

Some medicinal plants of traditional and folk medicine for
overcoming impotence. Examples of their effective application

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impotence. Some examples of their effective use

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SUMMARY

The article presents medicinal plants used in traditional and folk medicine to restore and maintain male potency. The basis of their effectiveness is the biological laws that determine the interest of plants in the health and reproduction of their distributors. One of the methods of traditional medicine is the combination of medicinal plants to create multi-component, personalized, rather than standard compositions. The assimilation of the experience of traditional medicine is facilitated by the theory of the state of non-specifically increased body resistance, created by the great Russian pharmacologist Nikolai Vasilyevich Lazarev. One of the manifestations of this condition is an increase in the reproductive capacity of a person. The introduction of the millennia-old experience of traditional medicine into practice can become one of the ways to overcome the demographic crisis in Russia. Several illustrative examples of the effectiveness of medicinal plants in stopping reproductive dysfunctions in men, prescriptions for polycomponent preparations are given in the article.

Key words: herbal medicine, traditional and folk medicine,
impotence.

RESUME

Remedial plants which are used in traditional and folk medicine for restoration and maintaining male potency are listed. Biological rules postulating interest of plant in health and reproduction of human beings spreading them are the basis for their efficiency. Individual creation of multicomponent combinations of remedial plants is one of the methods of traditional medicine. The theory of state of nonspecific raised resistance created by great Russian pharmacologist NV Lazarev facilitates assimilation of traditional medicine experience. One of manifestations of this state is increased reproductive ability of human. Introduction of long-term experience of traditional medicine in medical practice can be one of the ways to overcome the demographic crisis in Russia.

Keywords: phytotherapy, traditional and folk medicines, impotence.

INTRODUCTION

The sharp decline in the birth rate in Russia, affecting primarily the Caucasoid race, but also the Ugro-Finns (Vepsians, Karelians, Izhora, Ingrians), small nationalities, the peoples of the Far North, leads to the uninhabited vast areas, the disappearance of villages, the rural population, peasants as such. In the absence or sharp decrease in the childbearing population in the villages among the urban population, 1 man in his life has no more than 1.4 children born, although for simple reproduction of the population, and not its growth, this figure should be equal to 2.15. In the review "Infertile marriage" (it is unprecedentedly high in Russia - 17.5% - and does not tend to decrease), reproductive specialists noted the relevance of work in the direction of increasing the birth rate: "Preservation and restoration reproductive health of the population are the most important medical task of national importance, the successful solution of which determines the possibility of reproduction of the species and the preservation of the gene pool" [6]. In this regard, it is logical to turn to the verified phytotherapeutic methods of traditional medicine to preserve and increase the potency of men. However, in family planning centers, as well as sexologists, andrologists, endocrinologists, and neurologists, in fact, there are no elements of herbal medicine that seem to be mandatory for doctors of all specialties.

The purpose of this paper is to briefly list the numerous medicinal plants used in traditional and folk medicine to overcome reproductive disorders in men, confirmation of the high efficiency of herbal medicine by clinical examples.

MEDICINAL PLANTS AND THE RESULTS OF THEIR APPLICATION

In addition to age-related, as a rule, premature extinction, venereal, severe somatic diseases, injuries, latent infections, the so-called environmental, social factors play a leading role in reducing the reproductive abilities of men. It is impossible to eliminate them by any medical, including phytotherapeutic methods. There are no pills for social ills. However, the mitigation of social pressure, the restoration of reproductive functions in relatively young men are within the competence of herbal medicine. For brevity, specific, Latin names of well-known plants are omitted.

WHO considers the assimilation of the methods and arsenal of traditional medicine to be one of the priority areas of medicine in the 21st century, which is reflected in a number of domestic publications [12, 13]. In the systems of traditional medicine in the countries of East and Central Asia, in Arab medicine, with established harem polygamy, for many millennia, the closest attention was paid to male potency. "If a man does not possess the object of his passion, then a woman will be like a tree without branches - from touching and looking she will not become pregnant. Therefore, a man who wants to have children must take care of his potency. This is the postulate of the main treatise of the Tibetan medicine "Chzhud-shi", an extract of amrita - an eight-part tantra of secret oral

instructions, XII century [20, 21], chapter "Increasing potency". It is detailed in the later treatise Vaidurya onbo [2, 11]. Omitting the details, the characteristics of the components of animal origin, the details of the preparation of the most complex fees, I will list only some of the plant components. Of the others, I will only mention the horns and antlers of ungulates, the "carcass of a sparrow", "the king of lizard meat Da-Byid", which "strengthens the body and accumulates the seed best of all", but of course, not available to domestic phyto-, naturotherapists. To strengthen the potency, the "five roots" block is used: kupena, asparagus, mustard, withania, tribulation. The "three fruits" block consists of Chebul mirobolans, M. Belleric, M. Emblic. This is the triphala block, legendary in traditional Indian and Tibetan medicine, which is considered a universal medicine that has a general tonic effect, is indicated for many diseases, "strengthens the mind", has a positive effect on reproductive functions in both men and women, a mild laxative effect (they are given special attention in Tibet and India). In our own practice, we periodically have the opportunity to successfully apply this block and the most revered in Tibet m. hebula (m. Kabul - a remedy for 404 diseases, i.e. from all) mainly in destructive diseases of the brain, as a rule, combined with a decrease or lack of potency. The same composition (estimate its complexity, multicomponent content) includes real cardamom fruits, ginger rhizome, long pepper, detailed characteristics of which, including positive gonadotropic action, are given by me in the monograph "Medicinal properties of spices" [5].

