

Homeopathy in the treatment of patients with asthenic syndrome

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SUMMARY

The aim of the work was to optimize the treatment of patients with asthenic syndrome by using the method of clinical homeopathy. In the course of the work, the advantage of this approach over the classical drug exposure or the placebo option was confirmed. The noted effectiveness of homeopathy in 52.5% of cases should be recognized as satisfactory, since the observation included chronic patients resistant to standard therapy.

Key words: asthenic syndrome, agripnia, dorsopathies, clinical homeopathy.

RESUME

The aim of the study was to optimize the treatment of patients with asthenic syndrome by using the method of clinical homeopathy. The work confirmed the advantage of this approach over the classical influence of medication or a placebo version.

The efficacy of homeopathy reached 52.5% of cases and should be considered satisfactory, as chronic patients refractory to standard therapy were under the supervision ..

Keywords: asthenic syndrome, agripniya, dorsopathy, clinical homeopathy.

Introduction

The increase in the proportion of asthenia in the structure of various pathologies determines the urgency of the problem for most clinical disciplines [4]. This phenomenon, due to the emergence of stable pathological connections, reduces the effectiveness of therapeutic measures. In particular, the hypnotics used here are not always effective and, moreover, are not devoid of negative influences. In this regard, the interest in "soft" methods of influence, which include homeopathy, is understandable. Thus, the effectiveness of homeopathic medicines in the relief of asthenic disorders has been established [1, 2]. To develop this information, the present study was carried out to assess the effectiveness of clinical homeopathy in asthenic syndrome.

Material (contingent), methods of examination and treatment

The study included 90 patients (49 women and 41 men) from 27 to 60 years old, who were admitted for treatment in connection with complaints of asthenia with a predominance of agripnia (insomnia). In 36 cases (40%), equally in men and women, these shifts were within the framework of neurasthenia. In the remaining 54 cases (60%), mainly in women, asthenization developed against the background of cervicothoracic dorsopathy associated with arterial hypertension.

At the time of examination, the main process was in remission, and the clinical picture was dominated by asthenic symptoms. Agripnia, detected in all patients, was of a secondary nature. The components of sleep (the time of falling asleep, its duration, the number of nocturnal awakenings) were assessed using a 5-point scale [4], summarizing these parameters.

All patients underwent clinical and psychopathological examination, with

the application of the methodology of multilateral personality research - MIL [3]. Additionally, Doppler ultrasonography of the vertebro-basilar arteries was performed using the Spectrum-1000 automated complex (Russia).

#### Treatment methods

Initially, 84.4% of patients received classical medications, mainly hypnotics of the benzodiazepine series. In order to optimize the therapy of this contingent, 3 groups were formed, each of 30 people. The 1st group was treated with the homeopathic preparation *Cerebrum compositum* (Hel, Germany). In 4 cases, this remedy was used in isolation, in 26 - against the background of hypnotics, with a sequential decrease in the dosage of the latter. In group 2, the homeopathic medicine was replaced with a placebo. In the comparison group, the course of classical drug therapy was continued. The duration of the course of treatment in all groups was 2 months.

When analyzing the effectiveness of treatment, the positions "significant improvement", "improvement", "no effect" and "deterioration" were distinguished. The research was carried out in dynamics, with computer-statistical data processing according to Student's t test.

#### results

During the examination, 36 patients were diagnosed with neurasthenia, with a provocative role of social factors. In this case, a significant peak in the MIL profile on 1 scale and a less pronounced rise on 6–8 scales reflected the concentration on somatic complaints.

In 54 cases, asthenia was associated with dorsopathies of the cervicothoracic localization. V 51.9% of these observations associated asthenia (by analogy with neurasthenia) with neurotic mechanisms. The average MIL profile of these individuals was characterized by an almost isolated peak on the 1 scale, reflecting the focus on somatic complaints. However, in 48.1% of these patients, asthenic phenomena intensified during the period of manifestation of vertebrogenic pain, and the process itself was considered neurosis-like [5]. In this situation, the MIL profile was distinguished by a significant rise in 6–8 scales, confirming psychopathic tendencies.

