

## Homeopathy and dynamic electrical stimulation in the restoration of genital health of men

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### SUMMARY

The deterioration in the quality of sexual life, detected in a third of practically healthy men, determines the need for appropriate corrective measures. The subject of this study was the analysis of the use for a similar purpose of a complex of homeopathy and dynamic electroneurostimulation. The results of the work confirmed that the proposed technology is superior in efficiency (dynamics of subjective and objective characteristics) to the compared treatment options - actually homeopathic treatment or dynamic electroneurostimulation against the background of placebo therapy.

Key words: sexual activity, homeopathy, dynamic electrical stimulation.

### Introduction

A detailed analysis confirms that in our country one third of practically healthy men is distinguished by a pronounced decrease in the level of sexual activity [1]. This phenomenon is rightfully referred to as risk factors that facilitate the formation of sexual pathology [2]. In turn, the established fact testifies in favor of the need to carry out special recovery measures in this group. Here, physiological technologies and, in particular, methods of traditional (more broadly, complementary) medicine should be referred to as priorities. Among these approaches, clinical homeopathy stands out, characterized by a mild and lasting therapeutic effect. In addition, given the peculiarities of the functioning of the reproductive apparatus, it seems appropriate to supplement homeopathy with one or another type of physical influence.

Earlier, as part of the program for the restoration of men's health, we have demonstrated the effectiveness of a complex of homeopathy and acupressure [2]. However, another reflex technique, dynamic electrical stimulation (DENS), which is successfully used in urological practice [3], may also be effective in this regard. The lack of information in the available literature on the possibility of combined use of homeopathy and DENS for a given purpose determined the tasks and design of this work.

### Materials and methods

Initially, 210 men from 24 to 35 years old (average age - 29.5 years) were under observation, who did not present significant somatic complaints. V

As a result of assessing their sexual activity, a risk group of 73 persons (34% of all subjects) was identified, characterized by a pronounced decrease in the analyzed indicators. In particular, the level of sexual enterprise, penis tension, and duration of the act were reduced by 30–50% in relation to the optimum [4]. The ratio of the indicators of this group and the rest of the surveyed is presented in table. 1.

Table 1

Average parameters of sexual activity of the surveyed men

| Параметры                  | Уровень (в баллах)    |                            |
|----------------------------|-----------------------|----------------------------|
|                            | Группа риска (n = 73) | Группа сравнения (n = 137) |
| Половая предприимчивость   | 2,0 ± 0,32*           | 3,3 ± 0,41                 |
| Настроение перед сношением | 2,2 ± 0,25*           | 3,2 ± 0,30                 |
| Напряжение полового члена  | 2,3 ± 0,51            | 2,8 ± 0,62                 |
| Длительность сношения      | 2,4 ± 0,61            | 3,0 ± 0,55                 |

*Примечание:* в скобках – число наблюдений; \* – достоверность различий по группам ( $p < 0,05$ ).

Of these 73 men, 60 were recruited for further examination. In this case, a scale for assessing the sexual constitution was used, correlating it with the activity of the pituitary-gonadal system. In the latter case, the blood levels of testosterone, estradiol and pituitary gonadotropic hormones were determined. In the course of the psychological examination, we used tests of multilateral personality research (MIL) and well-being-activity-mood (SAN). Electrophysiological techniques were presented by electroneuromyography (Sapphire, Medelec) and Doppler assessment of hemodynamics in the hypogastric (SAL50A, TOSHIBA) and penile arteries (Versaton, USA).

In order to restore sexual activity, the subjects were divided into three groups, each of 20 persons. In the 1st group, the basis was the daily intake of the homeopathic remedy "Adam" ("Homeopathic Pharmacy", Russia). This choice was explained by its previously established therapeutic superiority over similar agents [5]. In the 2nd group, DENS (DiaDENS-PKM device) was performed against a placebo background - using a product that imitates a homeopathic preparation. Electrical stimulation of the points of the lumbosacral and suprapubic region (a total of 20 procedures, every other day) was carried out according to a stable-labile technique for 30 minutes. In the 3rd group, the intake of a homeopathic preparation and DENS was combined. The duration of the corrective effect in all groups was 40 days. Evaluation of performance was carried out in dynamics, using parametric and nonparametric methods of statistics. At the same time, "significant improvement" meant positive dynamics of both subjective and objective characteristics, "improvement" - only subjective ones.

### results

According to the data of the first stage of the study, in 39 out of 60 men (in 65% of cases) a weakening of the sexual constitution was found, correlating with the inversion ( $p < 0.05$ ) of testosterone and follicle-stimulating hormone (FSH) levels of the pituitary gland in the blood. In addition, 53% of men showed signs of asthenoneurotization, confirmed by the deterioration ( $p < 0.05$ ) of the characteristics of the psychological tests MIL and SAN.