This type of composition "rapidly restores seed formation - even though every night you can meet with a hundred women. Maybe it's colorful an exaggeration, but it would be something to exaggerate. M. Kabulsky and others positively assess Amirdovlat Amasiatsi (XV century), noting, among other things, a positive effect on the brain, a rejuvenating effect, manifested in addition to everything in improving complexion, preventing graying [1]. In the works of domestic authors, M. Kabul is not mentioned. To increase potency, pemphigus, white sesame and black sesame, nutmeg, which are constantly used in our practice, are recommended in complex preparations [5]. Sesame has a positive effect on people with an asthenic constitution, "cold natures" with a lack of mass, reduced potency, cold extremities, and hypotension. It exhibits anabolic properties, promotes rapid rehabilitation after serious illnesses and injuries, and nutmeg, among other things, is a mood modulator, "cheers the heart" [1].

In another collection, "restoring seed formation", it is recommended to use pemphigus, asparagus, orchis, which I described in detail earlier [4]. With its application, "even an octogenarian old man can handle with everyone." Here and in a number of other sections of Chzhud-shih ("Treatment of diseases of old age") attention is paid to the age-related decrease in potency, geriatric aspects, in contrast to the fact that in our country there is no geriatric herbal medicine, which has a right to exist.

Of non-herbal medicines, mention should be made of mummy, "drug

shun", extremely popular in India and Tibet as a general tonic with a pronounced positive effect on the reproductive functions of men and women. It is considered a universal medicine that prolongs life.

The use of such classical phytoadaptogens as leuzea (maral root) and rhodiola (golden root) is more typical for Altai and the Mongolian branch of Tibetan medicine [17, 19]. In Altai, the root of rhodiola and pant deer were given to the wedding of the best friend, so that his family would continue. Due to a certain tightness of Tibet, the effect on potency is somewhat veiled for Rhodiola. Thus, in the "Atlas of Tibetan Medicine" [25] Rhodiola is positioned as a stonecrop, and its effect on potency is not mentioned. However, botanists, until a certain time, considered Rhodiola stonecrop. Stonecrop purple, popularly called "living water", as well as other species, is used for impotence. Not only the root, but also the aerial part of Rhodiola, which is considered edible, like stonecrops, is also recommended to increase reproductive functions.

A significant explanation of the mechanism of action of Rhodiola and, most likely, many other medicinal plants, was the discovery of A.S. Saratikov and his school of mediation of a positive gonadotropic effect by our metabolites, our sex hormones, testosterone [17]. Deviating from the topic of male potency, let us recall that the therapeutic effect of herbal remedies for arterial atheromatosis is mediated by the mobilization of anti-atherogenic protection, an increase in the production of our metabolites - high-density lipoproteins, and a choleric effect with a decrease in bile acid reabsorption. Phytotherapy mobilizes our antioxidant defenses by increasing production of the fast-acting enzyme superoxide dismutase. The insulinogenic action of antidiabetic plants has been proven. Numerous confirmations of the mobilization of the mechanisms of cellular and humoral immunity against the background of herbal medicine [18, 23]. These facts confirm the consistency and high clinical significance of the theory of the State of Non-Specifically Increased Resistance (SNES) of the body, created by the great Russian pharmacologist Nikolai Vasilievich Lazarev and his school [14, 15]. Unfortunately, the theory of SNPS has not been mastered by internists and even by many phytotherapists. An increase in libido, potency, testosterone production, erectile function against the background of herbal medicine is one of the manifestations of the body's SNPS. The theory of SNPS has not been mastered by internists and even by many phytotherapists. An increase in libido, potency, testosterone production, erectile function against the background of herbal medicine is one of the manifestations of the body's SNPS. The theory of SNPS has not been mastered by internists and even by many phytotherapists. An increase in libido, potency, testosterone production, erectile function against the background of herbal medicine is one of the manifestations of the body's SNPS.

In our limitations, we single out plants used for impotence in men, not noticing that the same plants are also used for reproductive disorders in women, and often for diabetes, hypothyroidism, suppression of adrenal function, in particular, in recent years, with indefatigable, not always justified therapy with corticosteroids. We have not mastered the polyglandular effect of plants not on some kind of gland, which is dealt with by a narrow specialist (diabetologist, gynecologist-endocrinologist, sexologist), but on the endocrine regulation of the body's vital activity, on the ensemble of endocrine glands, the disunity of which exists only in our inflamed imagination.

The advantages of phytotherapy in comparison with replacement therapy are undeniable. Hormone replacement therapy by feedback mechanism

does not optimize at all, but suppresses the function of the endocrine gland, the hormone of which is prescribed as a therapeutic agent. Thus, the appointment of the golden root makes it possible to achieve precisely a tonic (not stimulating) effect, concerning not only the reproductive sphere, but also the functions of the insular apparatus of the pancreas, thyroid gland, resistance to infections, increased mental performance and physical endurance ... Any analogues are hardly possible among synthetic drugs in relation to the breadth of the spectrum of therapeutic action. By the way, *Rhodiola* grows beautifully in our conditions in garden plots, in vegetable gardens, unless, of course, it is planted there, which removes the question of the prospects for the resources of the root and the aerial part.

The mistake of our pharmacognostics, drug creators with the continued use of the "maral root", which the maral physically cannot dig up and consume, has been corrected to some extent by Ts. Haidav and co-authors, representing the Mongolian branch of traditional Tibetan medicine [19]. The chewing gum of the deer (maral) during the rut are flowers, the aerial part of the leuzea (rapontika, bighead), and not its root: "The red deer feeds during the rut exclusively *bolshegolovnik* one-flowered. It is believed that this flower should have a miraculous ability to strengthen the body, maintain its sexual function. A person significantly increases the vitality of the body, awakens greatness, beauty, he feels a surge of extraordinary physical strength. *Leuzea* root, however, also It has a positive effect on potency, erection, so it is used by the peoples of Siberia, but the more correct use of the aerial part expands the resources many times over, rational for environmental reasons, since *Leuzea* is a perennial successfully introduced by the staff of the Botanical Institute of the Russian Academy of Sciences. It has a positive effect on reproductive functions, not only men, but also women, increases lactation, i.e. takes care of our reproduction in many ways. The fastest introduction of the leaf and flowers (the aerial part of the leuzea) as, for example, tea (infusion), which eliminates the decrease in potency and erectile function, is the most urgent task for the Pharmacological and Pharmacopeial Committees of the Ministry of Health.