In almost all cases, the duration of agripnia coincided with the period of asthenization; the total assessment of the quality of sleep in neurasthenia was 12.8 points, cervical osteochondrosis - 13.7 points, i.e. significantly differing from the lower limit of the conventional norm of 19 points ( $p < 0.05$ ).

The analysis of cerebral hemodynamics was carried out to detail the mechanisms of astheno-agripnia formation. At the same time, only in the case of dorsopathies, spastic vascular shifts were distinct. They were observed in 44.4% of patients, mainly with a neurosis-like state, however, in this situation, statistical processing of the results was difficult due to the frequency of abnormal development of the vertebral arteries.

In general, the leading mechanism of asthenia in the case of neurosis is psychogenic, and in a significant part (48.1%) of patients with cervical vertebrogenic syndromes, neurosis-like links of the process are noted. In turn, the effects of the treatment carried out also depended on the genesis of the observed disorders.

It was found that homeopathic therapy (group 1) was effective in 53.3% of cases, regardless of the sex or age of the patients. There was one case of deterioration, the relationship of which with the ongoing therapy is questionable. When detailing the observed effects in persons with improvement, it was noted that 3 patients initially received *Cerebrum compositum* monotherapy. In the other 13 observations, the stability of the results allowed to cancel or halve the dosage of hypnotics. At the same time, in 13 out of 16 patients, neuropsychic mechanisms of the process prevailed and only in 3 cases - neurosis-like syndrome.

The effectiveness of treatment in the compared groups was 30% and 16.7%, respectively, i.e. significantly ( $p \leq 0.05$ ) yielding to the homeopathic approach (Table 1).

Table 1

The effectiveness of treatment in the compared groups of patients

Группы больных	Состояние							
	Значительное улучшение		Улучшение		Без эффекта		Ухудшение	
	Абс.	%	Абс.	%	Абс.	%	Абс.	%
1-я	7	23,3	9	30	13	43,3	1	3,3
2-я	3	10	6	20	20	66,7	1	3,3
Сравнения	—		5	16,7	25	83,3	—	—

At the same time, in the 1st group, against the background of regression of complaints, sleep indicators in total reached 17.7, closely approaching the lower limit of the norm. The dynamics of indicators of the structure of sleep in persons with improved condition is presented in table. 2. The final analysis of the MIL test of these patients reflected a significant ( $p < 0.05$ ) drop in the initial peak according to the 1st scale and moderate - according to the 7th, indicating a decrease in the level of anxiety about their health.

table 2

Dynamics of indicators of the structure of sleep in patients of the 1st group with positive dynamics  
( $M \pm m$ )

Признак (n = 17)	Уровень (в баллах)		
	Исходно	Через месяц	Через 2 месяца
Время засыпания	$2,5 \pm 0,5$	$3,0 \pm 0,3$	$3,1 \pm 0,4^*$
Продолжительность сна	$2,7 \pm 0,4$	$3,0 \pm 0,3$	$3,3 \pm 0,4^*$
Количество ночных пробуждений	$2,5 \pm 0,2$	$2,7 \pm 0,2$	$2,7 \pm 0,2$
Качество сна	$2,5 \pm 0,6$	$2,8 \pm 0,7$	$2,9 \pm 0,5^*$
Количество сновидений	$2,7 \pm 0,3$	$2,9 \pm 0,6$	$3,0 \pm 0,4$
Качество утреннего пробуждения	$2,4 \pm 0,4$	$2,6 \pm 0,2$	$2,7 \pm 3$

n – количество наблюдений; \* – достоверность ( $p < 0,05$ ) изменений по отношению к исходному уровню.

Follow-up analysis, performed after half a year, reflected the preservation of the achieved effect in the first group in 49% of cases, and in the other two groups - in 20–22% of cases.

#### Discussion and conclusions

So way, performed research confirms expediency homeopathic approach in the treatment of patients with astheno-agrinia, especially with neuropsychic mechanisms of the process. The achieved result itself - 53.3% should be recognized as satisfactory, since the patients of the chronic profile, taking psychotropic drugs for a long time, were under observation.

The preservation of the effect in 48.9% of cases for six months following the treatment indicates the need for dynamic monitoring of patients and timely homeopathic therapy. On the other hand, the therapeutic stability of astheno-agripnia of neurosis-like genesis indicates the need for additional, including physical, methods of treatment.

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