

## Clinical manifestations of headache of toxic etiology and vegetative resonance test data

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### Introduction

Headache is one of the most complex and controversial problems in neurology and one of the most frequent complaints of patients. Every year 90% of women and 83% of men complain of headache, its frequency reaches 200 cases per 1000 population [1, 2, 3, 8, 9]. They do not always depend on the suffering of the nervous system. Many diseases of internal organs, cardiovascular system, paranasal sinuses, various exogenous and endogenous intoxications, neuroses, organic diseases of the nervous system, tumors are accompanied by headaches [2, 4, 5, 6, 7, 10, 11]. Of particular difficulty in diagnosis and therapy is headache due to exogenous and endogenous intoxication. Exogenous and endogenous intoxication that affects the body includes industrial toxins, toxic substances, medications, bacterial, viral, mycotic toxins. The headache of toxic genesis is one of the torpid ones, is persistent, long-term in nature, causes difficulties in making a diagnosis, identifying the causes of the disease and prescribing effective therapy [2, 7, 8, 9, 10].

In the history of the disease, patients sometimes note the presence of an acute episode of toxic effects, the sudden appearance of focal neurological symptoms. The emergence and growth of para-hemi-tetraparesis, vestibuloatactic syndrome, cephalgic syndrome. In other cases, there is a gradual onset, blurred focal neurological manifestations. The presence of severe infectious and inflammatory diseases, accompanied by the intake of a large number of antibiotics, may be noted. Cephalgic syndrome can develop both gradually and suddenly. Most often, patients cannot tell exactly how the disease arose, associate it with some life events. This form of the disease presents difficulties in making a diagnosis, identifying cause-and-effect relationships. Such patients quickly develop social maladjustment, despite delicate neurological symptoms. As a rule, treatment is carried out according to the schemes of cervical osteochondrosis, cerebrovascular disease, vegetative dystonia and is ineffective.

The verbal characteristic most often used by patients when describing a headache is constant, splitting, throbbing, exhausting, piercing, nauseous, "cannot take my head off the pillow," excruciating. May be accompanied by noise. The noise is described as moderate, turning into a hum with heaviness in the head, growing to the feeling that "the head is on fire and splitting", an increase and decrease in blood pressure, accompanied by vegetative manifestations, cold snap

limbs, a feeling that all the skin is "on fire" or a tingling sensation in all the limbs. Patients have decreased or no appetite. Their motivation decreases, cardiovascular manifestations of pathology appear: an increase and (or) decrease in blood pressure,

heart palpitations (less often slow - "heart stops"), chest pain, pulsation of the vessels of the head.

The course of the headache is constant over the years. Patients' quantitative assessment of headache intensity according to VAS - 10 points.

Changes character patients, appears irritability, anxiety, intermittent panic attacks, anxiety occur, tearfulness, suspicion, aggression, quick mood swings, fatigue. Sometimes patients do not seem to "feel their body", they are afraid to go out into the street without an accompanying person. They have difficulty making decisions. Patients are capricious, note the inability to relax, are in a state of depression, at the height of the headache they talk about suicide.

Sleep disturbances occur. Shallow sleep, often wake up, cannot fall asleep for a long time.

The response to the therapy is minimal. The remission duration is short - from 1 to 2 months. Over time, the therapy becomes less effective, the headache becomes more intense. Additional vegetative disturbances are added. The patients

take more than ten medications at the same time, resulting in side effects from the gastrointestinal tract. Headache, against the background of taking a large number of medications, becomes abusive.

In a study using the ART method, psychological stress is first detected, mesenchymal blockages 2, 3 layers, toxic load with exogenous and endogenous toxins, disruption of the endocrine system, impaired immune system, bacterial, viral, drug, chemical, and lymphatic system toxins are tested. Hormonal changes are manifested in the form of an excess of norepinephrine, less often

- adrenaline. A decrease in acetylcholine is sometimes tested. Changes determined in the following organs: hypothalamus, corpus callosum, reticular formation, cerebellum, cerebral hemispheres, pia mater, dura mater, cranial nerves (usually 8 pairs), vascular system, spinal cord, spinal roots, kidneys, liver, pancreas, stomach, duodenum. These changes, as a rule, are of chemical, drug, bacteriological, viral, mycotic origin. Violations of cholesterol metabolism are tested in the form of a decrease or (more often) an increase. When examining the hard and soft meninges, connective tissue insufficiency, adhesion process are revealed. Amyloidosis, hyalinosis of cerebral vessels are being tested. Discirculatory foci are formed in the tissues of the brain and spinal cord.

The selection of drugs is more efficiently carried out with the help of A.A. Ovsepyan's chains. The ART method allows you to identify the leading organs, consistently identify the state of their metabolism and changes in the systems interacting with them, carry out the appropriate correction and write down the drugs. Then we similarly act on foci of chronic infection. We carry out detoxification

therapy by selection of drugs, fixed frequencies. Exposure to fixed frequencies allows you to quickly reduce psychotic, neurasthenic reactions, intensity of headache, vegetative manifestations. The number of medications the patient receives is reduced. As soon as regression of the cephalgic syndrome is observed, the patient's anxiety, depression decreases, confidence and motivation appear. BRT must be combined with the normalization of work and rest. Working conditions, occupational hazards are identified. If the patient works in a production facility with toxic effects, recommendations are given to change his job. Requires nutritional correction, sufficient water consumption (at least 2-3 liters per day). Against the background of regression of cephalgic, autonomic syndromes, elimination of foci of chronic infection, it is possible to attach Strelnikova breathing exercises, therapeutic physical education, swimming, water hardening procedures.

#### conclusions

A headache of toxic genesis is one of the manifestations of damage to the entire human body. The toxic effect on the body is systemic, increasing in the number of affected organs, continued over time.

Headaches of toxic genesis are characterized by a protracted course. There is an aggravation of the cephalgic syndrome in time according to the degree of intensity.

The ART method allows identifying causal relationships and conducting adequate pathophysiological therapy. What helps to reduce cephalgic, autonomic, astheno-neurotic, depressive syndromes, focal neurological symptoms, elimination of foci of chronic infection with subsequent social adaptation of patients.

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