

The use of electropuncture vegetative resonance test (ART)
"IMEDIS-TEST" for diagnostics of adaptation of oligophrenic morons
to classes in health groups

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The problem of regulation and control of the functional state, psychoemotional status, behavior and adaptation of a person is of interest for various fields of science, medicine and technology. However, the solution to this problem is most socially in demand in relation to a group of people with developmental disabilities who need to adapt their development and their inherent disadvantages, i.e. those who, due to physical or mental defects, have certain disorders in the reception, processing and use of information received from the world around them.

The overwhelming majority of children and adolescents with developmental disabilities are mentally retarded. Mental retardation is widespread throughout the world and accounts for more than 2% of the general child population, of which the overwhelming majority (75%) are children-oligophrenics with mild mental retardation (morons), who by the World Health Organization Expert Committee on Psychohygiene (1967) assigned IQ = 50-70.

Solving the problem of adaptation of children and adolescents with a mild degree of retardation is also relevant for Moscow, where the total number of disabled children in 2003 was about 30 thousand people [1]. Among them, the overwhelming majority (24.1%) are people with disabilities with mental disorders, who have a diffuse organic lesion of the cerebral cortex, manifested in the underdevelopment of all cognitive activity and the emotional-volitional sphere. Morphological changes, albeit with unequal intensity, affect many parts of the cerebral cortex of these children, disrupting their structure and function [2].

Oligophrenia belongs to a large group of diseases associated with impaired ontogenesis (dysontogenia). It is considered as an anomaly with underdevelopment not only of intellect and thinking, but also of other mental functions (perception, memory, attention, speech, motor skills, emotions, will, etc.) and the whole body of the patient. In clinics, which picture of the disease is observed predominant underdevelopment the most differentiated, ontogenetically young functions - thinking and speaking with relative the preservation of evolutionarily more ancient elementary functions and instincts. Most of all, this feature appears in oligophrenics in the weakness of abstract thinking, inability to generalize. In the history of patients with oligophrenia, there is a delay in physical and mental development.

Treatment of oligophrenia is conditional and is aimed not so much at eliminating the defect as at preventing its development and progression.

In recent years, more and more often one can hear the opinion that not in all cases of a mild degree of mental retardation it is possible to find a lesion of the child's cerebral cortex.

Differing from each other in a variety of ways, children and adolescents with mild mental retardation have a number of common characteristics,

which can be traced to all of them. This is a violation of the system of mental activity and a delay in mental development, and the impossibility of comprehending the meaning of objects. In physical development, they are weakened, nervous, irritable. They do not know how to communicate with their peers, do not know how to perceive verbal instructions, do not know how to act in imitation and image. There is a violation of motor skills and visual-motor coordination, as well as a violation of prolonged concentration of attention. Sensory development in this category of children lags significantly behind in terms of formation. They do not have, in comparison with a normal person, the functional unity of sensory information, behavioral reactions and an intracerebral process connecting them [3]. In this regard, we can talk about the underdevelopment of the functional systems of the brain and the decreased activity of the paired work of its hemispheres.

The adaptation of a moron to changing environmental conditions is considered as the regulation of his functional state, which ensures the maintenance of physiological equilibrium in various systems of the body in response to a variety of external and internal stimuli, which is necessary to achieve optimal vital activity.

The functional state is considered as a multilevel systemic interaction, which includes levels: physiological, psychological, emotional, etc., the optimal interaction of which determines the purposeful behavior of a person [4]. As factors that can be used to correct the functional state of the body, the ability to self-regulation and self-organization is distinguished, which allows the formation of new stable physiological and psycho-emotional states of the body. These factors, as pointed out by I.M. Sechenov and I.P. Pavlov, are associated with ascending afferentation and the role of afferent influx in the organization and development of the brain, as a necessary factor in its phylo- and ontogenetic evolution. A completely special significance of the afferent influx into the central nervous system from the motor apparatus was revealed, which at the early stages of ontogenesis is the leading natural mechanism of the development of the brain and its functional systems, which determines the structural and functional maturation of the brain [5]. At the same time, an increase in muscle tone can form sensations that can be used to increase the efficiency and activity of mental processes. This was the rationale for the use of general health games with a ball for the adaptation of an oligophrenic moron in communication with healthy children.

Therefore, it is relevant to create for oligophrenic morons not only special conditions of adaptation aimed at correcting and regulating their inherent shortcomings, but also to use modern methods diagnostic studies, which allow in the express-diagnostics mode to observe changes in the functional state and in a timely manner either change or continue the adaptation process. In this regard, the objects of diagnostic examinations described in this article are children with mild degrees of mental retardation.

The latest achievement of domestic medicine in the field of non-invasive methods for diagnosing the human body, its functional systems is the method of electro-acupuncture vegetative resonance test (ART) "IMEDIS-

TEST "[6]. In addition to diagnostic tasks, this method reliably identifies a variety of etiological factors and studies the complex pathogenetic mechanisms of the development of any pathology, the causes of the onset and development of any form of nosology.

The aim of the work is to present the results of diagnostic examinations of the adaptation of moronic oligophrenics to classes in health groups by the method of electro-acupuncture vegetative resonance test (ART) "IMEDIS-TEST".

