

Aromatherapy in the treatment of chronic pain syndromes

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SUMMARY

The article proposes a new approach to the diagnosis and treatment of chronic pain syndromes, regardless of nosology, and depending on the psychoemotional constitution of a person and, accordingly, the general functional state of the autonomic nervous system of the body. The diagnostic algorithm and approaches to treatment are considered depending on the imbalance of a genetically significant (priority) complex of vulnerable structures (meridian-organ-emotion).

Relevance

After drug treatment of pain syndrome, the severity of pain decreases, but the chronic aspect often remains, not giving in to further treatment, and a tendency towards chronicity arises. The most often target in conditions of increased emotional stress of the body is the reflex-linked meridian, organ, emotion [2, 3].

This is due to the fact that the occurrence of many pain syndromes is associated with emotional stress. And his treatment requires a special approach, since this is a different level of disorder.

Aromatherapy is a well-known method of using natural essential oils for the prevention and treatment of various diseases, including emotional disorders. Aromatherapy is successfully combined with all known non-drug methods of influencing the human body (acupuncture, manual therapy, massage, physiotherapy, exercise therapy, psychotherapy), as well as drug therapy and is widely used in dermatology, cosmetology, psychiatry.

With the correct and competent choice of essential oils using the muscle test, there are no complications and side effects [5, 7, 8, 9, 10].

Purpose of the study

Evaluation of the effectiveness of aromatherapy in the treatment of chronic pain syndromes, regardless of nosology, and depending on the psychoemotional constitution of a person and, accordingly, the general functional state of the autonomic nervous system of the body [3, 5, 6].

Research methods

1. Visual diagnostics.
2. Cardiointervalography.

3. Muscle testing.
4. Kinesiological diagnostics.

Research material - 120 patients with chronic muscle pain syndromes with a chronic course, in whom standard methods of treatment did not have an effect. At the same time, the study was carried out on 60 healthy subjects. The general functional state of the body's autonomic nervous system was assessed by the method of cardiointervalography.

The development of the pathological process, its course and outcome depend not so much on the damaging pathogenic factor as on the resistance of the organism, the state of its adaptation systems. With their help, compensatory and adaptive mechanisms are realized in the relationship between the human body and the environment [1, 11]. It is known that the balance of the interaction of the sympathetic and parasympathetic divisions of the autonomic nervous system is the main condition for maintaining homeostasis, that is, maintaining the normal state of the regulatory mechanisms of visceral functions and the general functional state of the body. In the light of the systemic approach, the autonomic nervous system is defined as a regulatory, adaptive, self-learning system that exhibits the properties of homeostaticity and regulation [1, 11].

The analysis of the dynamics of parameters of cardiointervalography using the device "name" before treatment and after aromatherapy was carried out. As a result of the treatment, the activity of regulatory mechanisms was assessed, as well as the ratio between the sympathetic and parasympathetic divisions of the autonomic nervous system. The normal state of the emotional sphere is characterized by adequate emotional fluctuations that arise in the external and internal manifestations of mechanical, chemical and energy processes and take place after the elimination of irritation.

A stressful situation is life-threatening, but it is up to the body to overcome it. In a state of stress, the mechanism of activation of the sympathetic nervous system is triggered - muscle tone increases, adrenaline rises sharply, breathing and pulse become more frequent. All of these factors are aimed at overcoming stress and protecting the body. Normally, the higher the intensity of emotional experiences, the more significant the neurohumoral response of the sympathetic nervous system.

A characteristic feature of the method is its non-specificity in relation to nosological forms of pathology and high sensitivity to a wide variety of internal and external influences. The device provides information on the neurohumoral regulation of physiological functions and adaptive reactions of the whole organism.

Considering that changes in the autonomic balance in the form of activation of the sympathetic link are considered as a nonspecific component of the adaptive response in response to various stressful emotional influences [1, 11], one of the methods for assessing such reactions is to calculate the indicator of the activity of regulatory systems. It is calculated in points according to a special algorithm that takes into account statistical indicators, histogram indicators and data from the spectral analysis of cardiointervals. Index

activity of regulatory systems makes it possible to differentiate various degrees of tension in regulatory systems and to assess the adaptive capabilities of the body in a state of emotional stress. These values are expressed in points from 1 to 10.

Based on the analysis of the values, the following functional states can be diagnosed:

1. The state of the optimal (working) voltage of regulatory systems, necessary to maintain an active balance of the body with the environment (norm = 1–2).

