

Pathogenetic rationale
complex methods of correction of psychosomatic
and somatopsychic manifestations in chronic pain syndromes

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Osteochondrosis of the spine is one of the most common human diseases. At present, in the treatment of osteochondrosis of the spine, methods of reflexology or homeopathy are increasingly being used, however, the questions of the most effective - pathogenetically substantiated methods are still far from being solved.

This report is based on the results of complex pathogenetic treatment of 1092 patients with various neurological syndromes of osteochondrosis of the spine. Methods used

electropuncture, electroacupuncture and percutaneous electrical stimulation of corporal and auricular acupuncture points. Given the complexity of the pathogenesis of osteochondrosis of the spine, the best results in the rehabilitation of patients were obtained with the complex use of biophysical means and methods, where the key role was assigned to the simultaneous use of reflexology and homeopathic medicines. The need for their combined use is due to the effect on various pathogenetic links of the main and concomitant somatic diseases that inhibit

immunogenetic reactions. The results of the study indicate difficult integrative and neurophysiological mechanisms activation of the antinociceptive system of the brain in patients with RA and great neurological manifestations of osteochondrosis of the spine.

The basis of complex pathogenetic therapy is the blockade of pain impulses at various segmental and suprasedgmental levels of the nervous system, including the elimination of pathological vertebrovisceral and viscerovertebral reflexes, general detoxification of the body, using drainage, constitutional and anesthetic homeopathic drugs to restore the functions of the excretory systems

and metabolism of intervertebral disks, liquidation of hereditary intoxication and rehabilitation of chronic foci of inflammation, recovery and blood supply in lymph drainage in the spinal motion segments, sclerotomes, myotomes and dermatomes. The high efficiency of this approach makes it possible to recommend the developed complex methodology of reflexology and homeopathy of pain syndromes

The purpose of this study - development of new algorithms of complex methods of correction of psychosomatic and somatopsychic manifestations in neurogenic pain syndromes.

We examined 104 patients (25 males and 79 females) aged 19–73 years, experiencing chronic facial and intraoral, paravertebral pain, including those with trigeminal herpetic ganglioneuropathy (28), trigeminal neuralgia (31) and

vertebral neurological syndromes in osteochondrosis of the cervical spine (45).

The duration of the disease since the onset of symptoms ranged from 3 days to 9 years. During outpatient and clinical examination, all patients were found to have borderline neuropsychiatric disorders, which most often manifested themselves as neurotic and affective symptoms.

(81), much less often - pathopsychological personality disorders (23). The well-known subjective psychological and psychophysiological tests were used: a visual analogue scale (VAS), algometry, digital scales, a method of descriptive determination of pain, a complex pain questionnaire, keeping diaries, as well as a new objective technique - a video computer system for psychodiagnostics and psychocorrection, developed by A.N. Anuashvili (patent No.

2001109209) at the Institute of Control Sciences of the Russian Academy of Sciences (2001, 2002). The technique is based on the concept of a brain wave model and an original new video-computer technology for determining the psychological type based on the functional asymmetry of the brain in the process of psychological correction by analyzing images of the patient's face, which are entered into a computer using a digital video camera.

When developing new systemic computer technologies for psychosomatic correction in chronic pain syndromes, we used psychosocial rehabilitation techniques developed at the Department of Psychology and Pedagogy at the Socio-Technological Institute of MGUS.

Psychological and psychosomatic correction programs, developed by the author were strictly individualized taking into account three components: 1) temperament - the type of the client's nervous system, 2) constitution, 3) typology of personality character with an optimal combination of original techniques. Unconscious guilt and low self-esteem were the targets of uncovering psychotherapy.

When prescribing restorative treatment with biophysical therapy methods, we followed the principles of complex rehabilitation and carried out a differentiated etiopathogenetic treatment of pathologically altered target organs, arresting the main pathogenetic reactions, stimulating sanogenetic reactions, taking into account the localization of the lesion, the mechanisms of development of neurological pain syndromes, the stage and stage of the disease, psychosomatic and somatopsychic pathological manifestations of the main organs and systems of the body: 1) the complexity of therapy with a strictly individual selection of procedures and manipulations, taking into account indications and contraindications;

2) simultaneous treatment of the vertebral lesion and extravertebral manifestations, as well as concomitant diseases that affect the formation and course of the pathological process; 3) adequate drug therapy, taking into account possible side effects;

4) predominantly - reflexology methods approved by the Ministry of Health of the Russian Federation: electropuncture, percutaneous electrostimulation with serial portable electronic devices and a new method of color-impulse reflexotherapy with the devices "BIOPTRON" (Switzerland) and "ACL-01-STRELA" according to the method of T.P. Teterina (RF patent No. 2098059). The visible light spectrum (color) is a specific eye irritant. When it acts on the visual analyzer, photostimulation of the receptors (rods and cones) of the retina is carried out, which forms afferent impulses that propagate

along the pathways of the visual system to the brain. The eye, transforming the spectrum of radiant energy of visible light into the brain, activates biological rhythms in the thalamus, hypothalamus, pineal gland. The brain, in turn, converts the received information and light energy into rhythmic impulses and directs them to organs and systems, thereby regulating their functional activity. Thanks to this, human eyes can serve as an excellent universal tool for non-drug and non-invasive correction of the regulatory structures of the brain (hypothalamus) and functions of the visual, neuroendocrine, immune and other body systems by a new method of training for the eyes of color-impulse reflexotherapy of diencephalic systemic disorders, reflex vertebro-visceral syndromes and concomitant diseases ...

In order to enhance the therapeutic efficiency, we used the technique of electrical stimulation of the acupuncture points of the auricles with a portable device QZT - 2 (China) to influence the auditory analyzer and cranial nerves that innervate the auricles, in accordance with the author's method (V.F. Zhuravlev, 1980-2002) based on fundamental neurophysiological research (R.A. Durinyan, V.K. Reshetnyak, M.L. Kukushkin, E.E. Meizerov, Yu.V. Grachev, 1980-2002).

Conclusions:

1) The new algorithm of video computer psychoanalysis is an objective method of medical visualization of clinical psychology with a correct interpretation of the nature, causes of the onset and prognosis of the dynamics of the disease, accessible to the patient's understanding; it causes the formation in patients of an adequate attitude to their illness, psychological correction and socio-psychological rehabilitation.

2) A new algorithm for complex restorative treatment, using the well-known central and peripheral mechanisms of anesthesia, with a simultaneous effect on the visual analyzer by the method color-impulse reflexotherapy with the devices "BIOPTRON" and "ATsL-01STRELA", and then a sequential effect on the auditory analyzer, - using auricular reflexology with the apparatus "QZT-2" through the acupuncture points of the auricle (projection of the cranial nerves) causes a fast and prolonged anesthetic and a therapeutic effect, stopping many psychosomatic and somatopsychic manifestations in neuropathic pain syndrome of complex genesis.

3) New algorithms of modern complex pathogenetic methods of diagnostics and treatment of case patients can be alternative in restorative medicine and clinical psychology, as they are aimed at normalizing the basic pathogenetic mechanisms.

Zhuravlev V.F. Pathogenetic substantiation of complex methods of correction of psychosomatic and somatopsychic manifestations in chronic pain syndromes // X

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