Research methods

1. Theoretical analysis of literary sources.
2. Conducting computerized electropunctural diagnostics using the ART method in accordance with the established technology.
3. Carrying out measurements of the electrical conductivity of the skin BAZ by lead hand-arm and measurements of electrical parameters of points of the hypothalamus located on the meridian of the endocrine system (TR 20) by the method of electropuncture diagnostics according to R. Voll [7].

Organization of diagnostic studies

The introduction of a 12-year-old adolescent with a clinical diagnosis of mild mental retardation in a sports and health-improving group of healthy children aged 9 to 14 years. Classes in the group were held from September 24, 2007 to 05/21/2008 2 times a week in a temporary mode of physical education lesson. The training program included sports ball games for 30 minutes. in a closed room, followed by swimming in the pool for 40 minutes. The control of the functional state of the child was carried out by the diagnostic method of ART "IMEDIS-TEST" before the beginning of classes, after sports games with a ball in the hall and after classes in the pool. From time to time they were given the opportunity to play table tennis, first with a coach, and later with peers from the group. As a result of constant diagnostic examinations, a picture of the psychological and physical adaptation of an adolescent with a mild degree of mental retardation was formed.

As an adaptation criterion, functional or potential adaptive reserves were used as the body's ability to respond to the proposed stimulus (physical, psychological, mental stress, etc.), which were determined using the frequency drugs VA and EV.

This article presents the results that have been tested with a reliably positive effect.

Tasks to be solved

To study the dynamics of a comparative change in the general characteristic signs of an oligophrenic - a moron, engaged in a health group, with the results of express diagnostics of a psychological state after dosed physical activity by the method of electropunctural vegetative resonance test (ART) "IMEDIS-TEST".

The discussion of the results

Dynamics of changes in the adaptive reserves of the functional state

organism in the cycle of the educational and pedagogical process of the health group made it possible to establish that after the exercises with the ball, the values of the adaptation reserves were constantly higher than before the beginning of the classes by an average of 2 units. By the end of the training cycle, they tended to increase their values and, accordingly, before the training, the adaptation reserves were 2 tbsp. and after classes 4 tbsp .. At the same time, the dynamics of change had a wave character with a reliable tendency to increase the results.

An analysis of the comparative results of the type of nonspecific activity of the organism and the tone of the autonomic nervous system to stressful effects as the general reactivity of the organism to changes of an adaptive nature, which is always aimed at adaptation to changing environmental conditions, showed that there is no definite relationship between these parameters. So, the mental state is characterized by a mental load of 1 or 2 degrees (hyperergic reaction), and the reactivity of the body with these indicators can be normal (normergia) or insufficient (hypergia). This can be explained by either low physical activity or an inadequate response from the autonomic nervous system (ANS). This is confirmed by the results of testing the person diagnosed after overfatigue by engaging in complex physical activity: ball game followed by swimming in the pool. So, overwork contributed to a decrease in adaptation reserves from good 1 tbsp. for 4 USD up to the indicators of adaptation reserves average 1 tbsp., at the same time an increase in the form of a burst or paroxysm of the value of mental load to the value of IV tbsp. (stress state of resistance according to G. Selye [8]) and an insignificant increase in the general reactivity of the organism to values of 87 cu, ie. a slight reaction of an increase in the tone of the ANS. The indicator of psychovegetative load reacted to the state of overwork of the organism, as a result of the influence of an external factor in the form of a reaction of the mental state to the current situation [9]. Along with this, the psychological load as a result of the impact of an external traumatic factor was 5 cu. In 3 days before the next session of the training, the diagnosed person was tested: the indicator of adaptation reserves is good, 1 tbsp .; psycho-vegetative load; weak severity of psychovegetative burdening 1 c.u .; psychological load 3 cu; mental state characterized by mental stress I-II st., As a predominantly hyperergic reaction (stress state of anxiety according to G. Selye).

If we talk about the body's reaction to a psychological factor, then we must say about the threshold of sensitivity to this factor, which also changes from the time of exposure to the body and may be the body's response. In our diagnostic studies, the threshold of sensitivity to the psychological factor is paroxysms of functional or potential adaptation reserves, obtained as a result of diagnostic studies.

Analysis of the research results showed that the dependence of the change in the psychological load on the duration of the seasonal cycle of classes in the health group has a wave character, while the values of the psychological load significantly decrease by the end of the cycle of classes from 4 conventional units. at the beginning of the cycle up to 1 c.u. in the end. At the same time, the indicators of functional adaptation reserves were of good value 5 tbsp.

The diagnostic examination showed that in the middle of the sports and health cycle before morning classes, with a positive test for psychological stress, which was \$ 3, Dr.R. Martin's preparations are tested to resolve today's conflicts: 2 - energy flow (muscle tension); 27 - strong tension to calm down; 41- clear memory - to improve the assimilation of information from outside; 70- self-belief is the ability to recover. Along with this, on the day of solving unconscious deep psycho-emotional problems, a drug from the Bach Flowers group is being tested- a remedy for uncertainty: the path of self-forgetfulness - physical exercises cause great pleasure, decision-making is difficult, reacts uncertainly to the demands of life. According to the described methodology for diagnosing the cerebral cortex [10], the right lateralization of the hemispheric asymmetry of the brain was tested prior to the beginning of the exercise throughout the sports and health cycle.

conclusions

Classes of an oligophrenic moron in a health group together with healthy children improves his psychological state and adaptation to changing environmental conditions.

The oligophrenic moron developed psycho-emotional stability and coordination of movements, which is confirmed by the team game of ball and table tennis.

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