2. The state of moderate stress of regulatory systems, when for adaptation to environmental conditions, the body requires additional functional reserves. Such states arise in the process of adaptation to work activity, during emotional stress or under the influence of unfavorable environmental factors (= 3–4).

3. The state of pronounced tension of regulatory systems, which is associated with active mobilization of defense mechanisms, including an increase in the activity of the sympathetic-adrenal system and the pituitary-adrenal system (= 4–6).

4. The state of overvoltage of regulatory systems, which is characterized by lack of protective and adaptive mechanisms, their inability to provide an adequate response of the body to the effects of environmental factors. Here, the excessive activation of regulatory systems is no longer supported by the corresponding functional reserves (= 6–8).

Acupuncture stimulation with aromatic oils activates both nerve endings and other cells located in acupuncture points through chemoreceptors [8, 10].

Treatment was carried out using corporal and auricular acupuncture points [4, 8, 10].

The aromatic oils were selected individually using the muscle test method: a specific oil - a specific emotion - a specific meridian and a specific organ (Fig. 1).



Rice. 1

What kind of smell will eliminate the diagnosed emotional disorder was determined individually by the muscle test method and taking into account the theory of five elements [9, 10]. A set of some essential oils was used [7]. Below is a list and properties of some of the odors used in the treatment of chronic pain syndromes.

Название аромата	Успокаивает	Тонизирует	Гармонизирует
Цитрусовые		+	
Базилик		+	
Вербена	+		
Герань			+
Жасмин			+
Кедр			+
Ладан			+
Сосна		+	
Валериана	+		
Мята	+		
Сандал		+	
Шалфей	+		
Корица	+		
Укроп	+		
Роза			+
Мелисса	+		
Дудник		+	
Розмарин		+	
Бергамот			+
Мимоза			+
Кориандр			+
Мускат		+	
Ромашка	+		
Эвкалипт		+	

The selected essential oil must be applied to pathogenetically significant points of the meridians associated with emotional disturbance, or to the frontal tubercles, rubbing the oil into these points with smooth circular movements until the pain disappears and until the feeling of the same rhythmic pulsation at symmetrical points [10]. With the cutaneous application of aromatic oil, the effect occurs due to the penetration of the essential oil into the blood, into the lymph and, as a result, has a general effect, but the effect on the sense of smell is also preserved [6].

It is recommended to inhale the fragrance at a time when the patient is re-experiencing a stressful situation. The inhalation route is the main one for influencing the mental state [6]. It is associated with the activation of the olfactory analyzer upon inhalation of essential oil vapors. The effect on the sense of smell affects primarily the emotional state and serves as one of the main mechanisms of regulation of the neuropsychic sphere. The psychological aspect of the action of aromatherapy is carried out due to the activation of the structures of the olfactory brain - the hippocampus, hypothalamus, pituitary gland, limbic system and amygdala and other structures, expressed in the effect on the level of the unconscious, where unconscious processes occur. Impulses entering the limbic system and center

sense of smell, affect the neighboring nerve structures responsible for the emotional state. The smell always has an emotional connotation, in which the activity of the limbic system can be traced. The limbic system works in conjunction with the reticular formation and affects the cerebral cortex. The psychological effect of aromatherapy on the cerebral cortex is expressed in the regulation of the conscious level - work capacity, brain activity, the motivational aspect of behavior [6, 7]. Smell memory is formed in situations that have a pronounced emotional coloring, and it does not matter whether these are positive or negative emotions, the strength of emotions matters. Thus, each person has his own smell of love, fear, anger, anxiety, sadness, which corresponds to psycho-emotional constitutions [2, 3, 5, 10].

The discussion of the results

Re-diagnostics of cardiointervalography after treatment showed the state of optimal (working) tension of regulatory systems, which is necessary to maintain an active balance of the body with the environment, i.e. the norm. The intensity of pain after exposure to aromatic oil is reduced by 80-100%.

conclusions

1. The use of aromatic oils by the method of selection with the help of muscle testing for biologically active points located on the meridians or outside the meridians is a faster and more effective method of influencing the body during stress, emotional overload, and chronic pain syndromes.

2. Visual diagnostics, confirmed data cardiointervalography, assesses both the tonic-force response of skeletal muscles to postural load, regardless of nosology, and the general functional state of the autonomic nervous system of the body, which is an objective criterion for the severity of pathology.

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