

The Cause of Endometriosis and Venous Plethora Because of the Open Arteriovenous Anastomoses

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Short Communication

The problem of endometriosis is very urgent. But, unfortunately medicine has not yet established the causes of endometriosis. Over the past few decades, scientists have put forward several theories of the development of this disease, but none of them explains its origin. Modern medicine considers four theories [1].

1. Implantation theory. She claims that endometrial cells enter the abdominal cavity through the fallopian tubes as the pressure inside the uterus increases. The necessary factor is a violation of the immune system and hormonal regulation.

2. The theory of endometrial origin suggests that endometrial cells enter the uterus and other organs through the blood vessels during surgical interventions

3. Embryonic theory. According to her, endometriosis develops from the rudiments, which were formed in utero as a result of improper development of the genitourinary system.

4. Met plastic theory states that under certain conditions, cells of other tissues can be converted into endometrial cells. It is believed that such degeneration can be exposed to cells of lymphatic vessels, kidneys, peritonea, pleura.

Symptoms of endometriosis are very diverse, and there is no plausible pathological mechanism of this disease. The most common syndromes of chronic pain in the pelvic area discomfort in the rectum, not bearing pregnancy, infertility. According to the research [2], endometriosis was detected in 70-71% of women who complain of pelvic pain, 71-76% with dysmenorrhea, 44% with dyspareunia and 15-20% with infertility.

The triggering mechanisms of the disease are defined: stress, malnutrition, general diseases, intrauterine interventions, dysfunction of the endocrine glands, genital infections (viral, Chlamydia, ureaplasmic). Recently, a new idea of the mechanism of pelvic pain and endometriosis appeared [3-7]. This idea has been developing for 6 years already. Its name: The New Theory of cardiovascular diseases. Our group of researchers managed to show that the basis for many diseases, including endometriosis, may

be the same mechanism. This mechanism is associated with the cardiovascular system (CVS). Previously, the CVS researchers for a long time did not pay close attention to the work of Arteriovenous Anastomoses (AVA). AVA is natural shunts that connect arteries and veins. AVA is necessary for heat exchange and adjustment of blood pressure. With the rise of arterial pressure, AVA suddenly opens and the pressure in the arteries decreases, while the blood quickly flows into the veins. The veins are overflowing, the pressure in them rises. When AVA is closed, the pressure in the arteries rises again.

Even earlier it was noticed that high venous pressure almost always leads to diseases. It was mistakenly thought, venous plethora is the result of the insufficiency of the heart muscle. (In this article, we do not consider cases of heart attacks (rupture) and congenital pathologies, this is a separate problem).

In science, "cardiology" it is believed that the blood pressure in the small veins may be increased after the passage of blood through the capillaries and venues, i.e. at the beginning of the venous network. It turns out that a few decades wrongly believed that the pressure in the veins is increased because of certain "obstacles" [4], located downstream from the venues (closer to heart). This leads to a decrease of the pressure difference between arterioles and venues slow down and stop the blood flow in small vessels. It was believed that the "barrier" can be a blood clot, embolism, swelling, enlarged uterus during pregnancy, harness, etc.

The New Theory suggests that the real obstacle is not a "clot". Blood pressure is obstacle, which extending through the open AVA [5] in certain veins. Because of the force of Earth gravity, blood is most rushes to the small veins of the lower limbs and pelvis. So, as a result of the consideration of the causes of venous plethora, it turns out the real "obstacle", namely, blood pressure, penetrating into the vein through the large AVA. Venous blood trapped in the veins acts as a "hydraulic lock": it slows or stops the blood flow through the capillaries in the blocked organs or its parts. This is a completely new interpretation of the increase systemic venous pressure [6].

According to the New Theory, the sequence of events is as follows: primarily, an increase in venous pressure in large veins

and the onset of venous plethora, then - micro thrombi, tumors, necrosis, systemic inflammation. Official medicine for a long time takes it differently: primarily large tumors and clots, then venous plethora in veins. This gross error delayed for many decades the discovery of the real causes of many diseases. Results: the science "Cardiology" today is forced to state that almost all CVD with unknown and different mechanisms.

The few more revelations. Increasing venous pressure and distension of the vein walls also occurs downstream, namely in the vena cava and right atrium. This leads at least to arrhythmia and tachycardia due to mechanical pulses impact on the myocardium [3].

It is known that the swelling and varicose veins begin their pathological attack usually from pelvic organs and the lower extremities. In blood stagnation zone there are microthrombi. With lived years, it is in the pelvic organs that women begin to have big problems: endometriosis, infertility, hemorrhoids, pelvic pains and others. In men, problems are similar, but with its own characteristics: inflammation, arthritis, prostatitis, hemorrhoids, impotence. Prolonged engorgement leads to thrombosis, trophic ulcers and other pathologies, up to cancer, for example, often colon cancer, uterine cancer, prostate cancer and others. Preventive measures against the increase in venous pressure are the human daily physical activity, healthy lifestyle, optimistic spirit of the nervous system, nutrition, gymnastics and massages. Very promising look some exercises yoga, some of the elements of Qigong [8].

There is an indirect confirmation of errors in cardiology: for 117 years cardiologists have not received a single Nobel Prize. In conclusion it must be said that, apparently, New Theory it creating a new stage of the development of cardiology. Mistakes have led to stagnation of medicine; they should at least be discussed. But, nobody of the leadership wants, they consider: better to keep silent about it [9]. Readers may ask whether there is any correspondence between the New Theory and the concomitant factors of endometriosis: stress, malnutrition, certain common diseases, dysfunction of the endocrine glands, genital infection. After all, there must be a connection between clinic and theory.

In my opinion, the connection is iron. I shall state briefly. Anastomoses AVA opens when the blood pressure rises, but blood pressure rises due to physical or psychological stress, due to malnutrition or overeating, because of alcoholism, because of a sedentary lifestyle. Abnormally functioning AVA can lead to

various diseases: heart failure, renal failure, metabolic syndrome, atherosclerosis, systemic inflammation [6] and others. But systemic inflammation can be accompanied by dysfunction of the endocrine glands and infection of the pelvic organs in both women and men.

Conclusion

Let's return to the beginning of the article. Which of the four listed theories is more plausible? I think the fourth one, but supplemented by a superstructure in the form of the proposed theory and mechanism. "Certain conditions", but in fact the unknown conditions mentioned in the 4th theory are a blockage of microcirculation between arterioles, cells and venues, plus blockage of lymphatic vessels. The result is necrosis of micro tissue and the development of various pathologies, including endometriosis.

So, some provisions in cardiology, in treatment methods, in medicines should be reviewed again. If many human diseases are caused by open Arteriovenous AVA Anastomoses, then AVA should be "treated". The main thing at today stage is to lead a healthy lifestyle. Thus, possible, we can say that a new page opens in medicine. But, if to judge strictly, for today the New Theory is only a New Hypothesis. It is not widely accepted.

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