

A new clinical approach to the problem of school phobia, taking into account the diagnostic and therapeutic capabilities of ART "IMEDIS-TEST" and bioresonance therapy
E.G. Avanesova, T.S. Avanesov, L.B. Kosareva, M. Yu. Gotovsky, D.G. Bocharov, E.V. Osipova
(Center for intelligent medical systems "IMEDIS", Moscow)

Over the past decades, the growth of new knowledge in various fields of medicine is so rapid that even experienced doctors sometimes do not have time to apply many modern techniques in their work. At the same time, the doctor is often forced to revise his views on the causes and mechanisms of development of many diseases, which have already been formed in the process of many years of practice. New technologies used by the modern doctor include the methods of vegetative resonance test and bioresonance therapy, which are gaining more and more popularity. These methods use an individual approach to a person, they do not consider individual symptoms, but the body as a whole.

The essence of the applied approaches is as follows. To assess the state of the body as a whole and its individual functional systems, the method of electropunctural testing is used - the vegetative resonance test (ART) "IMEDIS-TEST".

This technique consists in registering changes in the electrical conductivity of the measuring point when a test preparation is introduced into the measuring circuit [1, 2]. The method of bioresonance therapy (BRT) is a treatment with endogenous and (or) exogenous low-intensity electromagnetic oscillations of a strictly defined shape and frequency, causing a resonant response in the body [3].

To solve these problems in the course of this study, we used the hardware and software complex (HSC) "IMEDIS-EXPERT" (registration certificate No. FS 022a2005 / 2263-05), developed at the Center for Intelligent Medical Systems "IMEDIS" under the leadership of Professor Yu.V. Gotovsky.

The aim of this study was to study, using the autonomic resonance ART test "IMEDIS-TEST", the peculiarities of the neuropsychic sphere in children with the symptom complex "school phobia", as well as to analyze the results of treatment of a group of children using bioresonance therapy.

The work was carried out on the basis of the children's city polyclinic No. 81 in Moscow. The main complaints of the examined children were abdominal pain and headache. In children with chronic abdominal pain, a detailed examination in a small percentage of cases (19%) revealed pathology from the gastrointestinal tract (gastritis, gastroduodenitis, gastric ulcer and duodenal ulcer, biliary dyskinesia and cholecystitis), but often objective pathology on the part of the digestive system, which could give such frequent and so intense abdominal pains of which the child complains, was not noted.

The study group did not include children with vegetative-visceral paroxysms, when abdominal pain is an integral part of the paroxysm resulting from diencephalic disorders. The study included a group of children whose abdominal pain occurred in the absence of any organic causes, both from the digestive tract and from the nervous system.

In the foreign literature, an analogue of the familiar term "functional disorders of the digestive system" is the term "chronic recurrent abdominal pain in children" [4-8].

This term is understood as functional disorders of the gastrointestinal tract, in the genesis of which psychogenic, emotional and psychological factors play a significant role [6]. These pains, according to many domestic and foreign authors, can

regard it as a stressful reaction of the child to the situation in the family, school, etc. [4]. Often the child has concomitant symptoms: nausea, vomiting, loss of appetite, stool disorders.

When examining such children, psychologists revealed that the most common problem of psychological origin in children with chronic abdominal pain is the so-called "school phobia" - unwillingness to go to school, fear of school.

This problem arises due to a violation of contact with teachers, peers, incorrect parental response to the child's school problems. An attempt to force a child to go to school causes an increase in abdominal pain, nausea, and dyspeptic disorders [10].

The gastrointestinal tract in humans and especially in children is called the "mirror of emotions". This is the most common way of expressing anxiety, emotional stress [9]. Therefore, the principles of a holistic study of neurocerebral, personal and somatic processes in the child's body are so important for us.

When such a complex psychological symptom complex is formed in children, such as school phobia, a headache is very often a concomitant symptom of abdominal pain. An analogue of the terms used in the domestic literature ("vegetative-vascular dystonia", "asthenoneurotic state") in foreign literature is the term "psychogenic headache in children." At the same time, even from the name it is clear that the psychogenic factor, some unresolved psychological problem, are leading in this structure of disorders.

If abdominal pain among psychogenic disorders is detected in 14.4% of schoolchildren, then headache - in 20.6%, while abdominal pain reaches a maximum in 9-year-old children, and headache - 3 years later -12 years) [8].

