

Hypotensive effect of color therapy in patients with arterial hypertension

Kuznetsova L.N.

(Research Institute of Information and Color, Moscow, Russia)

Arterial hypertension remains the most common and severe disease of our time, being the leading cause of death in both developed and developing countries of the world. The share of arterial hypertension in the structure of total mortality is 20-50% (report of the WHO expert committee, 1997).

Treatment of arterial hypertension should be carried out by influencing the links of pathogenesis using both drug and non-drug methods.

The processes in the body are subject to general physical and chemical laws. Seven colors of the rainbow - a full range of energy necessary for the body, which soothes and strengthens the body, enhances its protective functions.

A preliminary analysis of clinical symptoms in high blood pressure indicates that the primary lesion level correlates with the effect of the green frequency and is associated with norepinephrine and impaired switching of the regulation of processes due to a decrease in energy. People suffering from high blood pressure do not have enough energy to relax the vessels, and their tone rises spontaneously. The tension of the regulation link in the body is canceled

the corresponding color (with hypertension - green) or more energy-intensive (with hypertension - blue). All of the above determined the choice of color therapy for correcting the condition of patients with arterial hypertension.

The patients were divided into 3 groups: group (n = 20) received blue therapy, in group (n = 20) - in green; control group (n = 20), without color therapy.

Based on the results of studies performed on 60 patients with stage II hypertension, it can be concluded that 8-minute color therapy can achieve an antihypertensive effect: SBP decreased by 5-10 mm Hg. Art., DBP - by 3-7 mm Hg. Art. in both groups of patients. At the same time, green therapy in 6 patients with anxiety syndrome, hypochondriacal syndrome after the procedure caused excitement, tachycardia, in 2 patients, an increase in blood pressure. The transfer of patients to therapy in blue contributed to the regression of negative reactions, and subsequently these patients completed treatment with a clinical effect.

In both groups of patients (exposure to green and blue colors), after a course of treatment (10 days), general well-being improved, and irritability decreased.

Positive dynamics was also noted according to the data of daily monitoring of blood pressure. So, in group significantly decreased systolic and diastolic blood pressure in the daytime and at night. A significant decrease in heart rate was noted during the daytime. IN the group showed a significant decrease in diastolic blood pressure mainly in the daytime, while the heart rate significantly decreased, both during the day and at night.

An improvement in the 24-hour blood pressure profile was noted in both groups. Moreover, in the group normalized the daily blood pressure profile in the group of patients with an excessive nighttime decrease in blood pressure, and

in the group with insufficient nighttime lowering of blood pressure, no dynamics was revealed. In the group noted the normalization of the diurnal profile both in patients with insufficient nighttime blood pressure decrease and in patients with an excessive decrease in nighttime blood pressure.

Color therapy influenced the variability of blood pressure in both groups of patients. So, in the group decreased the variability of systolic as daily blood pressure from 18.11 0.96 to 16.51 0.05 mmHg Art. ($p < 0.1$), so the variability of systolic nocturnal BP from 13.89 0.35 to 10.27 1.87 mm Hg ($p < 0.05$). In the group decreased only the variability of nighttime arterial pressure, which is essential for patients with arterial hypertension.

Under the influence of the treatment, there was a significant decrease in the pressure load in group both per day and during the day and night.

The effect of color therapy on central hemodynamics was expressed, first of all, in a decrease in the total peripheral resistance.

As a result of a persistent decrease in blood pressure under the influence of treatment, exercise tolerance increased by an average of 10%. According to the ECG data, the heart rate decreased somewhat.

As a result of the treatment, the psychological status improved in both groups of patients: the feeling of anxiety, internal tension, anxiety decreased or disappeared, and sleep returned to normal. How in , so in the group was completely stopped by a mild degree of mental disorders.

Thus, the internal universal regulation does not narrow, but expands the capabilities of the body and, along with them, the efforts of doctors aimed at restoring health in patients.

The data obtained in the studies indicate the effectiveness of the targeted use of color therapy as an antihypertensive means, and the blue color contributed to a better and softer therapeutic the effect of hypertension.

Using an individual selection colors patient at bioresonance therapy can provide invaluable help in correction conditions of patients with arterial hypertension.

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