

## Complementary medicine technologies to improve sexual performance men

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### SUMMARY

A distinct decrease in the level of sexual activity, revealed in more than a third of conditionally healthy men, indicates the need to restore this function. Proceeding from this, the topic of this study was the analysis of the prospects for the use of "soft" technologies of complementary medicine - homeopathy and herbal medicine - for a similar purpose.

The results of the work confirmed that the effectiveness of the specific drugs used is generally comparable, exceeding the placebo option. The observed low efficiency (within 50%) of the means used, in contrast to cases of already developed pathology, is explained by the generally intact genital area of the subjects. This fact, in turn, confirms the regulatory influence of phyto and homeopathy techniques.

Key words: sexual activity, complementary medicine, homeopathy, herbal medicine.

### Introduction

Modern research confirms that in the country, about a third of relatively healthy men are distinguished by a distinct decrease in the level of sexual activity [1]. In addition, about 60% of men of reproductive age are characterized by the presence of more than two risk factors affecting the sexual sphere [2], constituting a "risk group" in terms of escalating sexual pathology. This situation leads to the alarming conclusion that "in the conditions of the demographic crisis, the problem of protecting men's health goes beyond the scope of health care and is closely related to the state of national security" [3].

Based on this, the problem of restoring sexual activity in this category of men is of particular importance. However, the habitual use for this purpose of "classical" drugs, which are generally aggressive and often accompanied by undesirable effects, cannot be considered a promising direction.

This situation leads to an increase in interest in "mild" variants of medicinal action and, in particular, in clinical homeopathy and herbal medicine. Earlier, as a result of the use of homeo- or phytomedicines in an already developed pathology - erectile dysfunction, their effectiveness was confirmed in 60-65% of cases [4]. On the other hand, information about the possibility of using drugs of this class for prophylactic purposes,

that is, in men of the "risk group", the available literature was not found, which determined the design of this study.

Material (contingent), methods of examination and treatment

Initially, there were 223 apparently healthy men aged 25 to 35 years (average age - 31 years) who did not present significant somatic complaints. Taking into account the existing recommendations [5], the group assessed (in the range from 0 to 4 points) sexual enterprise, mood before intercourse, the degree of tension of the penis and the duration of intercourse. As a result of the analysis, a "risk group" of 80 men (36% of all subjects) was identified, characterized by a significant decrease in the level of sexual activity.

During the subsequent examination of these persons, the level of the sexual constitution was assessed [6], correlating it with the indicators of the state of the pituitary-gonadal system - by determining the content of gonadotropic hormones, testosterone and estradiol in the blood serum. The psychopathological examination was carried out using the questionnaire methods of "multilateral personality research" and "well-being - activity - mood".

Electrophysiological techniques that assess the preservation of the neurovascular apparatus of the genital area were presented by analysis of the parameters of the M-response of the bulbous-cavernous muscle (Sapphire apparatus, Medelec, Great Britain) and Doppler assessment of hemodynamics in the penile arteries (Versaton apparatus, USA).

In order to restore the level of sexual activity, the subjects were divided into 4 comparable treatment groups, each of 20 persons. At the same time, in the first two groups, domestic complex homeopathic remedies were used: in the first - "Adam" (LLC "Homeopathic Pharmacy"), in the second - "Erektin" ("Alkoy"). Persons of the 3rd group were prescribed a complex phytotherapeutic drug "Verona" (Pakistan). These funds, in addition to other sexological effects, are characterized by a stimulating effect similar to the action of aphrodisiacs. The comparison group used a placebo that mimics the active drug principle. The duration of exposure in all groups was 6 weeks.

Evaluation of the effectiveness of the applied approaches was carried out upon completion of the impact, with computer-statistical analysis (Student's T test) of changes in clinical and additional characteristics. At the same time, "significant improvement" meant positive dynamics of both subjective and objective characteristics, "improvement" - only subjective ones.

#### results

In the course of a sexological examination, it was found that the assessed indicators (sexual enterprise, penis tension, etc.) in 80 men of the "risk group" varied within the range of 2.1–2.4 points (Table 1) - with an optimum of 4 points. At the same time, revealed in 42 (52.5%) men a weakening of the sexual

constitution correlated with the inversion ( $p < 0.05$ ) of the ratio of testosterone and pituitary tropic hormones in the blood serum.