Thus, a child of 8-9 years old, suffering from school phobia, will more often complain of abdominal pain, and older children, 11-13 years old, of a headache.

Based on the foregoing, it becomes clear that the leading factor in this complex symptom complex of disorders is psychological, which is very often deeply disguised, since the child does not complain about this or that difficult situation at school, and the main complaints presented by such children are reduced to: "it hurts stomach "or" headache ". When working with such children, in addition to the usual examination plan to exclude possible organic pathology, a detailed psychological examination is necessary.

For this purpose, many experimental psychological techniques (pictogram, self-assessment technique according to Dembo-Rubinstein) are used, aimed at studying the emotional-volitional sphere of the child. However, carrying out such a survey requires a large amount of time, the appropriate setting (which is not always possible in an ordinary city polyclinic) and the child's obligatory interest in conducting the study. This is due to the fact that such children have a symptom of refusal to be examined, which is indicative for them, since the examination can refute the diagnosis "desirable" for the child, which will make it possible not to attend school for at least some time.

The use of the autonomic resonance test methodology when working with children suffering from school phobia has a number of advantages:

1. With the help of ART "IMEDIS-TEST" it is possible to objectively and quickly determine in children the presence of a psychological load and determine its degree and the nature of this load - what prevails in this child - fear, a feeling of loneliness, apathy, or is it just a very vulnerable and sensitive child for whom any seemingly harmless situation at school can become significant).

According to our research, the psychological load of one degree or another is detected in all children without exception suffering from school phobia.

On the basis of the Consultative and Diagnostic Center of the Children's City Polyclinic No. 81 in Moscow, 87 children with chronic complaints of abdominal pain and headache were examined, in whom, during a thorough examination, no pathology of the digestive tract and nervous system was revealed. Considering this fact, the results of a psychological examination, during which significant conflict experiences of children were revealed, as well as conversations with parents, had every reason to assume the presence of a school phobia.

It should be noted that in addition to consulting a neurologist, all children underwent a comprehensive examination, which included: electroencephalography (EEG), rheoencephalography (REG); full detailed diagnostics by the method of vegetative resonance test "IMEDIS-TEST"; an experimental psychological study aimed at assessing the intelligence and emotional-volitional sphere of children. The following methods were used: Raven's test, 10-word memorization method, Kraepelin score, pictogram, Dambo-Rubinstein self-assessment method; Ultrasound of the abdominal organs. In addition, consultations of specialists (gastroenterologist, nephrologist, urologist, ophthalmologist, dentist) and the necessary laboratory tests were carried out according to indications. The results of the laboratory and instrumental studies were clearly correlated with the data

Data on the state of the psychological sphere in the examined children are presented in the table.

table

Психическая нагрузка (степень)	Возраст обследуемых детей с хронической абдоминальной и головной болью (всего 87 человек)	
	8–11 лет (40 детей)	12–15 лет (47 детей)
1-й степени	10 человек	5 человек
2-й степени	12 человек	6 человек
3-й степени	5 человек	14 человек
4-й степени	5 человек	12 человек
5-й степени	5 человек	–
6-й степени	2 человека	–
7-й степени	1 человек	2 человека
8-й степени		8 человек

Distribution of psychological load by degrees in the surveyed children in depending on the age group

As follows from the table, in contrast to children of the younger age group, where the psychological load of 1–2 degrees predominated, in the older schoolchildren, in most cases, the load of 3–4 degrees was tested, and in 8 cases even such a high degree of load as the 8 was determined.

A detailed analysis of the situation at school in these 8 children, as well as in 2 children who were tested for the 7th degree of stress, revealed the most difficult traumatic moments not only in the classroom and school, in relation to peers and teachers, but also a complete absence mutual understanding between the child and the parents.

Indication of psycho-vegetative load using the ART "IMEDIS-TEST" method was tested in all children without exception, and in the older age group, the 3rd and 4th degree of severity of psycho-vegetative burden prevailed. Also, in the majority of children, and in the older age group, all surveyed showed an indication of the tension of the autonomic nervous system of 2 - 3 degrees, and in 11% of children 12–15 years old - 4 degrees. In 6 children (all children of the older age group), according to the ART method "IMEDIS-TEST"

an indication of depressive disorders.

This confirms the available literature data on the significant role of the autonomic nervous system in the pathogenesis of psychosomatic disorders [10].

