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J.A. Alfara
E.I. Sidorenko

**TREATMENT OF CHILDREN WITH STRABISMUS USING
INFRASONIC PNEUMOMASSAGE, INFRAPHONOPHORESIS
AND COLOR PHOTOSTIMULATION**

RGMU, Moscow, Russia

Objective: Analysis of rehabilitation results in 200 patients with strabismus of various genesis from 2005-2007

Methods: Infrasonic pneumomassage with capacity 165-170 DZ, frequency 1-10 Hz, vacuum (0,01 up to 0,1 a.p.) with the time of exposure 1-15 minutes. Low-frequency color photo stimulation from 0,2 up to 40 Hz excluding dark blue spectrum was carried out, in macular zone -30-40 Hz, on periphery - up to 10 Hz, the difference between OD-OS - 0,2 Hz. The estimation of results was conducted with the account of the data of retrospective inspection of the children that underwent treatment in the children's eye sanatorium at Morozoff children clinical hospital. The control group included 200 patients; with an average treatment period from 1 up to 7 years.

Results: the analysis of the results was based on comparative dynamics of parameters of the refraction of primary inspection of the patients and the examinations after the therapy. The first investigation phase revealed improvement of the refraction parameters. The positive results of the treatment did not exceed 10 % from the initial level in OD - 52,6 % of the cases, OS - 35,4 %. Deterioration of parameters of the refraction was reported in OD - 2 cases with deterioration up to 10 %.

Conclusions: the comparative analysis of the data shows a positive dynamics of the parameters of the refraction in children with strabismus of various genesis due using infrasonic pneumomassage, infraphonophoresis and color photostimulation. The treatment also included massage of extraocular muscles (2), intraocular muscles (3), medicament therapy and phonophoresis.

T.A. Astashova

**NEW NATURAL COMPLEXES "MAXISIL" AND "GARMONIA
SIL" FOR FUNCTIONAL FEED**

*State Research Institute of Clinical and Experimental Lymphology
SB RAMS, Novosibirsk, Russia*

*"Laboratory of health correction", Scientific research firm Harmony
VITA, Novosibirsk, Russia*

The development of functional foods "Maxisil" and "Garmonia Sil" was aimed at optimization of feed structure by complementing daily food ration with essential nutrients and micronutrients of natural origin.

The structure of functional foods “Maxisil” and “Garmonia Sil” is presented by a combination of herb compounds and liophylized caviar of a sea hedgehog containing a unique composition of biologically active substances.

The composition of the functional food “Maxisil” contains a phytocollection from widely applied in herbal and folk medicine *Rhaponticum carthmoides*, *Hedysarum theinum*, root extraction of *Acorus calamus* and *Aralia mandshurica* Rupr alongside with a calculated amount of sea hedgehog caviar. Phytocollection of the functional food “Garmonia Sil” is presented by roots of *Aralia mandshurica* Rupr and *Glycyrrhiza glabra*, fruits of *Crataegus altaica* and the grass of *Hypericum perforatum*. The choice of phytocollections in the functional foods is made through analyzing the composition of biologically active substances contained in vegetative raw material.

The functional food “Maxisil” is developed for dietological correction of the nutritional structure in active men and positioned as an additional source of polynonsaturated fat acids, including omega-3 ($\geq 20\%$), bioflavonoids ($\geq 10\%$), iron ($\geq 15\%$), manganese ($\geq 10\%$) and calcium ($\geq 5\%$). The clinical efficiency of the complex “Maxisil” for functional feed was tested on men with erectile dysfunction of psychogenic nature and chronic prostatitis with sexual disturbances.

The functional food “Garmonia Sil” is designed for nutritional correction in active women due to an essential complex of biologically active substances. The functional food “Garmonia Sil” is a source of polynonsaturated fat acids, including omega-3 ($\geq 20\%$), bioflavonoids ($\geq 20\%$); glycyrrhizene and hypericene. The composition of the active substances defining the structure of this product has found successful application as dietological supplement in combination with the basic therapy in women with chronic inflammatory diseases of sexual sphere.

The idea of creation of the functional foods “Maxisil” and “Garmonia Sil” as products of functional feed was based on synergetic unity of essential nutrients of the vegetative and animal origin. These nutrients enrich a food ration, compensate for a deficiency in biologically active components and individualize the feed with the purpose of raising the organism nonspecific resistance to various diseases, adverse influence of the environment, stresses of various origins. The natural combination of all important biologically active components provides a high biological availability of the presented natural compositions.

J.E. Benditsky

NEUE ANSÄTZE ZUM PROBLEM „HALLUX VALGUS“

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Es gibt viele Menschen, besonders Frauen, die an Hallux Valgus (Knöchel am großen Zehe) leiden. Mit zunehmende Fehlstellung der Großzehe nach außen verändert sich auch die Zugrichtung vo Muskeln, die üblicherweise die Großzehe nach innen ziehen, so dass

durch ein zunehmendes Muskelungleichgewicht die Fehlstellung noch verstärkt wird. Dabei können auch andere gesundheitliche Probleme entstehen.

Die moderne Medizin bietet den Patienten beim Erscheinen des ernststen Problems „Hallux Valgus“ die operative Therapie an. Die operative Methode löst das Problem nicht vollständig, da die Ursachen „Hallux Valgus“ nicht entfernt werden. Meistens gibt die operative Beseitigung „Hallux Valgus“ nur den kosmetischen Effekt. Die von uns ausgearbeitete komplexe Methode ermöglicht uns die „Hallux Valgus“ erfolgreich zu behandeln. Durch die Manuelltherapie kann der ursprüngliche Zustand des Fußes wiederhergestellt werden. Danach kann die Arbeit mit anderen deformierten Gelenken durchgeführt werden. Eine Grundlage der Stabilität der Genesung des Patienten ist die Wiederherstellung des Gleichgewichts im ganzen Körper. Die Genesung des Patienten kann nur die mühsame Zusammenarbeit des Arztes und des Patienten erfolgen. Im Schnitt dauert die Behandlung 4-5 Monaten. Für jeden Patient wird eine individuelle komplexe Übung entwickelt.

Im Laufe der letzten 5 Jahre wurde in Russland und Finnland die „Hallux Valgus“ Behandlung bei 2562 Patienten angewendet. Die Effektivität unsere Behandlung „Hallux Valgus“ erreicht 76-84% (das Ergebnis zeigt sich deutlich am Fuß und dem großen Zehe).

J.V. Bashkirova
N.G. Safonova
N.V. Kazarinova
M.A. Kolpakov

CORRECTION OF INTESTINAL BIOCEANOSIS BY COMPOSITE MIXES OF SORBENTS AND HERBS ETHER OILS AT THE EXPERIMENTAL HEPATITIS

Scientific Research Institute of Clinical and Experimental Lymphology, Novosibirsk, Russia

The number of the people suffering from chronic liver diseases of the toxic nature is increased in modern ecological conditions owing to an amplifying pollution of an inhabitancy of the person by various technogenic wastes. At the same time existing methods of treatment are insufficiently effective. They do not consider necessity of restoration of normal microecology of the intestine broken during disease. Though it is known, that the intestinal dysbacteriosis is the general part of pathogenesis of gastroenterological diseases. Dysbacteriosis is not only a consequence of pathological process, but also promotes its development, causing severity and duration of disease. Therefore development of new methods of correction of toxic hepatitis with action on such part of pathogenesis as dysbacteriosis of intestine now is actual.

We studied influence of oral administration of enterosorbents “Enterosgel” and SIAL, herbs ether oils from *ORIGANUM TYTTANTHUM GONTSCH.* and *MENTHA PIPERITA L.* and also their composite mixes (enterosorbent + herb oil) on a functional

state of liver and intestinal biocenosis at experimental chronic toxic hepatitis.

Work is performed on male Wistar rats (weight 180-200g). A model of chronic toxic hepatitis in rats was caused according to a technique described by N.P.Skakun et al., 1992. The control animals got standard diet during all days of experiment. In experimental groups after end of toxic exposure rats got additionally to standard diet enterosorbents "Enterosgel" or SIAL, herbs ether oils from *ORIGANUM TYTTHANTHUM GONTSCH.* or *MENTHA PIPERITA L.* and also their composite mixes (enterosorbent + herb oil) daily within 28 days.

It has been established that the development of chronic toxic hepatitis in rats leads to severe disturbance of intestinal microbiocenosis with decrease of levels of bifido- and lacto bacterias, increase of number of relatively pathogenic enterobacterias, staphylococci and hemolytic escherichias. Ether oil of *MENTHA PIPERITA L.*, "Enterosgel" and their mixture promoted earlier normalization of functions of liver - decrease in activity of aminotransferases and reduction of bilirubin concentration were observed in rats with a chronic toxic hepatitis. Ether oils of *ORIGANUM TYTTHANTHUM GONTSCH.* and *MENTHA PIPERITA L.*, and also enterosorbents SIAL and "Enterosgel", administered separately, promoted earlier restoration of quantity of lacto- and bifidobacterias) in rats with chronic toxic hepatitis in comparison with animals, who did not get sorbents and/or ether oils. Administration of composite mixes of sorbents ("Enterosgel", SIAL) and ether oils led to earlier restoration of quantity of lacto- and bifidobacterias too. Number of relatively pathogenic enterobacterias and staphylococci was reduced most actively with mixuter of SIAL with ether oil of *ORIGANUM TYTTHANTHUM GONTSCH.* and "Enterosgel" with ether oil of *MENTHA PIPERITA L.*

Thus, it has been shown that development of chronic toxic hepatitis result in the severe expressed disturbance of intestinal microbiocenosis. Oral administration of herbs ether oils of *ORIGANUM TYTTHANTHUM GONTSCH.* and *MENTHA PIPERITA L.*, enterosorbents ("Enterosgel", SIAL) and their composite mixes result in earlier restoration of liver functions and intestinal microbiocenosis. Administration of composite mixes in comparison with their components not only promotes the increase in quantity of normal intestinal flora, but also the decrease in number of relatively pathogenic microorganisms.

This work is supported by the grant of President of Russian Federation MD-1389.2006.7.

N.I. Benzionovich

DIE REABILITATION DES PERSONALS VON SAPOROSHJE KRAFTWERK UND IHREN FAMILIENANGEHÖRIGEN.

Klubs "Harmonie", Energodar, Ukraine

Ein konkretes Beispiel der gruppen- oder kollektiven Arbeit ist der Klub "Harmonie", der schon mehr als 15 Jahre in der Stadt Energodar seine Tätigkeit führt. Heute sind in seinem

Bestand mehr als 200 Menschen – das sind die Arbeiter der Saporoshje Atomkraftwerk und Mitglieder ihrer Familien. Während dieser Jahre sind im Klub mehr als 3000 Menschen gewesen. Die Tätigkeiten des Klubs vergrößern sich von Jahr zu Jahr, der Klub entwickelt sich ständig. Das Ziel des Klubs läßt sich mit jenen neuen Aufgaben und den Bedingungen vereinbaren, die das heutige Leben aufgibt. Aus unseren Erfahrungen und Kenntnissen wurde allmählich ein einheitliches System aufgebaut, das heute nicht nur die physische Rehabilitierung erfasst, sondern auch auf die Schaffung des neuen Menschen gerichtet ist: auf seine geistige Entwicklung, die Vervollkommnung des Körpers, der Seele und des Geistes, das Öffnen von allen seinen Möglichkeiten und Fähigkeiten, die von der Natur gegeben sind.

Als Ergebnis der Einführung hilft das Programm:

- eine gesunde und schöpferische Persönlichkeit zu werden;
- vollständig das innere Potential zu verwirklichen und die höchste Vorausbestimmung zu verstehen;
- das Selbstvertrauensgefühl zu finden;
- die lebenswichtigen Ziele und Aufgaben zu stellen und zu verwirklichen;
- alle Probleme positiv zu lösen, dadurch die Möglichkeiten in der Entwicklung der Persönlichkeit zu öffnen;
- die Beziehungen in der Familie, mit den Freunden, mit den Kollegen, mit der Welt zu verbessern;
- die gewünschte Arbeit zu finden und effektiv die Aufgaben zu lösen.

Der Entwicklungsweg der Persönlichkeit schließt im Klub die folgenden Richtungen ein: die Gesundung, das schöpferische Leben, die psychologische Arbeit, die geistige Entwicklung.

Die Gesundung. Die Gesundheit ist die Spitze, die jeder Mensch erreichen soll. Die Quelle der Gesundheit sind die Energie, die Kraft, das Lebenslust und die Fähigkeit sich über es zu freuen.

- der Morgenlauf
- die Trainings
- die Gesundheitsseminare
- das autogene Training
- die Wanderungen - der Tourismus
- die Vorlesungsreihen über die Gesundung

Das schöpferische Leben.

Einer von den wichtigen inneren Eigenschaften des Menschen ist seine Fähigkeit zum Schaffen und zu der Zusammenarbeit mit anderen Leuten, Schaffung und Zielsetzung zur Erkenntnis der umgebenden Welt und sich selbst.

- die familien- und die thematischen Abende
- Wettbewerbe, Karnevale, Konzerte

Die psychologische Arbeit. Für uns ist es eine wichtige Lehre die Kunst sich selbst zu leiten und eigenen Willen und den Wunsch zu kontrollieren. Die psychologischen Vorlesungen bieten dem Menschen an, über den Sinn des Lebens nachzudenken, für sich die Ziele zu stellen, eigene hauptlebenswichtige Aufgaben zu bestimmen.

- die Trainings des geistigen und persönlichen Wachsen

- die Beratungen
- die psychologische Vorlesungsreihen
- das Studium der Erfahrungen von den Meistern

Die geistige Entwicklung. Wir suchen unseren eigenen Weg, wir versuchen das geistige Potential in jedem Fall zu bemerken und wir geben uns Mühe immer froh und ausgeglichen zu bleiben.

- die Seminare
- die Ausstellungen, Exkursionen
- die Treffen mit den interessanten Leuten
- die Lektüre, die Besprechungen
- die Hilfe für den Bedürftigen
- die freiwilligen Arbeitseinsätze

S.G. Binat

BIOENERGOTHERAPY CONCEPTION AND ITS PLACE IN THE PUBLIC HEALTH SYSTEM

Ukrainian academy of healing, Kyiv, Ukraine

In the Ukraine the traditional medicine has its scientific and philosophic basis accumulated in the “Bioenergotherapy” program. This program gained the 25-year-experience of successful treatment. For last 10 years the program has been teaching doctors and healers from Ukraine, Poland, Germany, Moldavia and Georgia. Nowadays we can speak about appearance of Ukrainian-Crimea school of healing under auspices of Ukrainian academy of healing.

The common methods of the diagnostics of subtle field structures and the system correction of field disorders and their relation to the anatomic-physiological structures revealing the psycho-emotional level of diseases are basics of “Bioenergotherapy” approaches at the school. Numerous patients under go treatment which is confirmed by GRV-chamber data recorded before and after treatment.

Energy-information medicine proves the reality of energy-information human’s nature. Scientists believe that human beings have double nature: energy-information or field, concerned with psycho-emotional activity, is the primary one and a material nature, combining systems and organs, as the secondary one. The two of them are united and interrelated. Body damages follow only changes in the field structures.

Energy-information medicine diagnoses damages on the field level prior to first signs of illnesses enabling to correct and prevent them. Energy-information medicine increases the efficiency of treatment by rebuilding the field structure during the chronic and acute diseases. Patients are taught self-regulation and reconstruction of his own field structure;

they apply obtained knowledge and actively participate in the process of recovery.

The developed program of the bioenergy-information therapy includes diagnostics of man's field structures: the revealing of energy loss and volume decrease, the evidence of field deformation, qualitative changes in the energy of diseased internal organ and state value of energetic centres. Further the program ensures recovery from revealed disorders: reconstruction of the field volume and symmetry, and replenishment of light energy which leads to a health state and effective prevention.

There is also a valeologic aspect of the energy-information medicine enabling to teach patients self-regulation techniques. Eventually introduction valeologic programs in primary and secondary schools might contribute to the process of raising a healthy nation.

I.O. Boldyreva

**INTERHEMISPHERE BRAIN ASYMMETRY AND
PHYSIOLOGICAL HEALTH PECULIARITIES**

Novosibirsk State Pedagogical University, Novosibirsk, Russia

According to modern generalizing works, in order to solve main medicine tasks of disease prevention and treatment and strengthening people's health, we should make up for the gap between medicine, biology and psychology, and replace our multidiscipline knowledge for more holistic knowledge. Medical works today pay more attention to patients, and health of healthy or practically healthy people is overlooked by researchers. It is well-known that between health and illness there is a so-called "third state" and without doubts there are different levels of health in a healthy person.

According to modern ideas, man's health is "...an opportunity of the organism ...to adapt to changes in its environment..." In other words, health level is analyzed through the adaptation degree of this or that system or the whole organism. Many authors think that the condition of blood circulation system with its multi-level regulation is a universal indicator of an organism's adaptation.

One of the factors determining adaptation processes are peculiarities of interhemisphere brain organization. However, the connection between peculiar interhemispheric asymmetry and state of health, evaluated through adaptation processes, has not been studied systematically.

The obtained data allow us to state that the best vegetative regulation during rest occurs in the presence of left-handed signs in the individual lateral organization profile (lower values of heartbeat frequency, double production, vegetative index Kerdo and diastolic arterial pressure in left-handed male students). Heart rate analysis has shown that adaptation conditions in test persons may be estimated as satisfactory when left-handed signs occur, and in case of right-handed signs prevalence- as a tendency for strained adaptation mechanisms (higher values of strain index in right-handed people).

We have found different “physiological price” of adaptation to physical work in the persons with different lateral organization profile (LOP). The test persons with the signs of dominating right-hand hemisphere show more precise reaction of their cardiovascular system to graduated exercise on bicycle ergometer (lower values of blood circulation efficiency, double production index, vegetative index Kerdo and shorter restoration time), than people with the signs of prevailing left-hand hemisphere functions.

Main indices of organism spare capacities were studied – level of physical work capacity (PWC 170) and value of maximum oxygen consumption. It was shown that people with the left-handed signs in their individual LOP have a comparatively wide range of physiological spare capacities, a wider area of normal organism reactivity and, consequently, a better physical condition in general.

Explanation of the obtained data may be based on well-known ideas of tighter connection between right-hand hemisphere structures and diencephalic brain sections that take greater part in vegetative and visceral processes regulation. These considerations agree with the data on smaller susceptibility to psychosomatic diseases in adaptation to difficult climate and geographic and industrial conditions in people with left-handed preferences in different systems.

Thus, the presented materials prove the existence of dependence between interhemisphere brain organization and some of physiological health indices in men. The detected interconnections consist in the fact that the presence of left-handed asymmetry signs in individual LOP is connected with optimal vegetative regulation of adaptation mechanisms as well and with higher physiological spare capacities in general.

T.P. Bondar
F.K. Shebzukhova

THE EFFECTIVENESS OF “BAROMETRS” FOR COMPLEX TREATMENT OF WOMEN WITH REPRODUCTIVE DISORDERS DUE TO CHLAMYDIA INFECTION

Stavropol State University Stavropol, Russia

Chlamydial infection in women associates with reproductive malfunction and inflammatory complications. About 50% of infertility in women is due to Chlamydia trachomatis infection. At present time the effective treatment of chlamydial infection includes revealing and correcting immune system disorders, normalization of neutrophil-mediated phagocytic activity and completeness, destruction of pathological circulating immune complexes and correction of gastrointestinal tract malfunction. Nevertheless, the number of patients with urogenital chlamydiosis, and above all, with persistent recurrent infection, increases permanently. It is possible to provide an explanation for this fact on the basis of features of Chlamydia’s life cycle, their persistence, antigenic properties and interaction with host’s immune system.

The goal of this study was to estimate effect of “Baromets” preparation included in the treatment schedule of 18 women with laboratory approved chlamydial urogenital infection and secondary infertility - local residents of Karachaevo-Cherkesskaya Republic. “Baromets” is a biologically active nutritive supplement developed by “Lik-servise” firm (license G 027560 from 24/09/03 #000271) on the basis of rumen contents of lambs fed in the pasture on pollution-free alpine meadows of Karachaevo-Cherkesskaya Republic. Main active components, which determine positive biological properties of “Baromets” are vitamins, coenzymes, microelements and phytohormones.

As a result of statistical analysis of our findings it was established that after 1 month treatment with “Baromets» there was a stabilized quantity of erythrocytes and haemoglobin in peripheral blood of the patients, which slowed down the pathologic processes of peroxide oxidation activity of lipids, activated indices of neutrophil-mediated phagocytic completeness in comparison with the control group. These results allow us to conclude that the use of this preparation provide a favorable general tonic, antioxidant and immune stimulative effects and inclusion of “Baromets” in schedule of complex treatment of chlamydial urogenital infection is fully justified.

J.S. Brusilowski

FAKTOR DER CHRONIZITÄT IM VERLAUF DER ERKRANKUNG

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Durch die langjährigen Forschungen, durchgeführt in den unter meiner Leitung stehenden Kliniken, wurde festgestellt, dass bei den protrahierten akuten Erkrankungen die Gewebe Antigeneigenschaften bekommen. Anders gesagt, gewinnen die Gewebe im Ergebnis der Entzündungs-, Degenerativ- und Ischämieprozessen autoimmune Eigenschaften. Infolge dessen schichtet sich eine autoallergische Entzündung auf, die den chronischen Verlauf der Erkrankung bedingt, bzw. die Evolution eines akuten Prozesses ins chronische Prozess.

Bei den angeführten pathologischen Zuständen erfolgt die Alteration von Geweben, die Störung vom Zellenmetabolismus, die Hypoxidose, was zur Entstehung der autoimmunen Antwort führt, eine von deren Erscheinungen die zirkulierenden Antiorgan(Antigewebe)-Antikörper sind. Die letzteren gehören mit größter Wahrscheinlichkeit zu den Agressorantikörpern, die den Verlauf der Krankheit verstärken, zu ihren Rezidiven und zum chronischen Verlauf führen

Es ist möglich folgende Beispiele anzuführen:

1. Dresslers Postinfarktsyndrom. Der denaturierte ischämisierte

Myokardabschnitt bildet perifokale allergische Entzündung, die das Perikard und die Pleura ergreift. Manchmal können daran sich die hämorrhagische Glomerulonephritis, das autoimmune Bronchialasthma anschließen.

2. Die akute Glomerulonephritis, die in eine chronische Glomerulonephritis übergeht.

3. Die Plaquesatherosklerose, die in eine Ulkusklerose übergeht

4. Die wiederholten akuten Pneumonien verwandeln sich in eine chronische Pneumonie mit der Lungenfibrose.

5. Das exogene Bronchialasthma bei ihrem langen Verlauf bewacht sich mit einem autoimmunen Komponenten und wachst manchmal in die Kollagenkrankung hinüber.

Ein solcher Verlauf kann bei den schweren Traumen, einschließlich Operationstraumen, bei den Quetschungen, Kongelationen, Verbrennungen, Radiationsbestrahlungen entstehen

Die angeführten Daten sprechen dafür, dass für die Vorbeugung des Übergangs der akuten Erkrankungen in die chronischen Erkrankungen solche Mittel angewendet werden müssen, die die Entwicklung des autoimmunen Prozesses blockieren und abwenden (Corticosteroide, Zytostatika, Antihistamine u. a.).

L.L. Bondarenko

REHABILITATION OF POST-TRAUMA CONSEQUENCES WITH A METHOD OF BIOENERGOTHERAPY

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In the epoch of the technical progress trauma rates has dramatically increased. Traumas affect blood circulation and innervation, lead to severe somatic diseases, which in its turn results in disability.

Rehabilitation of such patients extends for many years and requires high expenses on medications and operative treatment.

Here is a proposal of an effective and non-traumatic method of rehabilitation with the help of biocorrection.

For each patient an individual rehabilitation program is developed.

The main stages are:

1. Energy diagnosis of the trauma. Revealing of concomitant somatic illnesses and possible consequences

2. Preparation of the patient to restoration of his physical body.

3. Correction of the whole musculoskeletal system

4. Restoration of the vestibular apparatus

5. Rehabilitation of the organs and systems with the help of energetic plasma therapy

6. A stage of biological ozone therapy if there are inflammatory changes of a viral or bacterial origin in a patient

Rehabilitation of posttraumatic complications with the help of biocorrection is an effective atraumatic treatment method, which can be successfully applied to a rehabilitation program.

Geschichte: 1966 behauptete der amerikanische Biochemiker Irwin Stone zur Überraschung der Fachwelt: Vitamin C-Mangel im Blut "Hypoascorbinämie" ist eine genetische Störung, an der alle Menschen leiden!

Ein Widerspruch in sich? Wenn man sich umschaut, leben doch offensichtlich die meisten Menschen putzmunter mit dem vermeintlichen Mangel! Außerdem, ein Zustand, der bei allen Menschen vorkommt, kann doch im menschlichen Stoffwechsel keine Störung sein, oder?!

Irwin Stone war aufgefallen, daß nur der Mensch, die Menschenaffen, eine Fledermausart und das Meerschweinchen nicht in der Lage sind, Vitamin C für den eigenen Gebrauch im Körper selber herzustellen.

Alle anderen Säugetiere hingegen sind dazu in der Lage. Irwin Stone interessierte sich auch dafür, wieviel Vitamin C im Säugetierkörper hergestellt wird. Er fand heraus, umgerechnet auf das Gewicht des Menschen, daß unser Körper etwa 2000 -3000 mg Vitamin C herstellen würde - wenn er nur könnte.

Evolution: Warum ist uns Menschen im Verlaufe der Evolution vor etwa 25 Millionen Jahren das Enzym L-Gulonolacton-Oxidase abhanden gekommen? Ein Enzym, welches aus Glucose "Zucker" bei allen Säugetieren Vitamin C herstellen kann?

