

Comparative characteristics of the antihyperglycemic effect
music therapy technologies, bioresonance therapy and their combinations
in patients with type 2 diabetes mellitus

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The main purpose of this study was to study the hypoglycemic effect of the use of music therapy technologies, bioresonance therapy (BRT) and their (combinations) in persons with type 2 diabetes mellitus.

Materials and methods

In a group of patients with type 2 diabetes mellitus, numbering 24 people, of different sex and age, receiving standard outpatient drug treatment (tableted antidiabetic drugs), who gave informed consent to participate in the experiment, a research program was carried out to study the sugar-lowering effect of certain technologies music therapy and BRT.

By the method of random selection, a control group of 12 people receiving only drug treatment was formed, and an equal number of the main group, in addition to pills, receiving alternately one of the following procedures:

1: receptive music therapy (RMT) - listening with headphonesmusical therapy program "M-1".

2: complex meso-forte-reflexology (KMFRT) - listeningin headphones of the music therapy program "M-1", with simultaneous acoustic broadcast of the same program:

- on the reflex zones of the auricle and face (through a magnetic mask - transducer);
- to the area of the pancreas (through the device-belt "Bonnie-Grand") and
- to paired acupuncture points RP 6 (through mini-headphones).

3: BRT - circular bioresonance therapy was used in allmeridians, with a duration of impact on each meridian up to 3 seconds.

4: combination RMT + BRT. # 5:
KMFRT + BRT combination.

Each procedure, including No. 4 and No. 5, was repeated twice during the program, every other day and lasted 20 minutes. In total, the main group received 10 procedures.

RMT and KMFRT were performed using the anti-aging hardware-software complex "Bonnie-Grand". BRT was carried out using the hardware-software complex "IMEDIS-EXPERT".

Before and after the procedure, at the same time (two hours after lunch), the blood sugar level was measured using a B.Well WG-72 Voice glucometer. In the control group, similar measurements were taken, then the results

were compared. The dynamics of the psychological state was assessed using the SAN test.

Statistical processing was carried out using the Mann-Whitney U-test.

Results

Over the 30-day observation period, the average blood sugar level in the main group significantly decreased by 14.1% from 9.2 ± 1.1 mmol / L to 7.9 ± 0.9 mmol / L ($p < 0.05$) ... In the control group, no significant changes were found.

In a comparative analysis of the sugar-lowering effect of individual procedures, the following results were obtained:

RMT - no significant changes were found;
all other methods showed a significant level of blood sugar reduction - CMFRT by 8.7%, BRT - by 7.2%, RMT + BRT by 8.2% ($p < 0.05$). The maximum result was achieved with the combined use of CMFRT + BRT, where the decrease in blood sugar was 16.85% ($p < 0.01$). This combination also gave the best results on the psychological scales of activity, well-being and mood.

conclusions

Certain technologies of music therapy and bioresonance therapy have a sugar-lowering effect in patients with type 2 diabetes mellitus. At the same time, the combined use of these methods causes a potentiation of the therapeutic effect, as it was especially clearly observed in the combination of CMFRT with BRT.

Usage technologies musical therapy v combination with bioresonance therapy is a promising direction in the complex therapy of patients with type 2 diabetes mellitus, which will not only improve the results of treatment, but also reduce the number of medications taken, which will have a positive effect in the long term on the well-being and quality of life of patients in this category.

S.V. Shusharjan, R.S. Shusharjan Comparative characteristics of the hypoglycemic effect of music therapy technologies, bioresonance therapy and their combinations in patients with type 2 diabetes // "- M .:" IMEDIS ", 2014, v.1 -S.283-286

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