

The use of Bach flower essences in the therapy of patients with psychovegetative disorders
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SUMMARY

The article describes the experience of using homeopathic preparations "Bach Flowers" for the correction of disturbances in the emotional background in patients suffering from psychovegetative disorders. The possibilities of using drugs of the Bach Flowers group for correcting disturbed emotional background in patients with psychovegetative disorders are shown. It is proposed to optimize the choice of the drug by determining the leading group of emotional disorders and using the method of the vegetative resonance test "IMEDIS-TEST".

Key words: psychovegetative disorders, emotional background, homeopathic means "Bach Flowers".

Introduction

Psychovegetative syndrome is a nonspecific disorder that is a combination of symptoms caused by violations of the mechanisms of autonomic regulation. In the early stages of development, it can be the main manifestation of mental disorders. In other cases, psychovegetative syndrome is the first messenger of somatic disorders. The term "psychovegetative disorders" combines many symptoms, the most common of which are: anxiety, feelings of inner tension, sleep disturbances, irritability, meteorological dependence, inappropriate and different in modality emotional reactions. Often there are so-called paroxysmal psychovegetative disorders - phobias, panic attacks. Vegetative disorders can be permanent, but often, especially at the onset of the disease, they arise as paroxysms, lasting several minutes or hours. The clinical structure of the psychovegetative syndrome may reflect the predominance of sympathetic tone: tachycardia, tendency to arterial hypertension, atonic constipation, mydriasis, exophthalmos, subfebrile condition, dry mouth, hyperhidrosis. These manifestations reflect the activation of the ergotrophic attunement.

In other cases, vagoinular innervation dominates: nausea, vomiting, loose and frequent stools, increased urine output, arterial hypotension, hypersalivation, hypothermia, bradycardia, a feeling of suffocation, lack of air. These manifestations indicate the activation of the trophotropic setting. Mixed - amphitonic states are often encountered [1, 5, 6].

At present, one can observe a significant prevalence of these disorders in the population, which may be associated with the intense rhythm of modern life, as well as a decrease in stress resistance in conditions of time pressure, excess information as a result of rapid urbanization. The frequency of these disorders is quite high and amounts, according to different authors, 10–20% in the population [6].

Undoubtedly, adequate therapy for these disorders is of great social importance. So, in a number of studies it has been shown that patients suffering from permanent or paroxysmal psychoautonomic disorders have a higher cholesterol level, the risk of stroke doubles, the risk of hypertension, myocardial infarction, gastric ulcer and duodenal ulcer, and cancer significantly increases.

Patients with psychovegetative syndrome are forced to use drugs of various groups to relieve acute and chronic emotional disorders, while experiencing side effects, and in some cases - complications of pharmaceutical therapy [4]. The need to maintain an active lifestyle, drive a car, and perform professional duties by the patient requires the use of safe, effective, specialized drugs that do not have side effects that do not lead to the formation of drug dependence and other complications. From the literature it is known about the use of homeopathic medicines for the treatment of disturbed emotional background [1]. One of the proposed groups of drugs are homeopathic remedies "Bach Flowers".

original technology of their manufacture and application. Currently, drugs in this group are registered in Russia as drugs, which was the reason for additional study of the specifics of their appointment in patients with a disturbed emotional background.

Dr. Bach proposed a classification of homeopathic remedies into seven groups based on signs of impact on similar disharmonious emotional states:

Remedies for uncertainty: wild oat, centaury, gorse, hornbeam, skleranthus (divala).

Remedies for fear: aspen, cherry plum, lipstick, red chestnut, sunshine. Remedies for loneliness: heather, touch-me-not, water violet.

Anti-apathy remedies: clematis, horse chestnut buds, honeysuckle, mustard, olive, horse chestnut, rosehip.

Remedies for the sensitive: agrimony, gentian, holly, walnut.

Remedies for excessive altruism: beech, chicory, rock water, verbena, grapevine. Remedies for disappointment and discouragement: wild apple, elm, larch, oak, pine, poultry farm, noble chestnut, willow.

Life-saving remedy: contains 5 flower essences in one preparation: poultry, sunflower, cherry plum, touch-me-not, clematis.

Materials and methods

In the period from 2008 to 2009, 30 patients with psychovegetative disorders aged 21–72 years, including 7 men and 23 women, turned to the medical center of LLC "CIMS" IMEDIS ".

The main complaints presented during treatment were complaints of anxiety, apathy, negative experiences, irritability, sleep disturbance, headaches when waking up or during the day without clear localization, unstable blood pressure, feeling of fatigue not associated with physical activity, pain in epigastrium, not associated with food intake, unstable stool, meteorological dependence, difficulties in performing work load, emotional lability, tearfulness.

