

An integrative approach in the treatment of pathology of the circulatory system in patients of older age groups

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The relevance of the problem, which is considered in this article, is due to the aging of the working-age population and the relative increase in the number of people in older age groups, which is observed in many civilized countries, including Ukraine [1].

According to the classification of the International Labor Organization (ILO), persons aged 45 and over are classified as elderly workers [2]. In most countries, the average age of the category of workers is constantly increasing. According to the ILO forecasts, by 2025 the percentage of people aged 55 among the population will be: in Europe - 32%, in North America - 30%, in Asia - 21%. In Ukraine, today people of retirement age make up about 25% of the total population [2].

WHO statistics indicate that among the causes of death in civilized countries, diseases of the circulatory system occupy the first place. Therefore, special attention should be paid to the prevention and treatment of these diseases. The pathology of the circulatory system is represented by a large number of different disorders: hypertension, neurocirculatory and vegetative-vascular dystonia, various degrees of discirculatory encephalopathy, ischemic heart disease, obliterating diseases of the extremities, etc. A special place in medical practice is occupied by strokes, heart attacks and their consequences. Moreover, there is a threatening tendency to rejuvenate strokes and heart attacks.

Medicines for the treatment of circulatory pathology, especially in the elderly, often do not give the expected results or have a short-term effect and often cause a lot of adverse reactions. Such pathology as "cordaronic lung", "cordaronic liver", hypoglycemic effect when taking beta-blockers, which develops with prolonged use of pharmacological drugs, is quite common. Diuretic drugs, which are prescribed for hypertension and heart failure, lead to an increase in blood viscosity, and this is fraught with the threat of thrombosis [3].

Treatment of patients of older age groups presents well-known difficulties due to physical weakness, energy deficiency, psychological characteristics of an aging personality. In elderly patients, as a rule, there is a polysystemic chronic pathology, which is interconnected with all structural levels of the body.

The foregoing dictates the need for a different approach in the treatment of circulatory how pathology, those offered by evidence-based medicine, which mainly uses chemotherapeutic agents. This approach is the application of the principles of integrative medicine, which are well described in the monograph "Music therapy and the reserves of the human body" [4]. Integration - a combination of methods, literally integratio (from Latin) - restoration, replenishment [5].

Integrative medicine provides for the use of a number of diagnostic and therapeutic methods and technologies that use information, energy and physiological possibilities of influencing the systems of regulation and reactivity of the body in order to mobilize its abilities to restore impaired homeostasis, lost functions, ability to work, and improve the quality of life.

Many years of experience and analysis of the treatment of various pathologies in outpatient practice and in the hospital of the clinic of folk and non-traditional methods of treatment of GVKG of the Ministry of Defense of Ukraine allows us to recommend a rational algorithm for treating circulatory pathology in older age groups using an integrative approach. It should be noted that technologies developed by the IMEDIS Center occupy a leading place in the complex of therapeutic measures.

1. First of all, it is necessary to influence the informational level of a complex multi-level human organization, which is characterized by the properties of cybernetic systems, namely, feedback and self-regulation processes in accordance with the specified parameters [6]. To assess the psychological status of a person and the state of nervous regulation, we conducted studies in 524 people in different age groups (from 29 to 72 years old) using computer tests: determining the psychophysiological rating according to Yu.P. Gorgo - G.M. Chaichenko, intelligence quotient according to G. Eysenck, level of anxiety according to Ch. Spielberger - Yu. Khanin, identification

neuropsychic lability, psychoticism according to Eysenck's test - EPI. According to our data, in persons over 45 years old, there is a decrease in the coefficient of the strength of nervous processes, a decrease in the coefficient of intelligence, a decrease in psychomotor reactions by 25% compared with younger ones, and a higher level of personal and situational anxiety. And in persons over 60 years of age, a decrease in psychomotor skills by 48%, distinct signs of neuroticism, emotional instability, rigidity, and depression were revealed.

Since mental processes in the body are the result of complex neurosomatic integration, their adequate regulation is necessary. In one of our works, we set out in sufficient detail the psychological aspects of energy-informational influences on the human body [7]. Therefore, we will limit ourselves only to a brief outline of the necessary methods for regulating the psychoemotional state of patients in older age groups.

The psychological impact on the patient's body must be carried out through the second and first signaling systems, primarily by means of verbal regulation. The physician's task is to set an attitude (program) that mobilizes the mind, feelings, will for the necessary response and action. This attitude should be developed in the patient through persuasion, repeated clarification, monitoring of the psychological state and reinforcement of positive changes. This stage of treatment can be carried out in conjunction with a psychologist. The equipment of the Center "IMEDIS" allows for psychological correction of the patient's condition using energy-informational methods. Depending on the disorders of the central nervous system and the nature of the identified pathology, endogenous BRT or one of the programs for overcoming depression and anxiety can be used. The effect of BRT can be enhanced by the use of music therapy. S.V. Shusharjan and his colleagues investigated the peculiarities of psychophysiological reactions to acoustic influences of various nature in patients with essential hypertension and proposed audio cassettes - "Antistress", "Hypertension" and others. An increase in the efficiency of endogenous and exogenous BRT is possible in combination with the well-known color light therapy [8]. According to our data, psychological burdens, depression, stress reactions lend themselves well to correction when BRT is combined with homeopathic BR-drugs: meridian complex (MKP 13, 14, 15), resonance complex "Nerves", drugs from the company "GUNA". In publications based on the materials of international conferences held by the IMEDIS Center, there is information about the effectiveness of Bach flowers, systemic wind adapters in solving many psychological problems.

