

New possibilities for optimizing the diagnosis and treatment of  
autonomic dysfunction syndromes in patients affected by  
radiation disasters

V.V. Sorokin, S.K. Osmolovsky, V.N. Gypsy  
(Military Medical Academy named after S.M. Kirov, MC "Radomila", St.  
Petersburg, Russia)

Syndromes vegetative dysfunctions or vegetoses - This  
supranosological form representing by myself broad group  
"Functional" diseases with varying degrees of severity of genetically determined  
dysregulation of the mutual influences of the central nervous, autonomic nervous,  
hormonal and immune systems, arising under the influence of stress and leading  
to a violation of the autonomic support of the functioning of various effector  
systems of the body (cardiovascular, respiratory, digestive and others) in  
maintaining homeostasis. The consequence of the above dysregulation is the  
development of such diseases as vegetative-vascular dystonia, borderline arterial  
hypertension as the debut of hypertension, the preclinical stage of coronary heart  
disease, respiratory vegetosis (hyperventilation syndrome), extrahepatic biliary  
tract vegetation (biliary dyskinesia), gastrointestinal disorders  
( intestinal tract,

chronic gastritis, preclinical stage of gastric ulcer and duodenal ulcer), etc., often  
accompanied by

neurasthenic and psychasthenic phenomena in the form of anxiety, phobias,  
hypochondriacal fixations and depression. These functional disorders are  
common. Sometimes they remain so for the whole life of the patient, sometimes  
they serve as a harbinger or the beginning of organic

violations, directly going over in such, staying already  
vegetopathic component of the organic stage of the disease.

Vegetoses are "adaptation diseases" that have developed when finding  
a person under stress: excessive physical and neuropsychic  
loads, professional harmfulness chronic infections and  
intoxications, non-observance of the work and rest regime, harsh frequent changes  
and climatic conditions, etc.

A special place among the etiological factors leading to to development  
vegetoses is given, according to modern concepts, complex  
damaging factors arising during an accident of a nuclear power plant at a nuclear  
submarine or at a nuclear power plant, or any other radiation catastrophe.

One of the tasks solved in the process of assessing and monitoring the  
professional health (HP) of military personnel is the task of early (prenosological)  
diagnosis of functional disorders of the body that arise under the influence of  
acute and chronic stress, including occupational stress. It is natural that the  
overwhelming majority of the methods used for this are aimed mainly at assessing  
the mental component of the body's responses. The diagnosis of various  
vegetative manifestations of stress, especially in the early stages of its  
development, presents certain difficulties due, on the one hand, to the lack of  
development of methodological approaches to identifying data.

violations, on the other - the actual lack of clear formalized criteria for their determination.

One of the most promising areas in solving this problem maybe appear the direction associated with the introduction into the system psychophysiological ensuring the activities of military personnel modern computerized energy information methods and technologies, in particular, such as reflexodiagnosics (RD). This technique in its various modifications (RD according to Nakatani, RD according to R. Voll, vegetative resonance test (ART) - developed by the Center "IMEDIS") It is widely used in conducting surveys of various contingents of persons in hazardous professions (military personnel, rescuers, athletes, etc.) to assess the level of professional health.

The results of three-year (from 2004 to 2007) studies in 410 liquidators of the consequences of the Chernobyl accident allowed analyzing the dynamics of neurophysiological changes at the individual and group levels in terms of electrophysiological (EEG, ART, EP) and psychophysiological indicators (tests MMPI, "SAN", Luscher, ART) of the functional state of the central and autonomic nervous systems, the peculiarities of the functioning of the neuroendocrine and immune systems during vegetative diseases. The data obtained were compared with the dynamics of the development of somatoneurological symptoms, the results of clinical examination and with the morbidity rate of the liquidators.

In order to optimize the diagnosis of autonomic dysfunction syndromes or vegetative diseases in patients affected by radiation accidents, i.e. the maximum possible (from the point of view of information content) reduction in the volume of diagnostic studies (psychological and psychophysiological techniques (MMPI test, Luscher test, SAN test, etc.), functional methods (EEG, ECG, REG, EMG, bicycle ergometry, etc.) ), hormonal and immunological methods of research, it is advisable to initially carry out screening diagnostics using the modern, certified by the Ministry of Health and Social Development of the Russian Federation, the method of vegetative resonance test (developed by the Center "IMEDIS").

Analyzing the issue of optimizing the treatment of vegetative diseases in victims of radiation accidents, it should be noted that most clinicians are inclined to prescribe one or another scheme of therapeutic measures depending on the predominance of sympathetic or vagotonic effects in vegetation, indicating the low effectiveness of drug treatment (atropine and atropine-containing drugs, ganglion blockers, blockers of  $\alpha$ - and  $\beta$ -receptors, local anesthetics, analgesics, potassium preparations; drugs that improve microcirculation, antispasmodics, hypotensive, cardiotonics, drugs that improve venous outflow, angioprotectors, drugs that improve the metabolism of nervous and peripheral tissues; neuroleptics, tranquilizers, psychostimulants, antidepressants),

the complexity of the selection of adequate individual therapy, lack of funds and

methods of etiotropic therapy and, in this regard, the obvious expediency of prescribing non-drug methods of treatment in the complex therapy of such patients (adaptogens, herbal medicine, adherence to a rational regimen of work and rest, psychotherapy, reflexology, physiotherapy, etc.).

Thanks to the possibilities vegetative resonance test "IMEDISTEST" on the selection of means and methods of therapy, monitoring the course of treatment and rehabilitation; the use of adaptive bioresonance therapy and such etiopathogenetic agents and methods ashomotoxin preparations "radionuclides in ultra-low homeopathic concentrations", individually selected "constitutional" homeopathic preparations -

"Polychrests", peptide bioregulators - "cytamines" (cortexin, epithalamin, vasalamin, ventramine, tyramine, etc.), antioxidants - Olifen and others, probiotic - "Vitaflor" and others; and their rational combination with the above means and methods, which is based on an integrated systemic approach to the diagnosis and treatment of vegetoses in patients affected by radiation disasters, it became possible to reduce the time of normalization of subjective sensations, as well as most functional, endocrine, mediator, immunological and

psychological indicators from 6-8, or even 18 months (when administered using traditional therapy regimens) to 2-3 months. This allows you to significantly reduce material costs (from 40-50%) due to the purposeful appointment of diagnostic tests, medication and non-medication; to achieve a stable positive effect in more than 90% of those treated, which is confirmed by the data of a retrospective analysis of the results.

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