

Controlled trial practice with 40 pollenallergy suffers of a time series analytical functional method for psychosomatic diagnostics

by

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Abstract

Key words: psychosomatic medicine (PM); voice frequency analysis according to Heinen (VFA); stress; accommodation capability; salutogenesis, emotional-functional stress-parameter (ESP); hormonal related personality traits.

Background (Background):

Stress reactions are natural processes in the meaning of a self-regulation and self-organization of the organism with the objective of an optimal accommodation of the individual to his environment [8, 9, 25, 26, 27]. Disease starts with an insufficiency of accommodation caused by overstress from the surrounding milieu and/or by a defect of the internal milieu [27, 28]. To recover or to stay sound accomplishes only the one who finds a response for a stress caused by a stressor, in the meaning of a salutogenesis or the resource theory of Antonovsky [1, 2, 4].

Of central importance for a preferable overcoming of stress are two components:

1. Generalized resistance resources (GRR): Potential resources that are available to deal effectively with the stressor
2. Sense of coherence (SOC): individual interpretation of the stress response on comprehensibility, manageability and meaningfulness

They are influenced by the constitution, conditioning and the condition.

A psychological-psychosomatically therapy approach in terms of a psychosomatic medicine, which operates on the basis of the stress concept, requires objectified methods for detecting and controlling highly individual emotional-functional processes that occur under physiological, psychological, morphological and mental aspects [20, 21, 23, 24].

Consequently, the aim of a psychosomatic medicine (PM) is to increase the competence of a patient (person) in dealing with health or disease according to the requirements in the exterior and interior environment. To be able to learn to use the individual resources (in terms of a promotion of intelligence and awareness and think and act within the understanding of the SOC- and GRR-resources must be detected by the use of appropriate measurement methodology. To assess, compare, evaluate and control the existing as well as the recently gained levels of intelligence and awareness the introduction of definition of intelligence aligned to the stress concept is advisable: 'Environmental Intelligence' with the valuation of a "Evi IQ" (Environmental IQ). The valuation takes into account:

1. individual constitution, physical fitness and conditioning

2. influence of the autonomic nervous system (for instance upon organs, the extra-cellular milieu, redox-, acid-base balance, catabolic/anabolic hormonal system)
3. personality profile (nutrition – and motion – type, characteristics, relation to fellow beings, work, handling on schedule)
4. psycho-social environment
5. system specific biological rhythm system (BRS)

Open practical studies [16, 19, 23, 24] demonstrated, that with the application of time series analytical algorithms at the biological signal “voice”, there is an objective evidence of efficacy for therapeutic measures in the treatment of chronic diseases. At the same time it became apparent that the previous mentioned parameters 1) – 5) have an essential role in the effect and correlated significantly with the subjective information on the well-being and health provided by the individual patient. At these studies the Voice Frequency Analysis according to Heinen (VFA) was applied [17, 18, 19, 20, 21, 22, 23, 24]

This finding led to an observational survey of the SFA in an additional controlled trial practice with 40 pollen allergy sufferers whereby with their help the following question should be answered:

Questions:

Is it possible, applying time series analytical algorithms on the bio-signal “voice”, to point out the in different stress concepts required resources or the SOC for an individual to determine the appropriate stress response?

May the Evi-IQ be regarded as benchmark to assess the status of awareness with respect to the resources?

Is the VFA an appropriate measurement method for a psychosomatic diagnosis and medicine (PM)?

Hypotheses:

The application of specific time series analytical algorithms on the bio-signal “voice” may prove the present resources of an individual or the SOC.

The Evi-IQ is a measure for the awareness of the own internal and external resources realized with the use of VFA.

The VFA is an appropriate measuring instrument for a PM.

Result:

The study reveals that with 40 chronic pollen allergic patients after 4-5 years the typical relapse into another pollen allergy or another chronic disease, in the sole practice of somatic therapies approved by the WHO as the system-specific immunotherapy (SIT) or the application of corticosteroids and anti-allergics, only may be prevented, if with the assistance of a psychosomatic medicine not merely the morphological-structural functional area is treated, and also the corresponding psychological

correlate at the neural network (brain plasticity) is considered accordingly. To implement this salutogenetic approach an objectified measurement method was applied: the VFA. It was able to point out individually the Generalized Resistance Resources (GRR) and allowed subsequently the individual activation of the Sense of Coherence (SOC). As an assessment scale for these changes in consciousness of the Evi-IQ proved to be useful.

In the course of the entire psychosomatic-oriented treatment approach, which aimed to include all the listed parameters 1) - 5), see above, the Evi-IQ in average could be increased by 25.7%.

Summary:

The VFA turned out to a useful and effective tool, that

1. increases the competence of humans/patients by the promotion of the awareness – evaluated via the Evi-IQ of the patient – regarding the handling of diseases
2. allows maximum possible individualization of diagnosis / therapy
3. increases the effectiveness, efficiency and safety for the patient at treatment measures
4. brings about an extension of the previous diagnosis by morphological-pathological/chemical objectified representation of individual physiological, psychological and morphological results of structural stress factors and therefore
5. fulfills the expectations of a psychosomatic medicine

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