

The study of the correlation of indicators of integral diagnostics of the state of the body in the systems of electroacupuncture and Ayurvedic diagnostics

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One of the urgent tasks of modern medicine is the early diagnosis of the development of pathology and the development of effective individual health-improving and rehabilitation programs. Currently, the problem is being actively developed, and in recent years a large number of hardware and software complexes for the integral assessment of the functional state and reserves of the human body have been created, this is a method of polyparametric diagnosis of distress (K.V. Sudakova, N.V. Dmitrieva et al., 2003 g), a system for assessing the physical state of a person (V.A. Orlova et al. 2006), methods for assessing professional health and biological age have been developed (V.A. Ponomorenko et al., 2007). However, conducting broad population studies using these techniques is difficult, mainly due to the significant cost of the equipment and the need for long-term individual, sometimes multi-stage work with each patient (on average, up to 30 minutes for each technique). However, the very idea of an integral assessment of the state of body functions is not new. The well-known healing systems of Eastern medicine contain a wealth of experience in integral diagnostics. In Chinese medicine, it is a meridian acupuncture diagnosis based on the Yin-Yang binary system. In Ayurvedic and Tibetan medicine, this is the threefold system "Three Doshas". The great advantage of diagnostic methods of Eastern medicine is their versatility and cost effectiveness. But as a decisive advantage, it is possible to determine the recognition of the development of pathology practically at the level of functional changes in the adaptation syndrome and the possibility of the earliest medical rehabilitation of patients, which is the most beneficial strategy for maintaining health. The listed aspects determine and form a high degree of relevance of this area of modern scientific research.

The aim of our work was a comparative study of the integraldiagnosics of the functional state and assessment of the functional reserves of the body in the systems of modern functional diagnostics, electroacupuncture diagnostics by the method of R. Voll, H. Schimmel and Ayurvedic constitutional diagnostics.

For the study, the apparatus of the firm "IMEDIS" "MINI-EXPERT-DT" (Moscow, Russia) was used; workstation of a doctor of restorative medicine), a radioimmunoassay method for determining the concentration of cortisol in the blood using standard test kits from Unitec (Czech Republic).

In a group of 40 clinically healthy volunteers (15 men, 25 women, mean age  $19.4 \pm 1.36$  years), the dynamics of the integral assessment of functional

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reserves of the body, depending on the degree of response to the daily stressful influence of the environment. The objective criterion for assessing the stress load was the concentration of cortisol in the blood, depending on which the volunteers included in the study were divided into two groups: group I - volunteers with a cortisol concentration of less than 400 n mol / l, group II - volunteers with a cortisol concentration of more than 400 n mol / l, which reflects the reaction of adaptation and resistance to stress at the time of the study. The following methods were also used: self-assessment of well-being according to a 9-point scale (SS), an indicator of the adaptive potential of the Baevsky free-load test (APB).

The analysis of the obtained data revealed: a direct linear correlation of the concentration of cortisol in the blood with the HA index (Pearson coefficient  $R = 0.49$ ;  $p < 0.05$ ), and an inverse linear correlation of the concentration of cortisol with CO ( $R = -0.32$ ;  $p < 0.05$ ), APB ( $R = 0.22$ ;  $p < 0.05$ ) and RA ART ( $R = -0.43$ ;  $p < 0.05$ ). The obtained results of the statistical correlation show that Ayurvedic, acupuncture analysis diagnostics, as well as functional integral techniques, have reliable correlations. Consequently, traditional diagnostic systems provide an objective integral assessment of the functional state and reserves of the body and can be used to monitor health.

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