# Experience of using methods of complementary medicine in the correction of reproductive disorders in men - workers in harmful professions B.F. Teregulov, Z.S. Teregulova

## (Federal State Budgetary Educational Institution of Higher Education Bashkir State Medical University of the Ministry of Health of the Russian Federation, Consultative Methodological Center "Endoecological Medicine", Ufa, Russia)

Recently, all over the world and in our country, in particular, there has been a decrease in male fertility. The prevalence of infertility, i.e. infertility is 15-16% of couples of reproductive age, while the male factor is 50%.

Over the past 40-50 years, according to WHO experts, the causes of infertility are a decrease in the number of sperm viability by 50%, the detection of various toxic substances, industrial products, and environmental pollutants in the semen.

Interest in chemicals (environmental factors and industrial pollutants), potentially capable of affecting male reproductive function, increased sharply after the publication in 1977 of data on impaired spermatogenesis in pesticide production workers.

In recent years, the attention of reproductive specialists has been attracted by the influence of elements with proven reprotoxicity (chromium, lead, mercury, copper, etc.), to which a large number of people are exposed both in production conditions and in conditions of environmental pollution.

Objective of the study: to evaluate the effectiveness of bioresonance and antihomotoxic therapy incorrection of reproductive dysfunction in workers engaged in underground mining of non-ferrous metal ores.

# Material and methods

The study was carried out at one of the largest mining enterprises in Russia - OJSC Uchalinsky GOK. There were 19 miners of reproductive age (from 30 to 50 years old) with work experience in underground conditions from 9 to 18 years under supervision. Workers in production are exposed to vibroacoustic factors, aerosols of toxic metals (Cr, Mn, Cu, Zn, Hg, etc.) contained in the ore. Working in underground conditions excludes solar insolation.

The control group consisted of 13 men of comparable age - residents of rural areas. Exogenous bioresonance therapy using the MINI-EXPERT-DT apparatus (IMEDIS Center) and antihomotoxic therapy with Testis compositum, Sabal-gommacord, Populus compositum were used to correct the changes in the reproductive sphere in workers, which were clarified during questionnaires and urological examination. (firm "HEEL").

#### results

According to the survey and targeted urological examination of miners, it was found that every fifth surveyed had erectile dysfunction - 18.7%, decreased libido - in 13.7%. At the same time, 60% of the surveyed noted a decrease in the number of sexual acts during the period of work in underground conditions. Infertility, i.e. the absence of pregnancy in wives without the use of contraception for more than a year was established in 7% of the surveyed.

Structural and morphological changes in the prostate gland according to transrectal ultrasound (TRUS) were verified as chronic prostatitis in 40% of cases, benign hyperplasia (BPH) - in 33%. In the control group, the frequency of these changes was 19 and 13%, respectively.

It was of interest to compare the obtained changes in health with the level of accumulation of certain toxic elements in the hair of the examined subjects. The content of individual elements in the hair of the examined are presented in table. 1. Upon individual analysis, it was found that in persons with disorders of the reproductive system, chromium and zinc were most often found in the biosubstrate. Despite the fact that these elements are essential in small doses, their accumulation in the body of miners, which is several times higher than the data of persons in the control group, makes it possible to qualify them as one of the important factors influencing the functions under study.

Table 1

The content of individual elements in the hair of the surveyed miners

The elements	Cr	Mn	Cu	Zn	Hg
UchGOK workers	4.63	32.8	45.6	277.7	0.00044
Control group	0.97	1,2	22.4	152.1	0.00003

The treatment was carried out for one month on the apparatus "MINI-EXPERT-DT" with the use of exogenous bioresonance therapy, in cycles per course of 5-6 sessions. The HEEL drugs - testis compositum, sabal-gommacord, populus compositum, were prescribed for 2-3 months according to the manufacturer's protocols for the treatment of hypofertility in men.

As a result of treatment, positive dynamics in erectile dysfunction within 3 months was observed in 8 (40.1%) workers, mostly young, with short work experience. It should be noted that the majority of workers - 17 (89.5%) achieved a decrease in the symptoms of chronic prostatitis and BPH in terms of clinical indicators.

### Output

Complex application complementary methods - bioresonance therapy and antihomotoxic drugs - in the correction of disorders in the reproductive system in miners showed a high efficiency of these methods to improve clinical manifestations of the prostate gland and less efficiency in the correction of erectile dysfunction.

# Literature

1. Industrial hazards and reproductive function. Brief Notes // Chronicle of WHO. - 2006. - Vol. 40, no. 4. - pp. 731-733.

2. Samokhin A.V., Gotovsky Yu.V. Practical electropuncture. 4th ed., Rev. and add. - M .: IMEDIS, 2006 --- 880 p.

3. Smith A., Lishide D. Detoxification and drainage in the treatment of chronic diseases // Biological medicine. - T.22. - No. 2. Pp. 12-19.

Teregulov, B.F. Experience of using methods of complementary medicine in the correction of reproductive disorders in menworkers in harmful professions / B.F. Teregulov, Z.S. Teregulova // XXIII International Conference "Theoretical and Clinical Aspects of the Application of Bioresonance and Multiresonance Therapy". - M .: IMEDIS, 2017 .-- P.83-85.

<u>To favorites</u>