2. Lifestyle plays an important role in the treatment of diseases of the circulatory system. the patient. First of all, it is physical activity. This is especially true for people of older age groups. Motor activity normalizes regulatory processes in the central nervous system, improves metabolic processes, strengthens blood vessels and the heart [2]. Therefore, patients are recommended therapeutic exercises, walking. Even with bed rest, limb movements are necessary. Physical activity should be increased gradually, preferably under the supervision of an exercise therapy methodologist. Food is an exogenous source of information and energy resources. Patients with circulatory disorders should be advised a fractional, separate diet, with limited meat products, spicy dishes and seasonings. The principles of diet therapy and the preparation of the most common dietary meals are given in the book by L.B. Makhonkina and I.M. Sazonova [10]. With metabolic syndrome with obesity, juice therapy, fasting days is advisable. Ukrainian gerontologists pay attention to the quality of drinking water and recommend using water from deep water horizons or filtered tap water for drinking and cooking. At the same time, it is advised to use domestic filters that are more consistent with water purification technologies in our conditions [2]. You can recommend restructured (melt) water for drinking.

According to WHO experts, human health is more than 50% determined by the way of life, where bad habits take the main place. In smokers of different ages, mortality is 2-3 times higher than in those who do not smoke [11]. Therefore, quitting smoking, drinking alcohol, drugs is a must in the complex of therapeutic measures.

In accordance with the principles of general therapy of functional systems, to activate the activity of the central nervous system, it is necessary to maintain work activity, the patient's inclusion in the cultural life environment (theater, exhibitions, concerts, travel tours, etc.) and maintaining a wide range of communication with colleagues, family and friends. In this regard, the doctor should work not only with the patient, but, if possible, with those close to him.

3. The next important structural level of the organism's vital activity is energetic. It has been established that human behavior depends on the quality of signal processing at the information level, on the speed and amplitude of their propagation and their relationship with the energy potential.

The indicators of mental processes become worse with a decrease in the energy potential [12]. The age characteristics of energy processes are given in a monograph by Ukrainian scientists dedicated to the physiology and hygiene of an elderly person's work: by the age of 60, the energy potential decreases by half, and by the age of 80, fourfold [2].

The above features of the energy potential of persons of older age groups dictate the need for its regulation, especially with pathological changes in the circulatory system, which performs trophic, integrating, metabolic and other important functions. Objective diagnostics of the body's energy supply is possible using the equipment of the IMEDIS Center (four-quadrant measurements, segmental diagnostics, vegetative resonance test) and using a digital analyzer biotite (DAB), which provides quantitative and qualitative information about the state of adaptation reserves directly related to energy resources organism [7].

The solution of the patient's problems at the energy level is possible with the help of a set of measures for influencing the body: first of all, it is a motor regime, a balanced diet, as already mentioned above. With the help of endogenous BRT, it is possible to normalize the indicators on BAP or BAZ, then switch to induction-frequency therapy: for example, from the base on systems the program "energy deficiency" or from the base to the X conference the program "vital energy" (in the section of mental disorders). The regulation of energy potential can be supplemented by the appointment of homeopathy. According to our observations, preparations recorded on homeopathic crumbs from the selector of the APK "IMEDIS-FALL", Merius 10 Pericardio and 55 NEU-regen N spad work quite effectively. Some of the emaciated For asthenic patients, we prescribed an allopathic agent - ATP-long or adaptogen - tincture of Eleutherococcus for a short period (10–12 days). When correcting the energy potential, it is important not to deplete the reserves of adaptation, which should be controlled during treatment with ART, segmental diagnostics, or CAP.

4. Treatment of circulatory pathology at the physical level of the body must begin with detoxification of the body. This is especially important for patients of older age groups, in whom slugging of the body (Reckeweg homotoxicosis) reaches a critical level. Detoxification allows you to restore the functions of the liver, kidneys, intestines through the normalization of the metabolism of loose connective tissue in a state of "chronic asphyxia" and autointoxication [10, 13].

Intestinal dialysis contributes to effective detoxification. Showers and baths are advisable to activate skin detoxification. Careful activation of the function of the respiratory system (according to Strelnikova, according to Frolov or other methods) enhances the entire range of health-improving measures. It should be noted that in some patients only detoxification, the transition to natural fresh juices and a moderate (in terms of pulse rate) motor regime leads to a decrease in blood pressure, to the elimination or significant reduction of headaches and other manifestations of discirculatory encephalopathy. It is advisable to include in the complex of detoxification measures drainage homeopathic preparations of the ONOM firm, preparations from the Detox or Endotox group.