Hier stellte sich nun heraus, daß eine genetische Veränderung "Punktmutation auf dem DNS-Code" eines unserer Vorfahren im tropischen Ostafrika dafür verantwortlich war.

Offensichtlich hat sich dies gegenüber den Artgenossen bei unserem Vorfahren damals nicht als Nachteil herausgestellt. Denn seine Nachkommen haben überlebt, die heutige Menschheit. Im Gegenteil, es muß sogar von Vorteil gewesen sein, in Hungerzeiten nicht mit dem Ballast der energieaufwendigen Selbstherstellung von Vitamin C belastet zu sein.

Überall in der Nahrung unserer Vorfahren kam Vitamin C überreich vor.

Die Nahrung bestand hauptsächlich aus Früchten, grünen Blattgemüsen, Wurzeln, Insekten und kleinen Tieren, sofern verfügbar. In der Pflanzenkost waren täglich ca 1000-4000 mg " =1-4 g" Vitamin C enthalten, also genug, um es nicht selbst herstellen zu müssen.

Nun ist Vitamin C ein ganz besonderes Vitamin. Das haben frühere Seefahrer erleben müssen. Nach etwa drei Monaten Vitamin C freier Kost, Schiffszwieback und gepökeltm Fleisch, die damals übliche Bevorratung, starb oft die halbe Besatzung an Skorbut .

Vitamin C, so weiß man heute ist ein extrem wichtiger Stoff, für den der Körper nur ganz kurzdauernde Vorräte anlegen kann. Es muß täglich in der Nahrung sein. Unter seinen tausenden von Funktionen im Körper, hier drei wichtige Wirkungen :

1. Herstellung von Kollagen:

Kollagen ist die Kittsubstanz in unserem Körper. Es ist stärker als Stahldraht gleichen Gewichts. Ein 75 kg schwerer Mensch hat fast 30 kg Kollagen im Körper als Bindegewebe, eingelagert in Knochen, in Gefäßen und in Zähnen. Diese Gewebe werden ständig umgebaut "Wundheilung, Wachstum, Gewebserneuerung, etc". Vitamin C ist der einzige Stoff im

Körper, der die vollständige Kollagensynthese bewirken kann.

2. Funktionsoptimierung des Immunsystems:

Viele wissenschaftliche Studien haben seit 30 Jahren gezeigt, daß Vitamin C Virusinfekte verhindert, Gefäßerkrankungen, "Arteriosklerose" vermeidet, Cholesterinsenkung bewirkt, vor Krebs-erkrankungen schützt, besonders bei genetisch belasteten Personen, Allergien und Allergiebereitschaft dämpft, vor vielen toxischen Einwirkungen schützt.

3. Radikalfängerfunktion in der Zelle:

Antioxidant: Es gibt Schutz vor aggressiven Zerstörungen in der Zellstruktur. Sauerstoff, so lebenswichtig er ist, muß in der Zelle zu atomarem Sauerstoff zerlegt werden. Dabei greift dieser alles an, dessen er habhaft werden kann. Vitamin C ist eins der wichtigsten Zellschutzmittel, Wahrscheinlich verlangsamt es sogar den Alterungsprozeß.

Als unsere Vorfahren vor etwa 80 000 Jahren begannen, sich aus Ostafrika über die Welt zu verbreiten, ließen sie sich vor 20000 Jahren auch in nördlichen Regionen wie Europa nieder.

Hier war der Vitamin C Gehalt der Pflanzen nur spärlich vorhanden, so daß der Körper oft nur die minimale Dosis erhielt, die mit dem Leben vereinbar war. Entsprechend sank auch der Gesundheitszustand, weil die ganze innere Leistungsfähigkeit unseres Stoffwechsels auf Sparflamme lief.

Wirkungen: Manche Menschen kommen damit besser zurecht, andere überhaupt nicht. Sie leiden ständig an Infekten, sind matt, schlapp, die Wundheilung ist schlecht, sie haben chronisches Zahnfleischbluten, Nasenbluten, Eisenmangel, frühzeitige Arteriosklerose und Senilität, sind allgemein ständig vermindert leistungsfähig oder fragen sich, warum in ihrer Familie häufig, bei andern aber nie ernste chronische oder lebensbedrohliche Erkrankungen in der Familie vorkommen.

All dies kann unter anderem auch verursacht sein durch mangelhafte Vitamin C Versorgung. Wieviel Vitamin C soll jeder täglich zu sich nehmen? Hier streiten sich nun die Experten.

Man weiß, weniger als ca 20 mg täglich sind mit dem Leben nicht vereinbar. Die deutsche Schulmedizin und ihr Sprachrohr zum Thema Ernährung, die Deutsche Gesellschaft für Ernährung "DGE, hält 100 mg täglich für ausreichend. Allerdings gibt jedes Nation andere Richtwerte an. Unsere Vorfahren im tropischen Ernährungsumfeld aßen täglich 1000-4000 mg Vitamin C.

Aus Untersuchungen der Begründer der ortho- molekularen Medizin, Irwin Stone, Linus Pauling, Ewan Cameron uvm, weiß man, daß tägliche Dosen bis 200 000 mg keine Nebenwirkungen zeigen.

Einzig bei individuell sehr unterschiedlichen Mengen tritt ein harmloser Durchfall auf. Dies ist bedingt durch die osmotische Wirkung des Vitamin C im Darm. Viele Anhänger der orthomolekularen Vorsorge schätzen daher diese abführende Wirkung als das perfekte Abführmittel ohne Nebenwirkungen für guten Stuhlgang.

Die immer wieder auftauchende Behauptung, Vitamin C mache Nierensteine, kann man getrost ins Reich der Fabel verweisen. Einzig bei Menschen mit Oxalsäurenierensteinen soll eine erhöhte Oxalsäureausscheidung gemessen worden sein, die die Bildung der bereits

bestehenden Nierensteine verstärken könnte.

Auch gilt dies nur für die Einnahme von ungepufferter reiner Ascorbinsäure über 10000 mg pro Tag. Man sieht, oral aufgenommenes Vitamin C ist praktisch risikolos. Dies auch bei größeren Einnahmemengen als jene, die sich unsere Primatenvorfahren zuführten.

Wir halten daher die Einnahme von täglich 1000-4000 mg gepuffertem Vitamin C als Tablette zu 1000 mg mit einer verzögerten Abgabe im Darm für eine sinnvolle und praktische Gesundheits-prophylaxe. Man muß zur guten Vitamin C Versorgung nur 2 mal täglich 1-2 Tabletten einnehmen.

Zum Absetzen des Vitamin C soll man ausschleichen, damit der Körper sich wieder an die Mangelsituation gewöhnen kann.

Sollte es trotz Prophylaxe doch einmal zu einem anlaufenden Virusinfekt kommen, hilft es meist, die Dosis für einige Tage auf 6000-8000 mg pro Tag zu steigern. Hierunter verkürzt sich die Krankheitszeit, die Symptome verlaufen nur schwach, oder der Infekt bricht gar nicht erst voll aus. Bei echten Erkrankungen hingegen sollten Sie einen orthomolekular erfahrenen Arzt zusätzlich konsultieren.

Diese Erkenntnisse, die in Deutschland bisher wenig verbreitet sind, sind in den USA bereits als Therapie-zweig anerkannt. Die Entdeckung des Vitamin C verdanken wir dem Ungarn Albert Szent-Györgyi 1928. Dafür erhielt er 1937 den Nobelpreis.

Irwin Stone verdanken wir die Erkenntnis, daß wir im Gegensatz zu den übrigen Säugetieren einer genetischen Mangelmutation ausgesetzt sind.

Schließlich erforschte ab 1960 Linus Pauling, der einzige Mensch, der je zwei ungeteilte Nobelpreise erhalten hat, in den letzten dreißig Jahren die Wirkungen der Vitamine, insbesondere die des Vitamin C auf die menschliche Gesundheit.

Er selbst nahm, neben einer hochdosierten Auswahl der übrigen Vitamine, 28 Jahre lang täglich 10000 mg später sogar 18000 mg Vitamin C. Er wurde damit über 93 Jahre alt.

Sicher beweisen Einzelfälle in der Medizin nichts, aber Forschungsergebnisse aus einem Vierteljahrhundert sind so stichhaltig, daß man ihnen vertrauen kann.

Für absolut zweifelsfrei Beweise, müßte erst eine groß angelegte Doppelblindstudie durchgeführt werden, die Millionen kostet, Jahrzehnte dauert und, bis diese Erkenntnisse in der Schulmedizin breit umgesetzt werden, ist ein weiteres Vierteljahrhundert vergangen. Für viele wäre eine solche Bestätigung dann sicher zu spät.

T.V. Buglai

**A SYSTEM APPROACH TO TREATMENT /REHABILITATION OF
NEUROLOGICAL AND NEUROENDOCRINOLOGICAL PATIENTS
INCLUDING DISTAL DIABETIC POLYNEUROPATHY**

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We use the term "system approach" to refer to an individual complex of the methods for treatment and rehabilitation (TR), that were carried out in accordance with the initial morphofunctional condition of the neurohumoral (MFCNH) sphere of the patient as well

as changing MFCNH in the process of treatment and rehabilitation.

MFCNH was estimated on the basis of the combination of the results of the following investigations: clinical-neurological investigation; findings on levels of some hormones in blood; brain tomography, C-vertebrae; functional rography of C. vertebrae; when necessary examination of immune, biochemical and other blood parameters; ultrasound dopplerography, EEG, electroneuromyography, ultrasound etc. It was assumed that MFCNH relatively accurately reflects the condition of “basic metabolism”.

TR comprised two parts: non-medicamentous and medicamentous (tranquillizers, antidepressants, sedatives, anticonvulsants and neuroleptics were not applied). For TR the patients were selected for whom previous therapies were not effective.

Irrespective of nosology, genesis of the illnesses the patients might be divided into two main groups with domination of: 1) vegetative dysfunction (with panic attacks (PA), chronic fatigue, paroxysmal hemicrania, among the majority of the women - concomitant menstrual dysfunction; 2) movement disorders (with central or peripheral central paresis). Among two third of the patients of the both group malfunction of the gastrointestinal tract accompanied by constipation or rarely diarrhea was observed.

As the results of the TR was found: in the first group - regression of PA, paroxysmal hemicrania; in the second group – increase in muscle power, volumes of movements, improvement of sensibility in paretic extremities (regress of paresis); in both groups normalization or improvement in sleep quality, as well as digestion, menstrual cycle, improvement of working abilities, spirits; normalization or improvement of blood parameters. Among the patients with distal diabetic polyneuropathy with diabetes of the type a distinct trend normalization of blood sugar was reported, regression of PNP. However the obtained results for diabetes are not quite accurate due to insufficient study.

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V.I. Dontsov

ON THE POSSIBILITY OF REDUCING BIOLOGICAL AGE USING TRANSFER FACTOR

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Immunological reactivity of people living in big cities is characterized by high occurrence of ecologically induced secondary immunodeficits. Irreversible changes in the immune system lead to exhaustion of reserves and development of a pathology. The close interaction is known between decline in functional activity of the immune system and the process of aging. Therefore it seems feasible to explore the influence of perspective immunomodulators on the parameters of the biological age.

There is a concept of the role of a special subpopulation of T-lymphocytes for

maintenance of cell growth in the body and consequently lowering its function for aging. Raising the function of such cells – the way to a «therapy of aging is possible due to Transfer Factor (TF) from 4Life (USA). TF is a new highly effective product for supporting the immune system and protecting the body from numerous hazardous factors.

Female mice Balb/c aged 12 months were given TF physiological salt solution one time daily during a week, the dose was identical to the one given to people. As a test of cell growth potential a hyperplastic reaction of the tissues of salivary glands on isoproterenol was used (mass increase in 24 hours). Under observation also were: masses of thymus and spleen, the amount of mononuclears secreted by the spleen with ficoll density gradient 1,09 (lymphocytes + A-cells) and density 1,065 (activated spleen cells with reduced density) as well as an amount of A-cells in the spleen (adjusted to the surface of plastic Petri cups).

It was revealed that if in young mice administration of isoproterenol causes an increase in the mass of salivary glands of 1,6-1,8 times, whereas in old mice reduction of the mass was demonstrated. Administering of TF restored the potential of cell proliferation in old mice – use of isoproterenol resulted in mass increase of 1,5-1,7 times! At the same time the amount of activated spleen cells was dramatically (in several times) increased and also inhibition of thymus stress reaction (reduction of mass) under the effect of adrenomimetics – isoproterenol was reported. A number of modifications of A-cells were also observed.

TF effect on aging processes was studied in 12 men aged 55-73. The examinations were carried out twice – before and after taking TF. The preparation was given on the following scheme: 300 mg a day 5 times a week during 6 weeks. The parameters of the biological age were assessed with the help of the program «Diagnostics of aging: biological age» developed by the National gerontology center, Moscow. Biomarkers used for estimation: arterial blood pressure, speed of pulse wave, vital capacity of the lungs, static balance, Shtange probe, accommodation, body weight, strength in the left hand, Shulte test, Veckler test, neuromuscular test, upper limit of hearing, a health self-assessment questionnaire. The activity of the functional body systems was determined with the help of electroakupuncture diagnostics Nakatani.

The average calendar age in the group was $63,5 \pm 0,7$ years. Before administering TF the difference between the calendar age and the average biological age in the group was $(-4,2) \pm 0,6$ (in the range of +0,5–6,6). In most men reduction of functional activity of the endocrine and immune system as well as hyperfunction of liver and bladder and pancreas hypofunction were stated.

After the TF course difference between the biological and calendar age came to $(-8,2) \pm 0,5$ ($p < 0.05$). Normalization of activity in affected body systems was observed.

The preliminary investigation let us view TF as an effective geroprotector enabling to regulate aging processes.

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 V.V. Astashov
 A.S. Chukanov
 T.V. Kozruk
 V.M. Vorobjova

PARTICIPATION OF LUNGS IN POSTPRANDIAL METABOLISM OF TRIGLYCERIDES

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Lungs carry out various metabolic functions alongside with respiratory. The role of lungs in lipid metabolism after taking food is not studied enough. Triglycerides (TG) enter the digestive tract and split up into fat acids and β -monoglycerides under the influence of lipase and bilious acids in proximal department of small intestine. TG are resynthesized and included into the structure of chylomicrons (CM) in endoplasmatic reticulum. CM go into lymphatic capillaries of intestinal fibers, therefrom - into the central lymphatic channel and then - into the system of superior cave vein. Hence lungs are the first organs on the way of CM formed after food intake.

The purpose of our investigation was to study participation of lungs in recycling of TG in structure of CM after taking food.

The research was carried out on 24 nonlinear male rats in the age 4 months with body weight 370 - 420 g. The animals have been divided into two groups. The first group consisted of 13 rats which were not given food during 12 hours before acute experiment. The second group consisted of 11 rats which were given lard (in the rate of 1g on 100 g of body weight) 2 hours prior to acute experiment. The carotid artery was opened under ethaminal narcosis and 3 ml of blood were taken, then the clip was imposed on the artery and the thorax was opened, the heart was naked and blood was taken from the right auricle. The blood was centrifuged. TG were defined in plasma by the way of enzyme calorimetric test.

Results of the research proved that plasma of rats blood from right auricle and carotid artery does not differ authentically in maintenance of TG (0,60 \pm 0,05 mmol/l and 0,66 \pm 0,10 mmol/l accordingly) on an empty stomach. TG concentration in blood plasma from the right auricle was higher than in blood plasma from the carotid (1,20 \pm 0,16 mmol/l and 0,77 \pm 0,11 mmol/l accordingly; p <0.05) in the second group in 2 hours after taking lard.

Obtained data testify that lungs actively participate in TG recycling after a food intake. They seem to protect an organism from increased TG input into arterial channel. Lipoproteinlipases and heparin from lungs capillaries are likely to play an active role in this process.

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A.K. Savardinova
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O.K. Pozdeev

**BACTERIOLOGICAL CONTROL OF DERMATOLOGICAL CREAM
«MUSTELA»**

State Medical Academy, Kazan, Russia

The aim of this work was the control of sterility and the trial of possible antibacterial activity of the dermatological cream (DC) «Mustela» (TS 9158-001-13008948-99).

The control of sterility in the glass tubes with the liquid peptone medium, supplemented with 0,1 ml of DC and in Petri dishes with peptone agar, supplemented with 1, 2, 10, 50 ml of DC, was carried out. The samples of DC were incubated at 37 °C during 24-48 hrs. The each experiment was carried out immediately after opening the package and after its storage during 5-6 months at 21°C.

The antimicrobial activity of DC against the strains of *S. marcescens*, *E. agglomerans*, *C. freundii*, *H. alvei*, *K. pneumoniae*, *S. arizonae*, *P. alcalifaciens*, *Y. enterocolitica*, *B. cereus*, *S. aureus*, *E. coli*, *P. aeruginosa* and *P. vulgaris* was investigated. The bacterial test-cultures from 4 till 24 hrs were cultivated and used in concentrations of 10⁹, 10⁵, 10³ and 10¹ CFU/ml. The microbial cultures on the media without the DC served as the control. The bacterial cultures during 24-48 hrs at 37 °C were incubated.

The data achieved indicate that the samples of DC after opening the package and after its storage during 5-6 months at 21°C were sterile. Antibacterial activity against 4 hrs cultures of *S. marcescens*, *E. agglomerans* and *S. aureus* on the dishes with peptone agar, supplemented with 2% of DC was established. The cultures of another species of bacteria survived in the presence of 1, 2, 50 and 100% of DC «Mustela».

S.D. Dorochov
J. Aschoff

REGENERATIVE CRYOTHERAPY

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Classification: Cryotherapy can be classified on the basis of its clinical effect and as a function of the temperature parameters which affect the impact of the cold factor on tissue.

Cryotherapy: 1. Regenerative, 2. Destructive, 3. Cryosurgery (extirpative cryotherapy)

Regenerative Cryotherapy consists of the brief administration of dosed cold treatment to tissues and organs at temperatures close to the cold-resistance threshold of the tissue. The aim of this type of cryotherapy is to bring about regeneration and functional reactivation

at the treatment site. Regenerative cryotherapy causes a reaction in the organism, which is linked to local tissue irritation and manifests itself in an elimination of the pathogenic factors, regeneration of tissue, and restoration of functional competence. Monitoring of the cooling parameters in the tissues is a very important point during regenerative cryotherapy since the therapeutic effect is directly linked to these parameters.

Treatment of diseases / complaints in my practice:

- Snoring and Sleep Apnoea
- Chronic Tonsillitis and chronic pharyngitis
- Chronic Rhinitis of Vasomotor and Atrophic Origin

Regenerative cryotherapy can be employed to:

1. stop snoring and sleep apnoea
2. restore nasal breathing
3. reinstate the protective function of the lymphoid tissue in the tonsils and Waldeyer's throat ring
4. stimulate immune processes
5. eradicate chronic foci of infection in the tonsils, pharynx and nose, thereby preventing complications or sequelae of these infections. These include systemic and rheumatoid diseases of the heart (i.e. endo-, myo- and pericarditis), the blood vessels (e.g. vasculitis), the joints (e.g. polyarthritis), the kidneys (e.g. glomerulonephritis), the internal and external sex organs (e.g. disturbances of potency), the nervous system (e.g. chorea) and the skin (e.g. scleroderma, psoriasis, pustulosis and lupus erythematosus), infectious allergic diseases (e.g. bronchial asthma, atopic and allergic dermatitis, etc.) and immunodeficiency disorders.

If everyone (especially children) would undergo prophylactic treatment of the lymphoid tissue of the tonsils, pharynx and nasal mucus using the method of regenerative cryotherapy, we would observe the following positive effects:

- improvement of the protective functions of the organism
- stimulation of the immune system.

We can assume, moreover, that the general risk of contracting systemic, rheumatoid, infectious allergic and oncological diseases, immune deficiency states, snoring and sleep apnoea syndrome - would be distinctly reduced.

Monitoring of the cooling parameters is an important point to be observed during regenerative cryotherapy since achievement of the desired therapeutic effect depends directly on these parameters. On the basis of my extensive experience with cryotherapy, I have designed and patented (German Patent Office in Munich 1993) a mobile cryotherapy unit suitable for use in medical practices. With the aid of this unit, it is possible to keep tissue cooling under control, especially in the ears, nose and throat regions.

With its regenerative effects, cryotherapy opens up vistas for an alternative direction in medicine, namely regenerative medicine.

N.E. Gelfond
A.S. Chukanov
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INVESTIGATION OF MINERAL STRUCTURE OF THE CENTRAL LYMPH AND PERIPHERAL BLOOD IN CONDITIONS OF ADIPOSITY AND PHYTCORRECTION

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Adiposity is a serious medical, social and economic problem in the modern society. The universal tendency to decrease in people with insufficient weight is almost equivalent to the quantity of people with excess weight and adiposity. About 7 % of the population of the globe suffers from adiposity. The feed structure leads to infringements of the food status in the developed countries inevitably on the background of superfluous consumption of animal fats and deficiency of mineral substances. Dysbalance of macro- and microelements is one of the consequences of many pathological conditions caused by adiposity. Correction of the macro-microelement status of an organism is possible due to use of the functional foods containing essential nutrients.

The purpose of the work was to estimate changes of the mineral structure and efficiency of the functional food "Lymphovit P" and phyto-tea "Herbanorm" in conditions of alimentary adiposity; to prove feasibility of application of these functional foods for dietological correction of alimentary adiposity by means of improvement of functional condition of the liver, gallbladder, gastrointestinal tract. Investigation was conducted on the basis of quantitative estimation of changes in macro- and microelement structure of the peripheral blood serum and central lymph.

Methods. Analytical investigations were carried out by the methods of atomic fluorescence spectrometry. The chemical compound of the blood serum and lymph was defined on 12 elements (Al, Ba, In, Ca, Cu, Fe, Mg, Mn, P, Pb, Sn, Zn) for following groups of animals (male rats Wistar): 1) animals with standard vivarium ration; 2) animals with lard in ration (2 - 2,5 g on one animal); 3) animals with lard in ration and dietological correction by phytosorbptional complex "Lymphovit P"; 4) animals with lard in ration and dietological correction by phyto-tea "Herbanorm".

Results and discussion: The obtained results testify that micronutrient balance between the lymph and blood is seriously impaired in the animals with alimentary adiposity. High concentrations of animal fats in the diet have led to sharp (practically twofold) decrease in the maintenance of calcium and phosphorus in the blood serum as compared to the control group. In our opinion decrease in calcium concentration has influenced an increase of lead and iron maintenance in the blood serum, as, from one point, calcium promotes deduction of salts of heavy metals from an organism, and, from the other point, calcium is an antagonist of iron. Normalization of the element status is observed in condition of

phyto-dietological correction by functional food “Lymphovit P”, concentrations of lead and low down, the maintenance of phosphorus comes closer to the norm, the maintenance of calcium increases by 20 %, the tendency to normalization of microelement balance between the lymph and blood is revealed. Normalization of mineral structure in the system blood-lymph does not occur with administration of phyto-tea “Herbanorm” as the phyto-tea is not a source of mineral substances. Marked decrease in the maintenance of lead and iron in blood serum down to norm is connected apparently with formation of difficultly acquired salts of iron with tea theine, catechine and caffeine, containing in green tea in the structure of phyto-tea “Herbanorm”. Use of phyto-tea leads as a whole to improvement of motility of the digestive tract, and as a consequence to decrease in central lymphflow closer to the norm (in 5 - 6 times as compared with alimentary adiposity) due to specially selected vegetative components with gastroprotective effects.

Conclusions: Use of phytocomplex “Lymphovit P” as dietological correction promotes restoration of the macro-microelement balance impaired due to malnutrition. Application of “Lymphovit P” and phyto-tea “Herbanorm” under condition of alimentary adiposity enables to improve the digestive function, reduce absorption of alimentary fats and as a consequence, to decrease lipid loading without increase in calorie intake.

E.A.Glikman

TREATMENT OF BRONCHIAL ASTHMA

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There are more than 100 million people suffering from bronchial asthma all over the world. The spread of the disease has been drastically increasing. People living in urbanized areas (especially children) are extremely vulnerable to asthma. Therefore it is understandable that more and more doctors concentrate on the methods of fighting this disease.

Medical treatment of bronchial asthma is rather problematic. Unfortunately until now a lot of methods are displayed as inefficient. We account for this inefficiency as follows: bronchial asthma is not just a disease but a combination of various diseases and complexes of syndromes. We treat these combinations and complexes from the position of eastern medicine. For many years the specialists of our clinic searched for effective ways of treatment for patients suffering from bronchial asthma. We would like to share our positive experience.

By using the methods given below among the group of the patients suffering from the initial pathology we achieved clinical recovery (or long-term remission) in all of the cases.

We developed a unique system of methods for complex approach to diagnostics and treatment of bronchial asthma. The system is based on the principles of Korean Sutdzi-Chimsur therapy, acupuncture, psychopuncture, ayurveda, homoeopathy and dietotherapy.

According to all canons of eastern medicine, the Lungs are directly connected to all the organs of human organism. Therefore Lungs' dysfunction leads to serious negative consequences. This connection is mutual and any organ's dysfunction tells upon functioning of the Lungs. Easter medicine recognizes five elements, which are in a state of close interrelationship: Wood, Fire, Earth, Metal and Water. Each system is subdivided into two parts: the Ying part and the Yang part – that makes it 10 elements. Every single one of this part has a share of the other elements. That is: the element Yang Metal includes also Ying and Yang Wood, Ying and Yang Fire, Ying and Yang Earth and Ying and Yang Water – 9 parts. The total amount of the elements is $10 \times 9 = 90$. Lets point out that these combinations form a certain energetic type of the patient, which is closely connected to his or her psychotype.

The psychotype determines the leading system of the organism. The psychotype can be revealed by using the BEST test created by professor H. Kaler. If the doctor is experienced enough, he can discover one of ten psychotypes which will be sufficient for further treatment of the patient suffering from the dysfunction of bronchopulmonary system.

