

## **COMBINATION OF HIRUDOTHERAPY AND DOCHAM METHOD IN THE PREVENTION OF HYPERTENSION: AN EFFECTIVE SOLUTION FOR HEART HEALTH**

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Hypertension is one of the most common cardiovascular problems in the modern world. However, there are a number of methods that can help prevent and treat this disease. One of the promising areas is the combination of hirudotherapy and the Dochim method (acupuncture). Hirudotherapy has ancient roots and has been used in medical practice for a long time. Its effectiveness is explained by the rich chemical composition of leech saliva, which includes enzymes, anticoagulants, anesthetics and other biologically active substances. These components help improve blood circulation, reduce blood viscosity and reduce inflammation. The Dochim method is an ancient method of Chinese medicine, which is based on the impact on certain points on the body with needles. Many studies show that acupuncture is effective in lowering blood pressure by regulating the nervous system and improving blood circulation. The combination of hirudotherapy and acupuncture creates a synergistic effect, complementing the positive effects of both methods. Hirudotherapy helps dilate capillaries and improve blood flow, and acupuncture regulates the nervous system, stabilizing blood pressure.

### **Conclusion:**

Hirudotherapy and acupuncture are promising methods in the fight against hypertension. Combining them can enhance the effect, providing patients with an effective and safe way to control blood pressure. However, it is always important to consult a doctor before starting treatment.