Influence of A.D. Bio-Phyto-Dynamic Modulators to Stress, Panic Attacks and Depression

Stelian CHIVU

Ecological Consultancy Centre Galati, 2 Basarabia Street, Galati, Romania; www.daopsi.ro

Abstract: Psychic Normality is influenced by physical, emotional and mental balance. These matters are conditioned to endogenous and exogenous factors. Resonance principle acts in a way and in the other, positive or negative, they are influenced and triggered by stress factor. Latest research shows that approximately 80% of diseases are caused, exacerbated or generated by stress. The body accepts easily changes when is opened, relaxed and in a community with external factors. When a change is introduced in crystalline or rigid structure, it will tend to break. Similarly, the network of body nerves (information) functions as strings. If they are blocked, obstructed and information energy of stress, information energy flux cannot flow freely and imbalance or disease is developed.

Keywords: stress, energy, frequency, information, resonance, balance, harmony

INTRODUCTION

As in medicine, psychology lays emphasis on prevention of mental imbalances, being much easier to prevent than to cure. Positive psychology, as a new research and approach method in Romanian psychology, is rooted in current occurred in 1999 among American psychologists and bring, as a new vision, psychological orientation to construction of people positive qualities or, as I said in other terms, concentration on "bright side" rather than eliminating weaknesses.

Research are based on positive personality investigation, determination and validation of positive experience, prevent of imbalances that lead to depression and substance abuse consumed in stress periods. Careful investigations in case of genetically vulnerable persons or which living in stressful environments that can feed or initiate distress shows that the effect of "bright side" can be used more efficiently when using different physical 'objects', e.g. crystal quartz - crystal therapy, different flavours - aromatherapy, special sounds - Music therapy etc.. One way to prevent and eliminate the stress factor is plants used by the physicist Ancu Dinca and especially arranged to bio-phyto-dynamic modulators (Dinca and Vusatiuc, 2005; 2006).

MATERIAL AND METHOD

Physical and psycho-mental human health are linked. Between them there is a reciprocal relationship. Stress factors are major risk factors in the onset of both somatic and mental diseases. Response to stress depends on the constitution and individual temperament, his vital force, the cycle phase’s specificity of vital rhythm and many other energy factors. Therefore, understanding their stress and their overcoming is a complex process of self-knowledge and beneficent self transforming (Apostol and Dinca, 2005).

The impact of stress on a person can manifest in a variety of forms. Stress can affect the manner in which individual square up to disease and answer to discomfort. Also, stress
causes to a person irritable, withdrawn, cautious, energetic, optimistic states, depending on the nature of stress, whether negative or positive. While stress can have beneficial effects, distress can lead to behaviours such as drug abuse and square up to demeanour that may lead to injury. These behaviours, like more others, are negative directions to resolve stress. The high level of deleterious stress leads to a variety of disorders and diseases. It includes a wide range of pathological consequences that extend from chronic fatigue to depression and include: insomnia, anxiety, headaches, emotional outbursts, allergies, alcohol and tobacco abuse.

For a long-term stress can contribute to the onset of hypertension and, as a consequence, to the development of heart disease and cerebrum-vascular diseases, can develop peptic ulcer, inflammatory diseases of the bladder and muscular-skeleton problems. It may also alter immune system functions, ultimately, facilitate the development of cancers. Taken together, these disorders are responsible for much illness, death, infirmity and hospitalizations. People think they are sufficiently well adapted to stress, but the struggle to resistance or adaptation achievement to stress, they are often unaware of the compromises they make. People don’t get wind of stress of situations like stress get too late to an important meeting or to provide a high temperature hard physical labour (Dincă, 2004). They believe that they can get used to low light, noise, poor visibility and the continuing conflicts in the family or at work (B.I., 2009).

For short-term stress can have negative effects on a person's behaviour, resulting in inability to act in ways to promote health, emotional or mental status. Potential effects of stress can be grouped into five categories namely:

- Subjective effects: anxiety, aggression, apathy, boredom, fatigue, malaise, feeling self’s wing, anxiety, feelings of loneliness;
- Behaviour effects: predisposition to accidents, alcohol, coffee abuse, trend of eats and/or smoke excessively, impulsive behaviour;
- Cognitive effects: decreased of ability to take rational decisions, poor concentration, decreased of attention, hypersensitivity to criticism, mental blocks;
- Physiological effects: increased of blood glucose, pulse, blood pressure, dry mouth, cold sweating, and dilated pupils;
- Organizational effects: absenteeism, low productivity, isolation, job dissatisfaction, reduced of liability, reduced of loyalty to the organization, resignation.