In Chinese traditional medicine, the main medicinal plants that increase potency are classical adaptogens, mainly of the *Araliaceae* family (*aralia*, ginseng, *lure*, *eleutherococcus*, *acanthopanax*, *calopanax*, *paliscias*), among which ginseng is quite reasonably in the lead [3, 4, 7, 8, 9, 10]. A.N. Geweiler describes the traditional method of preparing an aqueous (not alcoholic!) extract of ginseng, in fact, tea, to achieve a tonic effect and increase potency. It is also possible to use the aerial parts of ginseng for this purpose [3, 9]. In the list of elite medicinal plants of traditional medicine in East Asia, ginseng ranks 3rd after licorice and *rehmannia*. If licorice "does not promote fertility" [1], possibly due to the high content of estrogen,

Among the 30 elite medicinal plants calculated by M.A. Grinevich [10], *Schisandra chinensis* appears with its characteristic not only tonic, but pronounced stimulating properties, and therefore its long-term abuse of large doses is hardly indicated (you have to pay for stimulation).

Despite the fact that *Eleutherococcus* was not included in the list of elite plants, it has been used in China for at least 3 millennia as a tonic and potency-enhancing remedy. Evidence of an increase in potency with an extract of *Eleutherococcus* root, obtained in the clinic, is given by I.I. Brekhman [8]. One of the polycomponent collections of China, which aroused high interest among Japanese researchers, is cited in his monograph by M.A. Grinevich [10]. In Japan, under the name *Wujiapi*, this collection is used to achieve a tonic effect and increase potency. It includes: *Acanthopanax divaricatum*, *A. giraldii*, *A. gracilistylus*, *A. nipponicus*, *A. sessiliflorus*, *A. sieboldianus*, *A. trifoliatum*, *Eleutherococcus senticosus*, *E. henryi*, *E. setchuenensis*, *Aralia palmata*, *Periploca sepium*.

Since we are talking about the assimilation of methods from the arsenal of traditional medicine, then it should be noted that this type of collection is not adopted by Japanese, but by our medicine, just as the principle of multicomponent collection has not been adopted. In the pharmacy network, we find alcohol extracts from one plant (ginseng, *eleutherococcus*, *aralia*, *leuzea*, *rhodiola*, lemongrass and others), representing a group of classic phytoadaptogens or some other groups (valerian, motherwort, peony, hawthorn). Our experience of combining tinctures and extracts, creating an "adaptogen cocktail" (patent) is positive in relation to asthenics with reduced potency, destructive brain diseases (multiple sclerosis, angioedema) [3, 4, 5]. Valerian rhizome in a number of sources is reasonably positioned as the root of health, positively influencing the potency and, as it were, continuing the line of classical phytoadaptogens. Let me remind you that ivy, used in traditional medicine for impotence, belongs to the *Araliaceae* family. There are no questions about its resources, but the question of legalizing its use in Russia, of putting it into practice is difficult.

Among the many plants used in traditional medicine to increase potency, spices should be highlighted. The rhizome of ginger *officinalis* ranks 5th in the list of 30 elite medicinal plants in East Asia [10]. The list of indications for it is very wide. With regard to the effect on potency, it can be perceived as a constitutional remedy indicated for asthenic, "cold natures", with reduced blood pressure, cold, even icy extremities, thin, sometimes filiform radial arteries, quickly tired, subdepressive. Ginger is considered a medicine for the elderly and old people. Turmeric belongs to the Ginger family, the rhizome of which, in addition to having a positive effect on digestion and powerful detoxifying properties, has a positive effect on libido and potency. Especially isolated from this family is the rhizome of *alpinia galanga* or true galangal, which spice dealers in Africa call ginseng and impose on male buyers. "Accepted, it multiplies desire and action

kidneys "(Odo from Mena, XI century), also having a pronounced positive effect on digestion [16]. Amirdovlat Amasiatsi (XV century) repeats three times that galanga "strengthens strength, potency, enhances sexual desire and strengthens penis". The same author recommends cardamom ("meleget pepper"), which in addition to its generally recognized detoxifying effect (used to reduce the toxicity of strong Turkish coffee), it also "strengthens the members" [1].

I will list some more spices indicated for impotence: types of pepper, calamus, anise, star anise, cloves, types of mustard, angelica, lovage, capers, cinnamon, watercress, sesame, onion, garlic, lemon balm, juniper, nutmeg, carrot seeds, types of wormwood, celery, horseradish, wild garlic, saffron, parsley. With knowledge of the medicinal properties of each type of spices and the rules for their combination [1, 5], not only the "adaptogen cocktail", but also the "spice cocktails" used in traditional medicine have the right to exist and be successfully used.

A wider list of plants indicated for impotence is given by me in the corresponding monograph [4], but some of them, available to domestic herbalists, deserve mention. These are raspberries, strawberries, blueberries, blueberries, cranberries, chokeberries, sea buckthorn and other berries (and berries), the range of which is expanded by mammals eating them. In the gastrointestinal tract of animals, berry seeds increase their germination (enzymatic acid stratification), and then enter the soil with fertilizers (faeces). In Korean traditional medicine, a recipe for preparing raspberries has been worked out in order to increase potency and erectile function [22]. Periwinkle small (translated from Turkic - a large staff of old people) [1] is decorative, grows in gardens and can be planted in the required quantities. Volodushka species grow in Russia, they are more often prescribed as hepatoprotectors and anti-inflammatory agents. Species of highlanders (g. bird, or knotweed, g. snake and others) have a biologically determined interest in the reproduction of mammals. Plantain, knotweed are adapted to the fact that they survive when trampled, which competitors cannot withstand. Elecampane (devyatisil) - they don't give names to plants just like that - since ancient times they were planted next to the huts and used in Russia to maintain potency. Oregano and motherwort together increased erectile function, which was clinically and instrumentally proven [24]. Thyme (thymus - strength), ziziphora are shown as afrodiaca, which increase attraction and potency, as well as some other essential oils: mint, oregano, lemon balm, lavender, which provide attractiveness, among other things, due to the release of essential oil components by sweat, sebaceous bronchial glands (phytopheromones). Istod, marigolds, types of cassia are used in traditional medicine for impotence in men. The seeds of many plants (nettle, carrot, snake knotweed, plantain, flax, oats, fennel, ...) have proven their effectiveness in the practice of traditional and folk medicine.