Depending on the general condition of the patient's body and the characteristics of the pathology, against the background of detoxification therapy or after it, it is necessary in a sparing mode to switch to energy-informational effects using the equipment of the IMEDIS Center. It is advisable to start with endogenous BRT under the control of normalization of indicators for BAP or BAZ. Then switch to induction therapy, applying therapeutic programs for specific pathological changes. For example: in the nosology database - programs "hypertension against the background of atherosclerosis", dystonia; in the rhythm database - "cerebral program"; in the base on systems - "blood supply to the heart". These specific guidelines are intended for beginners in the art. It is better to carry out any type of therapy under the supervision of testing this or that program and choose the most effective one. Drug selector,

Elderly people should not "pile up" a large list of procedures recommended in an integrative approach, so as not to cause a breakdown of unstable adaptation processes. As the patient's condition and his objective indicators improve, it is possible to connect laser therapy with low-intensity (620 nm) laser radiation (NLI). In practice, the use of NLI is one of the types of color light therapy. Laser therapy promotes the utilization of oxygen by tissues, mobilizes energy and metabolic processes [14].

For laser therapy, we used a licensed device of Ukrainian production MIT1MLT, which gives an optical flux of red or infrared ranges with a magnetic

induction (25 mT). NLI treatment in combination with BRT was carried out in 198 patients with circulatory pathology. The influence on the cerebral vessels was carried out on the projection of the carotid artery on the neck; in addition, the vessels of the elbow bend, the projection of the heart region in IHD, and the vessels in the inguinal region in obliterating diseases of the lower extremities were irradiated. The use of NLI made it possible to accelerate the restoration of blood circulation in various organs and tissues.

Taking into account organic and destructive changes in the spine in all persons of older age groups, it is rational to include spine massage in the complex of therapeutic measures to prevent the progression of osteochondrosis and improve segmental innervation and blood flow in the corresponding organs and tissues. For certain indications, it is possible to carry out acupressure and accompany various types of massage with aromatherapy. For older patients, laser therapy and massage are best done the next day after BRT.

We analyzed the treatment of circulatory diseases (ICD class 9) in 360 patients aged 50–72 years. Most often, they had hypertension (HD) stage II-III against the background of atherosclerosis, discirculatory encephalopathy, ischemic heart disease. Of these, 4 patients suffered a stroke, and 3 - myocardial infarction. In the older age group (60–72 years), half of the patients had psychological problems (depression, apathy, rigidity), many had limited mobility due to deformation of the joints and spine, almost all had signs of severe homotoxicosis (slagging) and others pathological processes in the body.

In connection with the specified characteristics of patients, the results of treatment in the two age groups are different. For convenience and clarity, the effectiveness of treatment was conditionally assessed using a five-point system: 5 points - significant improvement (most indicators improved); 4 points - improvement (at least half of the indicators became better); 3 points - only one third of the indicators improved, and patients noted the disappearance of certain symptoms of the disease; 2 points - the state is unchanged. The results of treatment of these patients by age subgroups are shown in Table 1.

Table 1

Results of treatment of circulatory pathology in persons of older age groups

No.	Age patients	Qty patients	Score in points				Complications
			five	4	3	2	
one	50-59 years old	258	157 (60.8%)	101 (39.2%)	-	-	-
2	60-72 years old	102	54 (53%)	40 (39.2%)	8 (7.8%)	-	-
	Total	360	211 (58.7%)	141 (39.2)	8 (2.3%)	-	-

In the first subgroup there were 258 people aged 50–59 years, in the second - 102 people aged 60–72 years. And although in the older age group the treatment results were slightly worse, nevertheless, in general, the effectiveness of the proposed therapy was quite high. None of the patients had any deterioration or complications either during or after treatment. It should be noted that after treatment, positive changes occurred not only in the circulatory system, but also in other functional systems of the body.

Conclusions:

1. Demographic characteristics of the population of civilized countries, in the first place - aging, an increase in the age of the working-age population, and a deterioration in the quality of health, determine the urgency of the problem of treating a common pathology - diseases of the circulatory system in the elderly.
2. Treatment of circulatory pathology in persons of older age groups is certain difficulties associated with the psychological, functional, physical characteristics of the aging organism and encourages to optimize the methods of their therapy and restoration of impaired (lost) functions.
3. Our experience in the treatment of circulatory diseases in patients of older age groups methods of integrative medicine, in which the leading are energy-information technologies developed by the Center "IMEDIS", testify to the effectiveness and appropriateness of this approach.
4. When treating patients of older age groups with the proposed methods, one should take into account the sequence of effects on the structural (functional) levels of the body, do not force the inclusion of various methods, include them gradually, constantly monitoring

subjective and objective indicators of the state of the body, so as not to cause depletion of adaptive mechanisms and not to get complications.

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