Analysis of a number of 783 subjects showed that diseases caused by stress are very numerous; they can affect any body level. It has selected the most common:

- Headache, up to the occurrence of migraines;
- Balance disorders;
- Psychiatric disorders (chronic fatigue syndrome, anorexia or bulimia, depression, anxiety disorder, obsessive compulsive disorder, sleep disorders, neurosis, suicide tentative etc.).
- Damage of body’s immunity, leading to decrease of defence capacity and increase of susceptibility to infections;
- Damage to appetite (increase - nocturnal alimentation - or decrease), gastro-oesophageal reflux disease, gastritis, duodenal ulcers, colitis, irritable intestine syndrome, etc.;
- Increases of cholesterol and triglycerides (caused both directly stress and unbalanced diet to nutrients - often from fast-food);
- Allergies, asthma, cardiovascular disease (ischemic heart disease, acute myocardial infarct, etc.), hypertension, diabetes, autoimmune diseases (rheumatoid arthritis, systemic lupus);
- Damage to the reproductive system (decreased of libido, decreased of sexual hormone levels, infertility in case of both sexes), hyperthyroidism, and other glandular disruption.
These constraints that act on the human body can be psychologically or physically or both simultaneously. These constraints are called "risk factors" and may be of different nature: external (family, an informal group - friends - or formal - Working Group) and internal (psychological, motivational, emotional, etc.).

For diagnostic and evaluation were used the following devices: Diadent PC Oberon 4011, Room 600 Kirlian.

RESULTS AND DISCUSSION

Subjects were grouped by age, disease etc. Results were general (for most of subjects same symptoms occurred) and specific to each group or subject. It showed two types of results after action of A.D. bio-phyto-dynamic modulators: DIEE® and DEA®, and behavioural therapy:

• General:
  - hurry the healing process;
  - stimulates vitality;
  - trigger self-healing mechanisms of the body;
  - remove "doctor stress";
  - Act holistic (integrative).

• Specific:
  - subjective effects – analyzed to a group of 37 subjects aged 25-30 years:
    • decreases of aggression by increasing dynamism;
    • neurotic crises thins and appears relaxation;
    • apathy is reduced due to increased vitality;
    • There isn’t often so fatigue and, if it makes a mental positivism, even disappear under conditions of normal program;
    • there are lived new confidence states and appears new projects for future or are reverted old ones;
    • The feeling of loneliness is removed, developing concern for animals, plants, etc..
  - Behavioural effects – analyzed a group of 16 subjects aged 40-50 years:
    • Install rejection of “drinking” status;
    • other liquids can easily take the place of coffee (tea, juice, soup, etc.).
    • It is acknowledged a tendency to diminish eats.
  - Cognitive effects - examined a group of 57 subjects aged 18-25 years:
    • increased focus on the topic of the event;
    • Appears presence of mind;
    • There is permissiveness and understanding of situations from different perspectives;
    • If there are identified the body sections where mental blocks are projected, they are easily overcome.
  - Physiological effects - examined a group of 23 subjects aged 50-60 years:
    • Decreased of blood glucose levels;
    • Pulse is adjusted with breathing;
    • Cold Sweat is decreased and body temperature is harmonized;
    • Improved visual clarity occurs;
    • cortisone (stress hormone) starts to occur as much as is necessary for the body.
* Organizational effects - examined a group of 22 subjects, all unemployed, aged 30-40 years:

- Appears determination and initiative;
- active involvement wish is conscious;
- Socializing move to main objectives category;
- It is understood the attitude and respect for each obtained result;
- appears involvement and integration intension;
- Dismissal is no longer seen as solution.

CONCLUSIONS

A. D. Bio-phyto-dynamic modulators can be non-invasive, friendly and without adverse reactions remedy. There is easy to use, safe and long warranty. Their study is still required for more diseases and to different laboratories.

REFERENCES