

Psychoemotional correction with Bach Flowers
with burning mouth syndrome
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Burning mouth syndrome (BOM) is characterized by a fairly persistent course, significantly affecting the patient's quality of life. In the pathogenesis of the disease, an important role is played by changes that occur in the central and peripheral nervous system, vascular tone, microcirculation, metabolism of tissues of the oral cavity, pathology of hard tissues of teeth. Such patients, despite on the diversity emotional disorders, predominant clinical symptoms - anxiety, depression, hypochondria. options for neuropsychological status. Have the majority of patients are diagnosed with asthenohypochondriac syndrome, less often asthenodepressive-hypochondriacal syndrome. Increased anxiety rates, depression and hypochondria may be associated with a violation of the conjugate activity of the activating systems of the brain (thalamocortical, reticulocortical, hypothalamoseptocortical).

Correction of such violations by pharmacological agents is often a rather complex process associated with side effects. In this sense, the drugs of choice can be natural substances, homeopathic remedies. Bach Flower Therapy was developed by the English Dr. Edward Bach. The approach is based on the fact that the energy of flowers has a regulating effect on the physical and mental state of a person. The preparation of the original homeopathic remedies is carried out from the flowers of certain plants during their peak flowering.

The purpose of the work there was an assessment of the effectiveness and justification of the application homeopathic drugs series "Flowers Bach" for corrections psychoemotional disorders in patients with FSH.

Materials and methods

From the total number of people who come to us for FGD, we identified a subgroup consisting of 16 people (14 women, two men) aged 49 to 68 years with a predominance of emotional disorders (anxiety, depression, and hypochondria). The hardware and software complex (AIC) "IMEDIS-VOLL" was used for the examination. The AIC was used to determine the degrees of psychoemotional stress, burdening of the autonomic nervous system, adaptation reserves, and deficiency states. After evaluating the initial indicators, the selection and recording of homeopathic preparations from the drug selector of the agro-industrial complex was carried out. To correct the emotional sphere, the effectiveness of the Bach Colors (both individual and their combinations) was tested to reduce the indices of mental burdens. An individual general bioresonance preparation was also created. A follow-up visit was scheduled after three days. By this time, as a rule, some changes in the general condition had already taken place, requiring correction. At the reception

carried out the refinement of dosages and frequency of administration of previously selected drugs, as well as the selection of additional ones in case of revealing significant general organ symptoms. For the correction of deficiency states, if detected, after preliminary testing for tolerance, vitamin-mineral complexes were prescribed. It should be noted that in the case simultaneous treatment with related specialists who prescribed allopathic drugs, it continued unchanged.

Results and discussion

Application of the above-described algorithm of work showed a smooth increase in the effect of correction of the psychoemotional state on days 3-4 in 11 patients and on days 5-6 - in 5. Hardware-wise, this was expressed in a decrease in the indices of psychological burdens and loads, an increase in adaptation reserves, and subjectively manifested reduction or elimination of anxiety, depression, improved sleep and mood. The most emotionally positive color for the patients was the reduction of symptoms of burning sensation in the oral cavity. No side effects have been identified. This was the greatest factor in increasing the confidence in the treatment. Follow-up visits were scheduled in a week. On average, the correction lasted for 5-7 weeks.

The adaptation reserves by this time were at the level of good fourth degree - high third degree. At the final session, a general bioresonance preparation was repeatedly prepared to maintain the general condition.

Conclusions. The selection and prescription of homeopathic remedies "Bach Flowers" in persons with FGD against the background of disorders in the psychoemotional sphere is an effective means of therapy in the absence of side effects. Research is ongoing.

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