

Assessment of the psychological state of the body's adaptive reserves and their recovery under stress by bioenergy information methods

L.V. Sharova, Yu.I. Kravtsov, G.P. Izhboldin

(Perm State Pedagogical University, Perm State
Medical Academy, Perm, Russia)

One of the important health indicators that determine the multilevel nature of the functional adaptation system is the psychological state of a person and his interaction with physiological adaptive reactions [5].

To date, to determine the psychological state of a person, a fairly large arsenal of medical and psychological testing is used (SMOL, SAN, Spielberger, etc.), including the use of functional tests that determine tolerance to stress (Luscher color test, Kraepelin correction test, test with Landolt semirings, etc.).

A number of studies have shown that self-assessment of physical and mental state reflects the real state of health of people [4].

The study of the impact of stress factors on the human body showed that this reaction proceeds in stages, characterized by changes in the indicators of "psychological load" and biologically active points (BAP). Further study of stress and in our observations - cold (frost to - 35 C, enhanced muscular work - driving a snowmobile over rough terrain, transporting the injured), warmth up to + 35 C (hotly heated stove in a stuffy hut), etc. - showed that 6 hours after the stress exposure, the first stage develops, lasting up to 24 hours, when the BAP values fall. Consequently, the body does not strengthen, but weakens its response. In our study groups, the changes at the first stage did not cause serious consequences in the body, because the body was switched to muscular work, and was not in a state of hypodynamia [3]. Numerous studies of the effects of various extreme factors on the metabolism are distinguished by the fact that these effects cause large energy expenditures and the predominance of catabolic processes over anabolic processes [5]. After the first stage, the stage of stability begins when the indicators stabilize. When the stimulus (stressor) is strong and prolonged, the stage of exhaustion develops, i.e. chronic stress. It has been proven that in the central nervous system (CNS), under the influence of strong stimuli, a sharp excitement develops, giving way to transcendental inhibition, which leads to a decrease in the sensitivity of the central nervous apparatus (I.P. Pavlov, 1927), therefore, other strong influences are already perceived less significantly ... For example, in the chronic course of CD, the action of the damaging stimulus lasts a long time, and the stage of exhaustion, judging by the EFI BAT indicators, proceeds in a wave-like manner. Perhaps this is due to the fact that the excitability of the central nervous structures fluctuates from sharp excitement to transcendental inhibition in a wave-like manner. In the acute course of CD, the reaction develops in response to the action of a powerful stimulus - pain, alternating with transcendental inhibition, which leads to a decrease in the sensitivity of the central nervous apparatus (I.P. Pavlov, 1927), so other strong influences are already perceived as less significant. For example, in the chronic course of CD, the action of the damaging stimulus lasts a long time, and the stage of exhaustion, judging by the EFI BAT indicators, proceeds in a wave-like manner. Perhaps this is due to the fact that the excitability of the central nervous structures fluctuates from sharp excitement to transcendental inhibition in a wave-like manner. In the acute course of CD, the reaction develops in response to the action of a powerful stimulus - pain, alternating with transcendental inhibition, which leads to a decrease in the sensitivity of the central nervous apparatus (I.P. Pavlov, 1927), so other strong influences are already perceived as less significant. For example, in the chronic course of CD, the action of the damaging stimulus lasts a long time, and the stage of exhaustion, judging by the EFI BAT indicators, proceeds in a wave-like manner. Perhaps this is due to the fact that the excitability of the central nervous structures fluctuates from sharp excitement to transcendental inhibition in a wave-like manner. In the acute course of CD, the reaction develops in response to the action of a powerful stimulus - pain, and the stage of exhaustion, judging by the indicators of EFI BAT, proceeds in waves. Perhaps this is due to the fact that the excitability of the central nervous structures fluctuates from sharp excitement to transcendental inhibition in a wave-like manner. In the acute course of CD, the reaction develops in response to the action of a powerful stimulus - pain.

Taking into account that one of the important health indicators that determine the multilevel nature of the functional adaptation system is psychological the state of a person and his reserve capabilities [1], we studied the mental load (PN) using the method of vegetative resonance test (ART) "IMEDIS-TEST" [2]. When testing PN, the task was to compare PN in persons suffering from an exacerbation of CD, living in the Western Urals (MS), Northern Urals (SU), and practically healthy people. The combination of BRT with electropharmaceutical vibration spectra (EFS) has proven to be extremely effective. The results of the research of PN was evaluated according to eight grades: I-VIII, VIII - the highest degree.

At high rates (psychological problems are tested), it becomes clear that the psychological problem in the formation of the patient's health status is significant and requires correction.

