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Dystonia (VVD) - outdated and controversial diagnosis comprising a large number of various symptoms due to various causes.

The diagnosis of "vegetative dystonia" does not exist in the International Classification of Diseases, and its production is often accompanied by inappropriate and ineffective treatment measures that worsen the prognosis of the disease and patients' quality of life. However, this diagnosis is used very often, although most doctors really mean by it psychogenic caused by autonomic disorders (ie. E. Somatoform autonomic dysfunction). Similar in meaning to the term "dystonia" is the term "**cardiopsychoneurosis**", which is also absent in the International Classification of Diseases and is also widely used by physicians, cardiology and neurology.

Usually, vegetative disorders, traditionally assigned to the concept of vascular dystonia, are

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secondary and occur against a background of mental or physical illness. In the first of these cases, autonomic dysfunction may occur within somatoform (including somatoform dysfunction of the autonomic nervous system), anxiety (including panic disorder) and - more rarely - depression. In the second of these cases, autonomic dysfunction, manifested in violation of the regulation of the cardiovascular, respiratory and other systems of the body, may be part of, for example, hypertension, endocrine disorders, chronic ischemic heart disease and so on. D.

I do not understand anything. Much clearer when you wake up at night, and do not feel the hand. Start to move them to understand that they are subject to. Or, for example, work in his "home" office, and it is unclear why suddenly from the back, neck stretched, pounding heart, chest this sticky green fear, and a sense of death. It became difficult to breathe, ashamed for some reason, and do not want everyone to see, and scary, it is!

Or, for example, the case. Dizzy, I quickly sat down to avoid falling. Immediately caravan of thoughts in your head, and breathe hard and sweat, so bad. Thoughts climb to the head, some strange, and the problem of children and a husband, a stranger began. It began to carry in a handbag tonometer. What for? A friend advised me. A thinker thought -mysli, from which you want to run, but they are well inside the head. I look in the mirror and do not like myself. Only 37, and already as many as 38 in three months ... In the chest, as if subsided, and neck and back hurt so far.

I came and sat down, work, and his head is hurt, and it hurts. With the back, it is easier, and head to work interferes. Yesterday, another car slammed. I parked near the house, and into the next. Here it is said that the women driving cars is not given. So it was a shame, as many cried. Came home, and the children are busy with their chores, watching TV my husband and me, it hurt itself. I went into the kitchen to drink tea, and poured, took a cake, but a circle of hands fell. I began to cry. What, though, I'm a fool, then so inept, why I do not get?

And, you need not cry. I'm not a psychologist, a doctor. These seemingly strange symptoms caused by stress (negative emotions). If you act on the brain and stimulate its activity, then it will include processes of self-healing. In this, and it is the idea of **Russian methods of recovery of activity of the nerve centers**

(
[RANC](#)
)

of The Restoration Of the Activity Of Nerve Centers

. This is so that people abroad have understood.

RUSSIAN RANC method relates to the treatment of acupuncture, is so non-drug treatment. The therapeutic effect is achieved by the action of the central nervous system through certain areas of the back muscles. This it is very similar in principle to the impact of other types of acupuncture in particular with acupuncture (acupuncture), but is fundamentally different from this method of treatment is much more powerful influence exerted and therefore greater efficiency. It is distinguished by a small amount of time spent by the patient in the medical treatments and the resistance of impact.

Summary of technology used to restore nerve activity centers is that, exerting a massive, short-term (1.5 - 2 min), painful irritation of the trapezius muscle by intramuscular injection of water cause the restructuring of brain nerve centers.

For stimulation of nerve centers in the brain is water for injection that is injected into the muscles trapezius a depth of 15 millimeters in volume 1.0 milliliters. I repeat that it is pain that occurs at the time of injection "includes" the process. Injection in the trapezius muscle on both sides of 10-15 injections on each side. The results of executing a painful stimulus transmitted via the accessory nerve in the brain stem, which is switched to the reticular formation of the nucleus. Occurred as a result of the excitation of the reticular formation of the nuclei leads to stimulation of the nerve centers of the brain, including the sensory nuclei of the trigeminal nerve. Stagnant excitation foci in these nuclei disappear and the resulting pain disappears.

According to the observations of the process of restoring the activity of nerve centers, after a single exposure to the proposed method takes about 6 weeks. Optimally treat short course of two or three therapeutic session consecutive daily to "launch" the recovery process. And to secure the result obtained two more treatment sessions with an interval of between 3-4 weeks. As a result of the ensuing stabilization of the activity of the nerve centers of the brain at a normal physiological level removed the cause of the majority of known pathologies that are based on functional impairment. The result is the restoration of changes occurring central regulation of various functions and systems. The proposed method of treatment has no absolute contraindications, as well as restrictions on the age and sex of patients.

In the previous issue, I wrote [about the principles of the course of treatment of diseases by Russian RANC](#). Let my readers will understand me correctly, and do not judge strictly for the fact that from room to room, I carefully repeat his words about the essence of this method. In my experience, even on the Internet, on my site, many people do not read everything, and study the published material selectively, focusing on their illness. A

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newspaper article in the situation is even more complicated. After all, if a person is not a subscriber to the newspaper "Kuban today", and into the hands of him accidentally hit any particular number, you agree that it would be unfair to deprive him of the information published in previous issues. Therefore, I believe it is reasonable to allow some repetition.

Furthermore [epilepsy](#) , RANC method can treat diseases that are difficult or not at all amenable to traditional drug therapy and other treatments.

1. Pain in the spine:
 - pain in the neck.
 - Pain between the shoulder blades.
 - Back pain.
 - Chest pain (intercostal neuralgia).
2. Pain in the shoulders, arms and hands (including numbness of the hands).
3. Pain in the knee and hip joints.
4. Pain in lesions of the sciatic nerve.
5. Pain in a herniated disc.
6. Pain in lesions of the trigeminal nerve.
7. Headache, including migraine, pain in the effects of trauma and intracranial pressure.
8. Pain in the heart and angina.
9. Epilepsy.
10. Tiki.
11. The consequences of stroke.
12. Violations rechi- Logo neurosis (stuttering).
13. Violations of the cerebral circulation.
14. Parkinson's syndrome.
15. vasoneurosis (suprasegmentar autonomic dysfunction).
16. Cerebral Palsy.
17. Hyperactivity in children.
18. Autism.

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