



## **Паническая атака.** **Лечение методом RANC в Краснодаре.**



## **Panic attack**

**Panic attack** - an inexplicable, painful for the patient, severe anxiety attack, accompanied by fear, in combination with various vegetative (somatic) symptoms.

Some Russian-speaking doctors use outdated, missing in the ICD, the term "vegetative crisis", "Sympathoadrenal crisis", "cardioneurosis", "VSD (dystonia) with crisis course", "NDC - cardiopsychoneurosis" reflecting the idea of  $\square\square$  violations of the autonomic nervous system depending on the leading symptom. "Panic disorder" (episodic paroxysmal anxiety), in turn, as an independent disease has worldwide recognition and inducted into the International Classification of Diseases 10th revision. According to ICD-10, the characteristic feature of panic disorder are "recurrent bouts of pronounced anxiety (panic), which are not restricted to any particular situation or set of circumstances and, therefore, unpredictable." At the same time, the presence of panic attacks does not necessarily mean that the patient - panic disorder. Panic attacks can be symptoms of pheochromocytoma, somatoform dysfunctions, phobias, depressive disorders, posttraumatic stress disorder, endocrinological diseases, heart diseases, mitochondrial diseases, and so on. D. Alternatively result from receiving any medications (e.g., "Erespal").

In order to identify the severity of panic attacks used the scale of gravity of panic disorder. This scale is also used in the form of self-assessment questionnaire as a test for panic attacks.

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### symptomatology

A panic attack is characterized by the attack of fear or panic alarm and / or a sense of inner tension in conjunction with four or more from the list of symptoms associated with panic:

1. Palpitations, rapid pulse
2. sweating
3. Chills, tremors, feeling of inner trembling
4. The feeling of lack of air, shortness
5. Choking or labored breathing
6. Pain or discomfort in the left side of the chest
7. Nausea or abdominal discomfort
8. Feeling dizzy, unsteady, ease of mind or feeling faint
9. The feeling of derealization, depersonalization
10. Fear of going crazy or commit an act of control
11. Fear of death
12. Numbness or tingling (paresthesia) in the limbs
13. Insomnia
14. Confusion of thoughts (reducing the arbitrariness of thinking)

There are other symptoms that are not included in the list: abdominal pain, fever, upset his chair, frequent urination, feeling of a lump in the throat, gait disturbance, impaired vision or hearing loss, cramps in the arms or legs, disorder of motor function, high blood pressure.

As you can see, the symptoms of this disorder are so numerous that the impression is created as if the affected person is sick it all at once disease. If you do not "snatch out of context 'individual symptoms, and look at the problem as a whole, we can say that this strange disease is a global disorder of the central autonomic regulation. I can say that it is so clear to everyone and do not need to "split hairs" but simply, "if you're so smart, offer solutions, or just shut up." A decision is just in the question. If it involved the entire nervous system with the predominance of its vegetative part in the pathological process, and the therapeutic effect should be aimed not at individual symptoms, and the entire nervous system at once. Objections to the essence of which lies in the fact that this impact was not possible, I can not accept, because the method of treatment based on such a principle exists. According to the very principle of its operation, I named it "Recovery of the activity of nerve centers."

The proposed treatment method corresponds to the " **Theory nervism** " extended our domestic

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scientists in the late 19th and early 20th centuries.

1. Namely, Ivanom Mihaylovichem Sechenovym (Reflexes of the Brain 1863.), Who said: "And the spinal cord and brain are working on the principle of reflex and control the activity of the whole organism."
2. Vladimir Mihaylovich Behterev studied the brain function in an experiment in healthy and sick person, said: "The brain plays a key role in the regulation of body functions."
3. Sergey Petrovich Botkin discovered that different diseases have a neurogenic origin. When central nervous system, and stress-effects may develop disease. SP Botkin believed that neurogenic reason underlies diseases such as Graves' disease, ulcers, hypertension, and diabetes mellitus.
4. Ivan Petrovich Pavlov studied the influence of the central nervous system on the heart, vascular tone, the magnitude of the blood pressure, the activity of the gastro-intestinal tract, metabolic processes. I studied the integrative function of the central nervous system, which combines the work of the organs and systems in a single unit. The interaction with the environment. He studied the work of the cortex of the cerebral hemispheres as senior manager and distributor functions in the body.

**Nervism** , is the idea of precedence of the nervous system in the regulation of physiological functions and processes occurring in humans and animals. He seeks to extend the influence of the nervous system to the largest possible number of body functions.

The concept of "**nervism**" introduced in physiology IP Pavlov in 1883. Nervism became a scientific, comprehensive theory encompassing biology, physiology, clinic, not by or random connections, and organically, based on the most important feature of the vertebrate groups, all around the nervous system.

**Method of restoring the activity of nerve centers RANC (The Restoration Of Activity Of Nerve Centers)** is to, have a stimulating effect on the whole structure of the brain, through the reticular formation of the brain stem include the processes leading to the normalization of the activity of all the 100 billion neurons in the brain.

**RUSSIAN RANC method of treatment** relates to reflexology, so a 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

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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.



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. RANC method can be used to treat diseases that are difficult or not at all amenable to traditional drug therapy and other treatments.

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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.

