



The Importance of Microcurrent Reflexology in the Treatment of Autism

Azimova Zebo Bakhtiyorovna, Jamalova Shakhlo Avazovna, Bafoyev Khayotjon Rakhimovich
Master of the Tashkent Pediatric Medical Institute

Abstract: *The objective of the present paper was to study the influence of micro current reflex therapy on the compromised speech functions in children (n = 84) presenting with cerebral palsy in comparison with the control group comprised of children (n = 56) with the same problems treated by medic mental therapy. The micro current reflex therapy was shown to be instrumental in the restoration of the compromised speech function. Moreover, it promoted positive dynamics of loco motor and cognitive disorders.*

Keywords: *autism spectrum disorders, autism, children, neurological status, treatment, microcurrent reflexotherapy*

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In the treatment of ASD in children, the appointment of MTRT in combination treatment with pharmacotherapy and ABA therapy improves the functioning of those parts of the brain that are responsible for speech and the desire to make contact. Improvement is characterized by the following: vocabulary expands, phrases and sentences appear, diction improves, learning ability increases. In children with more pronounced developmental delays and autism, at first, a desire to make contact gradually appears, they begin to understand speech and fulfill simple requests, and develop social skills.

Autism is a developmental disorder characterized by a pronounced and all-round deficit in social interaction and communication, as well as limited interests and repetitive activities. All these signs begin to appear before the age of three. To date, there are no generally accepted diagnostic methods and markers for this condition. Only one thing can be unequivocally stated that autism is a complex disorder accompanied by deviations in general a number of systems of the human body. As possible markers of autism at different times, the following options were proposed: A change in the level of immune cells (T-lymphocytes, TNF-alpha), metabolic disorders, blood test for herpes-viral infections (Epstein-Barr, herpes virus type 6, CMV) and others. The disadvantage of all these techniques is that they cannot be used as a routine technique. Recently, a number of parameters included in the biochemical blood test have been proposed as markers with the possibility of routine use: Alanine aminotransferase (ALT), aspartate aminotransferase (AST), creatinine. Reflexology is a systematic practice in which applying some pressure to any particular points on the feet and hands give impacts on the health of related parts of the body.¹ Each point of the pressure acts as the sensors on the feet and hands and is links with different parts of body specifically.¹ These sensors will be stimulated by applying the reflexology technique in order to improve the blood and energy circulation, give sense of relaxation, and maintain the homoeostasis.² Reflexology session can be improved by other elements such as aromatherapy, peaceful music, and good environment settings.³ There is a term in reflexology called reflex zone therapy. Reflex zone therapy is where

the body is divided into ten longitudinal zones from head to toe. In the reflex zone therapy, there are five zones on both sides of the body in which each zone diverge down the particular arm, and also continue straight down the body and down the particular leg to line up with a toe on the respective foot. Practitioners usually choose the suitable technique to be applied to the reflex zone therapy to gain optimized efficiency and impact. Reflexology is a complementary therapy instead of an alternative therapy to other treatments which patient already has based on reflexology maps.² Complementary therapies nowadays are applied in many of palliative care or to alleviate a problem without dealing with the underlying cause in order to make patient's emotional, physiological, and spiritual health improve and increase the value of their life.⁴ Two methods of reflexology that have been accepted internationally are Ingham method and Rwo Shur method. The first method does not use any tools in its practice and the second method utilizes the use of tools such as a wooden stick.² There are five theories that support how reflexology gives impacts to body health.⁵ First and second basic theories are related to energy. Energy theory advocates that body parts can communicate using electromagnetic fields and the communication can be blocked based on the surrounding respectively.⁶ Third and fourth theories indicate that energy flow can be restored and the fourth is about the pathway which is blocked can be opened.⁷ The last theory proposes that reflexology can break up the lactic acid crystal that usually deposited in the feet and allow energy to flow efficiently.

Childhood autism is one of the pressing health problems in the world, which is determined not so much by the frequency of childhood autism (DA) in the child population - from 4 to 26 per 10,000 children [3, 8, 15], but by the social significance and also insufficient knowledge of the etiology and pathogenesis this disease [2, 9, 10]. Today, autism spectrum disorders (ASD) are widely regarded as neurodevelopmental disorders, implying a sharply disharmonious development of the brain and the formation of neural connections [6, 13]. Despite the increase in the incidence of these types of disorders, the awareness of the public and specialists about the problem is extremely low [5, 11].

The diagnosis "ASD" refers to a group of conditions associated with the development of the nervous system and characterized by disorders in three areas: social interaction, communication (use of verbal and non-verbal language), as well as limited and repetitive patterns in behavior, interests and activities [1, 9] ... Symptoms usually begin before the age of three, and these conditions have not been diagnosed until recently in most parts of the world. The increasing recognition of disorders, the emotional impact they have on families and the financial burden associated with treatment and social care, each year make ASD an important disease in terms of science, public health and human rights [4, 5, 12]. Thanks to the methods of therapy available today, it is possible to achieve a higher level of quality of life for such patients, compared with previous years, but it should be recognized that it is impossible to achieve a complete cure in people suffering from these disorders. Most patients, especially in developing countries (with rare exceptions), do not receive any treatment at all, let alone specialized care [7, 14]. The treatment of ASD depends on factors that may negate the very concept of "treatment". The difference in age, the severity of impairments, concomitant diseases, the situation in the family and society, the availability of resources and the economic development of society, the provision of education (or lack thereof), medical and material assistance, the possibilities of protected employment and living without discrimination upon reaching adulthood can be huge [6, 11, 15].

Recent reviews of scientific publications indicate that few of the treatments meet the criteria for evaluating the effectiveness of interventions [8]. However, the quality of the evidence is improving, with a growing number of well-designed studies as well as randomized controlled trials [15]. However, even if the results are positive, most studies still focus on short-term goals and a limited number of outcome criteria. Few attempts are being made to find answers to questions such as: is treatment effective in the long term or does it really improve the quality of life of patients? Such

problems may require very different research strategies such as audits and reviews, systematic problem analysis, and satisfaction assessments. It is also extremely important to accumulate information about the views and beliefs of the people with ASD themselves.

CONCLUSIONS: Neurological symptoms in children with autism depend on age and are characterized by the presence of diffuse microsymptomatology in the form of dissociation of tone, changes in reflexes (slight asymmetry of tendon and periosteal reflexes), low speech production and the presence of a defect in social communication. Recently, micro current reflexotherapy (MTRT) has been used in the treatment of children with ASD. MRI is an effective modern method of treating a wide range of diseases, including lesions of the central nervous system in children, in particular in ASD. MRI improves the functioning of those parts of the brain that are responsible for speech and the desire to make contact. However, there are few and controversial scientific studies evaluating the effectiveness of MTRT prescribing among children with ASD.

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