If the patient suffers from bronchial asthma, the Lungs' system is highly vulnerable. This can occur due to the weakness in Ying and Yang Lungs or due to the influence of other systems that weaken the Lungs.

There are 2 main types of bronchial asthma: the excess Yang type and the deficient Ying type. We offer classification of these types of asthma depending of the above mentioned factors:

Wood	Fire 1	Fire 2	Earth	Metal	Water
Hepatic with Yang syndrome	Cordial with Yang syndrome	Pericardium with Yang syndrome	Spleen with Yang syndrome	Lungs with Yang syndrome	Nephritic with Yang syndrome
Hepatic with Ying syndrome	Cordial with Ying syndrome	Pericardium with Ying syndrome	Spleen with Ying syndrome	Lungs with Ying syndrome	Nephritic with Ying syndrome

Each of these types is an individual disease that affects Lungs' system and therefore requires different treatment. Determination of the type of Lungs' system's impairment is the crucial point of successful treatment of the patient.

Among 324 patients diagnosed with bronchial asthma underwent medical treatment in our clinic from 1992 to 2006 there are

1. Cases of clinical recovery (no asthmatic fits for more than 10 years) – 128
2. Long-term remission (absence of asthmatic attacks for the period of time from 1 year to 5 years) – 196
3. No progress – none.

Average course of treatment lasts 6 month and requires full courses of Sutdzi-Chimsur therapy, acupuncture and homoeopathy. Also it is strongly recommended to take anti-recurrent treatment courses.

V.N. Gorchakov

FUNCTIONAL FOOD FOR OPTIMIZATION OF MORPHOLOGICAL TYPE OF THE LYMPHATIC NODE DURING THE IS TYPE ADAPTATION

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In the northern regions man has to adapt to the cold. Frequent exposure to cold puts the problem of study of its health effects. The important role belongs to the lymphatic system providing the maintenance of the immune homeostasis. The lymphatic node is considered as a medium pressing marker. The study of the lymphatic node structure during the adaptation to the cold at the conditions of Western Siberia and Antarctic has a scientific interest. But the study will not be complete if the scientist will not try to control the process of cold adaptation with the help of lymphatic system. Bioflavonoids of the adaptogenous herbs as an option of functional food are offered to use for this purpose.

The experimental model of cold exposure is related to the intermittent severe (IS) type adaptation. This model is the most physiologic and comparable to the situation, when man is exposed to the cold.

The different extreme climatic and geographic regions cause not the same type adaptive transformation of the lymphatic node. The additive cold exposure differentiates from the structural changes of the lymphatic node in the studied regions of Western Siberia and Antarctic. It is marked that the IS type adaptation of the lymphatic node structures in the different regions processes in different ways in comparison with initial level. The morphologic kinetics of the lymphatic node structures during the IS type adaptation is determined with the climatic and geographic conditions of Western Siberia and Antarctic. In Siberia it is manifested by increasing the capsule and paracortex and by decreasing the sinus system in comparison with the initial indexes during the first month of study. In Antarctic the area of cortical substance is decreased and the area of sinus system is increased during the first month of study, then all indexes produced a stable decrease at the third month of study. It shows so-called “inversing” of the indexes in the different climatic and geographic regions. Simultaneously, the “minimization” of the lymphatic node structures is demonstrated that is characteristic of the severe natural conditions of Antarctic.

The fixed fact of the different answers of the lymphatic system shows the effort of the adaptation mechanism of the organism during the sub- and extreme conditions. So the main purpose of the medicine is to remove this effort and to increase the resistance against the destabilizing factors. The use of the herbal flavonoids in various ways improves the parameters of the lymphatic node structures. When the herbal bioflavonoids are used, the lymphatic nodes with the intermediate and compact morphologic type are predominated. This fact proves evidence of activation of the immune and drainage characteristics of the lymphatic node.

Undoubtedly, the herbal flavonoids as elements of functional food have the lymphotropic and immune properties. When the bioflavonoids are used, the universality of the structural changes of the lymphatic node is achieved, ensuring optimal functioning of the lymphatic node. The lymphotropic technologies of the phytoprevention are effective for increasing of the adaptive ability of organism and for optimizing the process of adaptation at the level of the structures of the «lymphatic region» at the conditions of the continuous environmental changes. The described effects of the herbal flavonoids create the prerequisites for their wide application in sub- and extreme natural conditions.

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PECULIARITIES OF LYSIS OF CELLULOSE IN GASTROINTESTINAL TRACT OF ANIMALS AND HUMANS

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Vegetable feeds are subject to complex modifications in proventriculus of ruminant animals under the influence of microbial fermentation as a result of which cicatricial metabolites are formed; volatile fad acids, amino acids and other nutrients, which are later used by the organism of an animal-host in metabolic processes.

The aim of this work is to show the role of celluloses and glycolicalix of cicatricial bacteria in the process of formation and transportation of digestive ferment cellulose produced by cicatricial microorganisms in the process of contact membrane cicatricial digestion.

The experiences were carried out on intact lactation cows of Golstein black motley breed. Experimental animals were fed with hay and concentrate root rations with unlimited drinking. The samples of rumen contents were taken by means of gullet probe 3 hours after morning feeding (the peak of cicatricial digestion). For examining with x-rays electronic microscope (PEM) the samples were prepared by the method of electronic hystochemistry (coloring with Laft ruthenium red) to detect mucopolysaccharides and cytochemical visualization of cellulose was carried out. As a substrate, a dissoluble free form of cellulose (carboxymethylcellulose) was used.

Results. Bacteria of the rumen are represented by 3 groups of microorganisms: bacteria rumen liquid, bacteria located on mucous membrane of the paunch wall and microorganisms accumulated on feed substrates. The main mass of bacteria is adherized to feed substrates with which over 75% of metabolic energy ATF is connected. From physiological point of view for utilization of vegetable feeds the most important are microorganisms that lyse cellular tissues, fermenting starch and oligosaccharides. The most important cellulose bacteria are Ruminococcus albus, Ruminococcus flavefacienes and Bacterioides Succinogenes. These very bacteria played the decisive role in the evolution of

ruminant animals forming symbiont rumen digestion. They fix solidly to feed substrates, secrete ferments destructing plants, separating lateral chains and hydrolyze later the remaining fragments of oligosaccharides. The character of adhesion and localization of microbiotes can be various and depend on physical properties of feed. In our conditions 3-hour interval after morning feeding in the paunch of cows the total amount of bacteria was 11,06- 12,47 mlrd/ml, the number of the simplest- 373-440 thousand/ml, cellulose activity was 18,3-22,5 in digestion % from conventional unit and amilolitic activity - 28.8-29.3 mg% of digestive starch. The character of feed and the time of feeding influence considerably the distribution of bacteria inside the paunch but does not change the amount of microorganisms. Speed of hydrolysis of cellulose is in direct dependence on the extent of adhesion of microorganisms to feed substrates.

According to the obtained date glycocalix of cellulose rumen bacteria due to its specific texture takes part in transportation of cellulose ferments immobilizing them on the surface of exocellular structures (celluloses) for further transportation of cellulose to vegetable substratum.

Conclusions. Endocellular vesicles with celluloses are accumulated in cytoplasm of bacteria and by means of exocytosis migrate to the zone of glycocalix forming there special morphological exocellular structures - cellulosum that feed vegetable substratum.

V. Izranov

THE ULTRASONIC CONTROL OF THE FIBROCYSTIC DISEASE TREATMENT

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The treatment of the fibrocystic disease is a difficult problem of contemporary mammology.

In most cases the traditional schemes of the fibrocystic disease treatment are complex. They include intake of vitamins, adaptogenes, phytotherapy. There are some difficulties in using such therapy schemes in psychological and organization aspects.

We used for the fibrocystic disease treatment "Bereginya" phytocomplex elaborated in the Laboratory of Lymphotropic Therapy of Institute of Clinical and Experimental Lymphology of Siberian branch of Russian Academy of Medical Sciences.

28 patients with clinical and ultrasonic diagnosis "fibrocystic disease" aged from 23 to 54 years old were examined. The average age of the patients was 41 years.

The glandular form of fibrocystic disease (hyperplasia of the glandular tissue) was diagnosed in 4 patients (23, 28, 31 and 34 years old). A subjective improvement in the emotional condition in this group was observed in 100%. The objective reduction of the glandular layer thickness was noted in 3 cases.

The fibrous form of fibrocystic disease was found in 3 patients. After a special treatment

with phytocomplex “Bereginya” the extent of the presence of fibrous component in breast have been reduced in 2 patients.

The cystic form of the disease was detected in 5 patients. The reduction of the small cysts was found in 100% cases. Solitary cysts were reduced in size in 7 from 9 cases (alongside with a mixed type of fibrocystic disease). In 2 patients a full obliteration of solitary cysts with initial size up to 15 mm in diameter was observed. In 2 cases no changes of size and structure of the solitary cysts after treatment were reported.

The mixed type of fibrocystic disease was diagnosed in 16 patients. The subjective improvement of the patient’s emotional state in this group was noted in 13 cases. The objective reduction of the extent of the expression of echographic signs were found in 14 cases (even in situations with absence of subjective complaints).

The data revealed in our investigation demonstrate that use of phytocomplex “Bereginya” is effective in all forms of fibrocystic disease and could be recommended for the complex treatment of the benign disease of the breast.

T.I. Kablucheeva

**PROPHYLAXIS OF INTESTINAL INFECTIONS AND
STRENGTHENING THE BIRD’ ORGANISM WITH THE
PREPARATION “HYDROGEMOL”**

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The prebiotic “Hydrogemol” contains milk acid, acid hydrolysis, other acids, macro and microelements. It is given to chickens with water or with fodder 4 ml. each head during first 10 days of their life.

This preparation stimulates the development of the proper normal microflora in elementary canal (milk acid, lactose fermenting microflora, biphidobacteria), improves metabolism, natural resistance of a bird’s organism.

When creating optimal conditions for maintaining microflora balance, chickens that were given “Hydrogemol” demonstrate growth of amilotitis, proteolytic, cellulolytic activity of the microflora ferments. Chickens quickly get live weight due to better absorbency of the nutritious substances.

The prebiotic has a positive influence on supporting livestock safety and it can substitute antibacterial preparations.

L. Kacugin

THE MODULATION OF THE GABA ACTIVITIES BY SEMICARBAZIDE

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A promising approach for novel treatment of GABA - sensitive tumors.

Gamma-aminobutyric acid (GABA) is the most common inhibitory neurotransmitter in the brain. GABA can, however, also be found in neural and nonneural tissues outside the brain, including the gastrointestinal tract. GABA also playing a role in diseases like cancer. Elevated amounts of GABA were discovered in an analysis of some tumors. Several reports recently showed that expression of GABA significantly increased in neoplastic tissues, such as colorectal carcinoma, breast cancer, and gastric cancer, as compared with normal tissues. The researchers investigated metastatic neuroendocrine tumors, which include aggressive types of lung, thyroid, and prostate cancers. GABA appears to be an indicator of a bad prognosis for these cancers. The researchers believe that metastatic neuroendocrine tumor cells use GABA signaling processes to communicate with each other and with their environment. GABA stimulation increases the invasive ability of cancer cells. They found that, indeed, the different cancer cells contain GABA receptors - the surfaces of tumor cells are studded with inhibitory receptors. That includes, to date, some ovarian and colon cancers. A results, presented at the meeting of the American Association for Cancer Research, suggest a novel approach to treatment of cancers now known to have neurotransmitter receptors on the outside of their cells.

A therapeutic option to effectively inhibit growth and spread of GABA- sensitive tumors are still limited. It might be possible to develop strategies to delay or prevent metastasis formation either by blocking the involved receptors or by interfering with the intracellular signal transduction. A promising approach for novel treatment of GABA- sensitive tumors may be the modulation of the GABA-Receptor-System. SSAO- and GABA- blocker semicarbazide (SEM) may eventually play an important role in controlling the spread of cancer. The study was an investigator initiated open pilot trial. The purpose of this study was to examine the efficacy and safety of a combination treatment of SEM and Cadmium-Based Drugs (CBD) in terminal cancer patients with metastatic colorectal cancer. The main results presented at the meeting of the Medcity Research Laboratory, Finland in 2006. In all, 7 patients with incurable metastatic colorectal cancer were enrolled. The main results: Therapy was well tolerated, the side- effects were within acceptable levels. The patient's life-spans were significantly increased after this treatment. The stabilization of the tumor size (n-3) and the reduction (n-1) in the size of tumor was registered. Histological: instances of fibrosis in tumor tissues. Although further investigation is necessary, blockade of the GABA-mediated pathway may have potential therapeutic value to prevent cancer progression or metastasis. This is the clinical evidence that SEM (as a part of chemotherapy) is a potent inhibitor of cancer metastasis.

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D.F. Kandarowa

DIE BEHANDLUNG POSTOPERATIVER SCHMERZEN UNTER ANWENDUNG DER NADELREFLEXTHERAPIE

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Die Schmerzen in der Gegend der Operationsnarbe entstehen laut der traditionellen chinesischen Medizin in verschiedener Zeitperiode infolge der Störung des Energieverlaufs in Kanälen. Manche Kranke, die Operationseingriffe überstanden haben (sie machen nicht mehr als 15 % aus), fühlen keine Schmerzen, weil der Energieverlauf spontan wiederhergestellt wird. In anderen Fällen gibt es Störungen, je nach der Zahl der Kanäle, die sich von selbst nicht wiederhergestellt haben. Auch lokale postoperative Komplikationen, deren Frequenz zwischen 10 - 37% schwankt, fördern zahlenmäßige Vergrößerung von Fernkomplikationen.

Die Indikation zur Akupunkturbehandlung dieser Schmerzen ist das Fehlen der Reoperationsindikation. Zur Behandlung ähnlicher Zustände und Wiederherstellung des Energieverlaufs benutzt man das Schema der Lokalisation von Kanalprojektionen an Hand und Fuss nach F.B.Kandarow [1, 2, 3]. Dabei werden die in diesen Quellen beschriebenen Verlaufskreuzungen von Korporalkanälen berücksichtigt oder es wird tonisierend mit Nadeln auf die unten angegebenen klassischen Korporalpunkte eingewirkt.

Nach der Appendektomie und bei Vorhandensein von Hyperalgesie-Hyperpathiezonen unter der Narbe wird zur Wiederherstellung des Energieverlaufs im Milz-Pankreas- und im Leberkanal tonisierend auf die Korporalpunkte MP15 Da-hen und L13 Tschshan-men links eingewirkt. In komplizierteren Fällen wird empfohlen, in Mikroakupunktursystemen die Appendixzone zusätzlich zu benutzen.

Nach der Cholezystektomie wird nicht nur die Verletzung des Milz/Pankreas- und des Leberkanals, sondern auch die des Gallenblase-, des Magen- und des Harnblasekanals berücksichtigt, deren Energie sich zentrifugal bewegt und deshalb entstehen zusätzlich Hyperalgesiezonen über der Operationsnarbe. Um den Verlauf der verletzten Kanäle wiederherzustellen und dadurch die Schmerzen zu kupieren, wird tonisierend auf die Korporalpunkte des Pankreas/Milzkanals und des Leberkanals über der Narbe rechts, auf die des Gallen- und des Harnblasekanals am rechten Fuss und auf die des Magenkanals - am linken Fuss eingewirkt.

Nach dem postoperativen Überschamberguerschnitt an Organen des kleinen Beckens wird der Verlauf des Vordermittelkanals und der beiden Zweige des Nierenkanals und manchmal auch der des Magenkanals verletzt. Mit der Zeit entsteht eine Hyperalgesiezone unter der Narbe, man beobachtet die Störung im Nervensystem, im Urogenital- und Sexualbereich. Bei der Behandlung wird tonisierend in die Nierenkanalpunkte über der Narbe an den beiden Seiten eingestochen, in den J24-Punkt und bei Interessiertheit des Magenkanals zusätzlich auch in die Punkte M41- M45 an den beiden Füßen.

Bei der Operation in der Halsgegend, z.B. bei Strumektomie und unter Anwendung

des Kragenschnitts wird der Energieverlauf im Vordermittel- und im Magenkanal unterbrochen, was dauernde Kopfschmerzen verursacht. Es wird tonisierend in den J24-Punkt und in die Punkte M41- M45 an den beiden Seiten eingestochen.

Nach der Mammektomie können in der Herz-und Achselgegend noch lange Schmerzen erhalten bleiben. Nach einer Behandlung unter Anwendung der Akupunktur und des dargelegten Verfahrens werden alle diese Erscheinungen entweder beseitigt oder sie nehmen bedeutend ab.

Das dargelegte Verfahren zur Behandlung der Nachoperationsschmerzen unter Anwendung der Nadelreflextherapie ist sowohl in der frühen als auch in der entfernten Nachoperationsperiode effektiv.

L.G. Klimataskaya
A.M. Vasilovsky
S.V. Kurkatov
I.Y. Shevchenko

**MONITORING OF NUTRITION STRUCTURE IN THE
POPULATION OF KRASNOYARSK REGION**

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Monitoring of nutrition structure in Krasnoyarsk territory population showed that the consumption rate of major food products is not stable and changes from year to year. In 1999 there was observed a sharp reduction and since 2000 the growth has started.

The most reduced points are sugar (43,1), sweets, fruit, berries, melons and gourds which are the sources of energy, microelements, vitamins and fibers.

Per capita consumption increased: meat products - by 6.5, milk products – by 16, fish – by 2.2 kg/year, eggs – by 60 pieces, potato – by 20, melons and gourds – by 8.8, fruit and berries – by 13, bakery – by 11.8, plant oil and other fat – by 2.2 kg/year. The per capita consumption of potato decreased by 20 kg/year, sugar and confectioner's – by 11.4 kg/year. The consumption rate does not achieve the physiological levels.

The ratio among the main components of nutrition, proteins, fats, and carbohydrates is not balanced. The current situation provokes increase in alimentary diseases' rate and worsening of population health.

Different disturbances in quality composition of nutrition, imbalance among the main nutrition components, irregularities in meals are correlated with the diseases of digestion system.

Decrease in physiological consumption of animal and plant proteins should be considered as an actual reduction in consumption of energy and proteins with food by 18.9%. The reduction accounts for existence of population groups with signs of protein-energy insufficiency.

The low-income population groups experience about 20% deficiency in energy

and proteins. The significant growth in consumption of products with high content of carbohydrates and fat (by 15.0-25.0%) induces growth of obesity patients that is correlated with an increased rate of endocrine and digestion system diseases.

P. Klug

**PROFESSIONELLEPRÄVENTION.GESUNDHEITSFÖRDERUNG
DURCH RICHTIGE ERNÄHRUNG UND MEHR BEWEGUNG**

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Verbeugung- ein immer aktuelles Thema, bei der Unfallverhütung, bei AIDS, bei Grippe...

In keinem Bereich können jedoch so viele Menschen auf eventuell notwendige Veränderungen ihrer täglichen Verhaltensweisen angesprochen werden wie auf den Problemfeldern der Fehlernährung und des Bewegungsmangel.

Fragestellung: Gelingt es mit in einem 10 bis 12- Wochen Präventionskurs den Teilnehmern ein praxisrelevantes Bewegungsangebot auf zuzeigen und so zu vermitteln das es nach dem Kurs von jedem weitergeführt werden kann?

Können Ernährungsfehler und Irrtümer ausgeräumt und auch auf diesem Gebiet eine praxisrelevante Ernährungsstrategie vermittelt werden um in Kombination dieser beiden Fachgebiete beim Teilnehmer eine überdauernde Gesundheitskompetenz herzustellen?

Methodik: Ein ausgewogenes Kursangebot das sowohl nachvollziehbare Bewegungsangebote beinhaltet, erste Erfolgserlebnisse schafft (die zum weitermachen anregen sollen) als auch einen populärwissenschaftlich aufbereiteten Schulungsteil anbietet um theoretisch wichtige Grundlagen auch auf dem Gebiet der gesunden Ernährung zu vermitteln..

Ergebnisse: Könnten in einer entsprechend aufbereiteten Studie ausgewertet und in weitere Kurse einbezogen werden.

D.Kosenkova

**UMWELTVERÄNDERUNGEN UND GESUNDHEITSBELASTUN-
GEN IN BERGBAUFOLGELANDSCHAFTEN AUF DER HAL-
BINSEL KOLA UND IN MITTELDEUTSCHLAND**

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Regionale ökologische Probleme bekommen zunehmende Wichtigkeit im ökologischen, als auch im sozial-ökonomischen Sinn. Die Untersuchung dieser Probleme ist eine vorrangige Aufgabe der Geografie und der Geoökologie.

In der vorgestellten Arbeit werden Territorien des Europäischen Nordens Russlands und Mitteleuropas betrachtet, die in den letzten Jahrzehnten eine größere Aufmerksamkeit im Zusammenhang mit der bestehenden ökologischen Situation bekommen. Die historisch gewachsene und gegenwärtige industrielle Nutzungsstruktur in diesen Gebieten hat äußerst negative Veränderungen der Umwelt verursacht, die den Gesundheitszustand der lokalen Bevölkerung beeinflusst.

In der durchgeführten Untersuchung wird aufgezeigt, dass durch die Besonderheiten der industriellen Nutzungsstruktur in den Untersuchungsgebieten sich zwei stark belasteten Territorien formierten. Das sind: Zentralkola auf der Halbinselkola (Gebiet Murmansk, Russland) und das Mansfelder Land in Sachsen-Anhalt (Deutschland). Für diese Gebiete ist eine kritische ökologische Situation charakteristisch, was sehr stark die Gesundheit der Bevölkerung und ihre Lebensqualität beeinflusst hat.

Obwohl die geoökologische Situation in diesen Gebieten ausreichend erforscht ist, wurde die Verbindung mit sozial-wirtschaftlichen und medizinisch-demographischen Zusammenhängen nicht aktiv beachtet. Dadurch begründet sich die Aktualität der medizinisch-ökologischen Forschungen in den betrachteten Gebieten.

Das Ziel der eigenen, im Rahmen der Forschungstätigkeit des Lehrstuhls für rationelle Naturnutzung (geographische Fakultät von Moskauer Lomonossov-Universität) und der Arbeitsgruppe Geoökologie (Institut für Geographie an der Martin-Luther-Universität Halle-Wittenberg) eingebundene Arbeiten ist die Erforschung der Ursachen und Folgen im System «Umwelt - Landnutzung/industrielle Nutzung – Gesundheit der Bevölkerung» in den Beispielregionen.

Im Verlauf der bisherigen Untersuchungen werden folgende Fragestellungen thematisiert: zum einen die geoökologische Situation in den Industriegebieten (Naturbedingungen, sozial-ökonomische Situation und technogene Einwirkung auf die natürlichen Ökosysteme). Daneben werden Methoden der medizinisch-ökologischen Forschung angewendet und auf die Problematik der Industriegebiete bezogen und angepasst. Dabei bildeten die Besonderheit der medizinisch-ökologischen Situation und ihre Widerspiegelung in der Lebensqualität der Bevölkerung einen besonderen Schwerpunkt.

Die bisherigen Ergebnisse weisen darauf hin, dass die untersuchten Territorien durch eine sehr differenzierte medizinisch-ökologische Situation charakterisiert werden. Hierbei spielen die unterschiedlichen sozial-ökonomischen Prozesse eine wesentliche Rolle. Die sozial-ökonomische Situation, wie sie in der Arbeit aufgezeigt wird, hat eine große Bedeutung für die Formierung der Gesundheitssituation der Bevölkerung und ihrer Lebensqualität.

Die naturräumlichen Unterschiede der Untersuchungsgebiete haben auch verschiedene Einflüsse auf die Gesundheit des Menschen. In der Arbeit soll gezeigt werden, was die Formierung der medizinisch-ökologischen Situation mehr bestimmt – natürliche Bedingungen oder die von der Nutzungsgeschichte entwickelte ökologische Situation.

Die Ergebnisse werden kartographisch dargestellt, was die Raumanalyse ermöglicht.

Die Ergebnisse verdeutlichen, dass die Erforschung von Gesetzmäßigkeiten, der Entstehung, des Verlaufs und der territorialen Verbreitung der Krankheiten eine der wichtigsten Voraussetzungen für die Ausarbeitung einer effektiven Politik im Bereich des Gesundheitswesens und der Raumordnung darstellt.

L.V. Kosmodemjansky

**THE ANALYSIS OF INTERSYSTEM INTERACTIONS FOR
THE TASKS OF THE ESTIMATION AND CORRECTION OF
FUNCTIONAL DISTURBANCE IN ORGANISM**

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Analysis of literature data shows that the estimation and correction of functional disturbance in organism is carried out on the basis of studying modifications in its separate functions and the parameters attributed to them. It does not allow to allocate objectively key parts which determine the character and level of functional changes and as consequence - to choose adequate methods of their correction.

We offer the original methodological approach to the estimation and correction of the functional disturbance, based on the analysis and estimation of intersystem interactions in organism. In the basis of this approach lays the quantitative estimation of the level of change of the intersystem connections. An advantage of the given approach will be, that it allows not only to reveal functional disturbance in organism at early stages of their occurrence, by means of an estimation of "key" and "auxiliary" parts of these infringements, but also to characterize them quantitatively.

Thus, regulation of the functional systems can be carried out by correction of functional deviations of separate parameters, and by correction of intersystem interactions. In the first case the purpose is "return" of dropping out parts to the limits of physiological norm of their functioning. In the second - normalization of intersystem interactions that can lead automatically to the effect. As applied to the second case it is necessary to note, that some traditional methods of treatment (homeopathy, bioresonant therapy, etc.), and also the modern standardized methods of treatment entitled to increase nonspecific resistance of the organism, normalize intersystem interactions in organism of the patient by restoration of multiparametrical mutual relations of various functional systems on homeostatic level. Owing to what automatically (by means of inclusion mechanisms of self-control) the damaged functions on which there was no direct influence are restored.

The offered approach opens new prospects by way of optimization of diagnostics, control and correction of functional disturbance in organism, proving some theoretical representations and principles of non-conventional medicine.

A.T. Dussembajewa
B.N. Nurmuchambetowa

**DIE ULTRASTRUKTURELLE THYMUSOGANISATION BEI DER
3.4-BENSPYRENIUMEINWIRKUNG**

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Aktualitaet: Der Thymus als Zentralorgan des Immunsystems stellt der gemeinsame Glied zwischen den wichtigsten Regulationssystemen, die die Konstantakontrolle des inneren Körpermilieus ausüben und die Adaptationsvorgänge zu den veränderlichen Bedingungen der äußeren Umgebung verantwortlich sind dar. Trotz der grossen Zahl von den Forschungsarbeiten bleibt der Thymus bis heute als Organ mit nicht genügend erforschter Struktur und Funktion besonders in den Verhältnissen des ökologischen Drückens.

Das Ziel der Untersuchung war es, morphologische Erscheinungen im Thymus während der 3,4-Benspyreniumeinwirkung zu studieren.

Material und Methoden. Für das Schaffen des Vergiftungsversuchsmodells wurde 3,4-Benspyrenium den weissen Ratten der Wistar Art im Laufe von 3 Tagen intraperitoneal je 20 mg pro Kg des Körpergewichts im minimalen Umfang des Olivenöls (0,2-0,3ml) injiziert. Die Erforschung aller Tiergruppen wurde nach 1,7 und 21 Tagen nach der 3,4-Benspyreniumvergiftung durchgeführt. Als Gegenstand der Erforschung waren Thymusteilchen. Für die Elektronenmikroskopie wurde das Material in der 1% -haltigen Lösung des 4-Oxidostanniums in dem Phosphatpuffer fixiert. Es wurde in der Reihe der Spiriten mit steigender Konzentration dehydratisiert, die Kontrastdarstellung wurde durch die Spritlösung des Uranilazetats und der Phosphor-Wolframsäure durchgeführt in apone geschlossen. Durch LKB-Nova-Ultratom wurden Semidünnenschnitte mit der Dicke von 1 µm, die toluidinblau gefärbt wurden, hergestellt.

Die Ultradünnenschnitte wurden mittels des JEM- 1010- Elektronenmikroskops untersucht.

Ergebnisse der Untersuchung. Die Untersuchung des Thymusgewebemikrobezirks zeigte, dass das Thymusödem nach 24 Stunden nach der 3,4 Benspyreniumeinführung erhalten. Der Gehalt der Mastzellen vermehrte sich in der Struktur des interlobulären Bindegewebes. In der Thymusstruktur blieben oedematöse Erscheinungen erhalten. Die Volumendichte der Mitochondrien und der Membranen des granulären endoplasmatischen Retikulums wurde dabei um zweimal vergrößert. Die Senkung der quantitativen Dichte der freien polysomen und der angebotenen Ribosome wurde festgestellt. Die Volumendichte der Sekretionsvakuolen steigerte um 2 Mal Das Thymusstromaödem blieb nach 21. Tage nach der 3,4-Benspyreniumeinführung erhalten. Der gesteigerte Gehalt der Mastzellen blieb in der Struktur des interlobulären Bindegewebes erhalten. Die Volumendichten der Mitochondrien und der Membranen des granulären endoplasmatischen Retikulums unterschieden sich sicher von den Kontrollwerten in der Struktur der Epithelzellen nicht. Die Senkung der quantitativen

Dichte der freien Polysomribosome setzte sich in derselben Zeit fort. Die quantitative Dichte der angebundenen Ribosome entsprach dem Kontrollwert. Die Zellschwellungserscheinung wurde in der Struktur der Endheliozyten der bluttragenden Kapillaren bemerkt. Die Perikapillarraeume waren erweitert. Die Lymphazyten wurden im Interstitium und im Lympharenchym im Apoptosezustand festgestellt.

Also, die Entwicklung der dystrophischen Veraenderungen erscheint nach der 3,4-Benspyreniumvergiftung der Tiere in der Thymusstruktur. Diese Veraenderungen sind mit den Epithelzellen und der Endheliozyten der bluttragenden Kapillaren, der Organoidsschwellung mit der Senkung der eiweissynthetischen Funktionen und der Stoerung der Stoffwechsel Vorgaenge, der Entwicklung der Lymphozyten apoptose verbunden

A. Kulikova

HUMAN LIFE AND LONGEVITY

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Focusing on in-depth studies of bioplasmatic processes in the organism with the purpose of working out an individual life program, we have been ultimately reaching a new stage of exploring its submolecular levels. One of the tasks in this context is the problem of longevity. The quantum corpuscular-wave theory proves that on the level of the molecular apparatus there are high speed transitions supporting acid-base balance (e.g. 160 reactions take place simultaneously in a molecule within one minute). To influence this process is not a simple task which requires coordinated efforts of specialists in diverse disciplines.

Now we have entered a new solar cycle (for 11 years). This gives a strong impulse for renewing and enhancing the flow of the light enabling to extend our perception on all levels of human evolution. Due to effective work of communities of different nations it is possible to start new courses of lectures to enlighten the people on bioplasmatic properties of an activating organism which will encourage an effective work and possibilities for personal transformations. This most complicated work towards a new direction, which is called cosmic medicine, is only possible in multidiscipline collaboration of scientists. It opens up an enormous potential and demands revision of existing theories with a new light on postulates of physics, chemistry, mathematics etc. facilitating a breakthrough in the approaches to the problems of longevity.

A group of women aged 80-96 that has been under my observation for several month evokes a heavy feeling, because of active sclerotic changes in the brain show decline in their mental abilities. This presents an important problem because nowadays people find themselves in normal social conditions, unlike people in past, who were subject to wars, loss of loved ones, numerous psychological traumas bringing about a

factual destruction of ternary structure of the organism. The senile life of this woman is aggravated by physical disabilities. Therefore our work should concentrate on deepening and expanding human consciousness - a source of enjoyment and social activity.

V.N. Kurochkin

SURGICAL TREATMENT OF BLEPHAROPTOSIS. WORK EXPERIENCE OF PEDIATRIC DEPARTMENT OF FEDOROV FGU MNTK «EYE MICROSURGERY»

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Blepharoptosis is drooping of the upper eyelid caused by insufficient or inadequate functioning of the muscles.

In the period of 1999 - 2006 there were 234 operations in 197 patients, 160 patients underwent surgery in one eye and 37 patients – in both eyes. Patient's age: 11 patients aged 2-4 years; 31 patients aged 5- 7 years; 41 patients aged 8-14 years; 56 patients aged 15-25; 24 patients aged 26-45 years; 12 patients aged 46-60 years; 9 patients older 60 years.

According to the degree: 21 patients with the first degree; 115 patients with the second degree; 83 patients with the third degree, severe ptosis was found in 15 patients.

According to aetiology: congenital - 158 cases (including 22 cases combined with strabismus), acquired - in 76 cases including 58 cases of neurogenic origin (among them 18 cases with strabismus), traumatic origin - 2 cases, 6 cases of mechanical (blepharochalasis), senile origin – 4 cases and 6 cases of myasthenic origin.

The following surgeries were performed: in 206 cases - resection of levator (aponeurosis), in 25 cases – suspension of the eyelid to the frontal muscle, 3 cases with tarsotomy.

45 patients had previously undergone surgeries on removal of ptosis mostly of the suspension type.

The result of the surgery was estimated three month later at looking straight ahead with a straight head position. Criteria for estimation: good - edge of the lid is higher than the upper edge of the pupil, difference in the width of the palpebral fissure – 1 mm and less; satisfactory - edge of the lid is in the line with the pupil, the difference between the eyes - up to 2 mm; unsatisfactory – the edge of the lid is lower than the pupil and the difference is more than 2 mm.

Regarding first-degree ptosis (levator resection – 18 cases, tarsotomy – 3 cases) as good results were estimated 17 cases (81%); as satisfactory - 3 cases (14,3%); unsatisfactory - 1 case (4,7%). In one case a secondary surgery with a positive outcome was performed.

Under ptosis of the second degree (with resection of levator): good – 78 cases (67,8%), satisfactory - 33 (28,7%), unsatisfactory - 4 (3,5%).

In third cases a secondary surgery with a positive result was performed.

Under ptosis of the 3rd degree (with resection of levator in 71 cases and 10 suspension surgeries): good - 51 cases (61,5%), satisfactory - 27 cases (32,5%), unsatisfactory - 5 cases (6,0%).

In 5 cases a secondary operation with a positive result was carried out.

Under the complete ptosis (with a suspension surgery): good - 9 cases (60,0 %), satisfactory - 4 cases (26,7%), unsatisfactory - 2 cases (13,3%). In the second case a secondary surgery with a good output was performed.

Thus, a good result was achieved in 66,7 % cases, satisfactory - in 28,2 %. An unsatisfactory result was revealed in 12 cases (5,1 %), however corrected in 10 cases after a secondary surgery. In one case a hypereffect surgically corrected in 6 month was observed.

Conclusions: 1. Surgical treatment of ptosis is effective for all degrees of severity.

2. The right type of the surgery enables to obtain a good result in the treatment of ptosis.

T. Lechler

**ERNÄHRUNG – DER PROGRAMMIERTE WEG ZU GESUNDHEIT
UND KRANKHEIT**

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: TRUW Arzneimittel GmbH, Gütersloh, Deutschland

„Der Mensch ist, was er isst“, d. h. sein Phänotyp resultiert aus einem dynamischen Faktorengeflecht aus Nährstoffangebot bzw. -bedarf einerseits sowie seiner Umwelt und seinen Erbfaktoren andererseits. Aus diesem Grundsatz erklären sich die Gewichtsprobleme in der Bevölkerung. Das ist für jeden sichtbar und weit mehr als nur ein kosmetisches Problem. Wesentlicher Grund für das heute grassierende Übergewicht ist die im Computer- und Fast-Food-Zeitalter übliche Bewegungsarmut und vor allem die hoch kalorische Kost. Langfristig können nämlich, von den Betroffenen unbemerkt, Störungen im Stoffwechsel auftreten, die unter anderem die Entstehung von Herz-Kreislauf-Erkrankungen und Diabetes mellitus Typ 2 fördern. Die Zusammenhänge beider Krankheitsbilder prägen den inzwischen in der Medizin üblichen Begriff „Kardiodiabetes“. Ein gangbarer Ausweg zur Prävention und „Erleichterung“ der Bevölkerung bieten die Praxis einer gesunden Ernährung und/oder Innovationen zur Optimierung der Ernährung.

Die Mehrheit der Diabetiker in Deutschland sind Typ-2-Diabetiker. Der Diagnose „Diabetes mellitus Typ 2“ gehen jahrelange Störungen der Glucosehomöostase voraus, die sich u. a. in hohen Nüchtern-glucosewerten, Hyperinsulinämie äußern und oft von Hyperlipoproteinämien begleitet werden. Grund: Myo- und Adipozyten utilisieren Glucose nur unzureichend und entwickeln eine zunehmende Insulinresistenz. Je nach Qualität der Stoffwechsellaage kommen therapeutisch orale Antidiabetika und/oder Insulin

bzw. diätetische Maßnahmen zum Einsatz.

Ein wichtiger Therapiebaustein zur normnahen Einstellung der Stoffwechselformparameter des „Prädiabetikers“ und Typ-2-Diabetikers ist die Praxis einer gesunden Ernährung. Es genügt nicht, Betroffene mit rigiden Regelwerken für ihre Ernährung zu konfrontieren. Viel wichtiger ist, ein individuelles Ernährungskonzept zu entwickeln, das der gewohnten Esskultur sehr nahe kommt, und dennoch sein Ziel nicht verfehlt. Dabei können Nahrungsergänzungsmittel und diätetische Lebensmittel, z. B. marine Fette oder der wässrige Zimtextrakt TC 112 zum Zuge kommen, sofern eine eingehende Beratung vorangeht.

„Prädiabetiker“ und Typ-2-Diabetiker profitieren in mehrfacher Hinsicht von einer Ergänzung der Nahrung mit EPA (Eicosapentaensäure) und DHA (Docosahexaensäure). Sie verbessern die Blutrheologie, die Vasomotion und den atherogenen Index. Letztlich modulieren EPA und DHA die Aktivität des Immunsystems, was atherogene, i. e. S. inflammatorische Prozesse im Subendothel der Arterien dämpft. Diese gefäßprotektiven Effekte sind auf Grund der pathophysiologisch engen Verzahnung von Herz-Kreislauf-Erkrankungen und Diabetes mellitus Typ 2 von großer Bedeutung.

Zimt wird primär als Gewürz und Heilmittel eingesetzt. Nach heutigem Wissen geht mit dem Zimtkonsum das Ausmaß der Insulinresistenz zurück. Dabei scheinen Substanzen in der hydrophilen Fraktion des Zimtpulvers, die zur Gruppe der Phytochemicals (Flavonoide) zählen, eine besondere Rolle zu spielen. Diese Polyphenole greifen in die komplexen biochemischen Kaskaden, die die Insulinrezeptorfunktion ausmachen, ein und steigern dessen Sensibilität für Insulinreize. Diese Erkenntnisse aus In vitro Studien wurden am Tiermodell verifiziert, wobei eine Normalisierung der Glucosehomöostase, aber keine Hypoglykämie beobachtet wurde.

Der Nutzen von wässrigem Zimtextrakt TC 112 für Typ-2-Diabetiker wurde unter kontrollierten Bedingungen untersucht. Über 4 Monate führten sich 33 Patienten wässrigem Zimtextrakt TC 112 (Diabetruw®Zimtextraktkapseln¹) zu, was etwa 3 g Cassia-Zimtpulver entspricht, die Kontrollgruppe (32 Patienten) verzehrten pro Tag 3 Placebo-Kapseln. Ergebnis: Es zeigte sich ein deutlicher Einfluss auf den Nüchternblutzucker: Die mittleren Nüchternblutzuckerwerte in der Verumgruppe nahmen um 10,3% ab, unter Placebo nur um 3,3%. Der Unterschied war statistisch signifikant. Hypoglykämische Episoden blieben aus. Andere Laborparameter z. B. die Blutgerinnung (Quick-Wert) wurden nicht beeinflusst. Ferner bestätigte sich die Anwendungssicherheit des wässrigen Zimtextrakts TC 112.

Nach aktuellem Wissen und den bisher gesammelten Erfahrungswerten empfiehlt sich zur Prävention bzw. Ernährungstherapie des Typ-2-Diabetikers eine obst- und gemüsebetonte Kost, die neben dem Energiegehalt der Nahrung auch individuelle Vorlieben berücksichtigt. In diesem Sinne kann auch eine Ergänzung der Nahrung mit Nahrungsergänzungsmitteln und/oder diätetischen Lebensmitteln sinnvoll werden, z. B. in Kapselform mit wässrigem Zimtextrakt TC 112 (Diabetruw®Zimtextraktkapseln) und/oder DHA und EPA.

I. L. Lisovskaya

ETIOPATHOGENESIS AND THE EFFICIENCY OF COMPLEX TREATMENT OF MYOPIA IN CHILDREN

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The increasing number of children with myopia leads to high level of disability in case of myopia malignancy which strongly demands a search of effective preventive measures and its treatment.

Acquired myopia develops in a postnatal period. The most important factors, defining etiology of acquired myopia are: genetic, age-specific, strain, stress.

For treatment of children with myopia it is necessary to take into consideration all these etiopathogenetic mechanisms.

The aim of this research is to estimate the efficiency of a complex treatment of myopia in children.

Materials and methods: analysis of the efficiency of complex treatment was carried out in the period 2003 - 2006 in the age group of 7-18 years.

The following methods were used:

1. Improving the general condition of a child's health

2. Timely and adequate glass and contact correction

3. Physiological methods of treatment (trainings, accommodations and apparatus methods of treatment) Trainings of cilia muscle with the help of changeable lens by Avetisov-Mats method, method of divergent desaccomodation by Dashevski, mixed method of micro dimness for closeness, training exercises "an object on the window", computer-based program RELAX, EYE, instillation of 2,5% Irifrin solution or in combination with 0,5% Mydriacyl solution and 1% Cyclomed a day before going to bed during 1 month, electrophoresis endonasal with unstable spasmesympatomimetic, with moderate stable spasme-sympatomimetic + cholinolitic, with stable – cholinolitic, electrophoresis according to Burgenion, temporal blockades with Vitamin B12.

4. The following was prescribed for improvement of the eye homodynamics:

Orthopedic treatment (massage of neck zone, electrophoresis of the neck zone with euphillinum, classes of medical gymnastics, preparations containing Ca). Neurological vascular treatment

(vasohypotonic preparations - Caviton, phesam, piracetam; vasostrengthening preparations – ascorutin). Vitamins with microelements, preparations with bilberry, B-carotene. Bioregulators of cell metabolism – retinalamin, ophtalamin, with selective effect on eye cell substance accelerating restoration of sight.

The criteria for efficiency of the treatment were: visual acuity, static refraction, the force of corrective glasses before and after the treatment, reserve of relative accommodation.

Conclusions and suggestions

The use of new methods for treatment of progressing myopia and spasm of

accommodation such as electrostimulation, laser stimulation, computer programs as the addition to the conventional treatment enables to decrease progressing of myopia, to restore the reserve of accommodation, to decrease the asthenope complaint, which means to preserve and improve children sight functions. The courses of treatment are repeated every 4-6 months.

For prophylaxis earlier identification of children with refractive disturbances and educational work with their parents is recommended.

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IMMUNOREHABILITATION OF INFLAMMATORY AND ADAPTIVE PROCESSES IN ORAL CAVITY

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The diseases of paradontium and etiologically connected partial teeth lack are the most common in economically developed countries. Their pathogenic mechanisms depend on the state of a non-specific organism's resistance, immunity, factors of antioxidant protection and a microelement homeostasis. Our studies show that the damage of paradontium tissues is accompanied with the high effort of regulatory mechanisms. So the pathology of maxillofacial system is considered to be not only of a local character but is also connected with the organism's reaction and possible interaction between pathology of the oral cavity and systematic diseases.

Nevertheless just a quantitative increase of medical manipulations and medications is no guarantee for an effective therapy. Since the high effort of adaptive abilities is displayed in the course of diseases of the maxillofacial system, the therapy must be directed not only against the symptoms but also to separate functional systems and organism in whole. The high therapeutic efficiency of the local use of selective ion-exchanger for treatment of chronic catarrhal gingivitis in children is demonstrated. Maxillary applications of selective ion-exchanger on the base of natural zeolite in combination with professional hygiene of oral cavity lead to positive changes in essential microelements content of oral liquid. This was manifested by the optimization in the content of significant microelements and a moderate increase in iron by 20%, phosphorus - by 30%, copper - by 22%, and selenium - by 48%. The use of "Immunodon" in a complex treatment of chronic catarrhal gingivitis raised the treatment efficiency. The clinic indexes are improved in comparison with the indexes of control group. PMA (papillary-marginal-alveolar) index is decreased in 2,8 times; Rumfield index is decreased in 2,4 times. The laboratory indexes were also improved. Leukocyte modulating activity was decreased in 1,76 times; antioxidant activity is increased in 1,8 times.

The use of a phytomineral complex during the dental implantation leads to optimization of lymphocyte energy charge. Activity change of succinate dehydrogenase (SDG) is insignificant. Minimum of $18,54 \pm 0,44$ was observed on the 60th day of the study; maximum of $21,40 \pm 0,93$ was detected on the 30th day of the study. This quality of phytomineral complex is very important because it guarantees moderate increase of SDG activity during the whole period of study. At the same time the moderate increase in the activity of cytoplasmatic and mitochondrial α -glycerophosphate dehydrogenase (GPDG) by 25% and a synchronic interaction of cytoplasmatic and mitochondrial components of glycerophosphate shunt were observed. The described dynamics shows an increase of co-ordination of various ferments for cell energy charge that enables the cell to spare protein catalysts. The immune modulating therapy is necessary as well as effective measures for correction of inflammatory and adaptive processes in the oral cavity, followed by a prevention system and an effective treatment of diseases of the maxillo-dental system.

I.I. Miroshnichenko
Yu.M. Kalmykov
Yu.A. Fedotov
O.Yu. Kravtsova

SIMULTANEOUS DETERMINATION OF CARVEDILOL, PROPRANOLOL AND AMLODIPINE IN PLASMA BY LIQUID CHROMATOGRAPHY-TANDEM MASS SPECTROMETRY

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Therapeutic drug monitoring (TDM) of cardiovascular drugs such as non-selective beta and calcium channel blockers has been introduced for optimization of pharmacotherapy. Carvedilol, propranolol and amlodipine are commonly prescribed for treatment of cardiovascular diseases. However, no previous investigation of three drugs has been conducted by high performance liquid chromatography-electrospray ionization mass spectrometry (HPLC-MS/ESI). OBJECTIVE: to establish a new, rapid and sensitive HPLC-MS/ESI method for simultaneous determination and screening three common cardiac medications carvedilol, propranolol and amlodipine in human plasma.

METHODS: The analytes in plasma were extracted by solid-phase-extraction column after samples had been alkalinized. Solid-phase extraction of these drugs added to the human plasma was performed with an Oasis HLB cartridge column. The HPLC separation of the analytes was performed on a Zorbax 300 SB-C18 (100 mm x 2.1 mm, 3.5 μ m) column, using water (formic acid 1 per thousand)-acetonitrile (35:65, v/v) as a mobile phase, with a flow-rate of 0.40 ml/min. The compounds were ionized in the electrospray ionization (ESI) ion source of the mass spectrometer and were detected in the multiple reaction monitoring (MRM) mode. MRM using precursor-->product ion

combinations at m/z 409-->238, 407-->100 and 260-->115 was applied to determine amlodipine, carvedilol and propranolol, respectively

RESULTS: The calibration curves were linear in the 10-1000 ng/ml range for all compounds, all of them with coefficients of determination above 0.98. The average extraction recoveries for all four analytes were above 75%. The methodology recoveries were higher than 95.0%. The limits of detection (LODs) were 5, 3 and 3 ng/ml for carvedilol, propranolol, and amlodipine, respectively. The intra- and inter-day variation coefficients were less than 15.0%. CONCLUSION: The method is accurate, sensitive and simple for routine TDM as well as toxicological screening, and for the study of pharmacokinetics and metabolism of three drugs.

K.T. Nanobaschvili
N.D. Nanobaschvili

**ANWENDUNG DER BIOAKTIVEN STOFFEN BEI DER
BEHANDLUNG DER HARNSTEINERKRANKUNGEN**

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In der modernen Medizin werden die bioaktiven Stoffe immer häufiger und breiter verwendet. Die Anwendung der meisten dieser Stoffe hat während/neben der Behandlung mit traditionellen Heilmethoden eine gute heilende Wirkung.

Die vorliegende Arbeit betrifft die Anwendung eines dieser bioaktiven Nahrungszusätze – wilde Yamswurzel (*Dioscorea villosa*) bei der Behandlung der Harnsteinerkrankungen. Die wilde Yamswurzel enthält Diosgenin (progesteronähnlicher Stoff) Saponinen. Die Untersuchung wurde an 48 Patienten durchgeführt. Bei 27 Patienten wurde durch Ultraschalluntersuchung eine Harnsteinerkrankungen (Nephrolithiasis) festgelegt. (Die Größe der Steine liegt zwischen 5mm und 7mm). 21 Patienten hatten in beiden Nieren mehrere hyperechogene Ausbildungen in der Größe von 1,5mm und 2mm ohne akustische Artefakte (die sogenannten Salzkristalle). Bei der Laboruntersuchung des Urins waren bei meisten (28 Patienten) folgende Symptome zu bemerken: Leukozyturie, Mikro- oder Makrohämaturie, zylindrurie (nicht deutlich ausgedrückt). Bei einem Teil (20) der Patienten aber wurden während der Urinuntersuchung keinerlei Änderungen festgestellt.

Den Patienten, bei denen die obenerwähnten Änderungen zu bemerken waren, wurden folgende Heilmittel verschrieben: antimikrobielle Elemente (spezifische für die entsprechende Infektion), Uroantiseptic, Vitamine, entsprechende Diät. Parallel wurde die Behandlung mit der wilde Yamswurzel (1 Kapsel 2mal pro Tag nach dem Essen) durchgeführt und sie wurde auch nach der Beendigung der Behandlung mit den traditionellen Heilmitteln noch fortgesetzt. Den Patienten aber, deren Laboruntersuchungen keinerlei wesentliche Änderungen gezeigt haben, wurde direkt die Behandlung mit der wilden Yamswurzel verschrieben.

Nach der Behandlung wurde die Ultraschall- und Laboruntersuchungen festgelegt,

daß die Salzkristalle (bei 22 Patienten) aus dem Parenchym der Niere vollständig ausgeschieden wurde. Die Länge war auch nach einigen Jahren stabil.

Bei der Harnsteinerkrankungen hatten 19 von 27 Patienten keinen Harnstein mehr, bei 8 von ihnen ist die Größe des Steins vermindert worden (von 6-7 mm auf 3 mm).

Es ist bemerkenswert, daß die Verwendung der wilden Yamswurzel keinerlei Wirkung bei der Behandlung der Gallensteinerkrankungen hatte, die Gallensteine wurden weder kleiner noch verschwanden sie.

Zusammenfassend kann man sagen, daß die Verwendung des bioaktiven Nahrungszusatzes – der wilde Yamswurzel neben den traditionellen Therapiemethode bei den Harnsteinerkrankungen wünschenswert ist.

G.V. Nikolaeva
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ROLE OF CEREBRAL BLOOD FLOW DISTURBANCES IN DEVELOPMENT OF RETINOPATHY OF PREMATURITY (ROP)

*Cathedra of eye illnesses of pediatric faculty GOU VPO RGMU,
Moscow, Russia*

Objective: To study a role of hemodynamics for ROP development.

Materials and methods: in children's department of the intensive care unit 290 premature infants were investigated. All treatment methods included oxygentherapy. Indirect ophthalmoscopy was applied, the data of a cerebral blood flow was assessed, in particularly the dopplergraphic index - an index of anterior cerebral artery resistance (the norm of 0,68-0,72).

Results: in the children who were born at 25 - 27 weeks gestation an arterial spasm was detected in 82 %, at 28 - 29 weeks - 67 %, at 30 - 32 weeks - 54 %. Signs of venous outflow obstruction that is venous plethora is attributed to older newborns.

At vessels of the retina in norm the index of resistance of the anterior cerebral artery in average came to 0,67 + 0,02; at arterial spasm - 0,77 + 0,02. The index was higher in children of smaller gestational age at birth and lower in more mature infants. At 25 – 26 weeks gestations the index of frontal brain artery resistance came to 0,8 + 0,02; at 28 weeks 0,78 + 0,03; at 30 - 31 weeks 0,74 + 0,02; at prematurity 32 weeks - 0,69 + 0,04. Before the development and in the course of ROP progression the index raised and was in average within 0, 84 + 0,02. And, the more active was the progression of the disease, the higher was the index (up to 0,9 - 1).

Conclusions: These data reveals a significant role of cerebral blood flow disturbances for the development of retinal pathology. The prevalence of hyperoxia-associated symptoms in very premature infants might signal an inadequate oxygen amount.

O.F. Nogyna

MEDICINES OF NATURAL ORIGINS AS SUPPLEMENT TO THE TREATMENT OF VARIOUS DISEASES

“Verbena” Laboratory, Pyatigorsk, Russia

Under conditions of a wide circulation of unsafe allopathic methods for treatment of acute and chronic diseases with high risk of occurrence of by-effects an increasing number of patients chooses homeopathy the medicine of natural origin, which is safe and effective and becomes more common as a supplement or a replacement of the conventional treatment.

Work experience shows high efficiency of the method of classical homeopathy but despite of its advantages it cannot be widely introduced in the system of public health services due to several reasons: more time is necessary for each patient; deficit of specialists etc.

In order to introduce allopaths to homeopathic methods, the homeopathic laboratory “Verbena” has developed and produced a number of medications of natural origin (suppositories, ointments, creams, oils, tinctures, essences) with recommendations of their use.

The laboratory “Verbena” is created on the basis of Pyatigorsk pharmaceutical academy in 1991. It produces more than 500 items of homeopathic products and medicines of natural origin, 300 items of homeopathic essences and tinctures. Preparations are made of the fresh ecologically pure vegetative raw material collected in mountain areas of Northern Caucasus, Botanical garden of Pyatigorsk, Perkal and Teberdin reserves.

The laboratory, unique in Russia produces a suppository with the concentration of an extract of the mud of the lake Tambukanskoe.

A series of suppository “Gemoprost” is designed for treatment of urogenital pathology, intestine problems, vessels of the small pelvis. The composition of all the suppositories includes propolis, oil of sea-buckthorn berries, a homeopathic oil extract and an extract from mud of the lake Tambukanskoe, and also a set of the homeopathic essences corresponding to the point of the appendix. A series of suppositories “Antican” are entitled to cope with the problems of female sexual sphere.

There are schemes of standard applications for different pathologies. The complex of preparations for mastitis of various etiology “Tukofit” comprises ointment “Tukofit” beneficial for mammary glands, suppository “Tukofit” for hormonal stabilization and a homeopathic complex “Tukofit” (drops, granules) for oral intake.

In the pediatric practice suppositories “Bellaspazmin” and “Uspokain” are successfully applied. Additional to a spasmolytic effect there are also hypotensive and hypothermic effects. Suppositories are produced in special children’s packages and with a greater success are applied in babies during their first year.

Medicines of natural origin of the laboratory “Verbena” have been used for 12

years in pediatrician practices, by gynecologists, urologists, oncologists, dermatologists, phlebologists in sanatoriums and polyclinics appreciating their high therapeutic effect and safety in application.

Homoeopaths and doctors of the general practices of the Caucasian Mineral Waters, the south of Russia, Rostov, Volgograd and Astrakhan regions confirm high efficiency of our medicines for treatment and rehabilitation.

A.E.Novozhilov

THE MEANING OF BUTEYKO BREATHING TECHNIQUE FOR TREATMENT OF BRONCHIAL ASTHMA

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1. In patients with all stages and forms of bronchial asthma an external breath function (EBF) is affected.

2. EBF supports in the first line the CO₂ concentration in alveolar air (PACO₂) and in arterial blood: decrease of CO₂ concentration in the lungs by 1,2 mmhg calls upon a stabilizing response of the external breath that exceeds ten times the oxygen (O₂) sensibility.

3. A clinical-physiological analysis of an asthmatic fit in asthma patients shows a persistent hyperventilation, which accelerates correspondingly to asthma progressing.

4. Alveolar hyperventilation of the lungs is one of the conditions of gas exchange impairment particularly reducing a partial CO₂ pressure in pulmonary alveolar air (pCO_{2A}) that leads to irregularity of pulmonary ventilation.

5. First of all on increase of lung ventilation occurs the rise of the tone of smooth muscles located on the bronchial walls that is a bronchoconstrictor effect of hypocapnia.

6. Irregularity of lung ventilation and bronchospasm attribute to bronchial hyperactivity under condition of decrease in PACO₂.

7. Bronchospasm as well as clinically significant oedema and bronchial mucus hypersecretion occurs in asthma patients with PACO₂ reduction below 31 mmhg in the hyperventilated parts of the lungs, which on the whole might be interpreted as a physiological reaction aimed at supporting homeostasis in the lung gas-exchange function. Reducing an opening of the airways due to development of the oedema and bronchial mucus hypersecretion leads to a gradual CO₂ compensation in pulmonary alveolar air. An increase of PACO₂ to 32 mmhg and higher, causes a spontaneous cessation of the bronchospasm and presents a reliable prevention of the asthmatic fit.

8. Use of the Buteyko method enables to restore a physiological norm of PACO₂ (40 mmhg), which maintenance during 6 months and more prevents allergic reactions in asthma patients. At the contact with the allergen that used to provoke oedema,

mucus hypersecretion and bronchospasm, there is no allergic reaction any more. This shows a direct connection between the activity of allergic inflammation in the bronchs, bronchospasm and PACO₂.

9. The Buteyko method is an educational and treatment program aimed at search and removal of the factors that cause destabilization of breath homeostasis. Destabilization of breath homeostasis (chronic alveolar hyperventilation, alveolar hypokapnia) are the factors that influence development of compensatory reactions from the respiratory system, whose bright and clinically significant manifestations are oedema and airway mucus hypersecretion and bronchospasm.

V.V. Fedorov

**AQUAHOMÖOPATHIE (DAS WASSER „GOTTES TAU“)
ALS ENTSCHEIDENER SIEG IN DER VORBEUGUNG UND
BEHANDLUNG CHRONISCHER ERKRENKUNGEN**

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Seitdem der Mensch auf der Erde lebt, begleiten ihn stets chronische Erkrankungen, die ihm zur Verhägns geworden sind; sie verkürzen sein aktives körperliches und schöpferisches Leben und führen letztendlich zum Tod. Diese Erkrankungen führen nicht nur zu großen finanziellen Verlusten der menschlichen Zivilisationen, sondern auch zu noch größeren intellektuellen Verlusten, da der verlust einer Persönlichkeit kaum zu ersetzen ist.

Die Aufgabe, diese Erkrankungen heilen zu lernen, ist die Aufgabe, die die menschliche Zivilisation zu lösen hat. Die traditionelle Medizin, die die allopathischen Heilungsmethoden verwendet, kann die chronischen Erkrankungen gründsätzlich nicht heilen, denn die chronischen Erkrankungen sind Erkrankungen des ganzen Organismus und nicht nur die Bereiche oder der Organe, über die sich die Patienten beschweren und deren Symptome von den Allopathen behandelt werden.

Die homöopathischen Behandlungsmethoden sind sanfter vielversprechender, da die Homöopathen, im Gegenteil zu den Allopathen, die inneren Kräfte des Organismus bei der Behandlung mobilisieren lassen, und nicht selten haben sie dabei Erfolg. Die hauptsache bei der Entstehung chronischer Erkrankungen allerdingst, und zwar dengestörten Wasser-Salz- Wechsel, der zur allgemeinen oder zur lokalen Dehydratation führt,können weder die Allopathen noch die Homöopathen beseitigen.

Sehr oft kann man beobachten, dass gerade die allopathische oder die homöopathische

Methode bei der Behandlung chronischer Erkrankungen die schon vorhandene lokale oder allgemeine Dehydratation des Organismus wesentlich vertieft und letztendlich zur bedeutenden Verschlechterung des Gesundheitszustandes des Patienten führt oder

sogar zum Tod. Am Anfang einer chronischen Erkrankung entwickelt sich der Wasser-Salz-Wechsel regressiv spiralartig, er umfasst zuerst nur geschwächte Organe und erst danach, Schritt um Schritt, den ganzen Organismus, was zu einem ganzen Komplex von chronischen Erkrankungen führt, mit akuten Zuständen bei Erkrankungen des einen oder des anderen Organs. Ist es überhaupt möglich, die Spirale in entgegengesetzter Richtung sich entwickeln zu lassen, sodass der Patient seine Gesundheit wieder erlangt?

Die durchgeführten Untersuchungen zeigten, dass nur hypoosmolare Wasser mit homöopathischer Salzlösung und Taumolekülen (die Handelsmarke dieses aquahomöopathischen Wassers ist „Gottes Tau“) imstande ist, die Spirale in entgegengesetzter

Richtung zu drehen und somit dem Patienten zu helfen, in seinen gesungen Zustand wieder zu kommen. Dieses Wasser lässt im Außenzellenraum die hypoosmolare Welle entstehen, indem die metsbolische Reinigung der biochemischen Prozess gewährleistet wird, die in den Zellen vor sich gehen. Die homöopathische Lösung der für den Organismus nützlichen Salze trägt, nach allen Gesetzen des großen Hahnemann, zur Stabilisierung des Wasser-Salz-Wechsels bei und bringt den Patienten schnell in den Zustand „Gesundheit“ zurück. Außerdem kämpft dieses Wasser erfolgreich gegen die lokale Dehydratation der Zellen im Organismus, was auch zur allgemeinen Gesundmachung beiträgt. Unter diesen Bedingungen fängt jeder von den 60 Trillionen Zellen des Organismus an, ausgezeichnet zu funktionieren, sodass Sie gesund bleiben.

Dieses Wasser ist also nichts anderes als Mittel von Makropulos (das Mittel zur Erhaltung ewiger Jugend und ewigen Lebens), von dessen Erfindung viele Wissenschaftler aller Zeiten und aller Völker träumten. Unsere Erfahrung weist erstaunliche Ergebnisse der allgemeinen Gesundmachung des Organismus, des Wohlbefindens und einer besseren Arbeitsleistung auf.

Darüber hinaus wirkt dieses Wasser sehr positiv auf folgende Prozesse ein: Entgiftung des Organismus (Ableitung der Toxine), Normalisierung der Nierenfunktion, Senkung der Zahl der Allergene im Blut, Gewichtsabnahme, Ableitung der Harnsäure aus dem Organismus, Senkung negativer Folgen übermäßigen Essens und des Alkoholmissbrauchs, Stärkung des Immunsystems, Ableitung überflüssiger Salze und Zerstörung deren Ablagerungen im Organismus, Aufhebung lokaler Dehydratation und Senkung des Kanzerogenspiegels.

Wir haben phänomenale Ergebnisse in folgenden klinischen Fällen bekommen: akute und chronische Glomerulonephritis; Parkinson-Krankheit; akute und chronische Pyelonephritis; Kolitis und Enteritis; alkoholbedingte Psychosen; frühere und spätere Schwangerschaftstoxikosen; akute und chronische Pankreatitis; Leberzirrhose; akute und chronische Cholezystitis; Kreislauferkrankungen; Infektionshepatitis; Hypertonie; Diabetes; Bronchialasthma; Osteochondrose; Vorbeugung der Krebserkrankungen; Behandlung der Krebserkrankungen unter Anwendung der Strahlen- und Chemotherapie; Allergien; Harnsteinkrankheit.

S.V. Ovsiy
I.N. Ovsiy

**“KING OF CORDYCEPS LEAGUE” – A UNIQUE PREPARATION
OF CHINESE MEDICINE**

Ukrainian National Society of Natural Medicine, Kyiv, Ukraine

“King of cordyceps League” influences key processes of cell reproduction. It provides adjustable activation of the functional condition of body systems and, first of all, the immune system. “King of cordyceps League” is a fast-action immune modulator. “King of cordyceps League” promotes normalization of the immune status both at infectious and autoimmune diseases and activates a wide spectrum of cell reactions, providing improvement in the body’s resistance against hazardous exposures.

By manufacture of “King of cordyceps League” advanced methods of cytoderm crushing and extracting are used: multipurpose extraction at low temperatures, effective multicomponent separate clearing, highly effective column chromatography and vacuum reduction. The preparation renders an antibiotic similar and anti-inflammatory action, produces a bacterioscopic effect against numerous pathogenic bacteria; positively affects gastrointestinal problems; relieves spasms, reduces cholesterol level, improves elasticity of vessels; favorable at illnesses of the liver, hepatitis, cirrhosis; illnesses of urinogenital autoimmune diseases. Contraindications are not known.

Its composure: Cordyceps chinensis – 70%, Lentinus edodese (Xianggu) – 6%, Ganoderma lucidum (Lingzhi) – 4%, root Yuzhu and Ophiopogon japonicus – 10%, Honey Himalaya – 1%, Purified water – 9%.

“King of cordyceps League”, does not contain stimulators and does not cause arrhythmia. It normalizes blood pressure and strengthens vessels. The preparation can be used for prevention and treatment. It is a must against nervous and physical strain and change of a climate zone. It replenishes cerebral blood flow, restores DNA matrix. It positively acts on the glands of internal secretion. It also serves as a fine nutritious tonic for improvement of the general condition.

S.V. Ovsiy
J.S. Ovsiy

**ARTISCHOCKE EXTRAKT - EINZIGARTIGE NATÜRLICHE
WUNDER**

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Die Heimat der Artischocke ist die mediterrane Gegend. Schon im Altertum war ihre Heilwirkung bekannt. Sie ist von Alten Griechen und Römern mehr als jede andere Pflanze, sowohl zum Verzehr, als auch zu Heilzwecken geschätzt. Zeitgenössische Wissenschaftler und Ärzte interessieren sich längst für die Eigenschaften der Pflanze. Lange Zeit konnten

nur die reichen Menschen die Artischocke leisten, erst vor kurzem gewannen in die Artischocke-Präparate an Popularität in Frankreich, Spanien, in der Schweiz und anderen europäischen Ländern. Diese nützliche Gemüse verhindert der Arteriosklerose, wirkt gallen- und harntreibend.

Das einzigartige Produkt mit Artischocke-Extrakt wird hauptsächlich bei den Leber- und Gallenblasenkrankheiten empfohlen. Der Artischocke-Extrakt enthält den Wirkstoff – das Bioflavonoid Zinarin, ein starkes oxydationswidriges Mittel, der freie Radikale unschädlich macht. (Wie bekannt, freie Radikale kommen in Reaktionen der Fettoxydation, führen zu Zellenfunktionsstörungen, die durch die Beschädigung der Zellenmembranen zustande kommen. In erster Stelle werden die Herz- und Leberzellen angegriffen. Dank seinen Eigenschaften wirkt Zinarin auf die Leber ein, und befreit sie von überschüssigen Flüssigkeiten und Salzen. Der Artischocken-Extrakt schützt die Leberzellen vor Giftstoffen, unterstützt die Entschlackung des Körpers, die Beseitigung von Salzen schwerer Metalle und anderen unerwünschten Stoffen. Neben Zinarins sind in Artischocke andere wichtige Inhaltsstoffe vertreten, und zwar: Flavonoide, Gerbstoffe, Inulin, Fermente, Vitamine (Provitamin A, Niazin, Vitamin C), Mineralen (Kalzium, Kalium, Magnesium, Phosphor, Eisen). Diese und andere bioaktive Wirkstoffe fördern die ausreichende Gallenproduktion, sowie die Protein- und Fettverdauung, verhindern die Gallenblasenentzündung, reduzieren die Darmaufblähungen.

Neben Artischocke sind im Getränk weitere Heilkräuter enthalten:

Pfefferminzextrakt. Er wirkt krampflösend, schmerzlindernd, gallentreibend und entkeimend. Findet als ein schmerzstillendes und gallentreibendes Mittel bei Leberkrankheiten und Gallenblasenbeschwerden Verwendung; wird auch zur Beseitigung von nahrungsbedingten Vergiftungserscheinungen gebraucht.

Enzianextrakt - aus gelbem Enzian gewonnen. Enthält Bitterstoffe, Flavonoide, Vitamine etc.. In seiner Wirkung ähnelt der Artischocke. Fenchelextrakt: Fenchel war seit je als eine Wurzelpflanze, Heilpflanze, als Rohstoff zur Herstellung vom Fenchelöl bekannt. In der Volksmedizin gebrauchte man Fenchel bei der Heilung der Leber, Nieren, bei Magen- und Darmkrämpfen, als ein Hustenmittel bei Erkältungen. Er ist reich am Zellstoff, stimuliert die Darmfunktionen, daher eignet sich ideal für Personen mit Beschwerden des Magen-Darm-Traktes.

Eine intensive Entschlackung ist das Anfangsstadium der Therapie mit dem Artischockenextrakt. In manchen Fällen kann es zu einer Überbelastung der schmalen Wege, mit denen die Schlacke aus dem Leben entfernt werden, führen, die Leberkrämpfe und Bauchbeschwerden können zum Vorschein kommen. Aber mit der Entschlackung und Entgiftung der Leber verschwinden diese unangenehme Symptome. In dieser Zeit kann man die Creme THYMIAN gebrauchen (den Bauch rechts unter den Rippen schmieren). Bei möglichen Leber- oder Gallenblasenproblemen sollte die Kur mit Mindestdosen beginnen; die Dosierung ist dann allmählich zu erhöhen. Der Artischockenextrakt wird auch zur Vorbeugung und Heilung der Krankheiten des Magen- Darm-Traktes empfohlen. Er stimuliert die Darmaktivität, hilft bei der Beseitigung von Stuhlverstopfungen.

Das Getränk „Artischocke–Apero“ der Firma VIVASAN ist eine ausgezeichnete Grundlage von komplexen Therapie-Programmen zahlreicher Krankheiten, wie: Zuckerkrankheit, Darmstörungen, Allergien, Leber- und Gallenblasenkrankheiten, Magenbeschwerden; es empfiehlt sich auch in den Perioden vor und nach den Operationen von Leber und Nieren. Kontraindikationen: Erkrankungen der Magen- und Zwölffingerdarmgeschwüre, Gallensteine.

Allgemeine Wirkungen des Produkts:

- gallenbildungsfördernd, leberentgiftend, entschlackend, fettverdauungsstimulierend,
- vermindert toxische Wirkung des Alkohols auf die Leber,
- senkt die Konzentration der Harnsäure im Blut bei Podagra,
- senkt den Cholesterinspiegel im Blut bei Arteriosklerose,
- verdauungsfördernd, darmaktivitätsnormalisierend,
- zur Vorbeugung von Zuckerkrankheit, Ischias, Cellulite
- befreit den Körper von Schlacken und Salzen, unterstützt die Gewichtsabnahme,
- verhindert vorzeitiges Altern des Körpers, stärkt Immunität, aktiviert Zellstoffwechsel, appetitanregend.

L.I. Panas

ARBEITSERFAHRUNG DES GESUNDHEITS- UND REHABILITATIONSZENTRUMS FÜR VOLKSMEDIZIN „SIDUS“

Gesundheits- und Rehabilitationszentrums für Volksmedizin „SIDUS“, Lviv, Ukraine

Das Zentrum für Volksmedizin übt seine Tätigkeit im Laufe von 17 Jahren, seit dem Jahre 1990 in der Stadt Lviv, Westukraine. Im Zentrum sind 18 qualifizierte Ärzte beschäftigt. Im Laufe der Tätigkeit wurden im Zentrum über 20 Tausend Patienten behandelt.

Die Hauptaufgabe des Zentrums ist die optimale Behandlung und Genesung der Patienten sowohl auf dem physischen als auch auf dem energetischen Niveau.

Für die Lösung der erwähnten Aufgaben verfügt das Zentrum über geschultes medizinisches Personal und moderne Diagnostikapparatur.

Ausser den traditionellen klinischen und biochemischen Blut- und Urinuntersuchungen benutzen wir die Blutuntersuchungen im Dunkelfeldmikroskop, Mannsperma, Untersuchungen der Mikroelemente im Organismus nach ihrem Gehalt im Haar. Es werden die Angaben der früher durchgeführten klinischen und paraklinischen Untersuchungen: EKG, Rtg, Computerdiagnostik, MRT, REG, EEG berücksichtigt.

Die Basis des Zentrums – nicht traditionelle Diagnostik sondern die Untersuchungen des bioenergetischen Status des Feldes des Patienten (Bioloationsmethode, Fühlen).

Bei der Behandlung der Patienten werden die Methoden der Bioenergotherapie, Homöopathie, Homöotoxikologie, Phytotherapie, Reflextherapie, Melotherapie,

Aromatherapie, Lithotherapie, periostalen Therapie, Elektrolichttherapie, KG, BAZ, Massage, Manualtherapie, Apitherapie, Blutegelbehandlung, Tanztherapie der Kranken an ZKL weit verwendet.

Die nosologischen Haupterkrankungen der Patienten des Zentrums sind:

- Erkrankungen der Atmungsorgane
- Erkrankungen der Verdauungsorgane
- Erkrankungen des Herz-Kreislaufsystems
- Erkrankungen des endokrinen Systems
- Erkrankungen des Harnabflußsystems
- Erkrankung des Geschlechtssystems und Reproduktionsorgane (Sterilität)
- Erkrankung des Nervensystems (einschließlich ZKL)
- Erkrankung des Halte- und Bewegungsapparates
- Rehabilitation nach den Traumata, Operationen und psychotraumatischen

Situationen

Die Resultate der Behandlung müssen in meisten Fällen als positiv geschätzt werden. Es ist direkte Abhängigkeit der Wirksamkeit der Behandlung der Patienten von der Wiederholbarkeit der Zyklen der Komplextherapie in unserem Zentrum, psychologischen Einstellung der Patienten und ihrer Familienangehörigen sowie ihre Mitarbeit.

V.S. Petrova

INTERACTION BETWEEN RENAL DISEASES AND MUSCULOSKELETAL DISORDERS

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Objective: to prove the existence of a consecutive connection between urinogenital and musculoskeletal diseases and basing on the result to conduct a necessary correction of the condition. The correction was carried out in a complex way, on a metabolic level removing the urinogenital and musculoskeletal problems as well as the body's pathology on the whole.

Materials and methods. Quality selection of the anamnesis enabled to evaluate truthfully the consequence of complexes of symptoms in the patients in regard to the urinogenital and musculoskeletal systems.

An objective assessment of the patients' condition was carried out in accordance with the data of biochemical study of the blood, radiodiagnostics (radiography of spine, CAT or MRI of the spine), urine and blood tests as well as the data of MEDISKRIN functional diagnostics. A cohort group of 70 patients aged 24-65 comprised 23 women and 47 men that were treated at the department of endoecological rehabilitation of the Medical Center «Planeta Med» in the period from October 2005 till March 2007. After detecting a complex of symptoms the correction of the functional condition was carried

out with the background of recommended functional foods, adequate physical training and quality drinking program. Complex homotoxicological preparations with the account of the progress stage according to Rekeveg table [1] "6 phases" were selected.

Results. In the patients there were detected or confirmed complexes of symptoms of such illnesses as chronic pielonephritis, chronic renal failure, urolithiasis etc combined with dorsopathies (vertebral osteochondrosis, scoliosis, spondylolisthesis), osteopathies and chondropathies. The study of the anamnesis showed that more than 70% of the patients prior suffered from the following diseases and disorders: acute glomerulonephritis, acute pielonephritis, food and chemical intoxications, long-term exposure to some allopathic preparations. Only in 12% of the patients previously occurred excessive strains of musculoskeletal apparatus or traumas were reported, they had complications after infectious diseases, inherited susceptibility to pathology of cartilaginous tissue.

The therapy improving the functions of kidneys preceded the treatment and only after achieving improvement of kidney filtration were given the preparations containing chondroitin sulfate, vitamin C and a protein-glycosidic complex (from sea-cucumber (*Stichopus japonicus*)), hyaluronic acid as well as homotoxicological preparations with the chondroprotective action. The condition was assessed basing on the data of MEDISCRIN diagnostics, clinical and biochemical indices.

The basic criteria for the efficiency and adequacy of the treatment were: reduction of the pain syndrome nonvisceral etiology in the torso and lower limbs; decrease or complete disappearance of hypertonia in lower limbs (cramps), improvement or restoration of the full mobility in the impaired limbs. These changes were found in 58% of the patients at the first stage of the treatment prior to administration of chondroprotective drugs. No seasonal complications were revealed in the cohort.

Conclusions. The obtained results are easily comprehended if interpreted from the microelemental point of view. Deficit or excess of micro- or macroelements that emerges and progresses due to kidney diseases can be responsible for pathology of bone-muscular and ligament apparatus.

