

Possibilities of using traditional medicine methods in the reproductive health rehabilitation of married couples

B.F. Teregulov

(State Budgetary Educational Institution of Higher Professional Education "Bashkir State Medical University of the Ministry of Health of the Russian Federation",

LLC "Ecological Clinic of Traditional Medicine", Ufa, Russia)

According to WHO, reproductive health is the state of complete physical, mental and social well-being in all matters related to the reproductive system, its functions and processes, including reproduction. The results of modern life arrangement, the increasing influence of unfavorable environmental factors on all living things is reflected in the fertility - reproductiveness of the person himself, i.e. on his fertility. Among these factors, as many authors point out, a significant role is played by the effect of chemical factors classified by their structure as "xenoestrogens", sexual behavior disorder, tobacco and alcohol abuse, deficiency or excess of micro and macro elements, persistence of intracellular infection, etc. Fertility is based on physiological indicators that determine the fertile and sterile phases of a married couple, in this connection, knowledge of reproductive physiology is a necessity for a doctor. It should be noted that this knowledge, including the basic physiology of reproduction, is not taught to students at a medical university, and then to a doctor at the postgraduate stage.

7 married couples of fertile age were under our supervision for 2 years. The terms of cohabitation ranged from 2 to 8 years. During this period, despite the lack of contraception, the desired pregnancy did not occur. A married couple is considered infertile if, within a year of sexual activity without contraception, pregnancy does not occur. The spouses were repeatedly examined in specialized medical institutions, including urologists-andrologists, gynecologists, endocrinologists. In the anamnesis: 2 men had mumps, orchitis, 1 had varicocele and azoospermia, the rest, according to the words, several years ago were found to have sexually transmitted infections (STIs). In women, only one had a history of salpingo-oophoritis. The treatment carried out with the use of pharmacological agents did not give results.

We carried out examination and treatment according to the algorithms we developed. Diagnostics was carried out using the ART method, NLS-analysis with the determination of electromagnetic, geopathogenic, toxic and infectious-parasitic burden.

Loads by physical factors, in particular electromagnetic, were detected in 100% of cases, geopathogenic - in 40% of cases. It should be noted that the simultaneous burden of both spouses was found in 3 couples. STIs were diagnosed in 5 couples, with a predominance of persistence of ureaplasma and chlamydia. It should be emphasized that toxoplasmosis was simultaneously determined in 3 women.

Our methodology for preparing married couples for a planned pregnancy, as a rule, included the following recommendations and therapeutic measures:

- individual selection of nutrition, taking into account gender characteristics, enrichment of the diet with the most deficient micro and macro elements (selection by testing method and by blood group). It is recommended to abandon animal fats (due to the content of fat-soluble hormones in them): meat (contains steroids and gonadotropin), milk (contains hormones and purine). For women, to replace proteins, important plastic materials, it is recommended to use fish, soybeans and peas, for men - eggs, soybeans, pumpkin seeds and nuts;
- lymphatic drainage and detoxification, with the use of drugs from "Heel", etc .;

- antiparasitic resonance frequency therapy (E and F programs of exogenous BRT);
- antihomotoxic therapy (drugs from "Heel"). The basic regimens for the treatment of hypofertility were carried out in accordance with the recommendations of A. Sacristan Rubio et al., Protocol for antihomotoxic therapy of infertility (2005).

Treatment protocols for hypofertility provide a differentiated approach separately for men and women, taking into account the menstrual cycle in the latter.

After complex treatment, within a year, 4 married couples had a long-awaited pregnancy, and 1 couple - within 1.5 years. The remaining 2 couples continue to receive treatment.

Thus, the methods of traditional medicine, such as: electropunctural diagnostics, bioresonance therapy, homeopathic remedies, selection of nutrition, against the background of detoxification and lymphatic drainage, can be effectively used in the recovery and rehabilitation of the fertility of married couples.

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