Biologically obvious	deterministic	interest	v
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animal reproduction of those plants whose seeds are carried on wool, clothing, limbs, shoes: string, burdock, burdock, tenacious bedstraw, mistletoe, plantain. The Indians called the last trace of the white man, because the conquistadors brought it in and carried it on dirty boots. Leaf hazel, birch,

pumpkin seeds are more indicated for a decrease in potency due to prostatic hyperplasia. Mistletoe species are popular, whose interest (sticky seeds) in the health of the spreaders is not difficult to understand. The petrov scaly cross is legendary, the resources of which are practically absent. Of the parasitic plants, in addition to it, European dodder is also used, which, according to the personal communication of Yu.N. Nuralieva, increases the number of copulations in mice. More detailed characteristics of the species of bedstraw, wormwood, peony, rhododendron, sorrel, rue, representatives of the orchid family and others can be found in the monograph "Phytotherapy for impotence" [4].

The essential points in the correction of the reproductive functions of men with medicinal plants are high efficiency and economic accessibility to all segments of the population. In this regard, the fastest introduction of phytotherapy methods will become an anti-crisis measure that will make it possible to overcome or mitigate not only the demographic crisis, but also the economic crisis and dependence on foreign pharmaceutical companies.

Since our main task at the Institute of the Human Brain of the Russian Academy of Sciences is herbal medicine for patients with destructive and other brain diseases (multiple sclerosis, cerebrovascular disease, strokes, black brain injuries, complications after neurosurgical operations, epilepsy, arachnoiditis, neuroses), correction of reproductive functions could be formally assigned to secondary tasks. There are no secondary tasks for a herbalist, since it is the dramas in personal life that often lead to the progress of the underlying disease. Quite often, patients clearly set the task for the phytotherapist: among other things, to eliminate sexual incompetence. The experience of phytotherapy in neurology made it possible to note that along with the elimination of neurological deficit, as a rule, reproductive functions are also normalized, because plants, unlike xenobiotics, act polyvalently, multidirectionally. Feedback is not always provided to a patient who has received effective phytotherapeutic assistance, and therefore registration of such in a delicate area is difficult. However, all the 126 men who re-came, who, according to objective indicators, could have been helped, who had previously focused on this problem, noted a positive result and wanted to consolidate it. In 23 cases, it was confirmed by the conception and birth of a child. I give briefly a few examples of the effectiveness of herbal medicine in overcoming impotence. 126 men who came again, who, according to objective indicators, could have been helped, who had previously focused on this problem, noted a positive result and wanted to consolidate it. In 23 cases, it was confirmed by the conception and birth of a child. I give briefly a few examples of the effectiveness of herbal medicine in overcoming impotence. 126 men who came again, who, according to objective indicators, could have been helped, who had previously focused on this problem, noted a positive result and wanted to consolidate it. In 23 cases, it was confirmed by the conception and birth of a child. I give briefly a few examples of the effectiveness of herbal medicine in overcoming impotence.

Observation 1

Patient Ya.A.V. was born on May 13, 1971. He was referred by a neurologist in 1997 with a diagnosis of post-infectious cystic arachnoiditis (confirmed by MRI), cerebroasthenia. Anamnestically: neuroinfection on July 24, 1997 lasted 1.5 months. Clinically: hypertension 150–170/100 mm Hg right-sided severe headaches (hemicrania), photophobia, tinnitus, lethargy, fatigue, cannot work, memory is sharply reduced, sleep is disturbed, fears torment. Despite some improvement after therapy in a hospital, he believes that he is far from full recovery, he is skeptical. Appointed cavinton calls

anxiety, panic. And without Cavinton, there are frequent attacks of anxiety, fear of headaches, death, the future, which is accompanied by profuse sweats, tremors, chills, and increased blood pressure. Symptoms fit well into the concept of panic attacks with vegetative manifestations. From 15-16 hours the temperature rises to 37-37.5 ° C, chills, hyperhidrosis, depression. SARS 2-4 times a year in a mild form, except for the last case. Since childhood, she suffers from atopic dermatosis: dry skin of the palms and feet, itching, scratching. The allergen could not be identified. The patient is an actor by profession. Subdepression is accompanied, however, by verbosity, fast, anxious, but structured, figurative speech. Depressed that the stage is over. Libido, potency, erection are completely absent (lives in a civil marriage).

An infusion of the following polycomponent collection was prescribed: roots of Eleutherococcus prickly, Aralia high, Ural licorice, 20.0 each; rhizome of valerian officinalis*, nadz. h. bisexual shiksha, wormwood, marsh cudweed, p. forest, fruits of aronia chokeberry * 20.0 each; flowers and fruits* of blood-red hawthorn, 20.0 each; overhead h. multinervous volodushka, northern bedstraw, beautiful pikulnik, loosestrife willow, field horsetail, garden parsley *, meadow mint *, oregano, medicinal dandelion leaf, climbing hop cones, common juniper cone berries *, coriander seeds, common cumin, 10 each, 0; leaf of fireweed angustifolium, flowers of forest kupyry, nadz. hours of motherwort*, flowers and leaves of meadowsweet, 30.0 each; root of lactic flower peony *, descending n. * 10.0 each.

