

Comparative review of traditional male recovery technologies sexual health

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Traditional medicine in improvement of quality of man's health

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SUMMARY

The study presents the results of the use of traditional technologies in improving the quality of male sexual activity. The effectiveness of reflex-homeopathic complexes and spectral phototherapy has been confirmed, in contrast to the independent use of medicines. These approaches have a unidirectional effect on the sexual sphere of men, however, it varies depending on the chosen technique. The work opens up prospects for creating a comprehensive program of measures aimed at restoring men's health and preventing sexual dysfunctions.

Key words: men's sexual health, traditional medicine, reflexology, homeopathy.

RESUME

In research results of application of traditional technologies in improvement of quality of sexual activity of men are resulted. Efficiency of is reflex-homoeopathic complexes and spectral phototherapy - unlike independent application of medicines is confirmed. These approaches make unidirectional impact on sexual sphere of men, however, varying depending on the chosen technics. Work opens prospects of creation of the complex program of the actions directed on restoration of man's health and preventive maintenance of sexual dysfunctions.

Keywords: sexual health of the men, traditional medicine, reflexotherapy, homoeopathy.

INTRODUCTION

Analysis of the literature leads to disappointing conclusions - in the Russian Federation, a third of practically healthy men show a distinct decrease in the level of sexual activity [1, 11]. In addition, 60% of people of reproductive age have at least two risk factors affecting the genital area [8]. In this case, one should agree with the opinion of Sh.N. Galimov [7] on the issue of men's health protection going beyond the scope of health itself and its transition to the category of national security.

Despite this, most modern research is aimed at developing treatment programs for an already developed sexual pathology. The issues of prevention proper are paid disproportionately less attention. The current situation dictates the need to develop a system of measures aimed at restoring a man's health. Earlier, in the issues of the journal "Traditional Medicine" for 2009–2010, we published the results of using certain technologies of reflexology and homeopathy for this purpose. This message consolidates and complements the presented data, thus forming a holistic picture.

MATERIALS AND METHODS

At the first stage, the level of sexual activity of 790 apparently healthy men from 23 to 35 years old was determined. This study was a representative sample that combined the results of a survey of young men living in the Rostov Region, Krasnodar Territory and Moscow, most likely reflecting the general situation in the country. As a result of the study, a risk group of 284 men (36% of the total contingent) was identified, characterized by a decrease in the level of sexual activity by 30-50% in relation to the optimum. However, it cannot be ruled out that the figures presented, which are based solely on a subjective phenomenon - the respondents' answers, may be underestimated. In turn, 260 out of 284 of these men, taking into account consent and a number of other points, were selected for further analysis. When examining this group, a complex of clinical biochemical, psychological and electrophysiological techniques. As a result, a number of negative aspects were typical for the surveyed group. Thus, the majority (56%) of men showed signs of weakness of the sexual constitution, which is a factor that facilitates the realization of sexual dysfunctions. The genetically determined characteristics corresponded to the level of activity of the pituitary system. In particular, in persons with a weakened sexual constitution, an inversion ($p < 0.05$) of the ratio of testosterone and follicle-stimulating hormone was noted, indicating a violation of the gonad-pituitary feedback. which is a factor facilitating the realization of sexual dysfunctions. The genetically determined characteristics corresponded to the level of activity of the pituitary system. In particular, in persons with a weakened sexual constitution, an inversion ($p < 0.05$) of the ratio of testosterone and follicle-stimulating hormone was noted, indicating a violation of the gonad-pituitary feedback. which is a factor facilitating the realization of sexual dysfunctions. The genetically determined characteristics corresponded to the level of activity of the pituitary system. In particular, in persons with a weakened sexual constitution, an inversion ($p < 0.05$) of the ratio of testosterone and follicle-stimulating hormone was noted, indicating a violation of the gonad-pituitary feedback.

During the assessment of the mental status in 54% of men, various degrees of pathological manifestations were revealed with the dominance of signs of asthenoneurotization, which was confirmed by the results of psychological testing. The development of vegetative reactions observed at the same time makes it possible to draw a conclusion about the formation of a psychovegetative syndrome that is resistant to corrective effects.

