

## Some issues of prevention and treatment of mastopathy

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Mastopathy is a violation of the structure of the mammary gland associated with the proliferation of connective tissue in it and the appearance of cysts in its glandular stroma (cystic fibrous dysplasia).

Today mastopathy is one of the most pressing medical problems, the complexity is determined by the many internal reasons for the development of this disease.

The lack of a unified point of view on the etiology and development of this group of diseases of the mammary glands gives rise to the use of various, often opposite, methods of allopathic, including hormonal treatment. This brings great benefits to homeopathy and BRT as regulatory treatments. We assign an important place to diagnostics according to R. Voll and ART when identifying the causes of changes in the mammary glands, when selecting homeopathic remedies, and along the way when identifying "weak points" in the body, which paved the way for the development of the disease.

In modern studies, it has been proven that tissue changes, even with a local form of mastopathy (when in FCM, sectoral resections or exfoliation of cystic formations are performed) always occur in the entire gland, moreover, in both mammary glands.

Mastopathy is "not very lucky" in homeopathy either: most of the information in the classic Materia Medica manuals concerns the problems of lactation and mastitis, breast tumors. For the treatment of mastopathy, many homeopathic preparations are used and they can be conditionally divided into several groups, based on the etiology of the disease:

1. Chronic deprivation increases the incidence of mastopathy in several times, in homeopathy, in this case, the drugs *Phytolacca* and *Ignatia* are used first.

2. An obvious risk factor is hepatopathy and cholecystitis (*Pulsatilla*, *Lycopodium*).

3. Of great importance in the development of the pathological process is induced abortion as damage to the endometrium (*Arnica*), psychological and hormonal trauma. At the same time, the persistent corpus luteum continues to produce progesterone, which suppresses the luteinizing hormone of the pituitary gland. Disinhibition of follicle-stimulating hormone occurs, the level of estrogen rises, leading to an increase in proliferative processes in the mammary glands.

4. Hypothermia (*Bryonia*, *Hepar sulph.*, *Phytolacca*, *Silicea*, *Ferrum phosphoricum*).

5. Injury of the mammary gland (*Conium*, *Arnica*, *Bellis perennis*).

6. Hypothyroidism - in this case, therapy with microdoses of iodine in an allopathic medicine often has a healing effect, but fraught with danger for the thyroid gland (*Conium*, *Graphites*, *Digitalis*).

7. Homeopathic practice indicates that mastopathy is often develops after surgical removal of the ovaries, uterus, or intervention on the thyroid gland (*Arnica*, etc.).

8. A special place is occupied by Cimicifuga (melancholy, introversion, emotional lability, deterioration before menstruation).

9. In the background, when treating mastopathy, you should always remember about the need for testing with possible further use of Medorrhinum and Carcinosinum drugs in the treatment regimen.

Allopathic therapy has practically no specific drugs for the treatment (and prevention) of mastopathy. The treatment is supposed to be carried out for a long time, and its object is the individual syndromes identified as a result of the examination (hypo- or hyperestrogenemia, hypo- or hyperthyroidism, etc.).

Today we can say that allopathic therapy cannot actually deal with specific prophylaxis and treatment of mastopathy, and homeopathy has a great advantage against this background. Her methodological approach considers the pathology of the mammary glands in direct connection with other endocrine disorders and constitutional signs of the body.

Chiropractors in patients with diagnoses of "mastopathy" most often (up to 60% of cases) also reveal the following pathobiomechanical disorders: shortening of the pectoralis major and minor muscles, coracobrachial muscles (flexors and adductors), which lead to internal rotation of the shoulder joint, kyphotic installation chest and promote compression of the thoracic duct in the projection of its confluence into the subclavian venous angle. Compression of the thoracic duct leads to valve failure at the level of lymph-venous anastomoses and phenomena of retrograde lymph flow, tissue flooding, fixation of fascial sheets, which blocks the motor function of superficial axillary and subclavian lymph nodes (which drain up to 60% of lymph from the mammary gland).

Externally, lymphodynamic disorders give smoothness of the supra- and subclavian areas, axillary depressions. Palpation reveals soreness, limitation of the mobility of surface tissues, their swelling, severity from hypomobile axillary lymph node to fibrous formations in the mammary gland.

To date, a soft tissue technique has been developed and successfully applied in these biodynamic corrections lymphodynamic and pathobiomechanical disorders. Correction is usually carried out in 3 stages:

1. Layer-by-layer mobilization of integumentary tissues (in the projection of supra- and subclavian regions, in the axillary region, etc.) to prepare the subclavian veins to receive additional flows of vascular and interstitial fluids.

2. Relaxation of the pectoral muscles to eliminate compression of the thoracic duct at the place of its confluence with the subclavian veins.

3. Relaxation of the diaphragm to improve the suction function of the chest cells.

In addition, patients must \_\_\_\_\_ medical techniques are carried out, aimed at strengthening the muscles of the back, a set of therapeutic exercises is prescribed.

