

The current state of bioresonance therapy

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Twenty years ago, in 1995, the I International Conference "Theoretical and Clinical Aspects of the Application of Bioresonance and Multiresonance Therapy" was held at the Central House of Scientists of the Russian Academy of Sciences in Moscow.

This event was a key moment in the development of a new direction in medicine - bioresonance therapy. The main role in its formation and development was played by the IMEDIS Center under the leadership of Gotovsky Yuri Valentinovich.

In the early 90s of the XX century, the IMEDIS Center developed a number of therapeutic and diagnostic devices and hardware-software complexes for electropunctural diagnostics and bioresonance therapy. By the time the first conference was held, experience in the use of bioresonance therapy in clinical practice had emerged, the necessary clinical trials of the equipment were carried out, the first methodological materials and curricula for postgraduate education of doctors were developed, more than 400 pioneers were trained and began the practical application of bioresonance therapy.

At the 1st conference, Yu.V. Gotovsky introduced the basic concepts and terms, as well as the basic principles of bioresonance therapy, which served as a starting point for the creation and development of a unique scientific school based on the methods of traditional medicine, physiology, realizing a holistic approach to the patient during diagnostics and treatment.

A great deal of work on substantiating the therapeutic mechanisms of bioresonance therapy has been done by the IMEDIS Center in cooperation with the Institute of Theoretical and Experimental Biophysics of the Russian Academy of Sciences. A group of scientists headed by Professor B.I. Islamov presented one of the first studies in the field of endogenous bioresonance therapy, published in 1995 in the "Reports of the Russian Academy of Sciences": "Bioresonance therapy as a method of non-pathogenic induction of protein synthesis in human blood lymphocytes", in which showed that BRT restores the synthesis of heat shock proteins in patients with gastric ulcer, polyarthritis, osteochondrosis of the spine, while there is also an increase in heat shock proteins that contribute to the development of autoimmune processes, i.e. a similarity effect is observed [1].

In subsequent years, research activities aimed at theoretical substantiation and further practical use of diagnostic and therapeutic techniques in medical practice was successfully continued.

In a number of studies in the period from 1998 to 2011. using modern methodological requirements for the reliability of scientific clinical studies, the therapeutic efficacy of BRT was assessed [2–5]. The first randomized study was performed on 20 patients with functional gastrointestinal diseases, of which 10 were the placebo group, and 10 - the BRT group [2]. Patient complaints about

intensity and the frequency of complaints, the results of medical examinations and clinical laboratory tests. In the group of patients with BRT, a significant positive result was found compared to the placebo group. Another more detailed retrospective cohort study analyzed the results of 541 cases of the use of BRT in the treatment of diseases of the gastrointestinal tract, acute and chronic infections, lung disease and autoimmune rheumatoid processes [3]. The effectiveness of BRT treatment, which was studied for all these indications, was evaluated in 92.4% of cases in the range from satisfactory to very good. In the latest more representative retrospective studies, carried out over a 10-year period from 1998 to 2008, the results and effectiveness of treatment using BRT were assessed in 935 patients with allergies, infectious diseases and pain syndrome [4].

From 1997 to 1999, on the instructions of the Main Military Medical Directorate of the Ministry of Defense of the Russian Federation, the hardware and software complex "IMEDIS-VALL" was tested in medical and preventive institutions of the Ministry of Defense of the Russian Federation. 1487 people of both sexes, aged from 2 to 86 years old, were diagnosed and treated. Criteria for evaluating the effectiveness of the method were developed that were statistically reliable, confirmed by data from instrumental and laboratory research methods. According to the results of clinical testing, the accuracy of electropuncture diagnostics averaged 83%, and the effectiveness of endogenous and exogenous bioresonance therapy was 75–85% for various nosological forms [6]. According to data obtained in other state medical and diagnostic institutions, statistical data are in the same intervals.

The first doctoral dissertation using BRT was defended in 1999 by Dr. R.S. Zamaleeva. on the topic "Disorders of fetal development in pregnant women with extragenital diseases, their prevention and treatment."

In 2005 Avakova A.G. was defended doctoral dissertation "Scientific substantiation of the main directions of the use of bioresonance technology in poultry farming." The use of hardware and software systems produced by the IMEDIS Center has proved to be very effective in poultry farming, fish farming and agriculture.

In 2008 L.V. Chernetsova. was defended a doctoral dissertation on the topic "System analysis of the effects of bioresonance effects in the complex therapy of patients with hemorrhagic fever with renal syndrome."

In 2009 Abakarov M.G. She defended her doctoral dissertation on the topic "Prediction and treatment of ototoxic effects of aminoglycoside antibiotics."

Recently, in the clinical application of BRT, there has been a trend towards the complex application of traditional medicine technologies - manual therapy, pharmacopuncture, homeopathic remedies, etc. in the treatment of various pathologies, as well as comparison of the effectiveness of their combined use.

