

Psychological aspects of energy-informational influences on the body human

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High energy information resonant homeopathy diagnoses static impacts and therapeutic (electropuncture, BRT, MRI, and others) does not cause efficiency doubts. This is evidenced by the materials published in the proceedings of conferences held by the Center "IMEDIS"; participation in these conferences of reputable scientists from the CIS countries and far abroad; an increasing number of centers, medical and scientific institutions that successfully apply energy information technologies (EIT).

It is clear that these technologies are not a panacea for solving all medical problems. And there is something to think about and work on in terms of optimizing therapeutic, preventive, and rehabilitative effects. energy-informational (EI) influences. This report will focus on optimizing the use of EIT in the treatment of patients with chronic, polysystemic pathology, by solving the psychological caused by a problems, complex of exogenous and endogenous factors.

1. In modern conditions, a person experiences a lot of stressful situations. Stress is a normal, even necessary reaction of the body. However, there is an individual limit of adaptive capabilities that can be exhausted. A prolonged stay in a stressful situation can lead to a breakdown of the adaptation barrier, to a violation of the adequate regulation of the human body's activity and mental dysadaptation.

The factors causing stressful situations are extremely diverse. Unfortunately, we most often cannot influence exogenous factors. These are natural disasters, various processes in society (politics, economics, national issues, social insecurity), domestic disorder, aggressiveness of people around, etc. All this leads to stress and overstrain of adaptive mechanisms, to the development of depressive reactions, and sometimes to psychological breakdowns.

The second group is endogenous stress factors: negative changes associated with age-related dysfunctions, allergization of the population, slugging of the human body associated with poor-quality drinking water, food, air and soil pollution. To a large extent, this is facilitated by physicians and the patients themselves, who are self-medicating, tk. drug aggression, taking dietary supplements without testing and control is a real disaster for many.

The onset of the disease and its chronicity cause a state of prolonged stress that depletes the adaptive mechanisms. It leads to psychological stress, which is manifested by the emotion of anxiety, fear. In the future, there is an instability of the mental state, sleep disturbance, depression. Especially with severe organic diseases. The longer the body is in a state of depression, maladjustment, the more difficult and longer it gets out of it.

In chronic, intractable diseases, complex "pathogenetic chains" appear (according to H. Schimmel), a "vicious circle" of pathological relationships of different organs and systems, connected functionally, is closed. These factors significantly affect the human psyche, emotions, behavior and, ultimately, the results of treatment.

2. The relationship between the mind and the body has always been relevant both for theoretical aspects of psychology, and for medical practice and physiological research. Emotions and feelings have an important feature that makes it possible to objectively control them, because they are closely related to the nervous system and physiological processes.

The psyche is the inner world of a person, his thinking, perception, memory, will. This is a property of highly organized matter - the brain. In the process of evolution, the brain has become an organ of perception, differentiation, accumulation and storage of information, experience of behavior, the center of control of all organs and systems. The experience of world psychology allows us to assert that mental phenomena are the result of complex neuro-somatic integration or, according to Aristotle's definition, "the soul is a function of the body" [1].

Schematically, the work of an organism, as a complex biosystem, can be considered at three levels of functioning: information, energetic, physical. The functional multilevel organization of a person is characterized by the properties of cybernetic systems, namely, feedback and self-regulation processes in accordance with the specified parameters [2]. Based on the above, it is obvious that the therapeutic effect on the human body should be carried out with reasonable consideration of its functional characteristics, hierarchy in the systemic organization.

3. Assessment of the psychological characteristics of the patient is necessary before Total. Already during the examination, one should pay attention to the patient's behavior, his contact, pallor, the state of the pupils, sweating, and increased heart rate. When performing segmental diagnostics (SD) or quadrant measurements, hard-to-wash dark spots remain on the plates, which indicates disorders in the autonomic nervous system.

Special studies should not be time consuming and difficult to complete. The simplest psychodiagnostics can be carried out using the Eysenck blank test, which allows you to identify such qualities of the psyche as: anxiety, aggressiveness, frustration, rigidity. Testing takes 5-7 minutes. The more complex Eysenck-EPI test can be used for testing.