Here and below, plants with a positive gonadotropic effect are marked with an asterisk.

Preparation: 2 tablespoons of a well-mixed collection, pour 1 liter of cold water, mix, soak the raw materials, boil in an enameled bowl without chips, simmer over low heat for 5-7 minutes, drain everything with the raw materials into a thermos. Insist during the night. Take 150-200 ml in the morning, then according to the principle: "the more often, the better" before meals and in the interdigestive intervals. Do not take at night (possibility of diuretic effect). Elements of preparation and application are borrowed from traditional and folk medicine, confirmed by many years of practice. Pursued improvement of perfusion, dehydration of the brain, conduction, anti-inflammatory, antiparoxysmal, antineurotic therapy, restoration of potency. The collection is for 3 months. permanent reception.

The second time the patient applied after 9 years. He blames himself for his carelessness. Left the stage. Successfully engaged in business. Claims that FT completely stopped headaches, panic attacks, subfebrile condition, insomnia, energy deficiency, but the phenomena of dermatosis, squeaking in the ears (occasionally) remained. Potency and erection fully recovered. On April 20, 2006, some of the previously mentioned symptoms recurred after ARVI. A collection is appointed, similar in composition to the previous one. Subsequently, he applied in 2007 and 2010. He noted the high efficiency of the collection in many respects, but also, in particular, in maintaining potency. Brought my mother in for treatment.

Surveillance 2

Patient L.S.V. was born on 02/02/1949. He asked for help in 1991. He graduated from the biological faculty of the university, later the medical faculty of the Leningrad sanitary and hygienic honey. institute. Manual therapist of high qualification. Prolonged stressful situation at work, subdepression, low level of material security, divorce, cramped living conditions. There were no children in the first marriage. He wants children, but the 2nd marriage is also fruitless (the wife has a daughter). The patient is sociable, trained, athletic (fencing, wu-shu, qigong), physically hardy. Hobbies: classical romance, poetry, art song, tourism. He does not suffer from any diseases. Previously, it was characterized by high potency. He delicately complained about a decrease in sexual desire, possibly a reactive nature, and erectile function. The only reason, apart from environmental factors, there may be the presence of hidden infections: chlamydia, mycoplasma, ureaplasma. Spouses were prescribed antibiotics, the treatment of which led to moderate pain and a feeling of heaviness in the right hypochondrium, bitterness in the mouth, sour and bitter belching, heartburn provoked by fried and fatty foods (hepatotoxic effect).

At the beginning of herbal medicine, typical anti-inflammatory and hepatoprotective plants were prescribed with the inclusion of a block of classical adaptogens (ginseng, aralia, leuzea, rhodiola, lemongrass). Subsequently, with interruptions for six months, he took an infusion of the collection of the following composition: Ural licorice root, true ginseng *, eleutherococcus senticosus *, Rhodiola rosea *, leuzea safflower-like * 20.0 each; leaf of leuzea safflower*, plantain large *20.0 each; rhizome of valerian officinalis*, ginger officinalis*, zedoaria turmeric* 20.0 each; petrov cross scaly* 10.0; root and overhead part of medicinal asparagus* 20.0 each; a leaf and a seed of a plantain big on 20,0; milk thistle seed *, sandy cumin flowers, nadz. part of lemon balm * 20.0 each; overhead part of motherwort*, St. John's wort* 30.0 each; cinnamon rose hips* 40.0. Preparation and application are the same as in observation 1. The patient subjectively noted the effectiveness of the collection, but the main achievement was the conception and birth of a son.

Surveillance 3

Patient M.A.S., born on 08/03/1972. He applied in March 2010. The observation is indicative in the sense that a husband and wife suffering from multiple sclerosis (relapsing-remitting course) with minimal and then absent sensory disorders were performed in parallel with FT. Against the background of constant massive PT in the stage of stable remission, the patient was not protected for several years. Young spouses wanted to have a child, which became a sore subject for them. No ovarian dysfunction was found in the wife; initial frigidity was compensated for by PT.

The husband's spermogram, analysis of the hormonal status also did not reveal any deviations from the norm. In the anamnesis (in the army) a healed ulcer of the duodenum 12. There are no dyspeptic symptoms. Complains about fast

fatigue, overload at work (shipping company), provoking moderate intensity diffuse headaches, irritability, tendency to conflicts from which it is difficult to resist, unproductive sleep. Smokes up to 2 packs of cigarettes a day. Moderately strong. The patient is worried about acne vulgaris, indicating more likely hyperandrogenism and, accordingly, a normal or high potency. To the credit of the patient, his sincere affection for his wife, the fulfillment of her desires, even whims (the wife is exalted, neurotic, demanding, maximalist), a conscious desire to avoid domestic conflicts, realism, perseverance in achieving material security, treatment costs cause sympathy. Agitated, quick confused speech, haste, extremely lively facial expressions, gesticulation, oppressed by his wife's illness, which is considered incurable. The nail capillary reaction is moderately reduced, scleral vessels are injected, the veins of the tongue are dilated, percussion of the gallbladder projection is painful (requires venoprotectors, vasoprotectors, choleretics). He himself formulates a request for calm, increased stress resistance.

The following tactics of therapy were assumed: 1) relief of frankly neurasthenic symptoms, headaches, the appointment of anti-neurotic, general tonic, moderately sedative plants, 2) the subsequent predominance of plants with a positive gonadotropic effect. However, the 2nd stage was not required. During the first month, libido, potency, erection normalized, asthenic symptoms were largely stopped. The condition of the skin has improved (korostavnik, celandine, meadowsweet, etc.). At the 3rd month of PT, the wife became pregnant and subsequently gave birth to a healthy girl.

