Sidorenko Ludmila, J Material Sci Eng 2019, Volume 8
DOI: 10.4172/2169-0022-C6-140

Physiological Correction Methods for Heart Rhythm Functional Disorders

Sidorenko Ludmila
State Medical and Pharmaceutical University "Nicolae Testemitanu", Moldova

Humanity in 21-st century lives now in the era of information, when we are overcrowded by it. To our brain streams a huge amount of information and advertising of consume market leads to artificial wishes, new artificial values, new artificial central networks. A central network is a functional system of neuronal groups in the central nervous system, created temporary in order to fullfill a wish, a task, an aim. The problem is that these artificial networks get in conflict with the basic vital networks and with own wishes of the individual. It leads to an increasing inner conflict. It finds its manifestation in form of endogenous stress, aggressive behavior, and people enter in chronic stress, depressions, and finally it leads to functional disorders of heart rhythm which in future develop to arrhythmias. Hence, on the one hand of great importance are methods for an early recognizing of functional disorders of heart rhythm, before they progress in arrhythmias. But on the other hand we need physiological methods of correction of this state, because it is not yet a disease, so pharmacological treatment is not effective, even contraindicated.

Materials and methods: In 120 individuals were applied physiological methods of correction of functional disorders in heart rhythm: acupuncture, free breathing, walking, music therapy. Methods to appreciate objectively the changes in individuals and the changes in functional regulating systems of the heart rhythm: linear and non-linear methods of HRV (heart rate variability) analysis, and new physiological analysis method applied before and after the treatment course.

Results: In 80% ($p<0,001$) of the patients a positive treatment effect was stabilized after the first treatment course. In other 20 % ($p<0,01$) a positive treatment effect was stabilized one month after the treatment course, such a delay corresponds with the time needed by the parasympathetic part of vegetative nervous system for restoring its functional activity.

Conclusion: applying physiological methods of correction of functional disorders in heart rhythm helps to come out of stress and to restore the functional regulatory systems of the heart rhythm. This can be appreciated objectively by new non-linear methods, and new physiological analysis methods of HRV analysis. As a positive consequence, the person becomes able to react in time on circumstances and realize own central neurological networks, as result endogenous stress disappears and the heart rhythm becomes stabile.

Notes: