

COMPLEX SANATORIUM-RESORT REHABILITATION FOR VEGETATIVE DYSFUNCTIONS

Inna Chemeresiuk¹

Department of Rehabilitation Medicine, Odessa National Medical University, Ukraine

In current work has been studied the state of the autonomic nervous system in children, adolescents and their mothers - women of childbearing age, exposed to low doses of ionizing radiation, as well as the development of effective complex therapy for this category of patients using natural and preformed therapeutic physical factors of the southern region of Ukraine. 193 patients of the main and 43 control groups with varying degrees of vegetative changes were under observation. A direct correlation between the severity of autonomic dysfunctions in women and their children was revealed. In adolescents, vegetative dysfunctions are more pronounced as a result of the summation of the somato-vegetative effects of the pubertal period and the factors of influence of ionizing radiation; in children 9-16 years old, in 54.7% of cases there was initial sympathicotonia, in 27.5% of cases - initial vagotonia, and only in 18.3% of cases - initial eutonia. The first treatment complex turned out to be the most effective for patients with initial sympathicotonia in $(95\pm 3.9)\%$ of cases; it included physiotherapeutic procedures with sedative, hypotensive, antispasmodic effects. The second treatment complex was most effective in initial vagotonia - in $(94\pm 2.4)\%$ of cases, the third - in patients with initial atonia, as well as mild autonomic dysfunctions (in $(97\pm 6.2)\%$ of cases). Against the background of stabilization of processes in the autonomic nervous system, there was an improvement in other organs and systems of the body, and the treatment was most effective in cases of the most pronounced autonomic tension.

