

Recovery of an athlete's working capacity with a diagnosis of "Myasthenia gravis" using APK "IMEDIS-EXPERT"

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The triumphant performance of our athletes at the Paralympic Games in Sochi showed that athletes with disabilities can join the sports movement. The sports fervor of Paralympic athletes is indicative for many people who, in the current life situations, have become disabled with disabilities, and, moreover, for former athletes who, for health reasons, cannot participate in sports life. In the process of recovery and in subsequent trainings, such athletes adapt to their functional state, take a worthy place in society and achieve high sports results. In this regard, the use of innovative medical technologies for diagnostics and therapy is combined or in a complex of rehabilitation and recovery is relevant.

This article describes the results of recovery of an athlete diagnosed with myasthenia gravis and his participation in the competition in the discipline of mountain running "Korolevskie Gorki" at the 30,000 meter marathon in the city of Korolev, Moscow Region. The track is considered the most difficult cross distance and has 126 ascents and descents with a difference in altitude. These competitions were within the framework of the XI mountain running competition "Korolevskie Gorki" of the 6th stage of the Russian Grand Prix Mountain Running Cup. 6 people took part in the absolute championship race, among whom our athlete took 2nd place. The run took place in dry hot weather at a temperature of 30 ° C.

Object of study: the process of restoration of working capacity during diagnosis myasthenia gravis.

Subject of study: relief of symptoms of myasthenia gravis using methods of electropuncture vegetative resonance test (ART) "IMEDIS-TEST" and bioresonance therapy (BRT).

Purpose: restoration of the athlete's performance in the diagnosis of myasthenia gravis using the APK "IMEDIS-EXPERT" for participation in the mountain running competition.

#### Materials and research methods

Patient Anatoly B., 54 years old, a former athlete, master of sports in running, came to the appointment. On the hands of a conclusion dated 02.22.2006 of the Department of Neuromuscular Pathology of the Research Institute of General Pathology and Pathophysiology of the Russian Academy of Medical Sciences (All-Russian Myasthenic Center), where he is observed with a diagnosis of myasthenia gravis, a generalized form, with the predominant involvement of the craniobulbar muscles. After stress, dynamic double vision of objects appeared in 1988, followed by bulbar disorders, weakness in the proximal extremities. In September 1988, myasthenia gravis was diagnosed, and proserin was prescribed with a positive effect. Remission - 15 years. Worsening began in November 2005 in the form of oculomotor and bulbar disorders, weakness in the proximal

parts of the limbs. With a daily intake of 4 tablets. there is no kalymin in the neurological status of ptosis. Ophthalmoparesis persists with limited movement of the eyeballs. Swallowing food is difficult. There is a decrease in strength in the facial muscles up to 3-4 points (on a 5-point scale), and in the muscles of the proximal extremities up to 3-4 points. Positive muscle fatigue syndrome after exercise. With myasthenia gravis, excessive physical activity is contraindicated. At the time of treatment, he takes 25 mg (table 5) of prednisolone. Complaints about fatigue and decreased performance. Sleep disturbance. Previously, he worked in the production of beryllium, phenols. There was severe food poisoning about 20 years ago.

Myasthenia gravis (ICD G70.2) is a group of diseases of the nervous and muscular systems. According to the WHO, in recent years, the incidence rate has been growing, and 7-8 cases are diagnosed per 100 thousand of the population. The disease is autoimmune in nature. Myasthenia gravis is a disease characterized by impaired neuromuscular transmission and pathological fatigue of skeletal muscles (striated muscles).

The pathogenetic mechanism consists in the manifestation of an autoimmune process, which is associated with the formation of antibodies in the thymus gland against the acetylcholine receptors of the postsynaptic membrane of the neuromuscular synapse to striated muscles [1]. Antibodies bind to the protein acetylcholine receptors, cause membrane destruction, widening the synaptic cleft, and reduce the conduct of neuromuscular transmission.

Acquired myasthenia gravis is the most common form of the disease, often caused by infections, the consequences of environmental poisoning, etc.