[1] <http://www.arnebia.ru/issue/homotoks/table6s/index.htm>

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V.N. Maltseva
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V.V. Lunkin

THE PHYTOREMEDY "CAPINORM" AND ESTIMATION OF ITS ANTIOXIDANT PROPERTIES

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Functioning of the cardio-vascular system is disturbed by oxidative stress. Reactive oxygen species (ROS) are involved in regulation of activity of cardiomyocytes, smooth muscle cells and endothelium of blood vessels under normal physiological conditions.

Abundant levels of ROS produced by the blood and vessel cells accompany heart and vascular diseases being an additional factor of damage. The capacity to catch and neutralize free radicals of oxygen is the characteristic feature of the natural compounds containing in various plants. The combination of natural components in the “Capinorm” phytopreparation provides the most favorable effect on veins and capillaries. The phytoremedy developed by the Scientific Production Association “MEDICOMED” (Moscow, Russia) includes standardized dry plant extracts: from the grass of *Bupieurum multinerve* DC; from the flowers of *Hibiscus sabdariffa* (L.); from the one year’s foliaceous shoots of *Pentaphylloides fructosa* (L.) O. Schwarz), and dihydroquercetin - complex of bioflavonoid.

The purpose of this work was to study antioxidant properties of the above mentioned composition. The work was carried out using in vitro models including peripheral blood of the health donor-volunteers, isolated granulocytes and cell-free enzyme reaction. A level of ROS was estimated by the method of chemiluminescence analysis with the use of the chemiluminometre “CHEMILUM-12” designed at the Institute of Cell Biophysics of the Russian Academy of Sciences (Russia). It was revealed that the phytoremedy “Capinorm” decreased level of the activated ROS production in the whole human blood in dose-dependent manner. Addition of 0.0005% solution of the preparation inhibited the blood cells response on 0.5 mg/ml opsonized zymosan by 50%. Neutrophils produce ROS more actively then other cells in blood, so the remedy was tested in different dilutions (from 10^3 to 10^6 times) on the isolated cells. Pretreatment of the cells with the Capinorm significantly inhibited intensity of the neutrophil respiratory burst, induced by chemotactic peptide N-formil-Met-Leu-Phe (fMLF). FMLF is the product of bacteria degradation, which presents in very high concentration in inflammatory center and forms a chemotactic gradient in tissues. Effect of the preparation depended on a dose: significant effect was revealed in concentration closed to 0.000005%. The preparation in high concentrations suppressed completely the activity of NADPH oxidase, the transmembrane enzyme complex crucial for the ROS production in phagocytes, neutrophils including. It is possible that the Capinorm preparation can influence an activity of other enzymes of the NOX family in the vessel cells, preventing from excessive ROS production. The property of the remedy as potential “trap” for ROS was tested on the cell-free enzyme reaction “xanthine – xanthine oxidase”. Superoxide-anion is main product of this reaction. Its reduction gives rise other different oxygen intermediates in chain reactions. Dose-dependent inhibition of superoxide anion generation was shown correlated with effect of superoxide dismutase known as antioxidative enzyme in the organism. Significant effect was obtained in addition of the remedy in the 0.000005% concentration. The preparation diluted 10^2 - 10^3 times depressed the reaction completely.

The data obtained indicate that the phytoremedy “Capinorm” has an antioxidant activity in the whole blood, in the isolated cells and in the enzyme reaction. “Capinorm” demonstrates high activity directed to lower a level of ROS. It acts in dilution as high as 100000 times and influences to decrease activity of the enzymes produced ROS and to

catch superoxide-anion radical being an initial form of the extremely reactive intermediates of oxygen, nitrogen and chlorine. The properties of the remedy as antioxidant provided by revealed mechanisms would be favorable to support functional state of cardio-vascular system.

I.M. Prokopiv

TREATMENT OF NEPHROLITHIASIS AND DYSMETABOLIC NEPHROPATHY: USE EXPERIENCE OF ESSENTIAL OIL OF CITRUS LIMON (L)

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Actuality of the problem: nephrolithiasis (kidney stones) – a pathology that spreads endemically. This is facilitated by a number of factors. External factors – individual diet (excessive consumption of products containing too much calcium and too little retinol, too much mineralized water, staying in hot dry climate, lack of movement over a long period of time). Internal factors – hereditary susceptibility to accumulation of salts (diathesis). Among risk factors are inborn and acquired modifications in urinary tracts as well as intake of some drugs. A certain role in development of nephrolithiasis is played by the endocrine system, particularly disturbances in the functions of parathyroid glands. Their hyperfunction causes hypercalcemia and hypercalcuria which might account for formation of stones in pelvises.

The mechanism of development of urinary concretions: molecules of calcium crystals are joined into polymorphous units and due to lack of protective colloids are grouped and form micelle, which results into formation of concretions. Stone formation depends on salt concentration in urine, chemical structure of urine colloids and the urine pH. Acid reaction is of a urate origin, base – of phosphate origin.

Materials and methods of the investigation: We selected for examination and treatment 109 patients (74 men and 35 women) aged: 2 patients younger than 20 years; 8 patients - 21-30 years; 11 patients of 31-40 years; 15 patients of 41-50 years; 47 patients of 51-60 years; 23 patients of 61-70 years; and 3 patients of 71-80 years.

In 16 patients by ultrasound screening were detected concretions in pelvises of the size 1-2 mm, in the rest patients the concretions were bigger. Uraturia was observed in 61% cases, oxalaturia - in 23% cases, combination of oxalat- and phosphaturia – 11% cases and the combination of carbonat – and phosphaturia – in 5%.

Essential oil of Citrus Limon (L) was administered for treatment produced by Swiss company «Elixan Aromatika».

Depending on the diameter of concretion oil intake was conducted under different schemes: a 21-day course for 1-2 mm-concretion – 1 drop with sugar or honey 1 time a day and for concretion of 3-5 mm – 1 drop 2 times a day also a 21-day-course with an

interval of 7 day followed by 2 additional 21-day courses. If the stone was bigger than 5 mm one drop was given twice a day within 2-3 months without an interval.

Results: After the treatment the following data was obtained: the stones of the urate origin were completely diluted in 78% cases; in 22% cases they were scientifically reduced. Oxalate concretion were hardly diluted, they were mostly fragmented.

Conclusions: Thus our investigation proved that Essential oil of Citrus Limon (L) produced by Swiss company «Elixan Aromatika» can be used for treatment of nephrolitiasis of the urate origin and dysmetabolic nephropathies of diverse etiologies.

V. M. Prokopiv

**THE USE OF METHOD OF AROMATHERAPY IN COMBINATION
WITH BIOENERGETIC TREATMENT OF DIFFERENT
DISEASES**

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Essential oils are complex organic compositions of spirits, aldehydes, carbohydrates, which are produced from essential oil plants. The method of aromatherapy implies the use of essential oils, which are inserted into body through skin, mucous membranes, and respiratory tracks during treatment of different diseases. All essential oils have a wide range of biological, bactericide, antiseptic, anti-inflammatory actions including mechanism of self-control in body and have bioenergetics influence on a person.

Diagnostics of pathological symptoms is conducted with the use of bioenergetic methods basing on assumption of a person as an energy- information source. We focus on the state of thin field and the state of energetic centre that are measured by the method of biolocation. The energetic centers fill in energy, organs and systems at a certain level and support their vital activity. Basing on examinations of one hundreds patients we came to conclusion to choose essential oils individually, depending on a disease.

Despite of the characteristics of essential oils according to their instructions, not always we are able to achieve a positive result. In such a case, we have to conduct a scent attempt or we put “phantom” of essential oil on energetic centre whereas we measure indices of the energetic centre. After this procedure the energetic centre is open and the energetic block is removed, which is followed by an improvement in functioning of certain organs. As a rule it is accompanied by a positive scent attempt (patients like the scent).

Therefore we test every essential oil according to the energetic centre. It is proved that opening up of an energetic centre under the influence of essential oils promotes an improvement in the state of the organs, microcirculation, a decrease of edema and stagnant phenomena and on the opposite: closing of energetic centre under influence of essential oils leads to deteriorating of the scent, an allergic reaction and it just doesn't work contradictory to what is said in the instruction

O.Yu. Sergeyeva
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**MULTI-COMPONENT HOMEOPATHIC PHARMAUCEUTICAL
COMPOSITIONS IN GENERAL MEDICAL PRACTICE**

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Presently, the necessity exists to introduce methods combining high efficacy, safety and availability into the everyday medicine practice. Homeopathy is a kind of regulating therapy, which meets all the requirements mentioned above. The question about the fact what diseases can be treated with homeopathic methods and what diseases cannot is still open and highly disputable: there exists disagreement even among homoeopaths. Absolutely, efficacy of practical realization of homeopathic principles depends on doctors' qualification and individuality, on the assortment of medications available and their grade, and first of all, it depends on the methods, which a clinician uses. In spite of the fact that all homoeopaths use the unified theoretical grounds, S. Hahnemann doctrine, presented in «Organon of Medicine», practically, they use different methods for medication prescription. Existing diversity of the methods may be classified as the following paradigms of the modern homeopathy: classic homeopathy, social homeopathy, combined homeopathy.

Classic homeopathy is characterized by the fact that in the course of treatment at the doctor's consultation only one homeopathic preparation is prescribed for a certain period. Selection of the medication is based on the careful analysis of a patient's syndrome; this requires high qualification of the clinician and takes a lot of time. The advantage of classic homeopathy is a high probability of recovery, first of all from chronic diseases. The goal is rehabilitation of patients

Social homeopathy is the term describing the method of simplified (in comparison with the method of classic) homeopathy, which is accepted in some countries. Somewhere in the literature one can find another term for designating the method - a method for prescription of homeopathic preparations 'on the experienced indications'. Selection of the medication is performed on the similarity principle, but for analysis of the clinical case, not all the symptoms expressed in patient are used but only some local symptoms hurting the patient worse. From the viewpoint of the founders of the homeopathy doctrine this procedure is prescription of a preparation by "a partial similarity" and leads to suppression of some symptoms for a certain time and, therefore to temporary improvement of life quality of the patient. The drawback of this method is common for everyone applying this procedure; it is the impossibility of steady and complete patient's recovery due to the fact that sooner or later the suppressed symptoms would develop again and sometimes in a more severe form. But there exist some advantages of this concept; they are the possibility to train specialists of such qualification, prompt removal of symptoms disturbing the patient worse, and the fact that this method is inexpensive and available, which gave the method its name. The purpose of the method is to relief patients with the minimum damage for his organism.

Homeopathy of combined preparations is even more simplified variety of homeopathy. Essentially, application of the combined homeopathic medical preparations is a transient form between allopathy and homeopathy. These preparations are produced according to the rules of homeopathic medicine, that is, using dynamization technology but they are prescribed according to the rules of allopathic medicine, that is, according to nosologic diagnosis or according to certain syndromes. The drawback of this method is the fact that treatment is not specific; it is directed to removal of a certain symptom or syndrome and not to recovery of patient's health. The advantages of the method is the fact that application of the method does not require special homeopathic training, thus, these preparations are prescribed according to clinical diagnosis, and, as a rule, they may be used as self-treatment domiciliary. The aim is developing of 'selective preparations' for clinicists and patients. Application of homeopathic medications in combined medicamentous therapy of acute and chronic diseases increases efficacy of treatment and its tolerability.

E. Sheveleva

**HOMEOMESOTHERAPY – A PERSPECTIVE METHOD OF
THE IMPROVEMENT OF MULTIPLE INTRADERMAL DRUG
INJECTIONS TOLERANCE**

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Homeomesotherapy is playing an important role in aesthetic medicine. It is a synthesis of homeopathic method of S.Hanemann, homotoxicologic theory of HH.Reckeweg and mesotherapeutic theory of multiple intradermal drug injections of M. Pistor.

Homeomesotherapy combine both pharmacology action of homeopathic medications and acupuncture effects. Preparations may be injected into a pain area, a pain projection, in acupuncture points (biopuncture), in the place of organ projection, in area of lymphatic nodule (lymphotropic method), in the area of edema and scar, in any required zone for aesthetic use.

On mesotherapeutic application the type of homeopathic drug and an individually, by the doctor selected potency, play the important role in homeopathic use. The quantity of inject is not decisive. Usually for homeomesotherapy syringes of 2-10 ml and 4 mm needles (27g, 30g) are applied. After each procedure treatment with a homeopathic ointment containing Beladonna, Calendula, Traumel S, with analgetic, antiphlogistic and anhydropic actions is recommended.

Lately the method homeomesotherapy has gained a wide popularity in dermatology and aesthetic medicine.

At the chair of general pathology and pathophysiology at RPFU local morphofunctional changes of aseptic inflammatory and reactive processes were experimentally investigated in

skin at different periods of giving multiple intradermal injections of Cutis Compositum (Heel, Germany).

At the present work it was found that the use of antiphlogistic preparation Cutis Compositum was characterized by complete skin regeneration, decrease in inflammatory manifestations, apoptosis intensity, phagocytosis and tissue effusion with the intensity depended on the method and kind of medicine administration. The results of received experimental findings appear to form the basis of character type in clinical use of medical preparation and variant of mesotherapy.

At the chair of homeopathy of RPFU standard treatment proceedings of age problems, cellulitis, fat belly etc have been developed.

O.K. Shirokova

FITOCHITODEZTHERAPY OF BRONCHIAL ASTHMA IN CHILDREN. REMOTE RESULTS

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Bronchial asthma as a cause of death takes one of the leading ranks in many countries of the world. It is a known fact that mortality rate due to bronchial asthma increases during the epidemic of acute respiratory viral infections. The main cause of death at bronchial asthma is respiratory distress with sever status asthmaticus, as well as drugs overdose, such as, β - blockers.

Growth of bronchopulmonary diseases, especially bronchial asthma is visibly noticeable in recent years. But the most frustrating fact is growth of this pathology in children and infants. There several reasons for this: environmental problems, immune status damage, increase of acute respiratory viral infections that usually trigger the development of bronchial asthma, especially among children. A frequent risk factor for this disease in children is immunization that is widespread nowadays. This is responsible for spread of bronchial asthma in very young children in last decades.

The main aspect in pathogenesis of bronchial asthma in not only acute bronchial blocking, but “hypersensitivity’ of bronchial tubes with the background of an inflammatory process.

Allopathic pharmacology proposes a great number of drugs used for treatment of bronchial asthma: bronchodilator and expectorant, receptor blockers, antibiotics, antihistaminic and hormonal drugs. Unfortunately all these drugs give temporary and often fugitive remission with sever side effects: dysbacteriosis, allergic reactions, dysfunction of GIT, liver, kidney, myocardium dystrophy, tachycardia, hypertension, etc.

On the assumption of all mentioned above, one of the possible therapies especially in pediatrics is phyto- and phytochitodes therapy, having millenary experience. Vast database

of observations and results of treatment of bronchial asthma was collected during the past 30 years.

The objective in view of the present article is the results phyto- and phytochitodes therapy of bronchial asthma in children from 0 to 15 years old.

Total number of 225 children of this age group was treated during the past 30 years.

123 children of this group totally recovered after application of the phyto- and phytochitodes therapy, a significant improvement was observed in 86 children. 14 patients didn't respond to the treatment; worsening was observed only in two cases.

Based on age groups the highest recovery rate is observed in children of elder age group: from 5 to 12 - 58,2%, from 3 to 5 - 51,3%; medium recovery rate in infants - from 0 to 1 - 45,5%, the least - in age group from 1 to 3 - 35,3%. Improvement and significant improvement was observed: in age groups accordingly: from 0 to 1- 54,5%, from 1 to 3 - 64,7%, from 3 to 5 - 46,2%, from 5 to 15 - 32,3%.

Long-term experience of bronchial asthma treatment with phyto-therapeutic methods using phytochitodeses enables us to make a conclusion (supported by collected statistical data) that recovery rate and rate of significant improvement with herbal therapy in children (up to 14-15 years old) is significantly higher than in adults and in girls is higher than in boys. The treatment is more effective in early age. Allopathic methods of treatment of bronchial asthma give serious complications and side effects on many organs and systems in child's body. That is very dangerous because a child's body is very delicate.

Taking into consideration high coast-benefit of phyto- and phytochitodes therapy of bronchial asthma in children, as well as absence of side effects and complications during treatment, phyto-therapy of bronchial asthma with phytochitodeses and herbal teas in children is the only alternative to the conventional treatment.

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ACTUAL METHOD OF ELECTROMAGNETIC- AND ELECTROTHERAPY

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One of kinds of informational undulatory impact, using with regard for frequency characteristic of functioning of human organs and systems is a structural-resonance therapy.

The structural-resonance therapy is based on the principle of application of alternating electromagnetic field and electric current emitted by electronic devices in accordance with a prescribed routine. The frequency characteristics of signals match the own biorhythms of different levels of human organs and systems.

Correlation of periodic system for fundamental regulating frequencies of metabolic processes in organs and tissues of healthy human and levels of structural-functional

organization

Thus, application of specific exogenous resonance electric and electromagnetic oscillation forces the multiple gain of its impact in case of coincidence of impacting frequency with own frequency of biological object (Effect of Biological Resonance). The application of a complex of resonanced endogenous oscillations typical to organs and tissues (device scanning mode) forces normalization in functioning of the organs and tissues.

At present were created three structural-resonance therapy devises, entitled for industrial production: for general impact (low intensive electromagnetic fields) – REMATERP (frequency range of 0,022Hz to 323KHz), for local impact – KELCY-01-MCK (Pulse-current generator in frequency range of 0,2KHz to 360KHz) and RADOMYS-MCK (Pulse-current generator in frequency range of 2KHz to 48KHz).

According to clinical examinations worthwhile is application of scanning modes, embracing a part or the whole range of generating frequencies. Influencing in complex the cell metabolism, innervation, blood supply, tuning up the structures in conformity with their optimal endogenous rhythms, we normalize the metabolism and functions of human organs and systems. Regulatory systems: nervous-, immune-, circulatory-, endocrine, are sufficiently involved in all pathologic processes, and so the method based on application of low-intensive electromagnetic fields and electric pulse impacts (electromagnetic and electric variants of structural-resonance therapy) in a frequency rate of vegetative nervous system's activity (in particular - of sympathetic and parasympathetic parts), as well as of microcirculatory, metabolic and fermentative processes on the cell and sub cell levels, allows to raise the physical and functionally adaptive reserves of a human.

E.I.Sidorenko
S.D. Sheudzhen

**RESULTS OF OPERATIVE TREATMENT IN PATIENTS WITH
PRIMARY GLAUCOMA DUE TO A MODIFIED METHOD OF
VISCOCANALOSTOMY**

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Materials and methods: 70 patients (70 eyes) - 37 men (53 %) and 33 women (47 %) with primary o/c glaucoma underwent surgery with our modified technique viscocanalostomy. The age of patients varied from 43-78 years, with the average age of 57 +-5 (M +-m). The period of disease lasted from several months to 19 years. Our observation was conducted within 24-30 months.

Remote results and discussion: Efficiency of the modified viskocanalostomy in the cohort was 86 %.The level of intracranial pressure (ICP) of 16-22 mm Hg was observed in 60 patients. An increase in visual acuity was reported in 54 person (77 %) whereas

visual acuity before operation had been 0,59 \pm 0,06, after operation it came to 0,6 \pm 0,06. Extension of fields of vision was obtained in 50 cases (71 %). Before operations the fields of vision were estimated as 413 \pm 19, after operation - 429 \pm 20.

Postoperative complications were observed in 8 patients (11,4 %).

There were also 4 hyphema cases after surgery; their resorption was noted two days later. Progression of cataract was noted in two cases in the late post-operation period. In two cases a rise in ICP was detected, the patients were repeatedly operated.

8 patients with ICP from 23 up to 27 mm Hg the column were given a hypotensive drug once a day (Timolol, Arutimol, Aqupress 0,5 %), which decreased mm Hg to 20-22 mm Hg.

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G.V. Nikolaeva

COMPLEX TREATMENT OF AGE-RELATED MACULAR DEGENERATION

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In the opinion of many authors there is no effective treatment of ARMD. This has determined the purpose and tasks of our research.

Objective: to develop and apply a new physiotherapeutic method to increase efficiency of ARMD treatment.

Materials and methods of treatment: for a complex ARMD treatment for the first time an ultrasound pneumomassage was performed by the local apparatus «ABMO». With the help of the control block the impulses of rarefaction (hypobaric regime) were transmitted on the eyeball and the tissues of the eye-socket with the infrasound power of 170 dB and frequency 4 hertz.

684 patients (1 238 eyes) were examined and treated. The medical treatment included vasodilating, antioxidant, vitamin-containing, antisclerotic, lipotropic drugs.

The main group of 70 patients (118 eyes) was treated with the above mentioned method to which infrasound pneumomassage was added.

Methods of clinical examination: visometry, sphereperimetry, biomicroscopy, tonometry, tonography, direct and indirect ophthalmoscopy, biomicrophthalmoscopy.

Results: Improvement in acuity after the treatment was noted, in the main group with a low visual acuity ($<0,02$) averagely from $0,01 \pm 0,001$ to $0,02 \pm 0,001$. In the control group the improvement rated from $0,01 \pm 0,005$ to $0,01 \pm 0,007$ after the treatment. In the patients with higher initial indices (visual acuity 0,5 – 0,7) the acuity averagely increased from $0,59 \pm 0,02$ to $0,7 \pm 0,02$ (in the control group $0,60 \pm 0,01$ to $0,67 \pm 0,02$). A positive dynamics was revealed after the complex therapy in conjunction with infrasound pneumomassage in average 46%, in the control group a positive dynamics was

observed in 29,7% cases.

Dynamics of perimetrical parameters after the therapy in conjunction with the pneumomassage: The fields of vision were increase in 67,8% cases (in the control group in 26,2%). The changes in the amount of scotomas were not detected.

The induces of intraocular pressure before and after the complex therapy in conjunction with the infrasound pneumomassage: decrease of ICP was reported in 68% cases averagely by 2 mm Hg.

There were no complications after the complex conservative treatment of the retina in conjunction with the infrasound pneumomassage, which speaks about a high safety level of this method.

Conclusion: the conducted study has produced strong evidence enabling to recommend the method of infrasound pneumomassage for the complex treatment of aged-related macular degeneration.

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ADVANTAGES OF IRRIGATION THERAPY

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With the purpose of raising treatment effectiveness in patients with contusive changes of the rear of the eye a therapy based on injections of drugs into posterior pole of eyeball – the retrobulbar area through the irrigation system was developed at our cathedra. The possibility of constant-flow drug infusion with the help of autonomous portable impulse dosator was studied.

Clinical trials were carried out during acute period of eye contusion (217 children aged 5-14 years - 217 eyes.) The characters of changes of the fundus: marked edema, contusion zones of the retina in 94 persons - 94 eyes; hemorrhagic component in 82 patients - 82 eyes; hypotony and detachment of choroid in 41 patients, 41 eyes. The treatment of the patients was conducted with 3 methods for introduction of medications due to which 3 observations groups were formed:

The first group was treated with intermittent introduction of drugs into the irrigation system - the retrobulbar area by means of insulin dosator in the form of a 15-second injection performed 4 times per hour (95 eyes). Infusions of 0,06 ml rate per an infusion were carried out within 8-10 hours reaching a daily infusion volume of 2-2,5 ml.

The second group was treated with 5-fold retrobulbar infusions of drugs through the irrigation (67 eyes).

The third group was treated with one-fold retrobulbar infusions (65 eyes).

Due to comparative analysis of the treatment dynamics in three groups it was stated that the beginning of the positive outcome in the third groups took place on the second day, in the second group on the third-forth day and in the third group on the forth-fifth

day. In the patients treated according to our method the recovery took place 3-4 days earlier than in the second group and 6-7 days earlier than in the third group. The period of hematoma resorption was 16-18 days in the first group, 27-28 days – in the second group and 41-45 days in the third group. The choroid in conjunction with its exfoliation was attached: in the first group - 6-7 days earlier than in the second group and twice as quick as in the patients who underwent traditional introduction of drugs. The maximal vision acuity resulting from the intensive treatment of the patients of the first group was achieved on 9-15 day with the acuity indices of 0,9-1,0; in the II group it took 13-19 days with the indices 0,75 - 0,85; whereas in the third group it took 18 - 25 days with the acuity 0,6 -0,7.

The clinical data confirmed a high efficiency of this method. The use of dosator for the therapy of the acute conditions enables to introduce a wide combination of drugs as well as response flexibly to the conditions of the patient. Carrying a dosator by no means restricts a patient's mobility and introduction of the drugs during the day does not evoke painful sensations.

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INVESTIGATIONS OF LYMPHOID ORGANS DURING PREGNANCY IN OLDER ANIMALS TREATED WITH PHYTOCOMPLEXES WITH RAISED CONCENTRATIONS OF PHYTOHORMONES

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“Lymphoid theory” of ageing is considered to be one of the fundamental mechanisms of ageing. The given investigation shows the opportunity to reveal the ways of reaction of lymphatic system by means of influence of phytospecies on adaptive processes in old animals. These phytospecies are proved to contain polyphenolic substances and plant hormones (phytoestrogens) in high concentration. The experiment was carried out on 60 female rats. The age 12 month has been chosen as period of fading of reproductive cycle. Animals of experimental group were given with food phytospecies with the high maintenance of herbs-superconcentrators of bioflavonoids and phytoestrogens - “PikSil” and “Garmonia Sil”. The phytospecies were given within 30 days up to planned pregnancy. Object of investigation - iliac lymph nodes and ovaries. Phytoestrogens promote change of hormonal status of an animal in the physiological period of “reproductive fading”. Antioxidants suppress processes of lipid peroxidation (POL), one of pathogenetic mechanisms of ageing.

Results. Pregnancy has come in 40 % of animals in control group. The destruction of embryos before implantation was observed in 59,1 %, after implantation - 45,4 %, the general embryonal death rate occurred in 78,8 %. It has been revealed that 60,6 % embryos were alive and 40,5 % were dead. All parameters in groups with intake of "PikSil" and "Garmonia Sil" do not differ authentically - pregnancy has come in 60 % of animals. The destruction of embryos before implantation takes place in 45,3 %, after - in 39,7 %. The general embryonal death rate was 69,3 %. Alive embryos were revealed in 75,4 %, dead - in 24,7 %.

