

## Homeopathy in the practice of a neurologist. Asthenic syndrome

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Asthenic disorders are one of the most common syndromes in clinical practice of any specialist and account for up to 60% of visits to general practitioners. More than half of patients who see a neurologist have symptoms of asthenia. Asthenia (from the Greek *asthénēia* - powerlessness, weakness) is a painful condition manifested by increased fatigue and exhaustion with extreme instability of mood, weakening of self-control, impatience, restlessness, sleep disturbance, loss of the ability to prolonged mental and physical stress, intolerance to loud sounds, bright light, pungent odors. Asthenia can be both the initial manifestation and the end of any disease. Often, after a viral illness, the recovery period can be delayed for a long time. According to ICD-10, conditions, the main manifestation of which is asthenia, are considered in the headings "Neurasthenia F48.0",

Therapy for asthenic conditions. Non-drug treatment of asthenia aims to activate restorative functions of the body, help the patient to normalize the mode of work and rest. Adaptogens, physiotherapy exercises, kinesiotherapy, rational psychotherapy can also be used. Within the framework of this concept, homeopathic medicines can be successfully used. The advantages of such drugs include their ability to restore neurohormonal regulatory mechanisms of the body and stimulate healing processes even in severe, recurrent chronic diseases, in the absence of toxicity.

Of homeopathic monopreparations, the most commonly used are:

*Agaricus Muscarius* (constant restlessness, increased sensitivity, especially of the spine, cold, twitching, spasms, piercing pains, with a feeling of cold, weakness, anxiety, fatigue with chills, increased sensitivity to noise).

*Kalium phosphoricum* (feeling of weakness, inappropriate, mental or physical overwork, muscle weakness, aggravated by the slightest movement, night fears, obsessive thoughts, exhausting sweating, insomnia due to weakness, irritability from weakness).

*China* (ringing in the ears, mental weakness, apathy, indifference, sensitivity to noises and odors, insomnia from overexcitation).

*Ginseng* (general weakness, forgetfulness, heaviness and weakness in the back and limbs, not systemic dizziness, double vision with fatigue).

*Ignatia* (changeable mood, tearfulness with a lump in the throat, nervous excitement with trembling and spasms, absent-mindedness, weakening of memory, muscle twitching).

The drugs and their dosage were selected by the ART method.

To control the effectiveness of the use of drugs, a self-assessment test of the patient's state of SAN (well-being, activity, mood) was used, which was performed by the patient at home. The scoring is the sum of the scores for the individual categories. Retesting was carried out 3-4 weeks later. In the majority (14 of 18 patients), the retesting result improved by 7-10 points.

Conclusions:

1. Homeopathic medicines, with adequate selection, can be successfully used for treatment of asthenic disorders in patients focused on non-drug treatment methods.
2. The SAN testing technique can help the doctor assess the dynamics of change in the psychoemotional state of the patient in the case of asthenovegetative disorders.

SAN test questionnaire

Read each of the sentences given carefully and choose an answer depending on how YOU FEEL AT THE MOMENT. Do not think about the questions for a long time, since there are no right or wrong answers here.

		Significance tally	Wednesday-not	Weakly	At all No	Weakly	Wednesday-not	Significance tally	
1.	Wellbeing good	3	2	1	0	1	2	3	Wellbeing bad
2.	I feel strong	3	2	1	0	1	2	3	I feel weak
3.	Passive	3	2	1	0	1	2	3	Active
4.	Sedentary ny	3	2	1	0	1	2	3	Mobile
5.	Happy	3	2	1	0	1	2	3	Sad
6.	Good mood	3	2	1	0	1	2	3	Bad mood
7.	Workable ny	3	2	1	0	1	2	3	Broken
eight.	Full of strength	3	2	1	0	1	2	3	Exhausted
nine.	Slow	3	2	1	0	1	2	3	Quick
ten.	Inactive	3	2	1	0	1	2	3	Active
eleven.	Happy	3	2	1	0	1	2	3	Unhappy
12.	Cheerful-ny	3	2	1	0	1	2	3	Gloomy
13.	Tense	3	2	1	0	1	2	3	Relaxed
fourteen.	Healthy	3	2	1	0	1	2	3	Sick
15.	Indifferent	3	2	1	0	1	2	3	Infatuated
16.	Indifferent	3	2	1	0	1	2	3	Excited
17.	Enthusiastic	3	2	1	0	1	2	3	Sad
eighteen.	Glad	3	2	1	0	1	2	3	Sad
19.	Rested	3	2	1	0	1	2	3	Tired
twenty.	Fresh	3	2	1	0	1	2	3	Exhausted
21.	Sleepy	3	2	1	0	1	2	3	Excited
22.	A wish relax	3	2	1	0	1	2	3	A desire to work
23.	Calm	3	2	1	0	1	2	3	Preoccupied
24.	Optimistic	3	2	1	0	1	2	3	Pessimistic
25.	Hardy	3	2	1	0	1	2	3	Weary
26.	Bouncy	3	2	1	0	1	2	3	Sluggish
27.	To consider hard	3	2	1	0	1	2	3	It's easy to think
28.	Scattered	3	2	1	0	1	2	3	Attentive
29.	Full of hope	3	2	1	0	1	2	3	Disappointed
thirty.	Pleased	3	2	1	0	1	2	3	Dissatisfied

**Keys:**

State of health: 1, 2, 7, 8, 13, 14, 19, 20, 25, 26; Activity: 3, 4, 9, 10, 15, 16, 21, 22, 27, 28; Mood: 5, 6, 11, 12, 17, 18, 23, 24, 29, 30.

**Literature**

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