### Results and discussion of the study

The patient was diagnosed by the ART method "IMEDIS-TEST" [2] of the main functional indicators of the state of the body in the absence of geopathogenic, radioactive and electromagnetic loads. The following measurement results were obtained: connective tissue insufficiency 4 tbsp. (on a 6-point scale); adaptation reserves (RA) average 3 tbsp. and, taking into account the prospective recovery and resolution of psychological problems, increase to the predicted values of RA good 2 degrees; the state of the endocrine system is established by the diagnosed value of the degree of depletion of the endocrine system of the 4th degree. The lack of the following hormones is tested: testosterone, cortisol, erythropoietin, thyroxine, histamine, serotonin. The lack of enzymes is being tested, which determined the direction of therapy - the neurohormonal system, the vascular system, violation of the allergic status and the status of the immune system, violation of enzyme metabolism in the joints-muscles-tendons system. Beryllium D30 and Mercury D30 are being tested. The method of filtering through test indicators revealed a psychovegetative load (PVN) - a psychological load of 3 tbsp. + average degree of vegetative burden. Mental state was determined through markers for mental stress (PS) 4/3 st. Were selected to use the program (P) brain rhythms: P18 Sleep program II and P10 Program Mental state was determined through markers for mental stress (PS) 4/3 st. Were selected to use the program (P) brain rhythms: P18 Sleep program II and P10 Program Mental state was determined through markers for mental stress (PS) 4/3 st. Were selected to use the program (P) brain rhythms: P18 Sleep program II and P10 Program

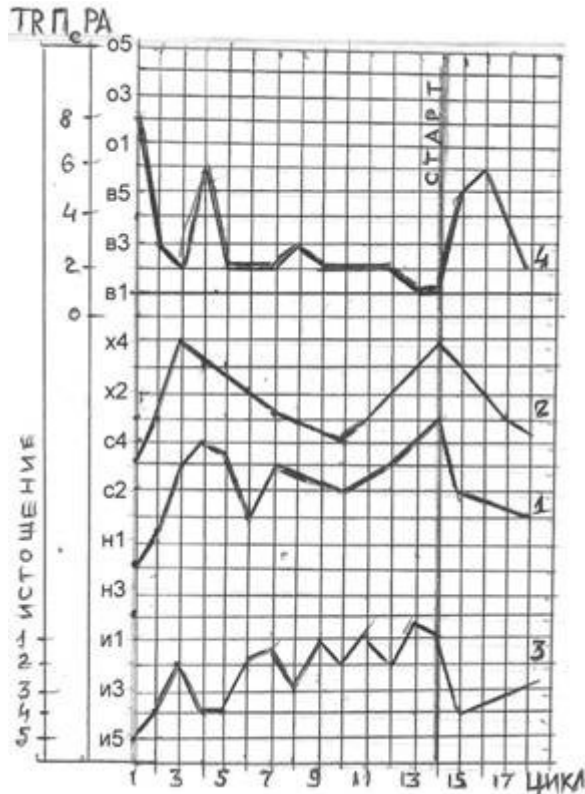
stress III.

Particular attention was paid to the diagnosis of the thymus gland through the organopreparation Thymus D3, as a result of which the presence of degenerative processes was established. Using markers of mycotic, viral, bacterial infections and toxins, the presence of fungi was diagnosed in the thymus gland: *Candida albicans*, *Mycosis fungoides* D60, deficiency and decrease in the function of Acetylcholine D6, the presence of the bacterium Botulism D200 and the presence of a positive reaction to Beryllium D30. When tested by filtration through the Beryllium D30 preparation *Musculus Suis-Forte*, *Stannum-Metallicum 3* and *Plumbum-Metallicum 3* preparations confirmed the diagnosis of *Myasthenia gravis*. Using the drug Thymus D3 as a filter, we diagnosed the presence of DNA viruses - Human cytomegalovirus (CMV) and Coxsackie B4 virus. Other miasms have also been diagnosed.

Elimination of infections was carried out using exogenous BRT at fixed frequencies. The therapy sessions were repeated up to 2-3 times, taking into account individual tolerance. In this case, the complex used endogenous BRT [3] with drugs for the regulation of hormonal status, enzymatic activity and lack of microelements. Later, individually selected drugs were used for BRT: Glutamic acid, Taiwan cobra, *Viratrum album*, *Gamma globulin-forte*, *Strofantus 3*, *Upas Tiente D3*, etc.

Occasionally, during the patient's participation in the training process, the dose of prednisolone was individually selected, which before participation in the competition was 0.5 tablets or 2.5 mg in the morning every other day.

