

Possibilities of using spectral phototherapy in recovery
male sexual health L.G. Agasarov^{1,2},
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SUMMARY

The deterioration in the quality of sexual life, detected in a third of practically healthy men, indicates the need for corrective measures in this group. One of these is spectral phototherapy (SFT), which is successfully used in various fields of medicine. In this regard, the aim of the study was to analyze the possibility of using this technique in terms of restoring male health. The subjects were divided into three groups, using SFT as a basic technique. In the 1st group, a standard scheme was used in the form of 60-minute stimulation of common and segmental points. In group 2, an express version of the method was performed by stimulating only common points for 20 minutes. A placebo treatment was performed in the comparison group. As a result, in the 1st group 70% of men indicated the restoration of sexual activity, and in the second - 65% of men. In these groups, normalization ($p < 0.05$) of the activity of the pituitary-gonadal system and positive changes in the mental state of the subjects were observed. In the comparison group, an improvement was noted in 30% of men, without clear objective changes. Follow-up analysis also confirmed the superiority of the first two groups. The data obtained indicate a positive and sustainable effect of the SFT method on the sexual sphere of men. It is noteworthy that comparable results were obtained in the course of applying the standard labor-intensive and express-variant of SFT, which confirms the prospects of using the latter in practice. In the comparison group, an improvement was noted in 30% of men, without clear objective changes. Follow-up analysis also confirmed the superiority of the first two groups. The data obtained indicate a positive and sustainable effect of the SFT method on the sexual sphere of men. It is noteworthy that comparable results were obtained in the course of applying the standard labor-intensive and express-variant of SFT, which confirms the prospects of using the latter in practice.

Key words: male sexual health, spectral phototherapy.

Introduction

According to statistical data, a third of somatically healthy men in the Russian Federation are characterized by a distinct decrease in the level of sexual activity [1]. This prognostically unfavorable fact leads to the conclusion that it is necessary to carry out special corrective measures in the selected group of men.

Physiological technologies, which include the methods of traditional medicine, seem to be of priority in this regard. Previously, we have demonstrated an improvement in the sexual activity of men as a result of the use of a number of complexes, including homeopathy [2]. Apparently, spectral phototherapy (SFT), an original method of irritating acupuncture points with sources of a line spectrum of light radiation, can also be effective in terms of interest. It has been shown that this therapeutic method

modulates the course of both reflex and metabolic processes in a variety of already formed pathology [3].

The lack of information in the available literature on the possibility of using SFT and for prophylactic purposes determined the purpose and design of the study, aimed at revealing the sexological effects of the technique.

Materials and methods

The studies were carried out in 2008–2010 in Moscow and the Rostov region, thus reflecting a situation that goes beyond one region.

In the initial phase, the level of sexual activity was determined for 200 men up to 35 years old (average age - 28.5 years), considering themselves as somatically healthy. As a result of the analysis, a group of 69 (34.5%) persons was distinguished, characterized by a pronounced decrease in the analyzed indicators. The ratio of the sexual characteristics of men from the selected group and the rest of the surveyed, whose condition approached the sexological "norm", is presented in table. 1.

60 out of 69 of these men, taking into account consent and a number of other points, were selected for further examination. At the same time, the level of the sexual constitution of men was compared [4] and the state of the pituitary-gonadal system by determining the content of testosterone, estradiol and gonadotropins in the blood. In the course of the psychological examination, the tests "Multilateral personality research" (MIL) and "Well-being - activity - mood" (SAN) were used.

To clarify the preservation of the neurovascular structures of the reproductive apparatus, stimulation electromyography (by analyzing the bulbocavernous reflex, Sapphire, Medelec apparatus) and Doppler hemodynamic assessment in the hypogastric (SAL-50A, TOSHIBA) and penile arteries (Versaton, USA) were performed. In order to restore sexual activity, the subjects were divided into three groups, each of 20 persons. The method of spectral phototherapy performed with the help of special gas-discharge lamps (apparatus "SPEKTO-R", Russia, registration number FS 022a2406 / 2704-06 dated 07.02.06) was used as the basic one. In the 1st group, the standard SFT scheme was used in the form of 60-minute stimulation of the following groups of points: cranial ("nervous system" block), paravertebral ("spine"), and suprapubic zone ("urogenital system"). In the 2nd group, the proposed express-variant of SFT was performed - by 20-minute stimulation of exclusively cranial points, thus affecting the central nervous and humoral structures. In the comparison group, placebo treatment was performed, simulating the standard method of spectral phototherapy. The corrective course in all groups was represented by 15 procedures performed every other day

Table 1

Average parameters of sexual activity of the surveyed men

Параметры	Уровень (в баллах)	
	Выделенная группа (n = 69)	«Норма» (n = 131)
Половая предприимчивость	1,9 ± 0,31*	3,3 ± 0,46
Настроение перед сношением	2,1 ± 0,32*	3,2 ± 0,35
Напряжение полового члена	2,3 ± 0,45	2,8 ± 0,53
Длительность сношения	2,4 ± 0,58	2,9 ± 0,5

Примечание: в скобках – число наблюдений;

* – достоверность различий по группам ($p < 0,05$).

