



Therapeutic Physical Culture for Vegetative-Vascular Dystonia

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Abstract: this article emphasizes and substantiates the high role of medical physical culture in the treatment and prevention of vegetative dystonia. The article describes two main types of vascular dystonia, and correctly indicated the direction of therapeutic physical culture, depending on the type of disease.

Keywords: Medical physical culture, vegetovascular dystonia, hypertonic type hypotonic type, therapeutic exercises.

The main means of therapeutic physical culture, according to S. N. Popov, are physical exercises that are applied purposefully according to the therapeutic tasks and features of the disease, dosed depending on the general condition of the patient and the degree of violation of a particular function. Vegetative vascular dystonia (VSD) is one of these diseases that requires a special approach. VSD occurs when the higher nervous structures are overloaded and "disrupted". The hypothalamus functions are disrupted, which means саморегуляцией that the body's self-regulation system does not have time to adapt to changing conditions, which is expressed by poor health and is combined with neurosis [1]. General features of the physical therapy technique for all stages of the disease are a combination of general development and special exercises. General development exercises are used for all muscle groups, including small muscles in the distal parts of the limbs. Special exercises in voluntary muscle relaxation, breathing exercises, as well as exercises for the vestibular apparatus give a more pronounced effect in reducing blood pressure and normalizing impaired vestibular function. Performing exercises also has specific features. Exercises should be performed with full range, freely, without tension, holding your breath and straining. At the beginning of the course, the number of exercises with changing the position of the trunk is limited. The load is dispersed and alternated, i.e. physical exercises are applied alternately to different muscles, after difficult exercises, lighter ones are used. During exercise, all the receptors are activated, the signals from which favorably affect the central nervous system. Especially the alternation of tension and relaxation act on the nervous system as a contrasting shower, there is a harmonization of the entire body. The most valuable thing in practicing therapeutic gymnastics for VSD is that motor activity helps to realize unrealized stress reactions in the autonomic nervous system, and hormones of good mood are produced [2]. Vegetative-vascular dystonia is divided into 2 types: –according to the hypertensive type (hypertensive disease), it is characterized by increased blood pressure, which is not associated with primary changes in organs, but is a consequence of a violation of complex mechanisms of nervous and endocrine-enzymatic regulation; –according to the hypotonic type (hypotonic disease), it is characterized by a decrease in blood pressure due to a disorder of circulatory regulation mechanisms – a violation of the function of higher vegetative centers, which causes an increase in the tone of the parasympathetic nervous system and a decrease in the hormonal function of the adrenal cortex. The therapeutic effect of physical exercises in hypertension is due to their beneficial tonic effect on the central nervous system. Increasing the tone of the central nervous system

stimulates and normalizes motor-vascular reflexes. Systematic training increases the tone of the parasympathetic system and improves the humoral regulation of blood pressure. The tasks of physical therapy for hypertension are: –general strengthening of the body; –improvement of the activity of the central nervous system, endocrine, cardiovascular and other systems; –improvement of the psychoemotional state and metabolism; –normalization of impaired regulation of blood pressure and vestibular functions; –increased adaptation to physical exertion. With hypotonic disease, the main tasks of physical therapy are: –general strengthening of the body, increasing performance and emotional tone; –improving the functional state of the central nervous system and systems that regulate blood circulation; –training all organs and systems, especially cardiovascular and muscular; –improving coordination of movements, balance, voluntary relaxation and muscle contraction. Physical therapy classes should be started at the first sign of the disease, using a variety of forms. Morning hygiene exercises are mandatory, as patients notice lethargy and weakness in the morning and feel worse than in the afternoon. Morning hygienic gymnastics has an exciting effect on the central nervous system, tones the entire body, and provides a quick transition to active activity. For physical therapy with VSD, hemodynamics is of the greatest importance: the tendency to increase or decrease blood pressure. Be sure to measure it and pulse before and after therapeutic gymnastics. Focus the patient's attention on improving performance. Therapeutic gymnastics for VSD in hypertensive type includes breathing exercises, general strengthening, relaxing in the initial positions of standing, sitting and lying down. Jumps and fast running are excluded. Cyclical exercises are used at a calm pace: walking, skiing, swimming, slow running, exercise machines (with blood pressure and pulse monitoring). While running, breathe through the nose, if shortness of breath appears and you want to breathe through the mouth, the load should be reduced. Therapeutic gymnastics for VSD of the hypotonic type aims to tone the body, general strengthening exercises, breathing exercises, exercises with dumbbells, at the gym wall are used. Exercises on simulators, games, slow running, and skiing are useful. You can use exercises with acceleration and subsequent relaxation of the muscles. This helps to raise the overall tone of the body and promotes self-control. Contrast showers should also be an important part of physical therapy. We can draw a small conclusion that we should not forget about the methods that were developed by physical therapy during its long-term practice. Physical labor, reasonable sports loads, and active recreation have a favorable effect on the state of not only the cardiovascular system, but also the entire body as a whole [3]. However, in the practical application of the above recommendations, it is necessary to strictly observe the principle of an individual approach to the patient, taking into account the specific features of the course of the disease, as well as a certain amount of caution.

References and notes:

1. Therapeutic physical culture / Ed. by S. N. Popov. - Moscow: "Physical culture and Sport". - 1998. - 271 p.
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