When assessing the segmental maintenance of sexual function, the preservation of the neuromuscular structures was confirmed, in favor of which the results of stimulation electroneuromyography testified. However, one third of these individuals had mild signs of prostate pathology and / or dorsopathy at the lumbar level. It has been shown that such shifts have a negative impact on the segmental mechanisms of erection due to the implementation of a number of effects. One of them is the deployment of vasospastic reactions in

the pelvic region - in response to pathological impulses from the tissues of the prostate or spine [3]. Summarizing the presented data, it should be emphasized that in the surveyed men there is an intertwining of humoral, asthenoneurotic and vaso-vegetative influences that cause a deterioration in sexual health. In turn, such a decrease in the sexual function of men determines the need for its restoration.

RESULTS OF THE STUDY

In the clinical phase, an analysis of the effectiveness of a number of technologies was carried out with a clarification of the mechanisms of the sexological effect. In this regard, it should be pointed out that the logic of the preventive direction confirms the advisability of using physiological and accessible methods in this case. Proceeding from this, the interest in the technologies of traditional medicine, which are just different in the specified characteristics, is justified [9]. Within the framework of the given topic, we focused on various schemes for the use of medicinal and physical effects.

The first stage of the study was devoted to assessing the mechanisms and effectiveness of self-administration of specific phyto- and homeopathic preparations. To accomplish the assigned task, the men were divided into 4 groups. At the same time, in the first two groups, the homeopathic remedies "Adam" and "Erekin" were used, and in the third - the phytopreparation "Verona". A placebo was used in the comparison group. The duration of exposure in all groups was 6 weeks.

Coming to this section of the work, we took into account both the peculiarities of the sexological situation, which is on the verge between "norm" and pathology, and information about the moderate effectiveness of drug stimulation [11]. Nevertheless, in the three main groups, recovery of sexual function was noted by a comparable number of men - 45–50%. In the comparison group, an improvement in sexual function was found in 30% of men, i.e. without going beyond the placebo. The indicators of sexual activity themselves increased in the main groups by an average of 15–20%, while in the comparison group - within 10%.

In terms of the interpretation of the results obtained, it is important that in all groups, men with improvement in their condition were distinguished by a strong or moderate sexual constitution. In this case, the realization of the effects should be attributed exclusively to the "inclusion" of the internal, functional reserves of the body.

In the course of an objective analysis, the mosaic nature of the observed changes was noted. In particular, it was only as a result of taking homeopathic medicines that the hormonal profile improved in the form of a tendency ($p > 0.05$) to restore balance between the level of testosterone and follicle-stimulating hormone of the pituitary gland. Thus confirmed, the moderate androgenic effect of homeopathic medicines can be explained by the adequate selection of their components.

The observed changes in the mental status of the surveyed men, who noted the restoration of sexual function, manifested themselves in varying degrees of elimination of signs of astheno-neurotization. However, in 61% of observations, they were

insignificant, which was confirmed by the results of psychological testing. In addition, according to the results of vascular analysis, no reduction in regional vasospastic reactions was observed in any of the groups.

Thus, it was confirmed that the medicinal effect provides a moderate effect on the sexual sphere. The established low effectiveness of the means used (within 50%) can paradoxically be explained by the generally preserved sexual sphere of the subjects, while under pathological conditions the effectiveness of such an effect increases to 65% [10]. This fact confirms the advisability of additional use of physical methods, in particular, reflexology technologies.

Based on this, the next stage of the research was aimed at revealing the mechanisms and capabilities of the complex that combined homeopathy and acupuncture. According to the work format, the men were divided into three groups. At the same time, in the main groups, the massage was carried out against the background of the appointment of homeopathic preparations: in the 1st group - "Adam", in the 2nd - "Erektin". In the comparison group, massage was performed against the background of a homeopathic placebo. The duration of stimulation in all groups, as in the previous section, was 6 weeks.

