

The effectiveness of treatment for pregnant women at risk,
using ocular color therapy and bioresonance therapy

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Recently, the number of autonomic dysfunctions in pregnant women has been increasing, which is associated with changes in the endocrine status of women, as well as the instability of life, economic conditions, psychoemotional stress, environmental and other factors. The basis of the pathogenesis of autonomic dysfunctions in pregnant women is a violation neurohumoral regulation of various body systems. Their clinical picture in pregnant women is quite polymorphic. They may have unstable high and low blood pressure, changes in the rhythm of the tachy and bradycardic forms, shortness of breath of a functional nature, dysfunction of the gastrointestinal tract, changes in appetite, sleep disturbances, deterioration of mood, headache, dizziness.

In the sanatorium "Biryusinka plus" over the past 5 years, sanatorium treatment has been carried out for 750 pregnant risk groups. Their average age was 25.4 years, anamnesticly 328 (43.7%) patients were primiparous, 422 (66.3%) had one or more births in the anamnesis. Of these, 152 (20.3%) patients had previous births by caesarean section. Anemia of pregnant women occurred in 105 (14%) patients, manifestations of preeclampsia of various severity and duration - in 473 (63.1%). 302 (42.7%) women had extragenital pathology, 210 (28%) had an unfavorable course of the previous pregnancy.

Among the patients, two homogeneous groups were allocated by the method of randomization. The comparison group consisted of 105 women who received standard sanatorium treatment. The main group included 115 pregnant women who received selective color therapy and bioresonance therapy as an additional therapeutic factor.

The standard treatment for pregnant women included both natural and artificial physical factors, as well as: dietary nutrition, medical protective regimen, exercise therapy, massage, methods of psychocorrection psychoprophylaxis and using audiovisual relaxation and art therapy. Usage natural factors in pregnant women are implemented in the form climatotherapy.

For the correction of autonomic dysfunction in pregnant women of the main group, the technique of transorbital selective chromotherapy from the device Teterina ACT-02 and bioresonance therapy on the hardware and software complex "IMEDIS-FALL". Color exposure was carried out in 4 with each color, in turn on each eye. The total duration of chromotherapy per eye was 5 minutes, the total duration of the procedure was - 10 minutes. The brightness of the glow was set, focusing on comfortable feelings of patients. The device automatically switched colors during the specified time of the procedure. At the end of the procedure, the patients were advised to close their eyes; at this time, the device was turned off from the network and the glasses were removed.

Bioresonance therapy was performed along the meridians of the MP, KR, LF, END, NS.

The procedure was carried out twice a week, from 20 to 40 minutes, focusing on improving performance.

Upon admission and after the course of treatment, all pregnant women were examined for their health status using a vegetative resonance test.

Primarily, more than 93% of women had peripheral dysfunctions and 87% had central nervous system dysfunctions. The function of the autonomic nervous system was increased in more than 77% of patients and decreased in 19%. The results of the examination before treatment were not significantly different in the groups.

As a result of complex sanatorium treatment, all the patients had improved diagnostic indicators using the ART method. However, in the group receiving selective chromotherapy and bioresonance therapy, they were significantly better.

Thus, a decrease in increased autonomic reactivity in the main group was observed by 45.2%, in contrast to the comparison group, where a similar indicator changed by 28.5% ($p < 0.01$). Improvement of peripheral NS indices in the main group occurred by 75.6%, which was more than in the comparison group - 58.1%. Placental circulatory disorders decreased by 16.2% in the comparison group and by 19.5% in the main group ($p < 0.05$). The study revealed the effectiveness of the effect on the body of pregnant women using selective chromotherapy and bioresonance therapy.

The study of ultrasound and USG data was carried out in 30 patients of the main and 30 patients in the comparison group. An improvement in the dynamic parameters of blood flow, a decrease in the manifestations of fetal hypoxia, the absence of excessive uterine tone, and a decrease in the signs of placental insufficiency that took place were revealed. Significant differences in the groups were revealed in terms of blood flow dynamics and signs of placental insufficiency. Thus, in the main group, an improvement in blood flow was observed in 25 (83.3%) patients, in contrast to the comparison group - in 21 (70%) (p between groups < 0.05), an improvement in the state of the placenta - in 28 (93.3%) of patients in the main group, and in 24 (80%) - in the comparison group (p between groups < 0.05).

Long-term results of treatment were assessed based on the results of childbirth and the postpartum period. Complications included premature birth, bleeding during labor and the early postpartum period, premature detachment of the normally located placenta, acute fetal hypoxia, and abnormalities of labor. Anamnestic study of labor was carried out in 80 patients in the main and 78 patients in the comparison group. Complications of childbirth occurred in both groups of patients, in the main group they were $28.8 \pm 3.2\%$, in the comparison group - $34.7 \pm 2.3\%$, the difference was significant ($p < 0.05$). Abdominal delivery occurred in 6 (7.5%) patients of the main group and 9 (11.5%) patients in the comparison group. Thus, the percentage of complicated labor in the main group was significantly lower.

Assessment of the functional state of newborns according to the Apgar scale showed a significant predominance of children with moderate asphyxia in the comparison group, 4.39 ± 0.71 , and in the main group, the average Apgar scores were 5.87 ± 0.82 , which was significant ($p < 0.05$).

Based on the above, conclusions can be drawn about the effectiveness

the use of bioresonance therapy and selective chromotherapy in the treatment
pregnant women at risk with manifestation autonomic dysfunction and
recommend a combined usage techniques for practical
application.

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