In the process of preparation for the competition, we used occasionally induction programs to regulate sleep, recovery and psycho-emotional stability (alpha, beta, theta and delta rhythms of the brain), as well as programs P10 for regulating the endocrine system and P11 for regulating vascular tone and relieving spasms. [4]. In the process of training, disorders of the musculoskeletal system were revealed. Thus, pain symptoms appeared in the hip, knee and ankle joints, which were diagnosed by the ART method and eliminated with the use of exogenous BRT. The control and optimization of acetylcholine was constantly monitored by the endogenous BRT method. At the same time, the preparations *Botulism 200*, *Beryllium 30* and miasm nosodes were placed in the inverse container of the apparatus. BRT was carried out along all meridians, taking into account the yin-yang state. Before the start, in order to prevent the onset of ghosting symptoms, the dose of prednisolone was increased to 7.5 mg (1.5 tab.). The following ART indicators were tested: RA - average 5, long-term recovery and accumulation of adaptation reserves when resolving deep psychological problems - good 4; endocrine system status was tested as grade 1 depletion; mental state - mental load 1/2 degree. The condition of the thymus gland was diagnosed through the organopreparation Thymus D5. This indicated an improvement in the general condition of the thymus gland from the state of degeneration to functional impairment. At the same time, the drug "optimization of the thymus hormone" is not tested before the start of the competition. The following ART indicators were tested: RA - average 5, long-term recovery and accumulation of adaptation reserves when resolving deep psychological problems - good 4; endocrine system status was tested as grade 1 depletion; mental state - mental load 1/2 degree. The condition of the thymus gland was diagnosed through the organopreparation Thymus D5. This indicated an improvement in the general condition of the thymus gland from the state of degeneration to functional impairment. At the same time, the drug "optimization of the thymus hormone" is not tested before the start of the competition. The following ART indicators were tested: RA - average 5, long-term recovery and accumulation of adaptation reserves when resolving deep psychological problems - good 4; endocrine system status was tested as grade 1 depletion; mental state - mental load 1/2 degree. The condition of the thymus gland was diagnosed through the organopreparation Thymus D5. This indicated an improvement in the general condition of the thymus gland from the state of degeneration to functional impairment. At the same time, the drug "optimization of the thymus hormone" is not tested before the start of the competition. mental state - mental load 1/2 degree. The condition of the thymus gland was diagnosed through the organopreparation Thymus D5. This indicated an improvement in the general condition of the thymus gland from the state of degeneration to functional impairment. At the same time, the drug "optimization of the thymus hormone" is not tested before the start of the competition.



Rice. Dynamics of indicators of adaptation reserves of RA (1,2), the state of the endocrine system TR (3) and the psychological state of Ps (4) at different stages of the annual cycle of training and recovery

#### Discussion and conclusions

After mountain running on rough terrain, the indicators of the athlete's functional state changed. So, the values of the adaptation reserves decreased to the average of 2 tbsp., The value of the state of the endocrine system decreased to TR 4 degrees (on a 5-point scale). The value of mental load increased to the 6th degree (on an 8-point scale) (see Fig.). Severe exertional exhaustion is tested. At the moment, the patient is in remission and is taking prednisolone 2.5 mg (0.5 tablets).

Thus, as a result of the work carried out, it was established:

1 The diagnosis of myasthenia gravis made it possible to conduct studies to identify the damaging factors of the thymus gland, which include the bacterium Botulism D200, Beryllium D30. This indicates a deep damage to the organ and system.

2. The defeat of the thymus gland by the cytomegalovirus and the virus has been established. Cocksackie B4, with the elimination of which the athlete's condition improved, which made it possible to enter the start of the competition.

3. Athlete - patient Anatoly won the mountain running competition at 30,000 m within the XI Mountain Running Competition "Korolevskie Gorki" of the 6th stage of the Russian Grand Prix Mountain Running Cup. At the same time, a patient with a diagnosis of generalized myasthenia gravis ran a distance of 30,000 m with a result of 2nd place

in absolute superiority. The patient's recovery and support during participation in the competition was carried out using the equipment of the APK "IMEDIS-EXPERT" on the basis of methodological manuals for the use of the equipment of the Center "IMEDIS".

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