Table 1

Average parameters of sexual activity of the surveyed men

Параметры	Уровень (в баллах)
Половая предприимчивость	2,4
Настроение перед сношением	2,1*
Напряжение полового члена	2,3
Длительность сношения	2,2

Note: \* - reliability of changes in relation to the optimum in 4 points.

In addition, in 48 (60%) individuals, asthenoneurotic manifestations of varying severity were observed, confirmed during psychological testing, often combined with "erased" signs of prostatitis or lumbosacral dorsopathy.

On the other hand, according to the data of stimulation electromyography and Doppler sonography, all examined men showed the safety of the neurovascular supply of the segmental apparatus of the genital area.

The established interweaving of pathological influences on the sexual sphere confirmed the need for restorative measures. In this regard, in the next phase of the study, a comparative assessment of the specific efficacy of a number of homeo- and phytotherapeutic drugs approved for medical use was carried out. It should be emphasized that, taking into account the peculiarities of the sexological situation, which is on the verge of "norm" and pathology, it was difficult to expect the reliability of changes on the part of the evaluated indicators.

Nevertheless, as a result of the impact in the three main groups, recovery of sexual activity was noted in general in a comparable number of men - 45-50%, with a slightly higher frequency of "significant improvement" in the case of taking the drug "Adam" (Table 2). Accordingly, the position "without effect" was 50-55% in the groups, while "worsening of the condition" was not observed. The indicators of sexual activity themselves increased by an average of 1.2-1.4 times in relation to the initial level (Table 3).

table 2

The effectiveness of the impact in the compared groups

Группы (число наблюдений)	Сдвиги в сексуальной сфере					
	Значительное улучшение		Улучшение		Без эффекта	
	Абс.	%	Абс.	%	Абс.	%
1-я (20)	5	25	5	25	10	50
2-я (20)	4	20	5	25	11	55
3-я (20)	5	25	5	25	10	50
Сравнения (20)	1	10	4	20	14	70

Also, an improvement in the hormonal profile was observed (for a number of positions - significant,  $p < 0.05$ ), again with the advantage of the drug "Adam".

Table 3

Dynamics of the average characteristics of sexual activity in the main groups

Параметры	Группы					
	1-я		2-я		3-я	
	А	Б	А	Б	А	Б
Половая предприимчивость	2,3	3,1*	2,3	2,8	2,4	2,8
Настроение перед сношением	2,2	2,9	2,2	2,8	2,1	2,8
Напряжение полового члена	2,3	2,8	2,3	2,8	2,2	2,7
Длительность сношения	2,2	2,7	2,1	2,6	2,2	2,6

Note: A, B - the level of the assessed parameters (in points) initially and by completion of the impact; \* - reliability of changes ( $p < 0.05$ ).

It is important that positive changes in all groups were observed mainly in persons with a strong or moderate sexual constitution, i.e., due to the use of functional reserves. On the other hand, in half of the men, psychopathological tendencies persisted with improvement, confirming their stability.

In the comparison group, an improvement in sexual function was noted in 30% of men, with a slight increase in indicators of sexual activity, i.e., without going beyond the standard effectiveness of placebo. There were also no clear ( $p > 0.05$ ) changes in the activity of the pituitary-gonadal system or in the mental state of patients. In addition, none of the groups showed (which is understandable) significant positive dynamics in terms of uro- or vertebral neurological manifestations.

After half a year after the recovery impact, an analysis of the sustainability of the achieved positive results was carried out. At the same time, according to the survey, a satisfactory level of sexual activity in the main groups remained in 30-35% of men, while in the comparison group - in 15%.

#### Discussion and conclusions

The study is devoted to an important problem of modern medicine - the restoration of the level of sexual activity in men of an extensive "risk group". In the course of the work, it was confirmed that homeo- and phytotherapeutic effects provide a beneficial effect that exceeds the characteristics of placebo stimulation.

At the same time, the relatively low efficiency of the means used (within 50%) can be explained by the generally preserved sexual sphere in the examined persons, while in conditions of a distinct pathology, the effectiveness of such an effect increases to 65% [4].

The established fact, on the one hand, testifies in favor of the regulatory influence of phyto- or homeopathic effects, due to the inclusion of functional reserves, and, on the other hand, confirms the advisability of additional use of other technologies, in particular, reflex ones.

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