Hypertonic disease. An integrated approach to diagnosis and treatment

E.N. Kayumova
(Mozyr, Belarus)

Among the diseases of the cardiovascular system, hypertension (HD) is one of the most serious problems of modern medicine. It is a chronic disease characterized by persistent or nearly
a constant increase in blood pressure (BP). Unlike other forms of hypertension, an increase in blood pressure in hypertension is not a consequence of diseases of other organs, but is due to a dysregulation of blood pressure.

The main reason for the development of hypertension and the factor determining its further development is the overstrain of the nervous system with emotions. As a result of strong excitement, shock, excessive mental stress, and in healthy people there are many different reactions from the body, including an increase in blood pressure (BP).

In the initial period, in addition to an unstable increase in blood pressure, GB can manifest itself as periodic headaches, palpitations, sometimes pain in the heart and a feeling of heaviness in the back of the head. Later, as the disease progresses, when the increase in blood pressure becomes more persistent, dizziness, a feeling of numbness in the fingers and toes, rush of blood to the head, “flies” in front of the eyes, poor sleep, and fatigue appear.

Over time, humoral mechanisms begin to play a significant role in maintaining high blood pressure, i.e. mechanisms that affect the vital activity of the body through hormones and some other active substances that enter the bloodstream from organs and tissues. Such regulation, in contrast to purely nervous mechanisms, creates long-term, more stable states, and therefore the increase in blood pressure becomes even more stable. In this way, the transition of emotionally conditioned hypertensive reactions into a chronic disease is formed.

An increase in blood pressure in an adult does not always indicate the presence of hypertension, it may be arterial hypertension (AH).

Distinguish between primary and secondary arterial hypertension. Primary hypertension - high blood pressure only in hypertension. Secondary hypertension is an increase in blood pressure that is not associated with essential hypertension and is one of the symptoms of other diseases. Such diseases (for example, inflammation of the kidneys, damage to the renal vessels, dysfunctions of some endocrine glands, etc.) often occur latently, and the detection of hypertension is their first manifestation.

Chronic increase in blood pressure directly depends on a decrease in the excretion of sodium chloride by the kidneys. it is in the kidneys that those structures are concentrated that, under certain conditions, contribute to a steady increase in blood pressure.

An important role in increasing blood pressure is played by the tone and quality of blood vessels, in particular, the presence of atherosclerosis. It is believed that cholesterol is the cause of atherosclerosis. in the affected areas of the arterial wall, an accumulation of cholesterol is always found along with cells and fibers of fibrous (scar) tissue. However, it is not. Cholesterol cannot be considered the main cause of atherosclerosis, because he is in large numbers

produced and contained in organs such as the brain, adrenal glands. It is part of the membranes of the vast majority of cells in a living organism. Very rich in cholesterol and adipose tissue.

In the human body, cholesterol is exposed various transformations. In this case, they can form - depending on metabolic processes- such cholesterol compounds (mainly with substances of a protein nature), in the composition of which its penetration into the vascular wall is facilitated. In such cases, the serum cholesterol concentration is elevated.

Changes in individual sections of the arterial wall are due to a deviation in the biochemical processes taking place in it. And in the future- the development of fibrous (scar) tissue in these areas and the accumulation of cholesterol and some other substances in the same areas.

The main laboratory of the body is the liver. It takes part in the metabolic process, blood proteins are produced in it, it becomes the first barrier on the way to poisons and toxins. But if the functions are dysfunctional, the liver ceases to properly purify our blood. And then the entire human body is attacked by poisons and toxins, and, first of all, the blood vessels. Blood saturated with toxins feeds our brain, which begins to send distorted signals for the work of organs, a failure occurs, and this sooner or later leads to the onset of disease.

Another important factor to consider is blood viscosity. Blood plasma contains 90% water, which mainly comes from the digestive system. If a person drinks little water, over time his blood thickens, it becomes more difficult for it to circulate through the vessels, which leads to many disorders (eg, thrombus formation), including an increase in blood pressure.

Thanks to the IMEDIS equipment, we have the opportunity to trace all the pathological processes occurring in the body and identify the causes of the disease.

When diagnosing, attention is paid to the presence of:

- loads - RA, EN, and, especially, psychological;
- work of the cardiovascular system, kidneys, adrenal glands (the level of the hormone norepinephrine);
- liver function, blood viscosity;
- diseases of the endocrine system, hormonal background ("juvenile" (adolescent) hypertension);
- hereditary predisposition.

For treatment, endogenous bioresonance therapy, exogenous bioresonance therapy with fixed frequencies, private and general BR drugs are used.

In order to relieve emotional stress, induction programs were individually selected; in some cases, drugs were prescribed that had a calming effect on the central nervous system. Good results were obtained in combination with hirudotherapy, due to which blood microcirculation improves, the prothrombin index decreases, i.e. changes in blood viscosity.

However, the most important task in the treatment of hypertension is to maintain blood pressure at a favorable level for a particular patient,

limiting, as far as possible, its fluctuations in the direction of both an increase and a sharp decrease. Excessive lowering of blood pressure is undesirable and unsafe, because can cause disturbances in the blood supply to the brain, heart muscle, kidneys.

Conclusion: the diagnosis and treatment of hypertension must be approached comprehensively, taking into account all possible factors.

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