This tendency is clearly seen when optimizing the treatment of patients with myofascial pain syndromes at the cervical-collar level, when BRT was used in combination with manual therapy [7]. In this study, all patients were divided into three randomized groups of 25 people each. In all groups, conventional drug treatment and exercise therapy were carried out, in addition to which manual therapy was used in one group, BRT in the second, and their combination in the third. When using BRT, a combined version of endogenous and exogenous therapy with fixed frequencies was used. In all groups, the treatment consisted of 10 procedures, three times a week. As a result of the research carried out, it was found that the combination of BRT and manual therapy helps to reduce the level of negative symptoms of pain, which indicates the effectiveness of the proposed therapeutic approach. The results obtained were confirmed in similar studies performed on 60 patients (34 women and 26 men) with dorsopathies at the lumbosacral level, which were divided into three groups of 20 people each, in which basic therapy was carried out - drug treatment, manual therapy, and remedial physical culture [8]. In the first group, BRT was used, in the second group - placebo, and in the third comparison group, treatment was limited exclusively to basic therapy. The entire course of treatment consisted of 10 procedures, 4 times a week. During the processing and analysis of clinical results, a statistically significant superiority of the therapeutic effect of the BRT method was established in comparison with the placebo group and the group of basic therapy. The possibility and expediency of differentiated use of BRT, depending on the characteristics of the process, was also confirmed.

A study of the comparative effectiveness of the combined use of BRT and one of the forms of manual therapy - post-isometric relaxation of the muscles of the thoracic spine and interscapular region was carried out in children with dysplastic processes of the spine with pain syndrome - fibromyalgia [9]. The observation included 32 children (18 boys and 14 girls) aged 7 to 16 years, who were divided into two groups: the first group (17 children) received BRT, the second group (15 children) received combined treatment - BRT and post-isometric relaxation of the muscles of the thoracic spine and interscapular region. BRT was carried out for 30 minutes, 2 times a week. In 9 patients of the first group, pain in the thoracic spine and interscapular region was arrested after three BRT sessions, in 6 - after 5-6, while in 2 patients it persisted, which is why they were sent to specialized hospitals. In all children of the second group (BRT + post-isometric muscle relaxation), the pain syndrome was arrested after 1-2 sessions of BRT and post-isometric muscle relaxation. The data obtained indicate the high efficiency of the combined use of BRT and post-isometric muscle relaxation in the treatment of fibromyalgia of vertebrogenic genesis in children.

The effectiveness of the combined use of BRT and pharmacopuncture in dorsopathies at the lumbosacral level has been confirmed in other

studies performed on 110 patients (71 women and 39 men) [10]. All patients were divided into three randomized groups of 30 patients and one comparison group - 20 people. In the first group, BRT was used, in the second - the introduction of aflutop into the trigger points, in the third - the combination of BRT with aflutop; the treatment consisted of 10 procedures 3 times a week. In the comparison group, basic drug treatment was carried out. Comparative analysis of the effectiveness of treatment showed a significant advantage of the combined use of BRT and pharmacopuncture (third group) in comparison with other groups of patients. The obtained results of treatment confirm the prospects of the combined use of BRT with pharmacopuncture aflutopom in lumbosacral dorsopathies.

In the correction of cerebral hemodynamics in athletes (judo wrestlers) with cervical dorsopathy, BRT was used in combination with electropharmaceutical oscillation spectrum [11]. The studies were conducted on 37 athletes (17 men and 10 women), who were divided into three groups. The first group consisted of 15 athletes with cervical dorsopathy and chronic pain syndrome, who were treated with BRT in combination with fluctuations in the electropharmaceutical spectrum, physiotherapy and massage. In the second group of 12 athletes, only physiotherapy and massage were used, and in the third group of 10 athletes without dorsopathies, placebo was applied. There was a tendency towards improvement of cerebral hemodynamics in athletes after the combined use of BRT with fluctuations in the electropharmaceutical spectrum, which reached 87%. This combined use causes a prolonged analgesic effect, prevents exacerbation of cervical osteochondrosis as a result of the inclusion of adaptive-compensatory mechanisms.

The team of the IMEDIS Center, together with institutions of higher professional education and postgraduate training, trained more than 15 thousand doctors at various courses of general and thematic improvement, seminars.

General and special issues of the use of bioresonance therapy and electropunctural diagnostics, practical experience of application are presented in monographs prepared for publication by the IMEDIS Center [12, 13].

The works and reports of the specialists of the IMEDIS Center arouse great interest at conferences devoted to the issues of traditional and complementary medicine, rehabilitation treatment, including such international congresses as the Medical Week in Baden-Baden, Germany and the Annual Congresses of the International Council for Medical Acupuncture and Related Disciplines.

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