In addition to the above methods, a combined version of bioresonance therapy with the help of APK "IMEDIS-EXPERT" was used. Testing of programs and frequencies taken for treatment was carried out using the ART and EPD methods according to R. Voll.

Used:

- a) endogenous BRT according to strategy IV;
- b) exogenous BRT through the frontal electrodes according to the program "muscle relaxation", "rest", "endocrine regulation", exogenous BRT with using the effect "regulation of the lymphatic system".

Positive results were obtained in the complex treatment of diffuse mastopathy in patients with severe pathobiomechanical disorders and in two cases of treatment of post-traumatic hematomas of the mammary gland.

Homeopathy, manual therapy and bioresonance therapy are environmentally friendly and unique complex for treatment pathobiomechanical and lymphodynamic disorders supporting the pathological circles of the pathogenesis of cervicothoracic dorsalgia and mastopathy.

An individually selected homeopathic preparation, a special training course in therapeutic gymnastics, courses of bioresonance therapy (programs "Peace", "Endocrine regulation" and other frequencies tested and selected for a specific patient, as well as sessions of endogenous bioresonance therapy) allow to provide primary and supportive treatment, secondary prevention of mastopathy.

In any of the following cases \_\_\_\_\_ patients \_\_\_\_\_ was carried out the above treatment after consulting a mammologist and excluding cancer.

#### Clinical example 1

Patient S., 48 years old. She complained of pain in the left mammary gland, its swelling and pain in the cervicothoracic spine. The pain appeared after falling on the back of the chair, and the blow fell on the left mammary gland. The fall occurred from a height of human growth, after being caught on an object lying on the floor. On examination: the mammary gland is enlarged, painful, hematoma 5 by 4 cm is visible. Diagnosis: Cervico-thoracic dorsopathy, muscle-tonic syndrome, left hematoma breast. When tested according to R. Voll: high indicators on the points of the mammary glands (76 units), on the meridian of the lymphatic system (70 units). The following treatment was performed:

1. Homeopathic medicine ARNIKA 6 3 times a day, 7 globules sublingually.
2. Every other day, 2-3 leeches on the hematoma area (3 sessions).
3. After 1-2 days, 5 sessions of bioresonance therapy (types of therapy listed above, at each reception the need for a particular program and a separate frequency was tested).
4. Layer-by-layer mobilization of superficial tissues in the projection of supra- and subclavian areas, in the axillary area, around the breast.

The pain in the mammary gland disappeared at the first appointment, the patient was left with a feeling of fear, the hematoma resolved completely within 7 days. The indicators on the points of the mammary glands and the lymphatic system returned to normal by the end of the third week.

#### Clinical example 2

Patient D., 45 years old. She complained of pain in the mammary glands, headaches, pain in the cervicothoracic spine, heaviness after sleep, constant fatigue. Official diagnosis: diffuse mastopathy, hypertension 2a tbsp.

On examination of the chest: upper aperture syndrome, thoracic kyphosis, pronounced rotation of the shoulder joints, shortening of the pectoralis major and minor, clavicle elevation, hyperlordosis of the lumbar spine and craniocervical junction, smoothness of the thoracic kyphosis. Compaction, smoothness and soreness of tissues in the subclavian, axillary areas, skin-subcutaneous-fascial fixation in the diaphragm (more on the right), liver and 12 ribs (kidney zone). 43–42 units, at the points of lymph outflow - 37–42 units, at the points of the liver

- 44 units, on kidney points - 63–64 units. etc. ART diagnostics revealed acidification of the environment of the 2nd degree, electromagnetic and geopathogenic burdening of the 2nd or 3rd degree. TO the above diagnoses added: cervicothoracic dorsopathy, cervicobrachialgia, exacerbation of chronic pyelonephritis.

The following treatment was performed:

1. Several homeopathic remedies were used in the treatment:

Phytolacca, Bryonia, Actea rasemosa, etc.

2. In several stages, the correction of lymphodynamic and pathobiomechanical disorders (see explanations for the method above).

3. Particular attention is paid to nutritional correction (excluded rich broths, excess carbohydrates in the form of baked goods and easily digestible carbohydrates, fatty, fried, excess pickles and canned foods, large quantities of steamed vegetables, first courses, digestible carbohydrates).

4. Medical gymnastics with manual elements has become compulsory.

therapy and dancing, swimming pool.

5. Conducted 10 sessions of BRT (modes changed in the course of change the patient's condition, see above).

The patient felt an improvement in her condition immediately at the reception, later complaints about pain in the spine, lumbar region completely disappeared, complaints about morning sickness and constant fatigue disappeared. Urine indicators have normalized (there is no protein), blood is normal, after normalization of sleep and diet, the pressure is stable (120-130 / 80 mm Hg). To date, the patient continues to adhere to the normal regimen proposed to her, is engaged in therapeutic gymnastics, and follows the recommendations for carrying out the fascial skin technique in the subclavian and axillary regions in order to maintain tissue mobility. Once every 1.5–2 months he comes for control testing according to R. Voll and ART. On mammography, changes in the direction of a decrease in the number of small seals. Follow-up for over a year, stable remission.

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