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, and “improvement” meant only subjective ones.

results

During the first stage of work, 34 out of 60 (57%) men were found to have a weakening of the sexual constitution. This genetically determined deficiency correlated with an inversion ($p < 0.05$) of the blood levels of testosterone and follicle-stimulating hormone (FSH) of the pituitary gland. In addition, 55% of men showed signs of astheno-neurotization, confirmed by the deterioration ($p < 0.05$) of the characteristics of the MIL and SAN tests. On the other hand, according to the results of electromyography and Doppler ultrasonography, the preservation of the neuromuscular and vascular formations of the genital area was confirmed in all the subjects. The established interweaving of genetic and external factors indicated the advisability of carrying out sexological correction in this group. As indicated in the previous section, the subjects were divided into three treatment groups. In the 1st group, a standard detailed SFT scheme was performed, while in the 2nd group, an express variant of the method was performed. In the comparison group, placebo treatment was performed.

As a result of the measures carried out in the 1st group, 70% of men indicated an improvement in sexual activity (Table 2), who were distinguished by both a strong and a weakened sexual constitution. At the same time, the estimated indicators of sexual activity in the group increased by an average of 25–35%, which is reflected in table. 3.

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)	6	30	8	40	6	30
2-я (n = 20)	6	30	7	35	7	35
3-я (n = 20)	2	10	4	20	14	70
Различие распределений по критерию Пирсона	$\chi^2_{1,2} = 3,11; p > 0,05;$ $\chi^2_{1,3} = 11,8; p < 0,01$ $\chi^2_{2,3} = 8,31; p < 0,05$					

Примечание: n – количество наблюдений.

Table 3

The dynamics of the average characteristics of sexual activity in the compared groups

Параметры	Группы					
	1-я (n = 20)		2-я (n = 20)		3-я (n = 20)	
	А	Б	А	Б	А	Б
Половая предприимчивость	2,0	2,6*	1,9	2,5*	2,0	2,4
Настроение перед сношением	2,1	2,6	2,1	2,6	2,2	2,7
Напряжение полового члена	2,3	2,9*	2,3	2,8	2,3	2,7
Длительность сношения	2,4	2,8	2,4	2,7	2,5	2,9

Примечание: n – количество наблюдений; А, Б – уровень параметров до и по завершению лечебного курса; * – достоверность изменений ($p < 0,05$).

In the course of objective analysis in this group, an improvement in hormonal characteristics was observed in the form of restoration ($p < 0.05$) of the balance between testosterone and FSH levels, confirming the androgenic effect of the method. Also, according to the dynamics of a number of positions of the MIL and SAN tests, there was a tendency ($p > 0.05$) to normalize the psychological profile of men. The changes in the male genital area revealed in group 2 were generally similar. Improvement in the sexual sphere was noted by 65% of men (Table 2), with the maximum increase in sexual activity indicators by 30% (Table 3). In addition, here, as in the 1st group, normalization ($p < 0.05$) of the activity of the pituitary-gonadal system and mild positive changes in the mental state of the examined persons were observed. In the comparison group, an improvement in sexual functions was noted in 30% of men, which, in principle, corresponds to the placebo effect. At the same time, positive results, with an increase in indicators by 15-30%, were observed exclusively in persons with a strong sexual constitution. In addition, clear (reliable) changes in

the hormonal or mental status of the subjects was not traced.

After half a year, a follow-up analysis was performed in the compared groups. At this stage, it was found that a satisfactory level of sexual function in the two main groups remained in 60 and 50% of cases, respectively, while in the comparison group - in 1 case out of 4 (Table 4).

Table 4

Follow-up assessment of the effectiveness of compared technologies

Группы	Суммация показателей «значительного улучшения» и «улучшения»					
	N	После лечения		N	Через 6 месяцев	
		Абс.	%		Абс.	%
1-я	20	14	70	10	6	60
2-я	20	13	65	10	5	50
3-я	20	6	30	4	1	
Различие распределений по критерию Пирсона		$\chi^2_{1,2} = 5,31; p > 0,05;$ $\chi^2_{1,3} = 15,0; p < 0,01$ $\chi^2_{2,3} = 8,67; p < 0,05$				

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

Discussion and conclusions

The data obtained in the course of the study indicate a positive and sustainable effect of the spectral phototherapy method on the sexual sphere of men. At the same time, the effectiveness of this technology in the case of a weakened constitution of men can be explained by the use of reserve functional capabilities.

It is noteworthy that generally similar positive results were obtained as a result of the use of the standard labor-intensive and the express variant of SFT proposed by us, which confirms the prospects for the application of the latter in practice.

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Agasarov, L.G. Possibilities of using spectral phototherapy in the restoration of male sexual health / L.G. Agasarov, R.A. Gurtskaya, I.A. Mostovoy // Traditional Medicine. - 2010. - No. 2 (21). - S.26-28.

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