The productivity of human behavior is associated with the quality of signal processing at the information level, the speed and amplitude of their propagation, which depends on energy processes. The authoritative psychologist in science AABodalev believes that the indicators of mental manifestations become worse when a person's energy potential decreases [3].

We compared the data of psychological testing, the state of the ANS tone and adaptive capabilities by the adaptation coefficient (the calculation, which is included in the IMEDISEXPERT software package). It turned out that practically healthy men have the lowest

the adaptation coefficient was revealed in persons with parasympathicotonia, hypoergia and severe frustration.

The patient's energy potential can be assessed by several methods, the choice of which depends on the skill of the doctor and the available equipment. These are four-quadrant measurements that allow you to quantify to characterize the state of normergy, hyperergia, hypoergy, asthenia. Segmental diagnostics (DM) - reveals the general type of nonspecific reactivity, characterizing it as normergia, hyperergia, hypoergia.

Vegetative resonance test (ART) makes it possible to determine the reserves of adaptation of the body, test psychovegetative loads and indicate the nature of disorders (for example, a state of depression). Identification of adaptation reserves indirectly allows us to judge the energy potential. In the future, the regulation of the energy level is necessary, because with pronounced hyperergy, a rapid depletion of energy resources is possible, and with hypoergy, insufficient compensation of adaptation processes occurs.

Objective indicators of the activity of the central nervous system (mainly vegetative department) can also be obtained with the help of EIT. This is, first of all, diabetes, which reveals the state of the tone of the sympathetic and parasympathetic divisions of the ANS. If it is not possible to conduct SD, then on any device for electropuncture diagnostics (EPD) can measure quantitative indicators of representative BAT. We use the following representative BAPs:

TR20 - hypothalamus;

VB20 - sympathetic nervous system; VG10a - parasympathetic nervous system; T20 - 7 chakra;

PC3 - 6 chakras;

VB4 - thalamus;

YD5 - degeneration of the brainstem and cerebral vessels; SPED7 - brain degeneration;

STD4 - connective tissue degeneration of the head organs; ZhD 3 - fatty degeneration of organs and blood vessels of the head.

On the basis of EPD, it is possible to reveal the excitation (irritation) of the central nervous system, the predominance of the tone of one of the divisions of the ANS, the imbalance of indicators, their stability according to the phenomenon of "falling arrow".

4. As a rule, patients with chronic, polysystemic pathology go through many stages of treatment with methods of academic medicine before getting to an EIT specialist. Their treatment presents certain difficulties, therefore, it is necessary to apply a complex of influences at all hierarchical levels in order to synchronize the work of the whole organism. In this message, we offer only general principles of the psychological component of the complex of therapeutic measures for chronic pathology.

The psychological impact on the patient's body is carried out, first of all, at the information level, through the second and first signal systems. It should be emphasized the role of the personality of the doctor who conducts energy-informational diagnostics and therapy, including the doctor the patient is a medical diagnostic device. Unfortunately,

energy-informational interconnections in this system are still insufficiently studied. However, it is known that the therapeutic effect depends not only on the professional preparedness of the doctor, but also on the ability to correct the psychological state of the patient, on his energetic aura, on the ability to enter into confidential contact with the patient.

In the course of treatment, it is important to mobilize the body's adaptive reserves and maintain them. Adaptation mechanisms are mainly associated with the processes of developing rational, fixed forms and methods of behavior that allow coping with the disease. The regulators of adaptation are motives, thinking, will, knowledge. Psychologists noted that positive emotions mobilize adaptive mechanisms. And these mechanisms work reliably with sufficient energy potential, which must be maintained, stimulated, and replenished.

According to the information theory of emotions, positive, sthenic emotions, which are accompanied by active reactions and sympathetic shifts in the ANS, are useful because have a universal adaptation-and-trophic effect on the human body [4].

The passive-defensive state and feelings of anxiety, depression, the predominance of the parasympathetic tone of the ANS create an unfavorable balance for adaptive reactions. Therefore, one of the important principles of psychological correction is to help the patient not to succumb to depression, not to indulge in feelings, but to act, look for a way out, try, first of all, to independently restore the lost health and functional capabilities.