Composition of the polycomponent collection: roots*, narrow-leaved fireweed leaf, Ural licorice root, flowers of marsh kupyr, seedlings (cones) of tenacious hops, shoots of wild rosemary, nadz. part of greater celandine, Siberian catnip, meadow mint*, common tansy, narrow-leaved veronica, noble tangerine peel, horse chestnut fruit, sea buckthorn buckthorn* 20.0 each; walnut leaf, coriander fruit, fragrant dill, caraway seeds, common anise *, nadz. part of creeping thyme*, lemon balm*, spike lavender, black currant leaf, nutmeg*, star anise*, ginger root* 10.0 each; leaf, flowers of meadowsweet, nadz. part of meadow geranium, St.

Preparation and use is the same as in observation 1. At the same time, mummy was prescribed 2 tablets per night on the recommendations of a specialist, academician Taj. AN Yu.N. Nuralieva.

Surveillance 4

Patient G.Yu.D., an entrepreneur, was born on January 14, 1958. In 2008, he was referred by an infectious disease specialist for hepatitis C, combined with cholelithiasis, hand eczema, asymptomatic pituitary microadenoma, and severe asthenoneurosis.

Appetite is reduced. Favorite food: spiced meat, mustard, pepper (patient

- Ossetian) causes exacerbation of eczema and pain in the right hypochondrium. Soreness on percussion of the gallbladder projection, fermentemia (ALT, AST), high viral load. There are no data for cirrhosis. Obstipation 2-3 days, flatulence. Low blood pressure (115/60–70) with ortho- and clinostatic episodes, pain in the heart during stress, but no pathology was detected (cardioneurosis). Pain in the perineum, weakening of the jet during urination, but prostatitis and prostatic hyperplasia were not detected. The patient has 4 daughters aged 5 to 20 years, wants a son, but complains of a complete loss of potency, erection. Depression, the face of an oppressed suffering person. Obviously stress-unstable, suppressed by the presence of diseases. Speech is slowed down, sleep is disturbed. Distrustful, covertly negative.

Without detailing the relief of pain, constipation, flatulence, depression, exacerbations of atopic dermatosis, the normalization of the level of ALT, AST, the reduction of the viral load with repeated but irregular visits of the patient, I will note his increased confidence in herbal medicine and, if not complete, but the relief of sexual failure.

When the 18 year old died ^{daughter,} all listed symptoms recurred in its most severe manifestations, but was stopped by a 3-month course of herbal medicine. For this purpose, on February 9, 2010, a collection was appointed: Ural licorice root, nadz. part of common tansy*, field bark, stinging nettle leaf*, medicinal sage*, flowers and leaf of meadowsweet vyazolistny 30.0 each; overhead part of common goldenrod, field sow thistle, multinervous volodushka, hypericum perforatum*, tripartite string*, flower baskets of chamomile, flowers of cumin sand, eleutherococcus senticosus root*, noble tangerine peel, 20.0 each; nutmeg*, cloves*, star anise*, nadz. part of lemon balm*, lavender, creeping thyme*, meadow mint*, flower baskets of calendula officinalis, stigmas and columns of corn, dandelion root, high aralia*, safflower-like leuzea*, rhodiola rosea*, petrov cross scaly*, rhizome of ginger officinalis*, zedoaria turmeric*, nadz. part and root of common chicory 10.0 each; rose hips cinnamon*, sea buckthorn* 40.0 each. The collection, in full accordance with traditional Tibetan medicine, includes a block of laxative plants: a leaf of cassia holly *, brittle buckthorn bark, nadz. part of a marsh bog, b. holly, field thistle, burdock root, flax seed 20.0 each; leaf of cacao spear-shaped 10.0. The Tibetan block of hepatoprotectors and choleretics "polyphytochol" (licorice, nettle, tansy, mint, immortelle) has been significantly expanded. The collection, in full accordance with traditional Tibetan medicine, includes a block of laxative plants: a leaf of cassia holly *, brittle buckthorn bark, nadz. part of a marsh bog, b. holly, field thistle, burdock root, flax seed 20.0 each; leaf of cacao spear-shaped 10.0. The Tibetan block of hepatoprotectors and choleretics "polyphytochol" (licorice, nettle, tansy, mint, immortelle) has been significantly expanded. The collection, in full accordance with traditional Tibetan medicine, includes a block of laxative plants: a leaf of cassia holly *, brittle buckthorn bark, nadz. part of a marsh bog, b. holly, field thistle, burdock root, flax seed 20.0 each; leaf of cacao spear-shaped 10.0. The Tibetan block of hepatoprotectors and choleretics "polyphytochol" (licorice, nettle, tansy, mint, immortelle) has been significantly expanded.

Observation 5

Patient N.V.N., born on June 25, 1970. He came to the hospital at the age of 38 because of paroxysmal diffuse intense headaches 1–2 times in half a month, not completely relieved by analgesics and antispasmodics (according to MRI data, a pituitary microadenoma, which is hardly the cause of cephalgia). Presents complaints typical of chronic fatigue syndrome: rapid fatigue up to complete inability to work, which is associated with frequent job changes. Higher education. Interrupted by private orders for adjustment

computer work. Depression, apathy, indifference, self-doubt and in the future. Hesitating, declares the complete absence of libido, erection. Moderate logoneurosis, stuttering, overweight (107 kg with a height of 180 cm), flatulence. Twice revealed a decrease in the level of testosterone in the blood. Has two children: girls 4 and 7 years old. More than a year there is no intimate relationship with his wife. Moderate orthostatic phenomena (BP 110/70), pastosity. History of pyelonephritis. With pulse diagnostics: a decrease in pulsation on a triple heater (energy deficiency), gonads and liver (according to ultrasound "fatty hepatosis"). The patient is intelligent, benevolent, sociable, but there is a lack of desire to fight for a place under the sun, a decrease in volitional parameters, adynamia (Oblomov's type?), an unconscious victim syndrome, which, however, fits into the symptoms of hypoandrogenism.