The results of the studies are presented in table. one.

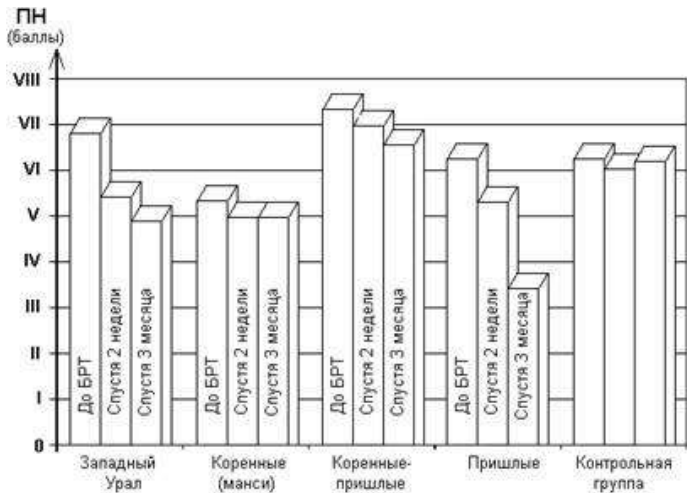
Table 1

Dynamics of indicators of the psychological load test under the influence of the effects of the complex EFSK + BRT + Bach Flowers					
Indicators	Lived vigorous in the West Ural, n = 15	Indigenous (mansii) 2A, n = 15	Indigenous alien (2B), n = 15	Alien (2B), Group cont- n = 15 roles,	n = 15
Before treatment	Vii	VI-V	VII-VIII	VI-VII	VI-VII
Later 2 weeks	VI-V	V	Vii	V - VI	VI-VII
Later 3 months	V - IV	V	VII-VI	III - IV	VI-VII

As evidenced by the data table. 1, the most pronounced elimination of anxiety both in persons with medium and high levels was observed in patients of subgroups 2A and 2B. In the subgroup of indigenous-newcomers (2B), although there was a positive dynamics of the studied indicators, it did not lead to their normalization.

In the control group, there was no significant dynamics in the indicators of PN.

For clarity of the results obtained on the study of PN of the surveyed contingent using ART, the data are presented in Fig. 2.



Rice. 2. Dynamics of ART indicators "IMEDIS-TEST" psychological load in the examined different populations

In the 1st group (MG), before the rehabilitation course, PN was 7.48 ± 0.08 points, after exposure to the BRT + EFSK + Bach Flowers complex, it decreased to 5.35 ± 0.18 points, and after 3 months - to 4.64 ± 0.19 points.

The effect of the applied complex is beyond doubt. against this background contributes to the reduction of PN. The observed positive dynamics correlated with the normalization of energy flows, which is confirmed by the BAP testing data.

In patients of the 2nd group (2A), before the course of rehabilitation, PN was 6.35 ± 0.18 points. After exposure to EFSK + BRT + Bach Flowers, PN persisted in 5 patients, after 3 months the indicators stabilized to 5.33 ± 0.14 points. Subsequently, PN increased in 4 cases, which required a repeated course.

In patients of the 2nd group (2B), the indicators observed before the course decreased markedly and by the end of the course of the rehabilitation complex were: 7.44 ± 0.15 points; 7.04 ± 0.09 points; 6.74 ± 0.01 points.

In patients of group 2 (2B), before the course of rehabilitation, PN was 6.34 ± 0.03 points, after the course, PN decreased statistically significantly: 5.47 ± 0.02 points; 3.04 ± 0.01 points.

In patients of the control group (CG), PN indicators were relatively stable: 6.34 ± 0.01 points; 6.02 ± 0.02 ; 6.24 ± 0.04 points.

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When using the "placebo" complex, the PN index practically did not decrease. While in the remaining groups, after the application of BRT + EFSK + Bach Flowers, the overwhelming majority of the examined persons had a lower index, which indicates emotional lability.

Consequently, the use of testing by the ART method "IMEDIS-TEST" and further correction with the help of BRT + EFSK + Bach Flowers, according to the PN testing, contribute to an increase in the level of mental health in practically healthy individuals and patients with CD, as evidenced by a decrease in PN, biological index, an increase in EFI BAP and body reserves, as well as a decrease in the high level of anxiety against the background of an increase in stress resistance and the level of emotional stability, which is accompanied by an increase in the main indicators of the quality of life: well-being, activity and mood.

The tendency for the indigenous peoples of the SU to familiarize themselves with the urban lifestyle forms a system of factors that determine discomfort, primarily at the psychoemotional level.

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