The yellow bodies covered by a fibrous capsule were defined in ovarian cortical zone in the control group. Regressive changes, germination by connecting tissue, vacuolar dystrophy of lutein cells were revealed in 80,1 % of yellow bodies. Full atresion has been revealed in the part of yellow bodies. A lot of collagenic fibres were defined in medullary zone. Single primordial follicles were defined in ovarian cortical zone in the groups with intake of "PikSil" and "Garmonia Sil". Yellow bodies were covered by a fibrous capsule, regressive changes of a cellular component were observed in 68 % of yellow bodies only. Sclerotic processes in the medullary zone were reduced considerably. The increase in the areas of the germinative centers in 1,8 and 2,2 times accordingly was marked in the iliac lymph node of the pregnant animals that were given "PikSil" and "Garmonia Sil" as compared with the control group. The relative areas of primary lymphoid nodules have decreased in 2,56 and 1,6 times. The relative sizes of the internodular zone, thymus-dependent paracortic zone also have decreased for 62,1 % and 35,7 % accordingly. The total area of cortical substance has decreased. More expressed changes were noted in the medullary substance in the groups with intake of "PikSil" and, especially, "Garmonia Sil". The relative areas of medullary zone increase considerably (in 1,78 times and 4,56 times). It is necessary to note expansion of all sinus system of the node in this group. The total quantity of immunoblasts and immature plasmocytes increases in the medullary substance. Hence the components of the given phytospecies influence on drainage system of a lymph node and cause stimulation of B-dependent zone that testifies to activation of the humoral immunity.

The use of phytospecies containing phytoestrogens and bioflavonoids promotes preservation and prolongation of reproductive activity in the end of reproductive cycle by means of hormonal status modulation and antioxidant effect. It is proved by the changes in the ovarian tissue morphologically and - by the processes of implantation and nidation clinically. Reduction of quantity of the lost embryos is likely to be the result of action of bioflavonoids which promote improvement of utero-placental blood circulation. Changes in the regional iliac lymph node testify in favor of longer safety of potential opportunities of the lymph node, reduction of sclerotic processes in conditions of pregnancy in the groups with intake of "PikSil" and "Garmonia Sil".

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QUALITY OF LIFE AMONG STROKE SURVIVORS

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We sought to study quality of life in stroke survivors 1 year after stroke to identify variables that could predict quality of life after stroke.

We followed up for 1 year a cohort of 60 patients, who completed a questionnaire that included Sickness Impact Profile, Hospital scale for depression, Barthel Index and Motoricity Index. Independent variables were sex, age, functional status, motor impairment, depression and the time of beginning the rehabilitation.

We found that depression, disability, type of stroke and the onset of rehabilitation programs were the strongest predictors of the quality of life. Low quality of life was registered in patients with severe ischemic stroke. Younger age correlated with low quality of life. Women had a lower Barthel Index Score after 1 year after stroke but sex was not correlated with low quality of life. More severe disability was in patients with left-side hemiparesis. Poststroke depression was found in 58 % of patients and correlated with low quality of life. Depression develops after the acute stage of stroke and correlates with age (the opportunity of development of depression is higher in young patients), severity and type of stroke, its localization and the presence of sensitivity disturbances.

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PHYTOTHERAPY FOR THE ILLNESSES OF THE CENTURY

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According to the data of the Russian Ministry of health the mortality rate in Russia in 2006 was 2 million 303 thousand people. The main causes of death were as follows

		Amount	Percent
1	Cardio-vascular	1292000	56,1
2	External causes	305000	13,2
3	Malignant tumors	287000	12,4
4	Diseases of respiratory organs	94000	4,1
5	Diseases of gastrointestinal organs	92000	4
6	Other	233000	10,2

In our practice there is a relative high occurrence of the patients with the above mentioned diseases. We are able to carry out clinical investigations and practical calculations due to our unique database on phytotherapy of more than 3500 patients that is constantly growing.

Within each study 10-15 most common diseases were randomly taken. Malignant tumors were classified not according to their types but according to the types of treatment they were exposed to e.g.: no treatment, PhT – phytotherapy, OP – surgery, Cht- chemotherapy, RT – x-ray therapy.

As the data on death outcome of the patients is not available it is enough to have a percentage and the number of patients without treatment and with a worsening condition.

Thus, for example, in average 31,6 % cancer patients remained in severe condition or died (in the range of 55 % patients without treatment and 20 % patients with lymphogranulomatosis treated with Cht + RT).

Wounds, ulcers, thermal and radiation burns, scalp traumas (closed), intoxications, drug addiction, spinal cord traumas, bone fractures, fractures with bone pathologies.

Without enlisting certain diseases presented in the estimations let us consider comparable characteristics of effectiveness and the time of treatment of the illnesses of the century with phytotherapy.

Table 1. Comparative characteristics of effectiveness and the period of phytotherapy treatment

Nr.	Diseases	Effectiveness %			Time of treatment, months		
		Average	Minimal	Maximal	Average	Minimal	Maximal
1	Cardio-vascular	73,4	57	91	2,72	1,84	3,69
2	External causes	82,2	66	91	1,72	1,33	3,06
3	Malignant tumors	68,4	45	80	4,12	1,53	8,96
4	Diseases of respiratory organs	70,3	54	89	2,81	1,41	4,00
5	Diseases of gastrointestinal organs	75,9	60	87	2,54	1,91	3,10

Consequently, the least effectiveness and the longest period of treatment refers to malignant tumors whereas the utmost effectiveness and minimal time of treatment refers to the external causes, such as wounds, intoxications, fractures, etc.

K.A. Treskunov

CLINICAL PHYTOLOGY AND PHYTOCHITODESTHERAPY OF AUTOIMMUNE DISEASES

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Autoimmune diseases (AD) such as rheumatoid arthritis (RA), giant cell arthritis (GCA), systemic lupus erythematosus (SLE), dermatosclerosis (DS), dermatomyositis (DM), Hashimoto’s thyroiditis (HT), autoimmune thrombocytopenia (AETCP), Wagner’s

disease (WD), Familial Mediterranean fever (FMF), multiple sclerosis, syringomyelia were described mostly in the second half of the 20th century. Their etiology is still unknown. It can not be discovered because any specific reason for the disease is absent. Anything that makes worm-blooded animals, birds or humans have inflammation (I), can cause AD. Therefore pathogenesis, development of the disease, is the same for all AD. Essentially it is an inflammation caused by inadequate body's reaction to its own cells, tissues and proteins...

All chronic diseases are autoimmune in some measure. Their development pattern follows a vicious circle. A foreign body such as microbe, virus or fungus invades the cell. Body reaction to this invasion is inflammation, a way to isolate, reject harmful agent that makes the body sacrifice its own tissue. This sacrifice is too high for the body. Modified sphacelus becomes a foreign body itself and causes the body to produce antibodies and develop inflammation. When this process reaches the level of necrosis, necrotic tissue becomes an antigen itself, that causes the body to produce antibodies again, that leads to inflammation. Antibodies and inflammation in their turn destroy this tissue. This is an endless morbid destructive circle. There is no microbe, virus or fungus in the body already, but the disease continues to destroy it.

Inflammation lost its defensive role since the second half of the 20th century, era of antibiotics. Now it is possible to stop this process only by eliminating the reason (etiology), for example microbe, splinter, bullet. And what is the reason of burns or autoimmune diseases? Modern medicine influences the development of AD, influences immunity (Im), but what is the cost? It removes pain or recrudescence at the cost of serious complications, while disease continues to develop. Permanently disabled individuals, high mortality, new serious diseases, new sufferings, disabled children. This is the coast, without mentioning price of medicines and hormones. Sometimes it is necessary to use expensive plastic surgery. The only way to remove strong pain for a short period of time is to use poisonous heavy drugs and glucocorticosteroids. Even gradual chemotherapy withdrawal requires strong patience that is not always possible for seriously ill patients. Aside from stopping any inflammation on any stage phototherapy and phytochitodes therapy causes regression of inflammation up to complete recovery. It doesn't cause any complications, breaking the vicious circle in its hunting link, and thus leads to "miraculous" recovery.

First database of volunteers, treated using phytotherapy (PT) and phytochitodes therapy (PCT) methods was firstly gathered since 1972 up to present time (2005). Almost all medical plants have anti-inflammatory properties.

Database contains more than 3300 patients, 182 of them suffer from AD. 104 of them or 57% totally recovered (time needed for recovery from 3 months to one year – 16 patients, up to 3 years- 25 patients, up to 5 years – 16 patients, up to 10 years and more - 35 patients). 45 patients (25%) have substantial improvement. No positive take was observed in 26 patients (14%), retrogression was observed in 7 patients (4%). For years all abovementioned patients were examined and treated in rheumatologic centers and clinics of medical universities without any improvement. The best results were observed in patients with SLE, the worst – in patients with rheumatoid arthritis. The explanation for this is that

rheumatoid arthritis causes necrosis that frets joint bones too fast and leads to crippling deformities, stiffness and ankylosis.

A.N.Tukhikyan

PSYCHOLOGICAL GROUPS OF RISK IN DENTISTRY AND METHODS OF PSYCHOLOGICAL CORRECTION FOR OPERATIVE CHANGES IN THE LEVELS OF PAIN BARRIER

Private dental clinic, Ryasan, Russia

Spread of HIV-infections, hepatitis C, etc forced a drastic reconsideration in favor of single use and disposal of practically all dental tools.

Since the population is aware about this problem, the patients are developing a fear of a dentist, which undoubtedly causes one of the psychological problems attributed to the dental treatment.

We have developed a method of removing the negative factors respective of different target groups of the patients.

The task of the dental clinic is to provide a complete safety for the patient and remove the negative psychological state, not aggressively, but carefully informing the patient on disposal tools applied for the work in the mouth cavity and directly with blood.

Premedication is aimed at achieving stabilization in the functions of the nervous system due to the use of drugs and to remove the conditions for patient's inadequate reactions to forthcoming manipulations. It takes an additional time of 15- 25 minutes necessary for achieving the effect.

We often introduce anew patient to the patient that already underwent the treatment in order that the latter could exchange his experience of painless treatment. Together with the patients we go carefully through the whole plan of the treatment, outlining the positive outcome of the treatment. We comprehensively explain each procedure of our operations with an accurate account of the pain barrier of the each procedure.

S.B. Tunguschbajewa
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DIE WIRKUNG DES KADMIUMCHLORIDS AUF DIE STRUKTURORGANISATION DES ZAHNFLEISCHES UND DER KORREKTUR "TAGAN-SORBENS"

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Aktualität: Die ständig verschlimmernde exoökologische Lage führt zur Verschlechterung des endoökologischen Mikromilieus im Organismus, ruft die

Überlastungen, Zusammenbrüche, die strukturfunktionelle Insuffizienz in dem oder in anderen Organe oder im ganzen Organismus hervor. Dieser Umstand regt die Suche der neuen Steuerungswege der Detoxikationstätigkeit des Organismus an.

Unter den effektiven Methoden der Detoxikation nimmt die bedeutende Stelle die Enterosorption, in deren die sorbierenden Mittel der natürlichen Herkunft benutzt werden. Das Tagan-Sorbens ist Abart des Bentonits von Tagansvorkommen, gehört nach seinem chemischen Bestand zum Basentyp. Sein Bestand auf 98% besteht aus Na – Montmorillonit und hat solche Eigenschaft wie hohe Schwellung die Dispersionsheit und Wechselkomplex.

Ziel der Untersuchung: Das Erlernen der strukturellen Organisationsbesonderheiten der Zahnfleischschleimhaut nach der Vergiftung des Kadmiumchlorids und der Korrektur “Tagan-Sorbens”.

Material und Methoden: Für die Lösung der zugestellten Aufgaben wurden die Versuche auf die weißen Ratten der Gattung “Wistar” durchgeführt. Für die Schaffung des Experiment models der chronischen Vergiftung war der Zusatz des Kadmiumchlorids von der Berechnung 1,5 mg auf das Kilogrammgewicht in die Standartenration täglich im Laufe 2,5 Monate in den Morgenstunden (8 – 9 Uhr). Es waren 3 Tiergruppen: die erste – Konrtollgruppe; die zweite – mit der Exotoxikose; die dritte – in den Bedingungen der Enterosorption (täglich im Laufe 30 Tage in die Speise war der Zusatz 1 gr Tagan-Sorbens auf das Kilogrammgewicht). Die Untersuchung der ganzen Tiergruppen wurde durch 1, 7, 21 Tagen nach der Beendigung der chronischen Vergiftung der Tiere durch das Kadmiumchlorid im Laufe 2,5 Monate und der Korrektur der Strukturveränderungen von “Tagan – Sorbens”.

Resultate der Untersuchung: Bei der morphologischen Untersuchung des Zahnfleisch-Gewebes wurde gezeigt, daß bei den Tieren der Konrtollgruppe die Volumendichte der Dornzellen der epithelialen Auskleidung des Zahnfleischschleimhaut 94,2% betrug.

Bei den untersuchten Tieren war diese Zahl auf 30% weniger, schon einen Tag nach der Beendigung des Kadmiumchlorids. Die ausgedehnten zwischenzelligen Räume wurden festgestellt, die sich in verschiedenen Revieren des Zahnfleisches nach den Größen unterschieden. Bei den Tieren, die das Tagan – Sorbens bekommenen, nach dem Schluß der Einführung des Kadmiumchlorids und bei den Ratten, die das Tagan – Sorbens nicht bekommenen, wurden die zugänglichen Veränderungen in der ultrastrukturellen Organisation der Epithelzellen nicht bemerkt.

Bei der Untersuchung der Struktur von der Epithelauskleidung der Zahnfleischschleimhaut der Tiere wurden die ausgedehnten zwischenzelligen Raume, die 45% und 43% entsprechende Bedeutung in der Kontrolle durch 7 Tage nach der Einführung von Kadmiumchlorid bemerkt.

Bei der Untersuchung der Struktur von der Epithelauskleidung der Zahnfleischschleimhaut der Tiere in beiden Gruppen wurden die ausgedehnten zwischenzelligen Raume, die vergrößerten auf 20% und 12% in minderem Grad als in der vorigen Frist durch 21 Tage nach dem Schluß der Einführung von Kadmiumchlorid

bemerkt.

In der Ultrastrukturorganisation der Epithelzellen der Dorndichte bei den Tieren, die das Tagan – Sorbens bekommen, beobachtete man die Vergrößerung auf 29% Zahldichte befestigten Ribosom und auf 31% freien polysomalen Ribosom. Die Struktur des Kernchens wurde widerhergestellt, klar wurden die fibrillaren und granularen Komponenten gezeigt.

Auf solche Weise wurde die beste Erhaltung der ganzen Komponenten der Mikrorayone der Organe in der Zahnfleischschleinhaut der Tiere, die nach der Kadmiintoxitat “Tagan – Sorbens” bekommenen, bestimmt. Scheinbar, Tagan – Sorbens übt den protektiven Einfluß auf die Strukturorganisation des Zahnfleisches.

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**STABILOMETRIC DIAGNOSIS OF THE HUMAN BODY
BIODYNAMICS**

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Stabilometrics – is the method to estimate the dynamics of a foot’s pressure centre against foothold. Nowadays one can distinguish between two existing trends of stabilometric diagnostics: the postural tone’s exposure of asymmetry and the study of a human stability in the vertical position.

The first task can be solved only on conditions of a proper placing of patient’s feet. Generally accepted European and American feet placing does not meet the requirements of the basic human upright position. The basic upright position must be habitual, natural and individual. The main condition for the stabilometric definition of the body tone is the accurate feet vectoring in relation to the frontal and saggital axis of stabilometric platform in the basic upright position. We propose to implement the basic feet placing in upright position, using the reference point of Barre – tuberosity of V metatarsus for the vertical and equal distance between heels for the saggital. In such feet placing it is possible to define stabilometrically the global balancing of a body in a vertical position.

The dynamic stabilization of the upright position of the body and its stability are studied according to different stabilometric indices. The most common and clear of them is the square of statokinesigramma – trajectory of the shift of pressure centre. The less square of statokinesigramma we have, the better is the stability. Nevertheless, having one and the same square of statokinesigramma, we can have different process of stabilization of upright position of the body. In order to study the body’s stabilization in the vertical position it is necessary to study the speed dynamics of the shift of pressure centre, both linear and angle. It is possible only due to the analysis of speed vectors of statokinesigramma. (Usachyov V.I., 1999, 2006).

The condition of the global balancing of the body in a vertical position, as well as its

stability and stabilization are undoubtedly important elements of postural and osteopathic diagnostics. One can judge about the initial asymmetry of postural tone and evaluate the effectiveness of osteopathic treatment. But with the help of stabilometrics it seems possible to study biorhythms of a body which also lie in the field of osteopath's interests.

Given the person's prolonged standing on a stabilometric platform (3 to 10 min.) it is possible to define two rhythms by means of spectral analysis of a body vibration in a saggital plane. The first one with the period of about 100 sec (0,01 Gz), corresponding to the slow waves, perceived by osteopaths, and the second one – of about one minute (0,015 Gz), which is called slow postural vibrations by posturologists.

In the horizontal body position, having the patient's head and shoulders on two stabilometric platforms, in the specter of integral stabilogrammes both in the frontal and saggital position, one can definitely register high-amplitude breathing peak, on the low-frequency slope of which one can identify the peak, corresponding to the craniosacral rhythm (8-12 per minute). This peak comprises 50% of the breathing excursions according to the amplitude. The third peak in this situation corresponds to the osteopathic rhythm of a motility of a tissue.

Stabilometric diagnostics, reflecting the level of global balancing and stabilization of the body in conjunction with its biorhythms can serve as an evaluation method assessing the effectiveness of osteopathic treatment

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A.M. Devyataev
A.V. Valiullin
R.R. Islamov

**DENERVATED SKELETAL MUSCLE PLASTICITY AS MODULATED
BY LIGANDS OF THE STEROID/SUPERFAMILY NUCLEAR
RECEPTORS**

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One of the important factors regulating expression of the different phenotypic features of muscle fibers (MF) is the nerve influence on skeletal muscle. Motor neurons control endogenous program of MF differentiation, maintain expression established characteristics in the mature MF and modulate skeletal muscle plasticity limited by MF phenotype. The role of humoral factors in regulation MF phenotype is important as well and it has much more significance for the conditions of neurotrophic disorders. The question of hormonal regulation of regeneration in the motor neuron-skeletal muscle system remains poorly investigated, although effects of hormones on the denervated muscle may be one of the crucial factors for the MF successive reinnervation. Based on these steroid and thyroid hormones which directly regulate gene expression have an important scientific interest. In our experiments it was detected that L-thyroxin prevents the decrease of fast MF in guinea pigs after sciatic nerve severing. On the model of sciatic nerve crush injury in ovariectomized mice it was shown that in mice receiving 17 -estradiol functional recovery

of skeletal muscle began a week earlier than in the control mice. Our findings suggest that exogenous L-thyroxin and 17 β -estradiol save the MF phenotypic features and stimulate muscle reinnervation after nerve injury

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COMPLEX APPROACH TO THE TREATMENT OF FIBROUS-CYSTIC DISEASES ON THE BASIS OF BIOLOGICALLY ACTIVE ADDITIVES

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Introduction: Fibrous-cystic disease (FCD) - is the most widespread disease of the mammary gland, which inflicts 20-60% of women, more often in the age of 30-50 years. According to the statements of Health Care Organization (FCD) - this is dyshormonal, hyper-plastic process in the mammary gland with wide spectrum of proliferative and regressive changes with wrong ratio of epithelic and connective tissue components. There are two main manifestations of the disease; diffusive and knot ones. The treatment of knot form, as a rule, is surgical, whereas to the diffusive form a complex of conservative medicinal activities is normally applied. Diffusive forms of fibrous-cystic disease - is the initial stage of the disease, displaying painful sensations in the mammary gland, which are intensified several days before menstruations. FCD may be provoked by diseases of other parts of the body, misrelated with reproduction system (liver, thyroid gland, pancreatic, adrenal gland). Thus, the treatment should be directed to normalization of the functions of genital organs, nervous system, liver, thyroid and pancreatic glands, adrenal gland. Therefore we have elaborated the complex on the basis of BAA rendering a considerable and multisided medicinal effect and affecting the causes of fibrous-cystic disease.

Objective: To evaluate the efficiency of the use of two treatment schemes of fibrous-cystic disease on the basis of homeopathic remedy with dopaminergic effect "Mastodinon". In the first scheme in combination with preparations "Clanjin" and "Asvit" and in the second with the complex of BAA offered by us.

Materials and Methods: The results of treatment were analyzed on 24 cases of FCD in diffusive forms. The patients were divided in two groups, 12 people in each. In the first group (control) the treatment was implemented with mastodinon preparations, aevit and clamin. In the second group the patients were treated with mastodinon in conjunction with the complex on the basis of BAA. The following preparations were involved: Melbrozia, Rodaxon, Selentin, Trioson, Laminaria. With account of the accompanying pathology and with consideration of evidences of the treatment the following preparations were added: gasterol, cistophit and rastaropsha. The treatment lasted 3 months in both groups.

Results: The most frequent complaints of the patients were associated with the pain in mammary glands before menstruations. In most of the patients majority of was managed to the pain syndrome was stopped or was shifted to the background or decreased its intensity. In the Control Group 6 (50%) patients reported no pains and 2 (16,7%) patients noted on decrease of pains up 1 score, in the second group 8 (66,7%) and 1 (8,3%) correspondingly ($p>0,05$).

Before the treatment there were complaints in both groups claiming sleep disorders or difficulties in getting asleep or interruptions during sleep. In this connection to the phytotherapeutic complex was added the preparation trioson with a sedative effect in the form of tea or in capsules. All patients of the second group reported normalization of sleeping pattern during three months. At palpatic examination 10 (83,3%) patients of the first group and 11 (91,7%) of the second group firmness of mammary glands was observed. After the treatment the positive changes were noted in 4 (40%) of patients in the control group and 6 (54,5%) in examined ($p>0,5$). The efficiency of treatment based on subjective evaluation in the first group was 66,7% and 75% in the second correspondingly ($p>0,05$).

Statements: The complex elaborated by us on the basis of BAA of plant origin was aimed at the main causes of dyshormonal disorders (light, sedative, soporific, antidepressant, antibruse, antioxidant, normalization of liver functions, ovaries, thyroid gland, strengthening of the blood vessels, increase of non-specific stability of the body). In the course of our pilot research we made the following statements:

- the applied method of treatment in patients with diffusive forms of fibrous-cystic illness, including mastodinon, aevit, clamin showed relatively high efficiency - 66,6%.
- more efficiency (75%) was associated with improvement of the general health, decrease or stop of pain syndrome, normalization of sleep was evidenced by combination of mastodinon I conjunction with our BAA complex.
- the present complex may be recommended to increase efficiency of complex therapies of mammary glands diseases.

M. Worm

DIÄTISCHE IMPLIKATIONEN BEI KONTAKTSENSIBILISIERUNG

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Die allergische Kontaktdermatitis gehört zu den häufigsten Hauterkrankungen und kann durch zahlreiche Typ-IV-Allergene ausgelöst werden.

Epidemiologische Untersuchungen zeigen, dass Nickel auch bis heute noch häufigster Auslöser ist.. die Häufigkeit der Nickelsensibilisierung beträgt je nach

Untersuchungskollektiv 10 – 20 Prozent in der Allgemeinbevölkerung.

Da über eine orale Aufnahme prinzipiell auch eine hämatogene Auslösung eines Kontaktekzems möglich ist, kann es insbesondere bei Patienten mit ausgeprägter Sensibilisierung sinnvoll sein, vorübergehend diätetische Maßnahmen, gefolgt von Provokationstestungen im Rahmen der Therapie einzusetzen.

Nickelreiche Nahrungsmittel sind beispielsweise Kakao- und Schokoladenprodukte, aber auch Nüsse und Getreide, wie Hafer.

Die durchschnittliche Nickelaufnahme im Rahmen einer normalen Mischkost beträgt 100 – 600 µg pro Tag und kann im Rahmen einer nickelarmen Diät reduziert werden. Die eingesetzten Mengen für Nickel im Rahmen der oralen Provokationstestungen liegen zwischen 1 mg und 10 mg. In der Literatur sind zahlreiche Untersuchungen beschrieben, die zeigen, dass nach Exposition mit Nickel-II-Sulfat eine Verschlechterung des Ekzemzustandes auftrat. Wenn mittels einer positiven Provokationstestung eine klinische Relevanz von oral aufgenommenem Nickel nachgewiesen wurde, so ist die Durchführung einer nickelarmen Diät sinnvoll und eine Ernährungsberatung für die Patienten hilfreich.

Weitere Maßnahmen umfassen küchentechnische Aspekte, wie die Verwendung von bestimmtem Kochgeschirr, der Verzicht auf eine Kaffeemaschine und konservierte Nahrungsmittel sowie der ausschließliche Verzehr von geschältem Obst und Gemüse.

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V.S. Suryachin
A.G. Sarvin
O.V. Kuznetzova
Yu.V. Selyanina
S.V. Golachov

**THE CHANGE OF LEVEL OF PROINFLAMMATORY CYTOKINES
IN BLOOD IN PATIENTS WITH POLYTRAUMA DEPENDED
ON THE STAGE OF THE TRAUMATIC DISEASE**

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As the consequence of WOH findings, traumatism is reported to take the third place in general structure of mortality. The level of combined trauma is 26-80% in all non-outpatients cases. Nowadays it is the tendency, that polytrauma is increasing in connection with mechanical injures (road traumatism, industrial traumatism, trauma after falls and after different catastrophes and extraordinary accidents).

