

Prospects for the use of reflexology and psychocorrection in programs of sanatorium treatment and medical rehabilitation

L.G. Agasarov, S.A. Radzievsky, G.O. Samsonova, I.V. Kuzmina
(FSBI "Russian Scientific Center for Medical Rehabilitation and Balneology" MH
RF,
Moscow, Russia)

One of the complex sections of research, carried out in accordance with the state assignment at the Center for Medical Rehabilitation and Balneology, is designated as "Development of lists of medical indications, criteria for effectiveness and a regulatory framework for differentiated therapeutic and prophylactic use of natural and preformed therapeutic non-drug factors for the purpose of spa treatment and medical rehabilitation. population ". As part of the implementation of this section, the Department of Reflexology and Clinical Psychology of the Center presented a three-year research plan on the topic "Development of lists of medical indications and a regulatory framework for differentiated therapeutic and prophylactic use of reflexology, traditional medicine and psychocorrection technologies for sanatorium treatment and medical rehabilitation."

The main attention in this work is focused on the problem of meteorological dependence (and, in addition, adaptation to changing climatic and geographical conditions), which is of great importance in the context of resort medicine. At the same time, the significance of somatopsychic and autonomic reactions in the formation of meteorological dependence serves as a rationale for the use of reflexotherapy and clinical psychology methods, which differ in stress-protective and vegetative-corrective mechanisms. Nevertheless, in the available literature, only a few information about their effectiveness in the studied processes is noted.

Based on this and the indicated characteristics, the aim of the study is to study the mechanisms, analyze the effectiveness and detail the indications for the use of modern (hardware) methods of reflexology and clinical psychology in correcting the condition of patients with meteorological dependence.

The purpose of the study identified a range of main tasks:

1. Establish mechanisms, performance criteria and detail indications for the differentiated use of bioresonance (otherwise - low-intensity frequency-wave) therapy, taking into account the forms of meteorological dependence and, additionally, the correction of pathological reactions to changes in climatic and geographical conditions.

2. Determine the mechanisms, performance criteria and indications for differential application of the biofeedback method, taking into account the forms of meteorological dependence and, additionally, the correction of pathological reactions to changes in climatic and geographical conditions.

3. Conduct a comparative analysis of performance and sustainability effects achieved during the application of the proposed methods.

120 patients with meteorological dependence will be monitored. The main corrective technologies are bioresonance therapy (JSC "IMEDIS")

and self-regulation of psychophysiological functions by means of biofeedback (CJSC "Biosvyaz"). The methods of diagnostics carried out in dynamics are presented by modern technologies for assessing the general and vegetative status, including computer psychological testing.

As a result, the study will ensure the creation of a system for restoring health resources, including mental health, as well as improving the quality of life of the observed patients, with the implementation of the results obtained in the practice of rehabilitation centers and sanatoriums.

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