For 5 years, the patient applied twice a year for 3-month courses of PT. An example of one of the collections: Ural licorice root, *Rhodiola rosea* *, *Eleutherococcus senticosus* *, Valerian officinalis rhizome, Nadz. part of the wild calamus, horsetail, large rattle, five-lobed motherwort*, leaves and flowers of meadowsweet, corn stigmas, fruits of mountain ash*, blood-red hawthorn*, root and leaf of safflower-shaped leuzea* 20.0 each; medicinal sage leaf *, narrow-leaved fireweed, nadz. part of the marsh bog, meadow cornflower, St. John's wort*, tripartite succession* 30.0 each; overhead part of medicinal asparagus*, European dodder*, *tribulus terrestris**, mistletoe*, scaly cross*, common fennel fruit, coriander seed, common cumin, common anise*, star anise spices*, cinnamon*, clove*, turmeric*, needles and cones of common juniper* 10.0 each; May rose hips*, nadz. part of meadow cornflower 40.0 each. The collection is not for copying, but as an example of how a positive clinical effect is achieved. In the first 3 months from the start of treatment, the patient's body weight decreased to 89–90 kg, family troubles stopped, potency increased and was maintained at a satisfactory level for 5 years. He found a job as a system administrator with a high salary, which he coped with until the company went bankrupt. Decreased in frequency and intensity, but not completely stopped cephalalgia, lethargy. Exaggerating the possibilities of FT, the patient believes that positive changes in his life took place only against its background. May rose hips*, nadz. part of meadow cornflower 40.0 each. The collection is not for copying, but as an example of how a positive clinical effect is achieved. In the first 3 months from the start of treatment, the patient's body weight decreased to 89–90 kg, family troubles stopped, potency increased and was maintained at a satisfactory level for 5 years. He found a job as a system administrator with a high salary, which he coped with until the company went bankrupt. Decreased in frequency and intensity, but not completely stopped cephalalgia, lethargy. Exaggerating the possibilities of FT, the patient believes that positive changes in his life took place only against its background. May rose hips*, nadz. part of meadow cornflower 40.0 each. The collection is not for copying, but as an example of how a positive clinical effect is achieved. In the first 3 months from the start of treatment, the patient's body weight decreased to 89–90 kg, family troubles stopped, potency increased and was maintained at a satisfactory level for 5 years. He found a job as a system administrator with a high salary, which he coped with until the company went bankrupt. Decreased in frequency and intensity, but not completely stopped cephalalgia, lethargy. Exaggerating the possibilities of FT, the patient believes that positive changes in his life took place only against its background. In the first 3 months from the start of treatment, the patient's body weight decreased to 89–90 kg, family troubles stopped, potency increased and was maintained at a satisfactory level for 5 years. He found a job as a system administrator with a high salary, which he coped with until the company went bankrupt. Decreased in frequency and intensity, but not completely stopped cephalalgia, lethargy. Exaggerating the possibilities of FT, the patient believes that positive changes in his life took place only against its background. In the first 3 months from the start of treatment, the patient's body weight decreased to 89–90 kg, family troubles stopped, potency increased and was maintained at a satisfactory level for 5 years. He found a job as a system administrator with a high salary, which he coped with until the company went bankrupt. Decreased in frequency and intensity, but not completely stopped cephalalgia, lethargy. Exaggerating the possibilities of FT, the patient believes that positive changes in his life took place only against its background. but cephalgia and lethargy were not completely stopped. Exaggerating the possibilities of FT, the patient believes that positive changes in his life took place only against its background. but cephalgia and lethargy were not completely stopped. Exaggerating the possibilities of FT, the patient believes that positive changes in his life took

Observation 6

N.N.F. memory, unproductive sleep. Careless in relation to himself, rarely measures blood pressure (170–200/90–100 in crises, feels good at 130/70–80). He refused hardware examinations. Provocateurs of crises - negative emotions, stress. Takes egilok, cardiomagnyl. Sick of hypertension for 10 years. Crises became more frequent 3 years ago. Pain in the calf muscles joined. This typical triad of atheromatosis of the arteries of the brain, heart, lower extremities is the most

persistent in relation to any therapy, especially when it is carried out (if carried out) separately by an angioneurologist, cardiologist, surgeon. In 1978, he was operated on in the Leningrad GIDUV for gastric ulcer with partial resection. There are no complications.

The wife died 4 years ago. Civil marriage. Complains of an unexpected complete lack of potency and erection for 2-3 months. Severe depression, disbelief in a cure. I have a 38 year old son.

With pulse diagnostics: a decrease in pulsation in the gallbladder channel. The root of the tongue is covered with a thick yellow coating, bitterness in the mouth, painful effleurage along the projection of the gallbladder area. There are symptoms of early aging: cloudy sclera, arcus senilis. Without detailing, I will give a complete clinical diagnosis: hypertension II stage, cerebrovascular disease, neurosensory hearing loss, ischemic heart disease, angina pectoris of the 2nd functional class, obliterating endarteriosclerosis, prostatic hyperplasia II stage, chronic cholecystitis (exacerbation), gastric ulcer (remission).

Tactics of herbal medicine: 1) antihypertensive therapy with an attempt to turn on the mechanisms of regulation of vascular tone; 2) prevention of vascular accidents, the progress of the disease by the appointment of plants vasoprotectors, activation of regional blood supply; 3) anti-atherogenic therapy; 4) the appointment of plants cerebro-protectors, mood modulators; 5) choleretics, hepatoprotectors, anti-inflammatory plants. He refused hydrotherapy.

