

LOKOMOTOR SİNİR SİSTEMİ HASTALIKLARINDA NÖRALTERAPİ UYGULAMALARI



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Nöralterapi (NT) çok düşük dozlarda lokal anestezi maddenin terapötik ve diagnostik olarak kullanıldığı regülayon tedavisidir. “Lokal ve segmental infiltrasyon anestezi” ya da “diyagnostik ve terapötik lokal anestezi” olarak da adlandırılmaktadır. Cerrahide kullanım amacı kısa süreli lokal anestezi iken, nöralterapide kullanım amacı ağrı ve fonksiyonel bozukluğun uzun süreli tedavisidir. Nöralterapi, modern tıpta enjeksiyon tekniği ve lokal anestezi kullanımı ile yer alırken tamamlayıcı tıbbın içinde bütüncül olarak tedaviye yardımcı bir metoddur (1,2).

Tüm vücudumuzda yaklaşık 500.000 km uzunluğunda bir elektriksel ağ yapısında olan vejetatif (otonom) sinir sistemi mevcuttur. Bu sistem vücudumuzun kapiller yapısına kadar ulaşan ve her yeri kuşatan bir bilgisayar ağı gibi çalışmaktadır. Beyin sapı, medulla spinalis ve hipotalamustan kaynak alır. Sempatik ve parasempatik sistemden oluşur. Vücutta birçok yapıyı innerve ederken saçları, tırnakları ve dişleri inerve etmez. Solunum, dolaşım, sindirim, vücut ısısı ve hormonal regülasyon gibi insan vücudunda birçok hayati süreçte ve hücreler arasındaki bağlantıda önemlidir. Kas, sinir ve bağ dokusu gibi uyarılabilen dokular bir uyarı ile hücre membranının elektriksel alanında değişikliğe sebep olarak aksiyon potansiyelinin bozulmasına neden olur. Skar dokusu gibi dokusu bozulmuş yapının oluşturduğu anormal bir elektiriksel aktivite vücudun diğer yerlerine taşınmaktadır (3-5). Enfeksiyon, dental işlem, cerrahi, fiziksel ve mental travma, aşırı, dövme ve stres bozucu alan oluşturmaktadır. İlk defa Huneke ve kardeşlerinin 1944 yılında “Lokal anestezi ve uzak etkileri” bildirisinde bozucu alan kavramından ve etkilerinden bahsedilmiştir. Omuz ağrısı ile gelen hastanın enfekte dizine yapılan lokal anestezi uygulaması ile omuz ağrısının geçtiği gösterilmiş ve bozucu alan kavramından bahsedilmiştir (6).

Otonom sinir sisteminin en çok dikkat çeken özelliklerinden biri, iç organlarla ilgili işlevleri hızlı ve güçlü bir şekilde değiştirebilmesidir. Örneğin, 3-5

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