As a result, men of the two main groups indicated an improvement in sexual performance in 60 and 55% of observations, respectively. In the comparison group, the improvement was traced in 40% of observations, reflecting, thus, the moderate therapeutic potential of the actual acupuncture. Thus, the effectiveness of the reflex-homeopathic complex significantly exceeded the positive changes in the case of self-administration of medications. The established differences corresponded to changes in the characteristics of the subjects' sexual activity. Thus, in the main groups, the assessed positions increased by an average of 30–35%, while in the comparison group - by 20%. At the same time, it is important that positive changes in the main groups were observed in persons not only with a strong or moderate, but also with a weak (in 25% of cases) sexual constitution. Thus, in this case, the effect was ensured by using not only functional reserves, but also other, additional mechanisms. Clinical data were verified by the results of additional examination. At the same time, in the main groups, changes in the activity of the pituitary-gonadal system of men who indicated an improvement in their condition were distinct. In particular, the positive shifts in the ratio of the concentration of testosterone and follicle-stimulating hormone of the pituitary gland acquired a significant ($p < 0.05$) character. The established fact was explained by the androgenic influence of homeopathic remedies, however, supplemented by irritation of acupuncture points [6]. At the same time, in the main groups, changes in the activity of the pituitary-gonadal system of men who indicated an improvement in their condition were distinct. In particular, the positive shifts in the ratio of the concentration of testosterone and follicle-stimulating hormone of the pituitary gland acquired a significant ($p < 0.05$) character. The established fact was explained by the androgenic influence of homeopathic remedies, however, supplemented by irritation of acupuncture points [6]. At the same time, in the main groups, changes in the activity of the pituitary-gonadal system of men who indicated an improvement in their condition were distinct. In particular, the positive shifts in the ratio of the concentration of testosterone and follicle-stimulating hormone of the pituitary gland acquired a significant ($p < 0.05$) character. The established fact was explained by the androgenic influence of homeopathic remedies, however, supplemented by irritation of acupuncture points [6].

However, despite the achieved effect, more than half of the men, both in the main groups and in the comparison group, retained psychopathological abnormalities. Accordingly, this fact was confirmed during psychological testing.

On the other hand, when analyzing the vascular supply of sexual function in all groups, favorable (in the form of a tendency) changes in regional blood circulation were noted. This effect is due solely to

the influence of reflex therapy, due to irritation of special "vascular" points of reflexology.

In the next phase, the mechanisms and effectiveness of the technology combining homeopathy and dynamic electroneurostimulation (DENS) were analyzed. At the same time, focusing on the results of the previous sections, "Adam" was chosen as a homeopathic remedy. The men were divided into 3 groups. In the 1st group, dynamic electroneurostimulation was performed against the background of a homeopathic placebo. In group 2, the drug "Adam" and DENS were prescribed in combination. In the comparison group, another variant of placebo was performed, by imitation of electroneurostimulation. Similar to the previous sections, the duration of exposure in the groups was 6 weeks.

As a result, 50% of men noted an improvement in the 1st group, while in the 2nd group there was a potentiation of the effects - with an increase in the improvement rate to 65%. In the comparison group, 30% of men indicated an increase in sexual function. Differences in the effectiveness of technologies correlated with changes in parameters of sexual activity. In the first two groups, they increased on average by 25-30%, while in the comparison group - by 15%. Moreover, positive changes in the case of combined prescription of homeopathy and DENS were observed in persons not only with a strong or moderate, but also with a weakened sexual constitution.

When analyzing the dynamics of objective characteristics in the 1st group, in fact, the independent use of DENS, and even more so in the comparison group, there were no significant changes in the activity of the pituitary-gonadal system. On the contrary, in the 2nd group, the positive changes acquired a significant character. The established fact was again explained by the potentiation of the effects of the medicinal and physical methods. In addition, as in the previous sections, favorable changes in mental status were observed in only half of the men with an improvement in their condition. Nevertheless, in the 2nd group, they were distinct (reliable), which was confirmed by the data of objective analysis.

During the refinement of the dynamics of regional blood circulation indices in the first two groups, in contrast to the third, favorable changes were noted. We associated the positive changes established here mainly with the therapeutic effects of the physical technique. It should be emphasized that in this regard, DENS also surpassed (unreliable) the "vascular" effect of massage of acupuncture points. In addition, the advantage of electroneurostimulation is the ability to perform the technique in a domestic environment, not only by the man himself, but also by his sexual partner, which carries an additional psychotherapeutic charge.

At the final stage, an analysis of the mechanisms and effectiveness of spectral phototherapy (SFT), combining reflex and microelement effects, was carried out. The men were divided into three groups - two main and one comparison. At the same time, in the 1st group, a standard, laborious SFT scheme was used, while in the 2nd - the express variant of exposure. In the comparison group, placebo was performed, mimicking the standard phototherapy technique. It should be emphasized that, unlike other technologies represented by a 6-week cycle, this type of correction

fit in 3 weeks.

As a result, in the 1st group, 70% of men noted an improvement in sexual activity, and in the 2nd - 65%, i.e. slightly (unreliable) less. It is important that a favorable dynamics of indicators in both groups was observed in persons not only with a strong or moderate, but also with a weakened sexual constitution. Thus, it can be assumed that the technique used facilitates the "activation" of reserve capacities in the case of initial insufficiency of sexual characteristics. In the comparison group, restoration of sexual functions was found in only 30% of cases.

