also directly opposite.

Perhaps this is due to the use of different hardware techniques. Different evaluation parameters are given, with the retest time after 10 minutes. give opposite results.

At the same time, the literature describes a clinical method for assessing psychosomatic emotional disorders (emotional constitutions of health and illness) using manual muscle testing, i.e. changes in the activity of the reflex to stretch the postural muscles (manual muscle testing).

The aim of our study was:

1. Analysis of psychosomatic emotional disorders, from the position of functional disorders of the nervous system - a change in the emotional constitution during an illness.
2. Comparison of the possibilities of assessing the nervous system using manual muscle testing and hardware research methods. (The results obtained using manual muscle testing and the results of assessing the emotional constitution of health and disease, obtained by testing by the method of R. Voll and vegetative resonance test).

The study was carried out in parallel by two specialists and the results obtained were compared.

Research material - 60 patients with reflex and reflex-compression pain muscular syndromes. Simultaneously, the study was carried out on 10 healthy subjects.

Research methods:

1. Clinical research.
2. Neurological examination (manual muscle testing).
3. Vegetative resonance test (ART).
4. Methodology of R. Voll.

1. In a clinical study, non-optimal statics of patients was considered.

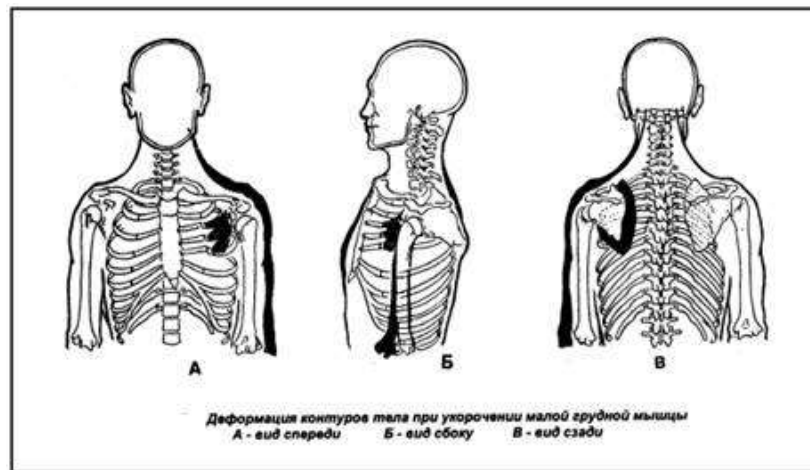
We divided them into 4 groups according to non-optimal statics.

The first group consists of patients with functional weakness of the pectoralis major muscle

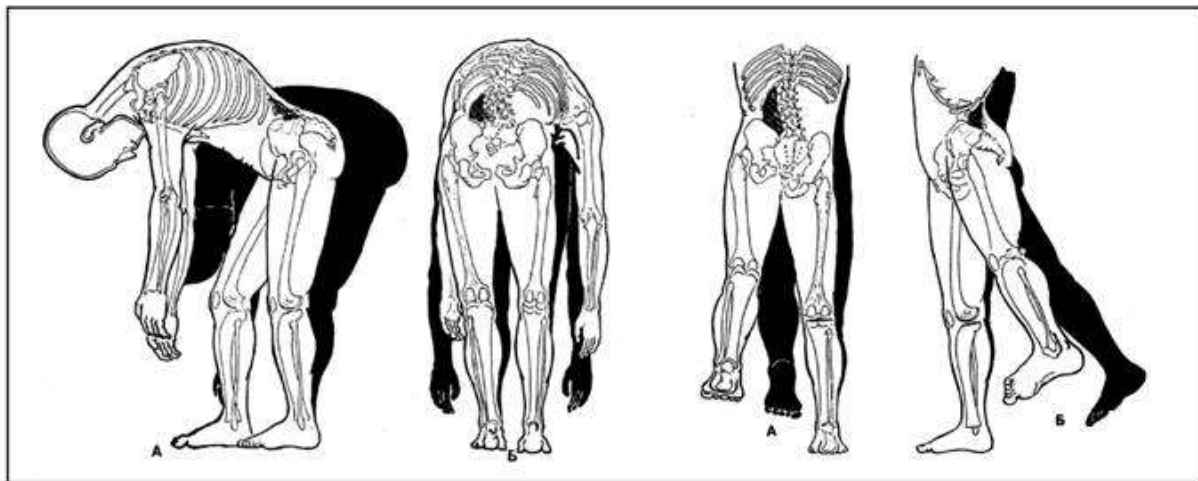
(functional shortening of the pectoralis minor muscle). The second group consists of patients with functional weakness of the quadratus lumbor muscle (functional shortening of the external oblique muscle). The third group consists of patients with functional weakness of the iliopsoas muscle (functional shortening of the muscle straining the fascia lata of the thigh). The fourth group includes patients with functional weakness of the latissimus dorsi muscle (functional shortening of the round muscles - large and small).