The autonomic nervous system, under the constant influence of the cerebral cortex, is the main regulator of all physiological processes in the body, including the gastrointestinal tract. In turn, the violation of autonomic regulation leads to somatic disorders. In our case, this is one of the links in a complex chain of abdominal pain with a long-term unfavorable situation for the child at school.

2. With the help of ART "IMEDIS-TEST" each child can conduct a detailed diagnostics for organs and systems of interest to the doctor.

3. ART "IMEDIS-TEST" provides an opportunity for a holistic, integrative assessment of the state the whole body of the child; including: the state of the immune system, endocrine regulation, the content of vitamins and enzymes, which is very important for subsequent therapy. The data obtained using the ART "IMEDIS-TEST" clearly correlated with laboratory and instrumental studies, as well as with the results of an experimental psychological study of the state of children.

Thus, the use of the ART technique made it possible to quickly and with a high degree of reliability carry out the most complicated plan for the examination of the observed children. High diagnostic efficiency, safety, speed of diagnosis, availability, painlessness and harmlessness, objectivity and high reliability are the main advantages of ART.

According to the results of diagnostics by the ART method "IMEDIS-TEST", therapy was carried out using the APK "IMEDIS-EXPERT". The therapeutic effect was carried out taking into account the individual characteristics of the patients and necessarily included bioresonance therapy.

In all cases of treatment of children with the use of endogenous bioresonance therapy, there was a significant improvement in the state: disappearance of complaints, improvement of mood, previously existing loads were no longer tested, positive dynamics were noted on EEG and REG studies, and the indicators of experimental psychological testing improved significantly. As a result of the therapy, it was possible to achieve reliable positive dynamics in all 87 children.

The follow-up was 2 years. All observed children are currently attending school, they do not show any complaints about their health condition, and their academic performance is good.

conclusions

The use of the vegetative resonance test "IMEDIS-TEST" and bioresonance therapy in the treatment of the symptom complex "school phobia" provides the broadest opportunities for quick, reliable diagnosis, adequate therapy and timely prevention of emerging disorders, and also makes available to the practitioner a deep understanding of the etiology and pathogenesis of existing disorders ...

Literature

1. Gotovsky Yu.V., Kosareva LB, Makhonkina LB, Sazonova IM, Frolova LA Electro-acupuncture diagnostics and therapy using the vegetative resonance test "IMEDISTEST": Methodical recommendations. - M.: IMEDIS, 1997. -- 84 p.
2. Gotovsky Yu.V., Kosareva LB, Makhonkina LB, Frolova LA. Electropuncture diagnostics and therapy using the vegetative resonance test "IMEDIS-TEST": Methodical recommendations - supplement). - M.: IMEDIS, 1998. -- 60s.
3. Bioresonance therapy: Methodical recommendations / Meizerov E.E., Blinkov I.L.,

Gotovsky Yu.V., Koroleva M.V., Katorgin V.S. - M.: SPTs TMiG MZ RF, 2000.-- 27 p.

4. Apley J. The child with abdominal pains. - Oxford: Blackwell Scientific Publication, 1975. - 118 p.

5. Berger HG, Honing PJ, Liebman R. Recurrent abdominal pain // Amer. J. Dis. Child. - 1977. - V. 131, no. 12. - P. 1340-1344.

6. Dragomir D., Popescu V. Abdominal chronic dureroc // Pediatria, 1979. - V. 28, No. 3. - P. 193-202.

7. Hughes MC, Zimin R. Children with psychogenic abdominal pain and their families: management during hospitalization // Clin. Pediatr. -Phila). - 1978. - V. 17, No. 7. - P. 569-573.

8. Yamashita F. Psychosomatic diseases in children // Asian Med. J. - 1986, No. 5. - P. 299-301.

9. Schmitt BD Scholl phobia: the great imitator: a pediatriat's viewpoint // Pediatrics. - V. 48, no. 3. - P. 433-441.

10. Veltishev Yu.E. Vegetative-vascular dystonia in children: Methodical recommendations ed. Veltischeva Yu.E. - M., 1987.-- 26 p.

A new clinical approach to the problem of school phobia, taking into account the diagnostic and therapeutic capabilities of ART "IMEDIS-TEST" and bioresonance therapy / E.G. Avanesova, T.S. Avanesov, L.B. Kosareva, M. Yu. Gotovsky, D.G. Bocharov, E.V. Osipova // Traditional medicine. - 2005. - No. 2 (5). - P.4-7.

[To favorites](#)