Accordingly, the positions of sexual activity in the first two groups increased by an average of 30%, and in the comparison group - within 20%. In other words, the express method in terms of its effectiveness was slightly inferior to the standard technique of spectral phototherapy.

In the course of an objective analysis in two main groups, there was a significant ($p < 0.05$) and comparable improvement in hormonal parameters in the form of restoring the balance between the level of testosterone and follicle-stimulating hormone of the pituitary gland. Consequently, the realization of a positive androgenic effect was objectively confirmed, which is not inferior to and even surpasses the possibility of combining homeopathic and reflex stimulation. On the contrary, in the comparison group, no significant changes in the hormonal status of the surveyed men were observed.

A similar picture was observed during the psychological examination of men. In particular, positive changes in the main groups were again of a comparable nature and manifested themselves in a higher frequency (62% of observations) than with the use of other technologies. On the contrary, in the comparison group, distinct changes in the mental status of men were observed in only 20% of cases. Both variants of spectral phototherapy were also distinguished by their effectiveness in terms of improving regional blood circulation, which can be associated with the elimination of signs of mild uro- or vertebro-genic pathology.

It is noteworthy that similar positive results were obtained as a result of using both the standard labor-intensive and the express-variant of phototherapy that we proposed. However, it should be pointed out that the wide application of the approach in practice may be limited by the relatively high cost of treatment lamps.

In general, the results of the clinical phase indicate a systemic effect of drug-reflex complexes and spectral phototherapy on the state of the sexual sphere of men. Here it is also necessary to highlight the possibilities of differentiated application of the proposed technologies. Follow-up analysis, carried out six months after the completion of the correction, confirmed the preservation of the main trends noted at the previous stage. In particular, in this phase, insufficient stability of the effects was established in the case of independent use of phyto- or homeopathic preparations, not exceeding 35-40%.

The established fact is another confirmation of the need to supplement drug stimulation with one or another type of physical

impact. This was demonstrated during the assessment of the reliability of reflex-homeopathic complexes. In particular, in response to the combined use of acupressure and homeopathy, the achieved level of sexual activity was retained on average by 60% of men. It was found that only an integrated approach ensured the preservation of favorable changes both in the state of the pituitary-gonadal system and in mental status. The advantages of the proposed approach, in addition to other effects, should also include the stability (moderate) of the vascular effect.

Generally similar results were provided by another complex that combined homeopathy and dynamic electroneurostimulation. In response to this influence, the maximum retention of results was noted, reaching 63% of observations. Similar indicators in the compared groups, including DENS against the background of homeopathic placebo, were inferior to the presented figure and were equal to 55% and 33%, respectively.

The results of an objective examination confirmed the therapeutic reliability of the complex used. As well as after the completion of the correction, only this group showed satisfactory characteristics of the hormonal and mental background. Favorable changes in the vascular background were relatively stable only in the groups using DENS. Moreover, both schemes of using dynamic electroneurostimulation surpassed (unreliable, $p > 0.05$) the corresponding capabilities of the complex of acupressure and homeopathy.

Follow-up analysis has also demonstrated the therapeutic reliability of both options for spectral phototherapy - the extended and rapid options. In particular, a satisfactory level of sexual activity in men of these groups remained in 60% of cases and 50 observations, respectively, while in the comparison group imitating SFT - only in 25% of cases. The clinical characteristics were supplemented by physical examination results. A satisfactory level of activity of the pituitary-gonadal system was noted only in the main groups. In addition, the men of the main groups showed a favorable location of the scales of the psychological profile. The vascular effect was also persistent only in these groups.

CONCLUSION

The results of the study indicate the effectiveness of the proposed complexes and spectral phototherapy, in contrast to the independent use of drugs. The approaches considered above have a generally unidirectional effect on the sexual sphere of men at risk, however, it varies depending on the approach chosen. So, in the case of the vaso-reflex link of the process, the combination of homeopathy and electroneurostimulation is more effective. A similar positive characteristic, with the elimination of most of the existing shifts, is inherent in spectral phototherapy.

In turn, the work performed opens up prospects for creating a comprehensive program of measures aimed at restoring male

sexual health and primary prevention of sexual dysfunctions.

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