

The dynamics of the body's adaptive capabilities in patients with adaptation disorders and endogenous depression in the process of using the resonant color-sound technology "Color-sound matrix "Antistress"

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Introduction

The positive influence of light (color) and musical sound on the human body has been known since ancient times. Currently, these data are not only confirmed by the empirical practice of various methods of color light therapy and music therapy, but also find a scientific basis. The superweak luminescence of living organisms, their tissues, molecular cells, as well as their musical rhythm up to subcellular structures has been experimentally proved [3, 10–12, etc.]. The results of the experimental work were confirmed and expanded by calculations carried out on the basis of the electromagnetic characteristics of the chemical elements that make up DNA. The sound (including musical sounds) and light-color properties of the molecule, reflecting the general principles of the organization of the material world, were demonstrated [8, 9].

It is well known that different spectral colors have a multifaceted psychological effect on the human body, including the activation of mental processes, improvement of concentration and emotional processes, relaxation effects, etc. [2]. The psychological effect of light is used to improve the psychological state in various psychological and psychotherapeutic programs.

Thus, the harmony of "sound" and "glow" of a person reflects the state of his health, emotional, cognitive functioning, creative abilities, provides counteraction to stress factors. Further work in this direction led to the creation of the color-sound technology "Color-sound matrix" Antistress "(AC N0007 / 08/3, is not a medical technology).

The technology uses the synchronous effect of color and a complementary (corresponding) sound. If both color and sound separately have a healing effect on the body, then the effect of color and sound simultaneously in a complementary pair is more effective. However, this direction is used little, the calculations of the complementary sound color differ from different authors, which indicates their lack of reliability. This technology is based on the calculations of the color-sound correspondence on the Kulakova-Polyntsev All-wave tables [5], taking into account the general

color-sound matrix of natural systems and confirming the known physical constants (Planck's constant, etc.).

The technology is based on color spectra of psychological types "extrovert" and "introvert", tested on very large material. The data obtained in the classical studies of Jung [13] and Freeling [14] were confirmed by modern psychologists [4]. The light "palettes" in the "extrovert" and "introvert" technology of the CZM "Antistress" are matched complementary sounds. to individualize the color-sound effect by selecting an individually meaningful color background. She uses the additional capabilities of psychological geometry [15], as well as activating the left hemisphere through the use of positive statements - affirmations. In the multimedia version, the technology is easy to use, you can use it yourself at home. The technology was tested on cellular material (human spermatozoa), demonstrating an increase in the mobility of cell forms that provide fertility [6].

The purpose of this study was the study of the effectiveness of the influence of technology on the adaptive capabilities of patients with adaptation disorders and depressive states.

The study included 89 people: 82 patients with adjustment disorders (F43.2 according to ICD-10) and 7 patients with depression in remission of the endogenous process (F 31, F 33, F20.03, F20.02) (5 on stable neuroleptic therapy without antidepressants and 2 without pharmacotherapy).

The study was carried out in 2 stages. At the first stage, the effectiveness of the program's influence on the patient's adaptation reserves was tested, along with the study of the safety of its use. At this stage, 9 patients with adjustment disorders were studied. Testing was carried out with using the vegetative resonance test "IMEDIS-TEST" before the impact of the CZM and immediately after the session of its use.

At the second stage, in 80 patients with adaptation disorders and depressive states, the influence of CZM on the type of adaptation reaction according to Garkavi et al. Was studied. [one]. Testing was carried out before using the CZM and after its daily use for a month. Adaptive reactions "stress", "activation", "training" as reflecting the influence of nonspecific factors of strong (according to Selye), medium and low intensity, respectively, were determined using the apparatus "Pulse-antistress" [7]. The dynamics of the mental state was assessed psychopathologically.

Research results

The results of the first stage of the study using the vegetative resonance test "IMEDIS-TEST" demonstrated

an increase in adaptive reserves by 2–4 steps in most patients (8 out of 9). None of them showed negative changes in the state of organs and systems. Moreover, all patients showed an improvement in indicators both in the energy system and in individual organ systems. The most significant positive changes were noted in the state of the hypothalamic-pituitary system and blood vessels. The indicators of the general state of the endocrine system significantly improved. Positive changes were reflected in the positive dynamics of thinking indicators.

The results of the second stage of the study showed, along with positive dynamics of mental status (disappearance or decrease in the severity of depressive symptoms in all patients), an improvement in the adaptive response. If, before the beginning of the correction, the majority of patients (67 people) had a "stress" reaction (on average 50% of the intensity), in 4 patients - "training" (on average 50% of the intensity), in 9 - "activation" (on average 42% intensity), then after using the technology for a month - 31 patients showed an "activation" reaction (intensity 30%), 10- "Training" (intensity 75%). In 39 patients, the intensity of the stress reaction decreased (10%). None of the patients had any undesirable or side effects.

Discussions and conclusions

Thus, the results obtained showed a positive effect of the resonance technology of the CZM on adaptive capabilities (adaptive reactions, adaptation reserves) in patients with adaptation disorders and depressive states. The technology is a safe method that provides both an improvement in the general psychophysiological state and an improvement in the state of individual systems of internal organs. It can be used as an additional technique during bioresonance therapy or independently to maintain the achieved results.

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