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## Hirudotherapy: The natural way of the life quality and longevity preserving

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**Background:** During the last decades the population of Europe is getting old, thus the aspects of the preserving of population life quality and active longevity become the prior social-economic and political trends in the European community. For many years the main efforts of the European medicine targeted the improving of the birth conditions, preventing of the main epidemiologically dangerous diseases, finding the more effective methods of diagnostic and treatment of the most socially significant diseases, etc. Unfortunately, the economic component of these solutions is so high and obtained results are so miserable, that one needs totally new and non-standard approaches to make dramatic changes in this direction.

**Methods & Results:** We consider that it's time for humanity to apply for the possibilities provided by the surrounding nature – we need to move from the uncompromising struggle to the mutual respect and collaboration with it. One of these directions is hirudotherapy – using the medicinal leeches (*Hirudo medicinalis*) as a treatment. These curative method is well known from the ancient times, but in our days, it remains one of the most effective and safe methods of prevention and treatment of various internal diseases. During the last century the unique properties of the medicinal leech have been well investigated and proved. We could emphasize five main curative properties of the medicinal leech: 1) multilevel anticoagulant action, 2) direct thrombolytic action, 3) ability to reduce the circulating blood viscosity, 4) direct multilevel anti-inflammatory action, 5) significant and long-lasting stimulation of lymphatic drainage. These properties give the possibility of direct and simultaneous impact on the system of microcirculation in vivo. The integrative effect occurs at all levels of this system: 1) intravascular level (decreasing of the circulating blood viscosity, multilevel anticoagulative and antiaggregant effect, direct thrombolytic effect); 2) vascular level (direct impact the vessel wall – suppress inflammation and regeneration) and 3) extra-vascular level (significant enchantment of the lymphatic drainage and direct anti-inflammatory effect).

**Conclusion:** We consider, that 1) active longevity directly depends on the patient life quality, which is determined by the qualitative level of his health and well-being; 2) patient health level and well-being is provided by the quality of organs and systems of the human organism functioning, which directly depend on the effectiveness of the blood microcirculation system. We developed system application of the medicinal leeches, which allows us not only to cure various conditions of the patient, but also use it in combination with other healing practices for the reaching of life quality and active longevity preserving.

### Biography

Konstantin Sukhov, MD, PhD is the President of World Hirudotherapy Organization; Expert of Complementary Medicine, Committee Protection of Health, The State Duma of Russian Federation; Member of the Coordinating Council of the Traditional Medicine, Ministry of Health of the Russia; Member of the Expanded Executive Board, European Society of Integrative Medicine (ESIM-Berlin). He is the author of more than 90 scientific works and books, dedicated to issues of general pathology; history of medicine, cardiology, pulmonology and gastroenterology on the far North; the Vilyui encephalomyelitis; hirudotherapy; capillaroscopy and microcirculation.

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