Between 2002 and 2005 at Municipal Clinical Hospital №33 named after professor A.A. Ostroumov in the surgical resuscitation department patients with different mechanical injures have been treated. The general quantity of those was 5997, included 1032 (17,2 %) patients with severe combined trauma, 198 (3,3 %) patients had died. The structure of combined trauma consisted of thoracic cage injures with contusion of heart and lungs (50 %), skull injure (56-70 %), injure of the vertebral column (30-31 %). The combination of disorders of different systems and organs was noted. The

severity of general state was assessed with using results of physical examination, laboratory investigations, electrocardiogram findings, X-rays studies of skeleton, immunofermental method. Prognosis and severity of general state was obtained with using Revised Trauma Score – classification, Injure Severity Score, Apache II and with data of the level of proinflammatory cytokines (TNF, IL-1beta, IL-6, IL-10) in blood. This research is performing in conformity with award program of support of young scientists by Russian President. Our findings of the level of proinflammatory cytokines in blood and the stages of traumatic disease in 518 patients have shown that there were marked characteristic changes of the level of proinflammatory cytokines in it. Those were depended on the general state of the patient. In the first stage (primary effect) usually the increase of the level of cytokines of this group was not significant or it was normal. Then in conformity of progress of traumatic shock it was change for the worse of the general state of the patient and increase of the level of cytokines in blood. In the hypercatabolism phase we have revealed prolongation of the increase of the level of cytokines (change for the worse) or the level was still high, but had not been enlarged (change for the better). In the phase of resorbtion the level of proinflammatory cytokines was increased again or was high (the negative tendency). If the level had been decreased, it was the evidence of the positive effect of the treatment. In case of polyorganic disorders we have noted the constant increase of the level of cytokines (the negative tendency). In this situation either there were mortal changes and death, or it was septic condition. If the level of cytokines had been decreased, it was the evidence of positive tendency.

Our findings and results of other studies have shown, that the analysis of the level of cytokines in blood is the possible way to prognosis and to change the treatment of traumatic shock in time in patients with polytrauma.

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**THE CHANGE OF LEVELS OF PROINFLAMMATORY
CYTOKINES IN BLOOD AND SYNOVIAL CONTENT OF THE
HIP IN PATIENTS WITH HIP OSTEOARTHRITIS**

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The prophylaxy and the treatment of the osteoarthritis of the hip is one of the most actual problem of modern orthopedy.

The aim of this study was to research the change of level of proinflammatory cytokines in blood serum and synovial content in patients with different grades of hip osteoarthritis.

In conformity with the aim we have examined 84 patients with a mean age of 42,5 years (18 to 64), who were treated as outpatients and in traumatology department at Municipal Clinical Hospital Nr.33 named after professor A.A. Ostroumov between 1998 and 2006.

There were 38 (45,2 %) men and 46 (54,8 %) women. All patients were divided into 4 groups in conformity with the grade of osteoarthritis. The first group consisted of 7 (8,3 %) patients with grade-I osteoarthritis. The second group included 24 (28,6 %) patients with grade-II disease. Those 43 (51,2 %) with grade-III changes were in the third group. 10 (11,9 %) Patients with grade-IV osteoarthritis were attributed to the fourth group. The control group consisted of 12 results of investigations of synovial content and blood serum of people without osteoarthritis and with complaints of pain in the hip, who were assessed in traumatology department. At the same time these patients had not any pathology of the hip or any other degenerative and inflammatory processes seemed to be significant to change the results of the study. The research of proinflammatory cytokines in blood serum and synovial content of the hip was carried out with immunoferralment method. To assess general state of the patient, disorders of blood functions and success of application therapy we used physical examinations, X-rays studies, electrophysical, laboratory investigations, pathohistological and immunological studies. We performed the analysis of the findings with using PC "Pentium IV ", Microsoft Windows 2000 Server-system, Microsoft Excel and Microsoft Access programs. In conformity with the results of the study we have worked out the method of successive conservative treatment of hip osteoarthritis-arthritis based on the complex application of chondroprotective agents, anti-inflammatory drugs, polyvitamins, "prosthesis of synovial content ", intra-articular therapy with oxygen, exercise and physiotherapy, using of rodon-oil drug and special orthopedic shoes accordingly to the grade of disease.

At follow-up, these findings of comparative investigation of the levels of proinflammatory cytokines in blood serum and in synovial content in patients with different grades of osteoarthritis and after the conservative treatment have shown, that the level of IL-6 in blood serum was increased in grade-I, grade-II, grade-III osteoarthritis, and level of IL-1beta was increased only in grade-I and grade-II changes and was decreased in grade-III. At the same time the level of TNF-alfa was high during all stages of pathological process. Marked quantitative levels of IL-1 and TNF-alfa in all grades of osteoarthritis were defined in carried out examination data of synovial content. Thus, our findings have revealed, that the level of proinflammatory cytokines in blood and synovial content was shown to be an effective way of evidence of progress of pathological process in the hip. This fact is useful to diagnose the development and progress of degenerative changes in the joint in time and to control the success of application therapy and to make methods of operative treatment more correctly.

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A.I. Shapoval

THE CLINICO-RADIOLOGICAL CLASSIFICATION OF OSTEOMYELITIS.

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Nowadays classifications of osteomyelitis of long tubular bones can not be optimal, because of the fact, that some of them do not deal with all problems of purulent process and seemed to be cumbersome and not convenient in practice. Clearly the development of inflammatory process and convalescence of the patient with osteomyelitis of long tubular bones depend not only on the dynamics of the purulent process in the bone, but on the disorders in the surrounding tissues and vessels. As this fact based, doctors of the traumatology and orthopedy department and medicine of catastrophes department of Moscow State University of Medicine and Dentistry have worked out the classification of osteomyelitis of long tubular bones. The prototype of our classification was the classification of open non-battle long tubular bones fractures by A.V. Kaplan and O.N. Markova.

Our classification consists of four parts. Respectively the first part consists the data about clinical dynamics of osteomyelitis (acute, subacute, chronic). The second part deals with the type of osteomyelitis (posttraumatic, hematogenous, postoperative). In the third part we put all information about site of the process. It includes data about anatomical structure or it details the site and the bone's name. The fourth part of the classification consists of the general features, that influence on the dynamics of osteomyelitis, such as the change of surrounding tissues, circulation's disorders. In classification, that we have worked out, severity of the osteomyelitic process of the limb segment corresponds to combination of four latin figures (I, II, III, IV) and five capital letters of russian alphabet (А, Б, В, Г, Д). The latin figures mean the severity of the purulent and necrotic process in the bone, the letters – the severity and the size of the impingement of surrounding tissues and circulation's disorders.

For example, I means the little local impingement in the bone, which size is not more than 1,5 cm and 1/3 of diameter; the figure II means the disorder of the bone tissue with the size from 2 to 9 cm and not more than 1/2 diameter of the long tubular bone. The figure III defines the purulent process in the bone, which sites not more than 10 cm and not more than 1/2 of diameter. The figure IV obtains significant impingement in the extremity. In fact, it could be the gangrene.

Capital letters of russian alphabet deal with the impingement of surrounding tissues in the affected zone. For example, letter «А» means not significant changes in the surrounding tissues, «Б» – the availability of scars, 1-2 fistulas. The letter «В» deals with situation of the skin pigmentation and the wound, which size is from 2 to 10 cm and/or 3 fistulas; the letter «Г» - availability of big wound, which size is more than 10 cm, and plural fistulas; the letter «Д» defines lymphatic and venous insufficiency.

Our experience has proved the convenience and the need of using this classification in clinical work.

O.V. Yendropov

SOCIOECOLOGICAL ASPECTS IN REALIZATION OF INDIVIDUAL HEALTH STRUCTURE

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Today there is no doubt that the problem of man's health should be considered in a wide context of society life organization, and also as a social problem, or more precisely – as a socioecological one. The thesis about psychosomatic origin of a number of human diseases also raises no objections. The idea of their socioecological origin is yet less common and does not belong to medicine methodological and methodic toolbox, but the fact that man's diseases are the diseases of the society he lives in is gaining more and more recognition. Diseases of the society find their expression in organization and institutionalization forms of his life and are finally represented, by peculiarities of people's relationship in their life, educational sphere, production etc.

Formation and realization of individual health structures in muscle activity is based upon deep understanding of the regularities observed in adaptation processes taking into account exogenous and endogenous factors. At the same time the character of individual adaptation is expressed in perfected regulatory mechanisms controlling movements.

From the standpoint of the functional systems theory the structure of backbone factor, shown as a measure for human moving functions, determines the peculiarities of adaptation process, qualitative and quantitative characteristics of the major and secondary health evaluation factors and health indices. Subordinated relationships between different adaptation reactions are closely connected with the character of muscle activity, structure of special preparedness, possibility of purposeful individual health route correction when using pedagogical and medical and biological means. Basic directions in forming human psychosomatic health in the process of his individual development are the following:

1. Rational regulation of moving activity taking into account heterochronos ontogenesis of the providing functional systems (nerve and muscle, cardio-respiration, endocrine, immunity etc.).
2. More accurate definition of individual health structure and functional preparedness in order to take into account its changes in case of tiredness or disease because of missing backward elements ("weak links") in this structure.
3. Introduction of workout priority in youth physical education in order to create stable structural traces – basis for effective adaptation to muscle activity with purposeful development of physical parameters.
4. Further studies of the hierarchy and subordination of separate physical parameters to evaluate their contribution into individual person's health.
5. Determination of physical parameters' stability in human ontogenesis taking into account sensitive periods and de-coding professional-application validity of these parameters.

6. Raising healthy person's mentality in the society though economical and social-psychological stimuli.

7. Consolidation of different education forms as social-economical value of a healthy way of life.

Identification of interrelationship between moving activity volume and intensity on the one hand, and major health indices on the other hand allows substantiating the principles for hygienic moving activity regulation and coming to its rational and addressing programming. Correct regulation of exercise load taking into account age, sex, physical development and functional capacities is a basis for many-year planning of sports and health-improving measures, for efficiency improvement, and increase in health and standard of living

S.M. Zakharchenko

BASIC PRINCIPLES OF BIOFIELD DIAGNOSIS OF VARIOUS ILLNESSES

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One of the diagnostic methods of human health is the method of biofield diagnostics. Alongside with modern diagnostic equipment there are methods of diagnostics based on clairvoyance, biolocation and extrasensory abilities of man.

Man's biofield contains his whole information. It records his past, present and future. This information is kept in the size, form, density and other parameters of the biofield.

For the convenience of the diagnostics the aura is conditionally divided into hemispheres: upper, lower, right, left, frontal and rear. With the help of clairvoyance it is possible to read quickly and deeply the information from the biofield but not everyone is capable of doing it. More available is the use of biolocation and extrasensory abilities for biofield diagnosis. The biofield should be of an oval shape, of equal density etc. Grooves and hollows give evidence of lost energy, indicate chronic and pathological processes at the late stages. Besides, the perception of energy varies from warm and heavy to cold and pressing.

Curves on the biofield reveal active processes accompanied by release of energy. It speaks about acute conditions, inflammatory or quickly progressing processes, often on the early stages. Warmth, heat, pressure, pricking are perceived then.

The state of the upper hemisphere is responsible for the states of head, neck, thorax. Lower hemisphere correlates with the state of urinary organs, intestines, legs. The right hemisphere deals with liver ПЕЧЕНЬ, gastrointestinal tract. The left hemisphere – cardiovascular system. The rear hemisphere correlates with the spinal cord, kidneys, whereas frontal hemisphere is connected with lungs, heart, digestive and urino-genital organs.

Besides, the sizes of the biofield are diagnosed as well as the degree of chakra' openness.

They are individual for each person, however there are certain regularities. Decrease in the volumes of the biofield indicates an obvious reduction of the body's resistance and its restoring abilities which might result from a long illness or a malignant process.

The existence of a negative external informational-energetic influence (zombie-like, Vudu, psychotropic etc) is detected according to the state and quality of chakra radiation.

The use of such methods of biofield diagnostics enables in any conditions, quickly, without additional equipment and very accurately diagnose diseases at early stages, to track down causes of illnesses, to combine and optimize methods of treatment, to forecast a future progress of the disease and envisage the results of the treatment.

A. Zavadskaya

HOMOEOPATHIC DETOXICATION AND DRAINAGE TO SOLVE PROBLEMS OF CONTEMPORARY MEDICINE

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Toxins, different types of bacteria and viruses accumulation «has come the reason of those that «customs» meaning protection factor of environment turned out the level of process decompensation has been developing many thousands years» (V. Kaznacheev, 2000-2002). Organism intoxication of an individual has an influence on biochemical transformations and frequently change medical effects (Buyanov V. 1990, Bunin V. 2000, Weitz M. 1980, Vithoulkas J. 1987, Castenholz A. 1998). It follows from this that detoxiology rehabilitation, internal environment and tissue homeostasis cells recovery is a practical affair today both in treatment and in preventive measures. Complexity of the task consists in accumulation of toxins in out-of-the-way extravascular place - interstitial area.

At the chair of homeopathy of RPFU has been experimentally and clinically proved that homeopathic medications of appointed dilutions selected by similarity principle of perspective drugs from natural materials play the large role in solving problems of contemporary tasks of detoxication and lymphatic drainage. The following preparations - Conium 6, Berberis 3, 6, 12, Pulsatilla 6, Chimaphilla umbillata 3, Beladonna 6, 200, Arsen iodatum 6, 200, Senna 3x,

Arnica 6, Cuprum 6, and complexes - Lymphomyasot, Detox-kit (Heel, Germany) is well known for a long time in successful homeopathic practice. To pioneer succeeded in proving the various actions of the same preparation being in different dilutions. As well are confirmed practical observations of A. Nobel (1870-1954), who was the founder of French «drainage therapy» in homeopathy. The report contains the detailed information about perspective homeopathic drugs with its experimental and clinical confirmed lymphatic drainage and organotropic action.

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**THE STRUCTURAL ORGANIZATION OF LIVER UNDER THE
CHRONIC CHLORIDE CADMIUM POISONING AND THE
FOLLOWING TAGAN-SORBENT CORRECTION**

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The structural functional abnormalities in white rats livers under the condition of chronic chloride cadmium poisoning and the following tagan-sorbent correction had been analyzed. The examinations were taken in 1,7,14 and 21 days after the poisoning. The test showed that the parenchymatous and sinusoidal cells were exposed to the changes. At the earlier stages of the intoxication the evolution of the hepatocytes' dystrophic changes was observed in the form of the cytoplasm vacuolization, cells swollen, exceeded lippid accumulation and some cells distractions. The degree of cytoplasm density in hepatocytes varied, but most of them had a brightened cytoplasm. Together with hepatocytes, that have weak basofyle cytoplasm and rounded nuclears, there were cells with vacuolised cytoplasm. It had the signs of parenchimal distrophy wich is a characteristic of protein disturb and the signs of fat distrophy that occurs, as a rule under intoxications and followed by circulation of blood and lymphokinesis. In some hepatocytes the nuclears were picnotically changed. Though the common liver structure remained, in triad area, the necrotic modified hepatocytes were encountered with cariolisis. Infiltration of parenchyma by lymphocitas and a significant sinusoids widening was fixed.

Morphometrically determined that chronic poisoning by chlorous cadmium the volume density of hepatocytes cytoplasm decreased and on the first day after poisoning was $79,7 \pm 1,24\%$ by the norm $82,9 \pm 1,56$. Then there was a gradual restoration, but it did not reach a standart quantity: on the 21 day after poisoning it was $80,8 \pm 0,62\%$. The volume density of hepatocytes nuclears vice versa increased and on the 7, 14 days after poisoning $7,4 \pm 0,16$ by the norm $6,31 \pm 0,64\%$. On the 21 day after poisoning it increased $7,2 \pm 0,15\%$. The number of hepatocytes in the test area decreased till $15,4 \pm 0,22\%$ by the 1st and 7 days after poisoning by the norm $18,3 \pm 0,43\%$. Even on the 21 day of restoration after poisoning the number of hepatocytes did not reach a standart quantity $16,8 \pm 0,42\%$. The number of double nuclear hepatocytes also decreased $0,8 \pm 0,07\%$ by the 1st and 7 days of restoration by the norm $7,3 \pm 0,19\%$. Sinusoids widened and their density almost twice increased on the first day $9,2 \pm 0,14\%$ by the norm $5,7 \pm 0,66\%$. Even on the 21 day the quantity was high $8,2 \pm 0,18\%$. But the histological treatment determined that the average quantities can be received on account of alternates of widened sinusoid capillary areas with ischemic spasm capillaries. That testifies that the toxicant effect brings to microcirculatory disturb, that is proved by the widened blood capillary, unsteadiness of the vascular, perivascular swelling, plasmoragia and their removal to paravasal tissue. Reaction of animals on tagan-sorbent gave better results and on 21 day many of the above mentioned figures had lead to the norms.

Ultrastructural analyses showed that toxic effect of chlorous cadmium was of membraneous character. Damages in the structural organization of nuclear system, intracellular organelles, intercellular contacts, spatial configuration of exchange poles of microvillus and bile capillary happened. Those injuries promoted the microcirculation changes and testified about the damages in liver circulation of the blood and lymphokinesis. The signs of structural injury of protein synthesis system were determined in the hepatocyte cytoplasm: vesicular expanded sites without any ribosome appeared in the channels of the granular endoplasmic reticulum. The signs of energy supply inadequacy were observed on hepatocytes that were verified by the changing of the mitochondrion density, reduction and vesicular widening in cristas. These changes were developing on the basis of lipid and glycogen accumulation that testified the basic power disbalance. On the 21st day the structural changes decreased, but the sinusoids remained in widen shape. The correction by the tagan-sorbent gave the positive influence on the liver structural organization under the condition of the chloride cadmium poisoning and essentially decreased all dystrophic changes. Tagan-sorbent stimulated the developing of the reconstructing processes due to toxic metabolites' neutralization and removing.

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CLINICAL PECULIARITIES OF MYOFASCIAL PAIN SYNDROME IN POSTSTROKE PATIENTS

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The Myofascial Pain Syndrome (MPS) is a frequent complication among patients who had Cerebral Stroke. We found a clinical variation of this syndrome, its frequency of occurrence, typical trigger localization and period of onset.

The MPS affects 85, 9 % of patients after a Cerebral Stroke, but can reveal itself at different times. 54, 1 % of patients show signs of MPS at the acute period; 14, 8 % during early rehabilitation; 13, 9 % of patients during later rehabilitation and 17, 2 % of patients with the consequences of the disease among the checked up patients.

The Pain Syndrome appears in the first weeks of the Stroke along with spasticity increasing in paralyzed extremities (in $8,3 \pm 1,9$ days). Triggers localized in upper extremities affect the shoulder girdle muscle, biceps and deltoid regions. Lower parietic extremities involve the fore-surface of thighs. But only 37, 7 % of patients have the Pain Syndrome in lower extremities. There are often two, three or more active triggers that appeared in parietic extremities. Intensity of trigger activity symptoms varied from a low of 16 % to a high of 84 %.

In 82, 6 % of the medical observation the high intensity of muscular traction at the affected by the trigger muscle was found. Pronounced extend of local convulsive response

was 88, 1 %.

In 54, 5 % of triggers in the upper extremities appeared a zone of deep painfulness with vegetative displays, so called "Reflected zone". The reflected zone is mostly localized in the anteriomedialis surface of the forearm and in the radiocarpal articulation. For the lower extremities, the zone of reflected painfulness is localized in the interiomedalis surface of the shins and feet.

The authentic correlated connection between trigger quantity and pain intensity of triggers with the period of disease ($r = 0, 344$) and spasticity ($r = 0, 670$) was found. The trigger quantity correlated with the extent of paresis ($r = 0, 072$).

The correlation of trigger pain extent and their quantity, with the existence and extent of sensible abnormalities, was not found.

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TEMPOROMANDIBULAR JOINT DYSFUNCTION ACCOMPANIED BY NEUROTROPHIC CONTROL DISORDER OF DIFFERENT MASTICATORY MUSCLES CHARACTERISTICS

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It is known that neurotrophic control disorder causes in skeletal muscles various disturbances of their morpho-functional properties. Thus, motor nerve transection or axon transport blockade lead to enlargement of connective tissue part in the muscle, decrease in the diameter of muscle fibers, change of qualitative content of contractile proteins, falling of fatigue resistance. All these changes are described as denervation syndrome.

Temporomandibular joint dysfunction is one of the most often occurred pathologies of maxillofacial apparatus, wherein there is disorder of masticatory muscles functioning. Foci of contracture, portions of hyperextension and physiological disturbances of contraction processes appear in case of such dysfunction in masticatory muscles. At the same time, it's not exactly clear what changes are happening on the morphological level under these circumstances. We studied the biopsies of masticatory muscles of the patients with temporomandibular joint dysfunction. Classic morphological and immunohistochemical study of qualitative myosin content in these muscles in patients with prolonged course had found changes similar to those, appearing in case of neurotrophic control disorder. Compatible results were obtained during investigation of fatigue resistance in these muscles. According to activity of Krebs cycle enzymes, muscles were also verging to denervated ones. Therefore, in conditions of temporomandibular joint dysfunction the muscles are in the same condition as appearing in case of neural trophicity disorder.

A.I. Zubarev

«HERBS OF CAUCASUS» - TO TREAT AND TO BE CURED

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The medical center "Herbs of Caucasus» has been working successfully for more than 20 years already. When it was founded in 1986 it was supposed, that the purpose of the Center would be purely preventive. However, the treatment, which we applied here, became the last hope for many patients.

The treatment, which returned health to tens of thousands of adults and children, is based upon a technique developed by the doctors of the Centre .

Having examined a patient our doctor perfectly defines: what systems and organs require treatment. In a human organism everything is interconnected. But we pay special attention to a backbone. It is the central support of the human organism connected with all internal organs through the nervous roots. Osteochondrosis, headaches, dizziness, hand finger numbness, heavy breath, diaphragm displacement, heart pain and a many other things are caused by backbone disorders. Also, pains in organs are frequently and directly connected with backbone and joints' dysfunction.

Communication with all internal organs is made through nervous roots, connected with the spinal cord. If a patient has a progressing osteochondrosis or intervertebral displacement, blood supply and conductivity of nervous ways worsens - organs with which they are connected suffer. Internal organs should receive a certain amount of electric pressure, then their function will be normal.

The "Herbs of Caucasus» center has created an effective rehabilitation technique for nerve fibers conductivity and spine health, enabling to bring work of organs to the norm.

Condition of the digestive tract and intestines is very important for complete recovery of a patient. We believe that one of principal causes of development of such diseases as allergy and asthma is dysfunction of organs of internal secretion and gastrointestinal tract. At conductivity dysfunction of vertebral disks Th6, Th7, Th8 the intestinal peristalsis is changed, causing stagnation, intoxication and fermentation dysfunction in it. It results in a change of acid-base balance and physiologically sound cultures of intestinal bacteria in intestines, creates conditions for development of dysbacteriosis and, as a consequence - allergy occurrence, causing damage to bronchial tubes, joints, skin, heart and etc.

Many years ago, on the basis of serious approach to treatment and organism's reaction to herbal influence, we have come to a conclusion, that the existing systems, describing the eutrophy, do not provide the expected effect. We had to create our own absolutely new diet, which has no analogies, having applied great efforts and skills. It was adjusted by us during 5-7 years and has been perfectly working for 15 years unchanged.

In digestive tract foodstuff is processed by digestive enzymes and bacteria. A lack of any kind of them results in absorption of undigested products into intestine walls, which

become an allergenic substance. Significant fermentative dysfunction in gastrointestinal tract and biliary system are the reasons of all allergenic conditions.

The diet, created by the Center's doctors, is capable to work with the most minimal fermentative ability, enabling restoration of organs of internal secretion and gastrointestinal tract.

Prior to beginning of treatment, in order to strengthen immunity and protective forces of organism, we provide a complete depuration of organism. Due to dysfunction of intestines - whence the toxins are spread out across the whole organism, being deposited in bones, organs, fibers and cells - the entire organism and its immunity become exhausted. Considering our long-term experience, monoclearing of this or that organ does not provide desirable results. It is necessary to depurate the organism as a whole, which is possible to make by means of a technique developed in the Center. Our objective is to adjust correctness of evacuation of food, to restore microflora of intestines, which will return force to intestinal muscles, and the mucous will reacquire its fermentative-absorbing ability. Our technique yields wonderful results.

Herbal treatment in the struggle against chronic diseases is irreplaceable. From experience of treatment of a number of patients we have come to conclusion, that herbs are frequently more effective than medicines, since they are more natural for us. Having restored the lost knowledge of many generations of herb specialists, having studied the rarest folios and having mastered experience of people, which attainments were transferred from generation to generation, doctors of the Center managed to accumulate enormous knowledge in herbal treatment. By means of herbs we are able to restore vital functions of internal secretion organs, to strengthen immunity, backbone and all organism's systems until they are fully recovered. While defining selection of herbs, we consider all aspects of positive and negative reactions to them of each organ and an organism as a whole, therefore the recipe in each case is especially individual.

One of the basic components of our treatment is changing the patient's attitude to his illness. During many years our doctors have created a physiocorrection technique, which helps to activate the protective forces in human body, given to us by God through nature, erasing the image of illness from the consciousness, which, beyond its will, was made chronically sick in a long-term struggle for recovery.

Thus, having prepared a patient for recovery, having restored a normal work of the spine cord, having released the slags, having prescribed a diet and relevant herbs, we strengthen his immunity, bringing the work of all organs and systems of organism to normal state, and create conditions for "cultivation" of new physiologically sound bacteria in intestines, restoring the so-called symbiosis in the organism, and as a consequence - the patient restores his health.

During 20 years of work the doctors of our Center have cured thousands of people suffering from osteochondrosis, gastrointestinal tract diseases, allergies, asthmas, polyarthritis, skin and other, considered to be chronic, diseases.

