

Adaptation reserves and BRT
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In the WHO Health for All by the Year 2000 program the social prerequisites for health were identified:

- freedom from fear of war;
- equal opportunity for everything (all people have equal rights to health);
- meeting basic needs (food, education, decent housing, job security and a useful role in society);
- political support for health.

The biological aspect, essential for the concept of health according to L.Kh. Harkavi is an innate and acquired ability to adequately adapt to constantly and rapidly changing natural, industrial and social conditions of the environment and at the same time maintain physical and mental well-being. Adaptation is considered one of the most fundamental qualities of living matter, which is inherent in all known forms of life, it is so comprehensive that it is often identified with the very concept of life. The body's ability to fight to maintain or restore health can be summarized in the term "adaptation reserves" designed to ensure:

- normal life processes, despite changes in body functions or in the external environment;
- adaptive changes in cellular structures, the number of molecules of biologically active substances in order to achieve stable and continuous adaptation to a chronically acting stimulus.

The states of health and illness are limited by the state of stress, which develops as a result of activation of adaptation processes, and use the body's reserves. As a result of a change in the program for the use of adaptation reserves in connection with a change in the task of the development of the organism, the "behavior" of biologically active substances, cells, tissues and the whole organism as a whole also changes.

For example, the cholesterol problem that has worried the medical world in recent decades. Cholesterol attracted close attention to itself when scientists discovered that a relatively large part of the population of our planet suffers to varying degrees from atherosclerosis - a disease associated with damage to blood vessels due to excess deposition of cholesterol in them. A reasonable question arises: if cholesterol is capable of causing such a serious illness in the body, then what is it for at all? As it turned out, cholesterol is vital. It is a building material for cell membranes, steroid hormones, vitamin D, bile. Cholesterol metabolism is the basis of many metabolic events in the body. But it all depends on the biological program that he is performing at the current moment in time: in childhood and adolescence, cholesterol provides rapid division and nutrition of cells, however, when the growth of the body stops, when cell division decreases its intensity, cholesterol continues to be actively synthesized by the liver, accumulating in cell membranes and settling on the walls of blood vessels. Now the accumulation of cholesterol in the body

is a gradual slow process of dying. Nature is extremely frugal - the same substance is used in complete opposition to itself. Accordingly, the adaptation reserves in the growing organism are used to ensure the most favorable conditions for growth and development at the beginning of the life path or in old age ensure the inevitability of death. The founder of the theory of stress G. Selye (1960), who proposed to distinguish between "superficial" and "deep" adaptive energy, contributed to the formation of general ideas about the reserve capabilities of the organism. The first is available "on demand" and replenished at the expense of the second - "deep". The latter is mobilized by adaptive restructuring of homeostatic mechanisms. The main condition for maintaining homeostasis is that

If the reserves of adaptation are insufficient to maintain homeostasis, pathological changes occur in the body. Vegetative resonance test on APK "IMEDIS-EXPERT" allows you to identify the state of the body's adaptive reserves and all the factors that block them. This approach allows diagnostics at the systemic level, which makes it possible to carry out the most "energy-saving" treatment.

Blocking of adaptation reserves (Blocking RA) - from 1 to 10 degrees are presented in the selector as tests. During the diagnosis by the ART method, the degree of RA blocking is determined. Each identified degree of blocking is further used as a filter through which factors blocking adaptation reserves and drugs that remove these blocks are determined. Diagnosis through RA Blocking is simple, shortens testing time and is effective enough for treatment.

Clinical example

Patient R., 13 years old, complained of weakness, poor sleep, frequent headaches in the morning, immediately after sleep and in the evening, periodic dizziness and fainting in a stuffy room, frequent ARVI with a prolonged rise in temperature to 37.2–37.5; otitis media, recurrent allergic reactions to food, dust in the form of skin rashes and rhinitis. Has been sick since about 11 years old.

Anamnesis: was born prematurely, grew and developed normally, rarely got sick. From 3 to 5 years old she suffered from chickenpox and rubella. Menarche at age 11. The cycle is irregular. Over the past two years, she has been repeatedly consulted by a pediatrician, neurologist, allergist, physiotherapist. CT scan of the brain, ultrasound of the thyroid gland - no features. In the general analysis of blood - a moderate decrease in neutrophils and lymphocytosis.

SRS instability coefficient - 45.2 (N = 11–25). According to ART data: Blocking of adaptation reserves of 2, 4, 8 degrees.

Through "Blocked RA 2 st". determined by GN, RN, EN + "Raeks", DIS "ONOM". The drugs have been written down, and a single dose has been given.

Through "Blocked RA 4 st." defined Mandragora (root) D30, Hypothalamus D800 + Bach Flowers. The drugs are aimed at KMH, recorded, given

single dose per appointment.

Through "Blocked RA 8 Art." Specific factors for testing are determined (Psyche Amount of fears, Childbirth: birth trauma). The drugs are aimed at KMH, they are recorded, and a single dose is given.

Retested "Blocked RA 2, 4, 8 st." - the test is negative, which indicates the effectiveness of the selected drugs.

Through KSU tested "Indication of depletion of the immune system" + CMV, Epstein-Barr + Pulsatilla 12C

According to the results of SRS, the coefficient of instability after taking the selected drugs is 30.5 (N = 11-25).

Conclusions: the use of tests "Blocking of adaptation reserves" reduce testing time, allows you to bypass the problem of pathogenetic and sanogenetic blocks and increases the effectiveness of treatment.

Literature

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