An example of one of the fees: nadz. part of St. John's wort*, narrow-leaved fireweed leaf, May rose hips* 40.0 each; root of Ural licorice, flowers of forest kupyra, meadowsweet vyazolistny 30.0; overhead part of marsh cudweed, s. forest, small periwinkle *, small cornflower, common blueberry, forest geranium, long-leaved speedwell, motherwort *, common blueberry, horsetail, meadow cornflower, large rattle, white sweet clover, common goldenrod, spring adonis, drooping birch leaf, common raspberry, medicinal sage*, goat willow, fruits of blood-red hawthorn*, unabi*, mountain ash*, horse chestnut, tinder fungus, noble tangerine peel 20.0 each; overhead part of Don astragalus, icterus levkoin, meadow mint *, common oregano, creeping thyme *,

The patient, who was critical at the initial contact, came back 3.5 months later, considering the increase in potency as the main positive result, although this was not one of the main goals of PT. Further, FT continued for 2.5 years. Later, it was possible to abandon Egilok and cardiomagnyl (BP 130–140/80–90), completely stop angina attacks, shortness of breath, stress instability, and depression. Intermittent claudication is prevented, although occasional pain in the calves bothered.

In this case, as in many others (multiple sclerosis, neuroses, psychosomatic diseases, transient ischemic attacks, diseases

hepatobiliary system...), the restoration of potency has become a "side effect" of the main directions of PT. Plants that increase potency (marked with an asterisk) are included in the collection for other purposes.

THE DISCUSSION OF THE RESULTS

Analysis of primary sources of traditional medicines and others [1, 2, 10, 11, 16, 19, 20, 21, 25] allows us to state the high attention paid to male potency, reproductive functions, and reproduction of offspring. To achieve these goals, the widest arsenal of medicinal plants is used, the positive gonadotropic effect of which has been confirmed by centuries-old (millennial) practice and cannot be questioned.

An attempt to understand the foundations of the success of traditional medicine in restoring, preserving, maintaining male potency leads to the realization that these successes are based on the basic biological laws of synergy-symbiosis of the flora and fauna of the planet. Plants can influence the population of animals. So, with an excess number of herbivores, some meadow plants increase the production of estrogens, which sharply limit fertility, act in large quantities oncogenically, and are exogenous convulsants. Gynecologists who easily prescribe estrogens as oral contraceptives, thus unconsciously imitating a natural, biological phenomenon, do not warn patients about the possible consequences. Reactive production by plants of ecdysterones, molting hormones for caterpillars, leads to their premature pupation, the absence of full-fledged individuals capable of reproducing, for example, silkworms. At the same time, in birds, animals that eat these caterpillars and pupae containing a lot of ecdysterones, reproductive abilities increase.

Leuzea ecdysterones are credited with its positive effect on potency. With the presence of triterpenoids (aralosides, panaxazides, ...), the hormonal activity of plants, their positive effect on the functions of the adrenal cortex in hypocorticism, and, accordingly, with a decrease in androgen production, are somewhat mechanistically associated. But it is clear that plants that do not contain a significant amount of triterpenes have a positive effect on potency by increasing endogenous testosterone [17]. In addition to the action of substances of natural origin, substrate therapy, this is achieved by enriching the information flow of the multicomponent collection, which was most clearly formulated by M.A. Grinevich [10]. This aspect has always been present in the herbal tradition and was most assimilated by homeopathy only 200 years ago.

Plants contain many so-called minor compounds; in infusions, decoctions, they and slightly soluble compounds fall in negligible, signal amounts. The role of the flow of chemoinformation can be compared by analogy with the role of the ascending activating system of the reticular formation, which collects signals from all: visual, auditory, temperature, tactile, taste, odor, chemoreceptors and maintains the cortex and underlying parts of the brain in an active state, and hence the neuroendocrine system. ,

neuroimmune regulation of the body's vital activity. With a socially determined alimentary decrease in the flow of chemoinformation, which plays an important role in this ensemble, an increase in human vulnerability is obvious. Phytotherapy makes it possible to fill this gap and leads to the body's SNPS [14, 15], one of the characteristics of which is an increase in reproductive functions.

In dissonance with the undoubted achievements of traditional medicine in the available domestic literature, we will not find broad reviews on the topic of the positive gonadotropic effect of many, many plants, prolonging the reproductive age of a person. The gaping gaps in the current artisanal medical education lie in the absence of herbal medicine in its curriculum, even a hint of knowledge of fundamental biological laws, based on which it is possible to dramatically increase the bar for therapeutic effect. One of them is the law of the unity of biogeocenosis, the understanding that plants will always guard the health and reproduction of their distributors, in particular humans.

Not only the ideology, but the arsenal and tactics of traditional medicine have not been mastered by practical doctors, a number of phytotherapists, which can be illustrated by the absence in their practice of multicomponent, individually selected, and not typical, standard fees.

The above clinical observations confirm the high efficiency of the methods of restoration, enhancement, and preservation of male potency verified over thousands of years. The creation by the state of a national school of phytotherapists, a phytotherapeutic service in Russia, with simultaneous social support for increasing the birth rate, could become one of the defining moments in overcoming the demographic crisis, maintaining a high reproductive capacity of the population, which would contribute to the economic recovery of the state. To do this, one should realize that the treatment with plants is not the prerogative of mankind, since the representatives of the planet's fauna instinctively use the multilateral therapeutic effect of plants (zoophytotherapy), and from these positions, phytotherapy is part of the program to support life on Earth,

CONCLUSIONS

1. In traditional and folk medicine, increased attention is paid to human reproductive abilities, thanks to which a large arsenal of medicinal plants and methods of their use to restore and maintain male potency have been accumulated over the millennia.

2. The effectiveness of herbal medicine for male impotence is based on biological laws that determine the interest of many plants in the health and reproduction of their distributors.

3. Clinical practice confirms the feasibility of assimilation arsenal of medicinal plants of traditional medicine and methods of their combination in polycomponent collections.

4. Implementation of the experience of traditional medicine in the practice of herbal medicine

male reproductive dysfunction may be one of the ways to overcome the demographic crisis in Russia.

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