Visually: the first group - internal rotation of the shoulder, elevation of the scapula angle and its lateral displacement (Fig. 1).

Visually: the second group - the separation of the pelvis from the chest on one side of the body, the approximation of the pelvis and chest from the opposite side of the body (Fig. 2).

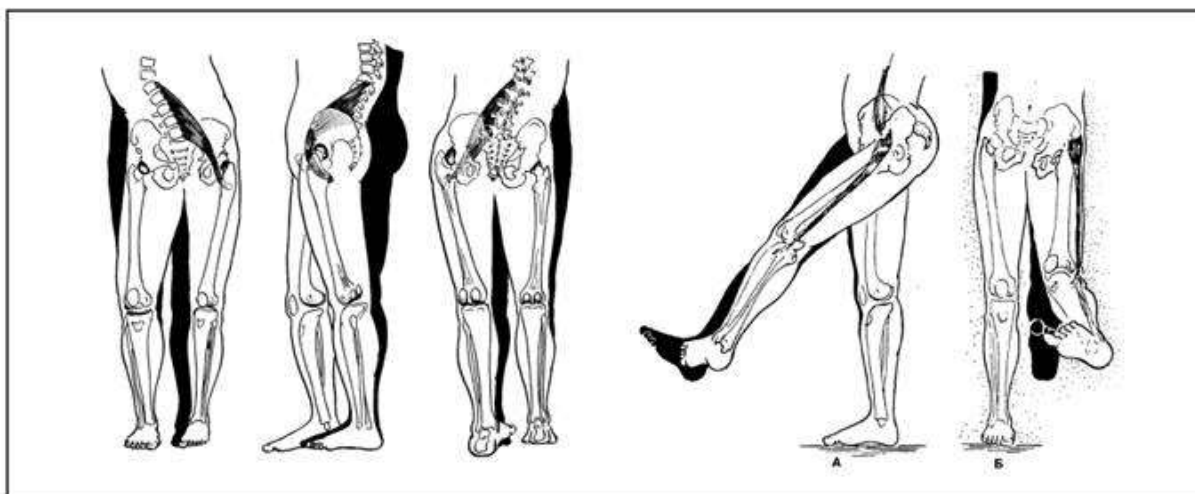


Rice. 1



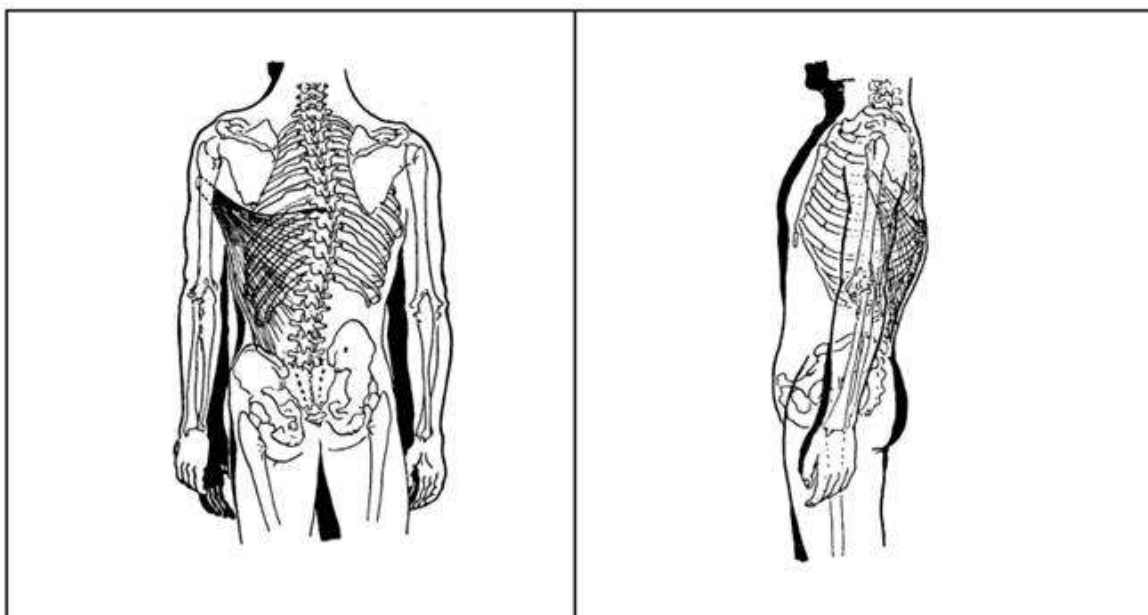
Rice. 2

Visually: the third group - hyperlordosis in the lumbar spine, with weakness of the iliopsoas muscle on 2 sides - caudal displacement of the pelvis. With weakness of the iliopsoas muscle on one side, there is a caudal displacement of the semi-pelvis of the same name (Fig. 3).



Rice. 3

Visually: the fourth group - with functional weakness of the latissimus dorsi muscle, from 2 sides - the shoulders in flexion and internal rotation, the arms are removed from the body. With functional weakness of the latissimus dorsi muscle, on the one hand, C-shaped scoliosis in the direction of shortening is determined (Fig. 4).



Rice. 4

2. In a neurological study of the first group of patients (with functional weakness of the pectoralis major muscle) was determined by the level of compression of the lower cervical spine C5, C6, C7, C8. We observed the following syndromes: pectoralis minor syndrome, scalene anterior syndrome, middle scalene syndrome, levator scapula syndrome. Neurological examination of the second group of patients (with functional weakness of the quadratus lumbor muscle) determined the level of compression of the lower lumbar spine (L5 - S1, S1 - S2). We observed the following syndromes:

piriformis syndrome, quadratus lumbar syndrome, iliopsoas syndrome. In a neurological study of the third group of patients (with functional weakness of the iliopsoas muscle), the level of compression of the thoracolumbar junction was determined. We observed compression of the superior lumbar plexus (L1, L2, L3 roots). In a neurological study of the fourth group of patients (with functional weakness of the latissimus dorsi muscle), the level of compression of the lower cervical spine C5, C6, C7, C8 and syndromes as in the first group were determined.

3. According to the ART method, studies of the state of the meridians (and hence emotions associated with these meridians) in the form of redundancy (completeness) and insufficiency (emptiness).

4. According to the method of R. Voll, measurements were carried out on all meridians according to the control measuring points (KIP), which give a general idea of the functional system of meridians and associated organs.

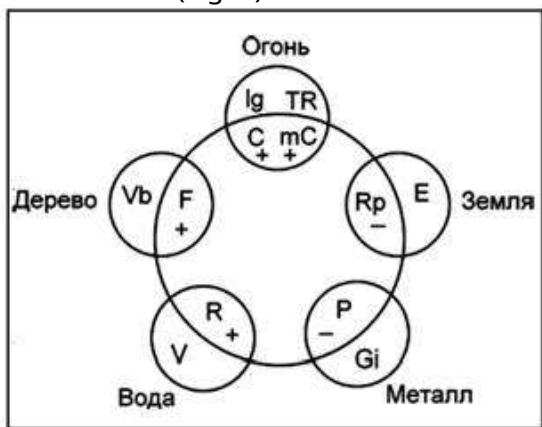
Each person has his own innate constitution (choleric, phlegmatic, melancholic, sanguine). Its formation depends on the ratio of the energies of the father and mother and on the emotional factors acting on the mother during pregnancy. It corresponds to the psycho-emotional constitution of a person. In traditional Eastern medicine, according to psycho-emotional characteristics, people are divided into seven types (7 emotions): joyful, angry, sad, fearful, pensive, melancholy, anxious, they correspond to Western constitutions. Choleric - joyful, angry, phlegmatic - sad, subject to fear, melancholic - pensive, dreary, anxious, sanguine