Exist justified opinion About, what a thought maybe materialize. Unfavorable option persistently created in thoughts events can influence the actual course of these events. In such cases, a negative psychological attitude demoralizes and demobilizes the personality. Therefore, the doctor's task is to set an attitude (program) that mobilizes the mind, feelings, will for a specific response and action. In chronic illness, the ultimate goal of a positive attitude is recovery. The necessary attitude should be developed in the patient through persuasion, repeated clarification, control over the condition and reinforcement of positive changes.

In terms of correcting the psychological state, it is important to convince the patient to change their lifestyle. This is a necessary mode, rhythm and pace of life, work, rest, communication. Physical activity is important because it will promote the activation of blood circulation, metabolic processes. You should adhere to a balanced diet (depending on the disease), because food is an exogenous source of information and energy resources. The implementation of recommendations on physical activity, nutrition, turning to art, and mental stress is also necessary for patients with limited mobility.

The solution of psychological problems at the energy-informational level is possible with the help of resonant influences. So, with the help of BRT, through the meridians, you can level, increase or normalize the energy level of the body. Depending on the state of the patient's central nervous system, the nature of psychological problems, an alpha rhythm program, beta

rhythm or one of the programs of stress, depression, overcoming fear, etc. A good effect on the structures of the brain and its functions can be obtained using induction therapy with magnetic therapy devices that are placed on the head, along the spine or on the projection of problem organs. The result of therapy will depend on the correct use of EIT.

Accumulated enough a lot of factors testifying O resonant psychological action of music. It has been established that the rhythmic and timbre structure of musical works enters into resonant interaction with certain organs and tissues [5]. The healing effect of music is also due to the impact on the emotional and psychophysiological state of a person through the information component of musical works. Music, like any work of art, in addition to form, color, sound, words that form the outer layer of perception, contains a record of the bioinformation characteristics of people who created and used this or that work. The doctor should also make a rational selection of musical compositions for the psychological correction of a person's condition.

In the psychological correction of patients, an important role is played by the use of homeopathic medicines - electronic copies of various substances or signals recorded on some kind of carrier. There are a lot of options for the use of resonant homeopathic remedies, so we will limit ourselves only to a reference to some [6, 7, 8]. These can be drugs prescribed according to BRT strategies. It can be a resonant complex "nerves", which acts in accordance with the resonance chain of the central nervous system on the ANS, peripheral nerves, pituitary gland, endocrine system. Psychological load, depression stressful reactions can adjust meridian complex preparations: MKP 13, 14, 15.

Good effect when dealing with psychological give problems homeopathic preparations of the firm "GUNA". They help restore blocked or wasted energy, affect many psychosomatic disorders. Sero-immune drugs, Bach Flowers, recorded on a medium, can also be used for the psychological correction of patients. This is not a complete list of homeopathic therapeutic agents in modern EIT.

Correction of the psychological state can be carried out by other methods: electropunctural reflexology, impact on mantic points, color therapy, aromatherapy, etc.

Our message does not pretend to be comprehensive information on this issue (and it is impossible to do this in an article or even in one monograph!) And does not offer ready-made recipes for a doctor's work with psychological problems of patients. It formulates the basic principles and possibilities for solving these problems using existing techniques and equipment for energy-informational influences.

Conclusions:

1. Chronic pathology, polysystemic diseases most often start with psychological problems, are accompanied by them, aggravating

the development of these problems and pathological changes in the human body.

2. Identification of psychological problems, their qualitative and quantitative the characteristic is carried out by energy-informational methods (SD, ART, EPD, etc.).

3. In accordance with biocybernetic principles of activity functional systems of the human body, the treatment of chronic pathology is rational to start with psychological correction or to be carried out simultaneously with other types of influence.

4. Psychological correction includes a complex of different measures, which recommended for individual needs. The complex may include the necessary positive psychological attitude, possible changes in lifestyle, the effects of EIT (BRT, MRI, resonance homeopathy, etc.).

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