

## Optimization of technologies for the restoration of men's sexual health

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A modern analysis of the health status of men in the country confirms that more than a third of conventionally healthy individuals show a distinct decrease in the parameters of sexual activity (GD Bilich, 2008, etc.). It has also been shown that up to 60% of men of reproductive age differ in several risk factors affecting the sexual sphere at once (S.L. Guseva et al., 2008). However, despite these disturbing facts, the question of restoring the sexual health of this category of men is clearly insufficiently disclosed.

According to their own data (L.G. Agasarov, A.N. Razumov, 2006), the use of physiological technologies, including complementary medicine, is promising in this regard. Among such methods, homeopathy stands out, characterized by long-term and "mild" therapeutic effect. In addition, taking into account the mechanisms of the realization of sexual functions, it is advisable to supplement homeopathy with a certain type of physical influence, in particular, acupressure.

The dissertation research carried out in our department has confirmed the effectiveness of this approach. The proposed technology, combining homeopathic and reflex effects (A.A. Nikitin, L.G. Agasarov, 2008), ensured the achievement of a pronounced and stable sexological effect, surpassing the characteristics of the compared groups. Moreover, the dynamics of clinical characteristics was confirmed

favorable changes in objective (psychological, biochemical, electrophysiological) indicators.

Nevertheless, the question of the adequacy of the choice of a specific homeopathic drug for a given purpose remains open, requiring the use of sensitive methods of selecting a drug. Such methods include the autonomic resonance test (ART), which ensures optimal selection and control of the drug's action. In addition, using the meridian complex homeopathic remedies, it is possible to isolate the affected links of the meridian system, which makes it possible to draw up a so-called acupuncture recipe.

Thus, the value of this method for the tasks of sexology lies in the optimal selection of the medication, in contrast to the situations of empirical prescription of certain drugs. Based on this, the proposed approach is included in a promising program of our own research.

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