

Age norms of biological indices according to ART
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The state of the mesenchyme reflects the biological age of the organism, which corresponds to the degree of deterioration of the organism (or organ) and can be comparable with the chronological age. The biological age is determined by the ART method through various potencies of the mesenchyme corresponding to certain biological indices (BI) [1].

At the same time, the indicator of the biological index can depend on various factors: the presence of inflammation, the number of dividing cells, the degree of congestion of the body with toxins, the presence of psycho-, bio-, physical, pathological or functional blockages. In this regard, for the correct assessment of the patient's condition, control of the effectiveness and safety of the treatment selected for ART in each specific case, it is necessary to use the following indicators: "effective medication", "optimal biological index" (Cuprum met. D400; Veratrum viride C30, Argentum nitr. C52, Argentum nitr. C 44 et al.

In addition, Yu.V. Gotovsky proposed to divide biological indices into three age levels with 7 indices in each:

I - childhood, from birth to 14 years; II -

maturity, from 14 to 65 years old;

III - old age, from 65 years to death.

This range of correspondence of biological indices to chronological age reflects the capabilities of the adaptive reserves of each group. However, several indices can be simultaneously tested in one patient, the number of which can indicate both the nature of the damage and the chronological age. In order to differentiate and compare them, a constant criterion is needed.

In this regard, the purpose of this work is to clarify the criteria for the coincidence of biological age with age biological indices in a narrower spectrum, that is, in a state of compensated health.

Materials and methods

For diagnostics and treatment, the equipment of the company "IMEDIS" was used: apparatus for electropunctural diagnostics and therapy "MINI-EXPERT-DT"; medication selector "IMEDIS-BRT-PC".

Own research

During the period from 2003 to 2014, 2020 people were examined at the age from 1 to 85 years old who applied to the Moscow Homeopathic Center with various diseases, as well as for diagnostics and preventive purposes in a state of compensated health. We compared the indicators of the values of biological indices during illness or exacerbations of chronic diseases with their own indicators of biological indices of the same persons when approaching recovery, during the recovery period, as well as dispensary examinations with a preventive or recreational purpose.

All indicators of the biological indices of these individuals during the period of compensated health with 100% accuracy fit within the chronological parameters of individual age groups (Table 1).

Table 1

Indicators of age BI in persons from 1 to 85 years old,
in a state of compensated health for the period from 2003 to 2014

	Age period	Biological index (BI)
1	Children's age from 1 to 9 years A) neonatal period 1-3 years C) 4 years D) 5 years E) 6, 7, 8 years old	BI 1-7 BI 1 BI 2, BI 3-4 BI 4 - BI 5 BI 5 - BI 6 BI 6 - BI 7
2	The period of onset of puberty from (8-9) to (10-14) years	BI 8
3	Fertile (childbearing) age (10-14) to (43-45) years	BI 9
4	Maturity A) (43-45) - 55 years old B) 55-65 B) 65-75 D) 75-85	BI 10 BI 11 BI 11, 12 BI 11-14
5	Old age (75-85) until the end of life	BI 15 to BI 21

1. Children's age is characterized by increased growth and differentiation of tissues of all organism, including mesenchyme. It starts from the neonatal period and lasts up to 8-9 years. At this time, there is a rapid change in the potency of the mesenchyme and biological indices in accordance with the rapid growth and development (Table 2)

table 2

Correspondence of mesenchyme potencies to biological indices in childhood

Potency mesenchyme	D 2	D3	D4	D5	D6	D 7	D8
BI	BI 1	B2	BI 3	BI 4	BI 5	BI 6	BI 7

The rate of change in the potency of the mesenchyme and the corresponding biological indices is genetically and phenotypically individual for each child and corresponds to his psycho-physical development. During this period, biological indices are unstable, can vary and reflect the possibilities of adaptation of a given child in the given ecological, epidemic and social conditions.

2. The period of onset of puberty

The age of the beginning and end of puberty is also individual. However, these terms consistently correspond to one biological index - BI 8 and one potency of the mesenchyme - D15. This index can be tested for several years with an individual duration for each child in the chronological range from (8-9) years to (10-14; 15) years. The upper and lower boundaries of this age, as well as deviations from them in one direction or another, may indicate an acceleration or deceleration of sexual and physical development and (or) hormonal disorders.

3. Fertile period (childbearing age)

Childbearing age begins with a change in biological index - 8 to biological index - 9, individually for each person from 11-14-15 years, less often - from 10 years, capturing the end of adolescence and adult - socially active age. This period is also individual, lasts up to about 43-45 years and corresponds to BI 9 (with the potency of the mesenchyme D16). BI 9 and the potency of the mesenchyme D16 are constant for many years of this period. This phenomenon can be explained by a sharp slowdown in the growth and development of the mesenchyme for the release of energy resources in order to reproduce and ensure an increase in social activity. A shift of BI 9 in one direction or another or the appearance of additional biological indices indicate (2) a health disorder and do not apply to the standards of this period [2].

4. Maturity or middle age

At the end of the period of childbearing age and the onset of maturity, that is, average

age, the change in the potency of the mesenchyme and biological indices in the direction of their increase can go very quickly, however, on average, it increases by 1 biological index in 10 years [2]. However, in a group of genetically, morphologically and phenotypically intact individuals, the aging processes of the mesenchyme are slower and can increase by 1 biological index in 15–20 years. However, after 65-75 years, and for some after 85 years, these processes can accelerate.

5. Old age

Yu.V. Gotovsky noted that this period begins with BI 15, and the potency of the mesenchyme D30 and the age from 65 to the end of life - BI 21 with the potency of the mesenchyme D36.

It is interesting that the D30 potency of any homeopathic remedy, including any organopreparation, has a stabilizing, depressing and regulatory effect. It is like a transition to a more economical energy regime. The beginning of the old age corresponds to this potency.

At the same time, the chronological age of the beginning of this period can vary within wide limits, but on average its beginning corresponds to 75–85 years.

By the end of the period of maturity and in the period of old age, as well as in the childhood period, the indicators of biological indices can be unstable and easily change under the influence of external factors. However, in childhood, these indicators reflect instability during growth and differentiation and are easily restored to the age norm, that is, division and renewal of cells and other structures prevail over their destruction and apoptosis. At the same time, in old age, instability under the influence of external factors enhances the processes of destruction and combustion, which are, as it were, adaptive. In old age (in contrast to the young), the processes of reproduction and reproduction of cells slow down. However, the processes of aging, cell death and destruction of other structures are accelerating and growing. It is known that most of the energy is released during the destruction of cells and tissues. These processes make up for the lack of energy in old age. This process is, as it were, a transition to self-sufficiency in order to lengthen life expectancy.

I would like to remind you of a well-known immunological study. Fibroblasts are long-lived cells that can divide 50 times during their life. According to the rate of their division, it has been established that the life span can be equal to 150 years.

However, after the cessation of the process of division and reproduction, the old fibroblast does not die, but turns into a long-lived fibrocyte, which continues to release regulatory factors.

Conclusions:

1. Determined the boundaries of age norms, biological indices in individuals of different age groups, in a state of compensated health. The values of biological indices in 100% of cases corresponded to the chronological limits of fluctuations in the boundaries of biological age.

2. Potencies of the mesenchyme corresponding to certain biological indices are the main constant that corresponds to the chronological age of healthy individuals within the correction for the individual rate of growth, development, functional activity and aging, that is, biological age.

3. Knowledge of age norms and deviation from them in the direction of decreasing or increasing values biological indices will make it possible to correctly assess the epidemiological and ecological situation, identify damaging factors (along logical chains), assess the level of hormonal and physical development of children and adolescents and the health status of persons of any chronological age.

4. The values of biological indices by age can serve as a criterion for correct and rapid interpretation of changes in indicators of age biological indices and correct assessment of the appearance of additional biological indices, indicating pathological processes corresponding to their value.

List of used literature

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Zotova, G.I. Age norms of biological indices according to ART / G.I. Zotova // XXII International Conference "Theoretical and Clinical Aspects of the Application of Bioresonance and Multiresonance Therapy". - M .: IMEDIS, 2016 .-- S.266-270.

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