

Osteochondrosis.

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Osteochondrosis, pain in back, spinal disk herniation, intercostal neuralgia, sciatica. In this article I would like to tell about the treatment approach for most common diseases that can't receive a satisfying help so far. The problem is not in that these diseases are incurable, but in treatments focused only on symptoms, not on the causes. It happens not because of the evil intent.

Everything in our world is constantly developing so we should not be surprised that treatment approaches we used yesterday or even use now are already out-of-date. All the time we learn something new and change our established views despite the fact that they seemed right for us a short time ago. This process is happening in all sciences and medicine is not an exception. It widely thought that back pain has various causes and that is why there are many diagnosis. Very low effectiveness is explained by incurability of these diseases. However, it is not true and there is another point of view which states that back pain is caused by dysfunctions in brain work. Traditional medicine also accepts this idea though not used in practice. So what is the main point of this not yet popular view on the extremely common diseases?

Very short explanation. There is such thing like background activity of nerve centers. It means that every cell and group of cells(millions of them) work in a "background" mode, i.e. in regular mode. Cells during their work have to higher or lower its activity and in the end return to background state. We can compare a cell and a car engine, then background activity is when a car engine idling. If, for example, cells responsible for muscles movements and tone increase their activity and stay in this state(at higher speeds), muscles will be tensed all the time. When their tense is over the certain limit and they stay in this state, muscles compress nerves and intervertebral disks which under the muscles pressure become dislocated and can press on nerve roots and spinal cord causing pain. Of course not only muscle tone is changing, but also metabolism in these parts of the spine.

Change in nerve centers background activity responsible for muscles to a higher level happens under the stress. Any events that involve negative emotions lead to activation of all systems in the organism including muscles. This defensive reaction if excessive result in negative consequences in diseases form. Thus, the cause of the variety of diseases of the organism on the whole and a spine in particular is in the change in activity of certain brain centers under stress.

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