The patients who applied with the above complaints were examined by the method of segmental bioelectronic functional diagnostics (SBFD) in order to determine the tone and reactivity of the autonomic nervous system. In addition to SBFD, testing was carried out by the method of vegetative resonance test "IMEDIS-TEST" (ART) [2, 3, 5] using ART indicators: "mental load"; "Endogenous psychoses"; "depression"; "Violation between the psyche, the endocrine system and the outside world"; "Shock load".

Based on the results of diagnostics and testing, the selection (using the ART method) and the appointment of homeopathic preparations of the Bach Flowers series to the patient was carried out. Diagnostics by the SBPD method, testing and selection of a homeopathic drug by the ART method were carried out on an apparatus for electropunctural diagnostics, drug testing, adaptive bioresonance therapy and electro-, magnetic and light therapy according to BAT and BAS "IMEDIS-EXPERT" (registration number FS 022a2005 / 2263- 05 of September 16, 2005).

Diagnostic and test results

Based on the results of diagnostics by the FBS method, all patients were divided into two groups (Table 1): 1. With initial parasympathotonic tone.

2. With initial sympathotonic tone Results of testing patients by ART method are given in table. 2. The obtained results of the selection of homeopathic preparations of the Bach Flowers series grouped by groups of predominant activity of the departments of the autonomic nervous system of patients are presented in table. 3. Most often, the patients were treated with drugs of the groups "for disappointment", "for fear", "for loneliness".

Table 1

Пол	Группа парасимпат. тонусом	Группа симпатотон. тонусом
Мужчины	1	6
Женщины	22	1
Всего	23	7

table 2

ART test results

Указатели ВРТ	Количество пациентов
«Психическая нагрузка»	4
«Эндогенные психозы»	10
«Депрессия»	13
«Нарушение между психикой, эндокринной системой и внешним миром»	0
«Шоковая нагрузка»	3

Table 3

The results of the selection of homeopathic preparations of the "Bach Flowers" series

Группы препаратов	Группа парасимпат.	Группа симпатотон.
От апатии	0	3
От одиночества	9	0
Для чувствительных	0	2
При разочарованиях	7	0
При чрезмерном альтруизме	1	3
От страха	5	1
От неуверенности	1	6
Спасительное средство	3	1

Three patients were treated with drugs of the "life-saving remedy" group (five flower remedies), while it was noted that these patients had a history of long-term somatic pathology, which was in remission during the period of treatment: hypertension, angina pectoris, peptic ulcer disease.

In the group of patients with initial sympathetic tone ($n = 7$), men prevailed ($n = 6$), the distinctive feature of patients in this group was their productive age (mean age 43.8 years) and active social status. As a rule, the patients of this group were engaged in responsible official activities, were leaders of various levels. The index "endogenous psychoses" was most often tested in patients of this group in 6 cases out of 7 (86% of cases), in one case (14%) the index "depression" was tested.

Patients from the group with an initial sympathetic tone were treated with drugs from the groups "with excessive altruism", "from uncertainty", "from apathy", "for sensitive", one patient was approached by a drug from the "life-saving remedy" group.

The results of therapy using homeopathic medicines "Bach Flowers" The use of individually selected drugs for at least a month according to the standard scheme gave a stable picture of improvement: the number of general complaints decreased, the emotional background returned to normal. Patients of the first group with signs of parasympathicotonia noted a surge of strength, an improvement in performance, a decrease in negative experiences, anxiety, a decrease in episodes of headaches, epigastric pain, a decrease in emotional lability, tearfulness, episodes of panic attacks stopped.

The severity of mental stress, tested by the ART method, after the use of drugs from the Bach Flowers group significantly decreased, the indicators "endogenous psychosis", "depression", "shock state" were not tested.

Patients in the sympathicotonia group noted a decrease in anxiety, normalization of blood pressure, a decrease in the number of episodes of anger, irritability, an increase in the efficiency of work performed, and an easier decision-making process. According to the results of electropunctural testing, a positive trend was observed: the degree of mental stress decreased, indicators for "endogenous psychoses" and "depression" were not tested.

Table 4

The state of mental stress in patients before and after the use of Bach Flowers

Указатель ВРТ	Псих. нагрузки 1-3 ст.		Псих. нагрузки 4-5 ст.		Эндогенные психозы		Депрессия		Шоковое состояние	
	до	после	до	после	до	после	до	после	до	после
Симпатот.	0	3	0	4	6	0	1	0	0	0
Парасимп.	0	8	4	15	4	0	12	0	3	0

conclusions

The use of drugs from the Bach Flowers group is effective for correcting disturbed emotional background in patients with psychovegetative disorders. Prescribing drugs can be made on the basis of complaints of emotional disorders and indications for the drugs "Bach Flowers", while it is possible to optimize the choice of drug by determining the leading group of emotional disorders. To increase the efficiency of individual selection of drugs, it is advisable to use the methods of SBPD and ART.

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