- joyful, anxious). Due to these features in the process of life, some people are prone to fun, rejoice even over trifles, others - to any stimuli respond with a violent reaction of anger, others - for the slightest reason are prone to sadness, others - are constantly in doubt and meditation, fall into melancholy and etc. Considering the fact that each parenchymal organ and hollow organ is associated with a certain associated meridian, with emotion and with an associated muscle, psychoemotional factors are selectively activated, and with frequent and prolonged repetition, they inhibit the functions of the corresponding organ. The extreme severity of emotional reactions over time can lead to the development of psychosomatic diseases or neurosis-like syndromes. In our work, we considered internal emotional influences as a priority, leading to disease. Regardless of the emotion involved, diseases of internal origin have a number of common symptoms. Among them are fatigue, apathy, loss of appetite, decreased ability to work, silence, sleep disturbance, heightened experiences, fear, forgetfulness, reflex and reflex-compression muscle pain syndromes. The specific manifestations of endogenous diseases depend on the nature of the affecting emotion and the affected organ, and this depends on the innate constitution. Due to the fact that emotions are associated with the associated meridian, we can talk about the meridian constitution. The psycho-emotional constitution can be seen by non-optimal statics, it exists and controls the work of internal organs and the whole organism and is the physical essence of the human constitution. The priority of emotional influences was determined by neurological research, i.e. on manual muscle testing. The meridian constitution is the ratio of excess and lack of energy in the 12 meridians and the corresponding internal organs, which has a certain stability. It is not a permanent constitution, it changes because depends on external and internal influences, therefore, the emotional constitution is called such a distribution of energy in the meridians, which is most characteristic for a given person, it happens more often and longer in time, to which he (the person) constantly returns. possessing a certain stability. It is not a permanent constitution, it changes because depends on external and internal influences, therefore, the emotional constitution is called such a distribution of energy in the meridians, which is most characteristic for a given person, it happens more often and longer in time, to which he (the person) constantly returns. possessing a certain stability. It is not a permanent constitution, it changes because depends on external and internal influences, therefore, the emotional constitution is called such a distribution of energy in the meridians, which is most characteristic for a given person, it happens more often and longer in time, to which he (the person) constantly returns.

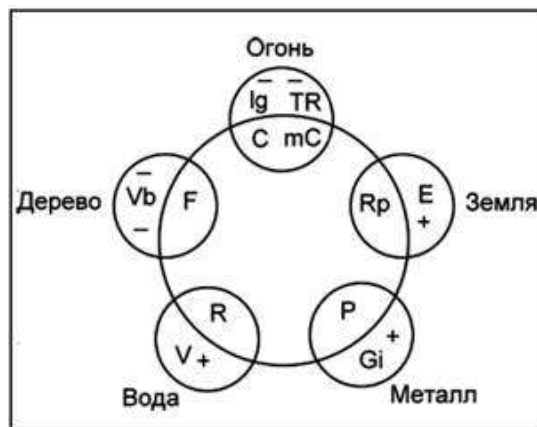
Diseases also form the psychoemotional-meridian constitution. In an acute illness, it is short-lived, very mobile, and for a chronic illness

characterized by a more stable constitution over time, which is very difficult to change, that is, it is difficult to change the emotional state. In this case, it is possible to restore health to a person by treating emotional and meridian imbalances. Thus, two options are possible: either three excess energies at the level of Yang meridians plus two deficiencies - this is the Yang constitution, or three redundancies at the level of Yin meridians plus two successive deficiencies - this is the Yin constitution. The formation of the constitution takes place in strict accordance with the Yin-Yang principle between the pairs of primary elements and according to the law of subordination separately at the Yin and Yang levels. The name of the constitution is given by the central element of the excess group of meridians; it is conditional, taken for ease of understanding. This does not mean the constant dominance of medium energy - emotions, any of those in a state of excess can dominate and manifest symptoms inherent in it. But among these three meridians (organs, emotions), one always dominates, i.e. is a priority. When this meridian (emotion) is influenced, the other two meridians (emotions) change in accordance with the dominant one, and the psychoemotional constitution (energy balance) changes. A disease in humans occurs if there is excessive redundancy or excessive insufficiency of individual meridians. For each person, these are individual values - their own norm (health is a relative value, not an absolute one, i.e. a state of dynamic equilibrium). The groups obtained by us during the examination corresponded to 4 types of constitutions: But among these three meridians (organs, emotions), one always dominates, i.e. is a priority. When this meridian (emotion) is influenced, the other two meridians (emotions) change in accordance with the dominant one, and the psychoemotional constitution (energy balance) changes. A disease in humans occurs if there is excessive redundancy or excessive insufficiency of individual meridians. For each person, these are individual values - their own norm (health is a relative value, not an absolute one, i.e. a state of dynamic equilibrium). The groups obtained by us during the examination corresponded to 4 types of constitutions: and there is a change in the psycho-emotional constitution (energy balance). A disease in humans occurs if there is excessive redundancy or excessive insufficiency of individual meridians. For each person, these are individual values - their own norm (health is a relative value, not an absolute one, i.e. a state of dynamic equilibrium). The groups obtained by us during the examination corresponded to 4 types of constitutions: and there is a change in the psycho-emotional constitution (energy balance). A disease in humans occurs if there is excessive redundancy or excessive insufficiency of individual meridians. For each person, these are individual values - their own norm (health is a relative value, not an absolute one, i.e. a state of dynamic equilibrium). The groups obtained by us during the examination corresponded to 4 types of constitutions:

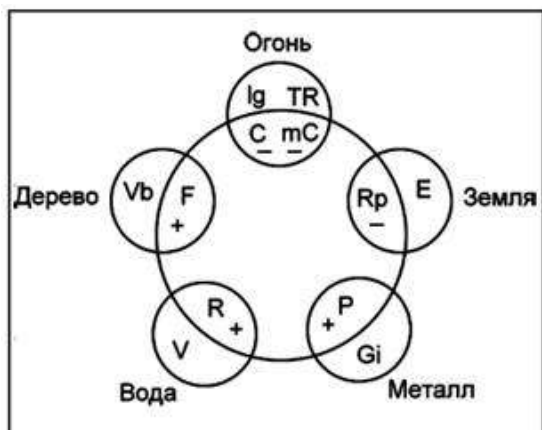
1. Constitution of Yin Anger - these are patients with functional weakness of the pectoralis major muscles (fig. 5.)
2. Constitution - Yang Sorrows - these are patients with functional weakness of the square muscles of the lower back (Fig. 6).
3. Constitution of Yin Fear - these are patients with functional weakness of the ileum - psoas muscle (Fig. 7).
4. Constitution of Yin Anxiety - these are patients with functional weakness of the broadest back muscles (Fig. 8).



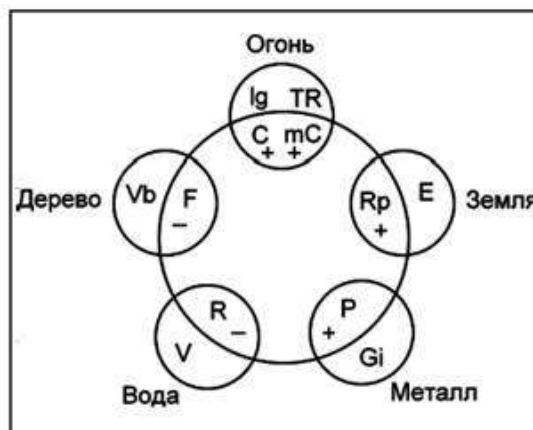
Rice. 5



Rice. 6



Rice. 7



Rice. eight

To correct the identified disorders, the following were used: acupuncture according to priority points of the meridians (tonic or sedative), as well as specific points of the meridians in accordance with muscle testing, aromatic essential oils (aromatherapy), vitamin and mineral balance supplements, the same in accordance with muscle testing.

Thus, for each patient, we made up a psychoemotional constitution by the method of manual muscle testing (MMT), by the method of R. Voll, by the ART method and carried out the appropriate treatment.

Comparative characteristics:

1. Neurological examination by manual muscle testing showed a violation of somatic innervation.
2. The method of R. Voll and ART showed a general reaction of disorders of the autonomic nervous systems.
3. The difference between the syndromes was not reflected in the diagnosis of constitutions.

Evaluation of the results manual

Usage muscle testing allowed conduct differentiated diagnostics and treatment that affects different types of emotional constitutions.

Conclusions:

1. Analysis of meridian imbalance from the point of view of emotional constitutions and constitutions of the body allowed a differentiated approach to diagnosis and treatment.
2. Acupuncture is aimed at treating diseases of the peripheral nervous system, therefore, it is important to use manual muscle testing to assess her condition, as a biofeedback with the body, and supplement the work of a reflexologist with this technique.

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