The trend ( $p > 0.05$ ) to a decrease in volumetric blood flow (on average by 15%) in the basin of the hypogastric arteries was also typical for this group, while it was preserved in the penile vessels. This phenomenon was considered mainly as a reflex reaction (to mild urological influences), indirectly reducing the strength of erection. On the other hand, according to electromyography data, the preservation of the neuromuscular structures of the reproductive apparatus was confirmed in all the subjects. The revealed interweaving of pathological constitutional and external factors determined the need for appropriate correction.

As a result, in the 1st group, in response to the use of the homeopathic remedy "Adam", an improvement in sexual activity was noted by 45% of men (Table 2), mainly with a strong sexual constitution. The indicators of sexual activity themselves increased by an average of 15–20%. In parallel, there was a tendency ( $p > 0.05$ ) to restore equilibrium between testosterone and FSH levels, confirming the androgenic effect of the drug. On the other hand, more than half of the persons who reported an improvement in sexual performance retained the basic psychopathological tendencies. Also, there were no significant changes in the regional blood flow of the small pelvis in the group.

table 2

The effectiveness of the compared exposure methods

| Группы                                     | Состояние сексуальной сферы   |    |           |    |             |    |
|--|---|----|-----------|----|-------------|----|
|  | Значительное улучшение  |    | Улучшение |    | Без эффекта |    |
|  | Абс.  | %  | Абс.      | %  | Абс.        | %  |
| 1-я (n = 20)                               | 4   | 20 | 5         | 25 | 11          | 55 |
| 2-я (n = 20)                               | 5   | 25 | 5         | 25 | 10          | 50 |
| 3-я (n = 20)                               | 7   | 35 | 6         | 30 | 7           | 35 |
| Различие распределений по критерию Пирсона | $\chi^2_{1,2} = 3,09; p > 0,05$<br>$\chi^2_{1,3} = 12,2; p < 0,01$<br>$\chi^2_{2,3} = 8,36; p < 0,05$ |    |           |    |             |    |

*Примечание:* n – количество наблюдений.

The revealed clinical changes in the 2nd group (DENS versus placebo) were generally similar. An improvement in the condition was noted in 50% of men (Table 2), with an increase in the indicators of sexual activity by an average of 18–20%. However, no distinct changes in activity were found here.

the pituitary-gonadal system or the mental state of the subjects. On the other hand, more favorable ( $p > 0.05$ ), in comparison with the 1st group, were changes in blood flow in the hypogastric arteries - as a consequence of the reflex effect of DENS.

In the 3rd group, as a result of the combined effect, the potentiation of the achieved effects was established. Improvement in the condition was noted by 65% of men (Table 2), with an increase in sexual activity indicators by an average of 25–28%. It is noteworthy that, unlike other groups, positive changes were also observed here in persons with a weakened sexual constitution. In addition, changes in hormonal parameters acquired the character of reliability ( $p < 0.05$ ). In parallel, there was an increase ( $p > 0.05$ ) in the volumetric blood flow in the hypogastric arteries. On the other hand, despite the achieved effect, significant ( $p < 0.05$ ) favorable changes in the psychological profile were noted only in half of these individuals. This feature, which is typical for other groups as well, can be explained by the persistence of traumatic situations that are not of a strictly sexual nature. After half a year, follow-up analysis was performed in the compared groups. At the same time, in the first two groups, the achieved level of sexual activity was maintained in 46% and 50% of men, respectively, while in the third - in 69% (Table 3), confirming the reliability of the technology that combines homeopathy and DENS.

Table 3

| Группы                                     | Суммация показателей «значительного улучшения» и «улучшения» |   |    |    |                 |      |
|--|--|---|----|----|-----------------|------|
|  | N  | После лечения   |    | N  | Через 6 месяцев |      |
|  |  | Абс.  | %  |    | Абс.            | %    |
| 1-я  | 20   | 9   | 45 | 13 | 6               | 46,1 |
| 2-я  | 20   | 10  | 50 | 12 | 6               | 50   |
| 3-я  | 20   | 13  | 65 | 16 | 12              | 68,7 |
| Различие распределений по критерию Пирсона |  | $\chi^2_{1,2} = 5,31; p > 0,05$<br>$\chi^2_{1,3} = 15,0; p < 0,01$<br>$\chi^2_{2,3} = 8,67; p < 0,05$ |    |    |                 |      |

*Примечание:* n – количество наблюдений на 1-м и 2-м этапах исследования.

### Follow-up assessment of the effectiveness of compared technologies

#### Discussion and conclusions

The data obtained in the course of the study indicate the systemic effect of the proposed combined approach on the sexual sphere of men. This conclusion is based on data on the pronounced and stable effect of the complex of homeopathy and DENS on various links of the sexual sphere, surpassing the characteristics of the compared groups. Here, the androgenic stimulating effect of the drug should be highlighted, supplemented by a targeted reflex effect. Moreover, the maximum efficiency of the combined approach in the case of

weakened constitutional characteristics can be explained by the inclusion of a man's own reserve capabilities. In turn, this fact confirms the advisability of wider application of this complex in preventive medicine.

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