

Medicinal Leech Therapy



GENERAL INFORMATION



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What is MLT?



How works and what is Modern Medicinal Leech Therapy (MLT)?

"...Sometimes the effects of such therapy are shocking. Lower cholesterol stabilised blood pressure, reduced migraine headache pain and tinnitus are just some examples..."

Dr. Maciej Paruzel, surgeon and father of modern hirudotherapy.

Hirudotherapy (Medicinal Leeches Therapy or MLT) is a scientifically proven treatment using medicinal leeches. *Hirudo medicinalis*, *Hirudo Verbana* or *Hirudo Orientalis* have been used to treat patients for centuries. In the past, leeches have proved to be an effective treatment for a number of conditions including battle wound treatment. Currently, leeches may be used to assist in the treatment of abscesses, arthritis, glaucoma, myasthenia gravis, thrombosis, and some venous disorders. Medical leeches may also be used in plastic surgery and in some blood circulatory problems. **During feeding, leeches secrete a complex mixture of different biologically and pharmacologically active substances into the wound.** *Hirudin* is the prominent constituent of leech saliva. It is sometimes used to describe all the active constituents in the leech saliva. The name of hirudotherapy comes from the word „*hirudo*“, which means „*leech*“. The compounds that can be found in leech's saliva – commonly known as „*hirud substances*“ – are called **Salivary Glands Secretion (SGS)**. **SGS contains more than 120 - 140 bioactive substances**, some of them are still being examined. The knowledge of how do they work and what are the health profits is the thing that gives us new therapeutic opportunities.

Some of the Salivary Glands Secretion (SGS):

- **Analgesic compounds:** are still being examined. They kill the pain in the area of leech bite.
- **Compounds with vasodilator properties:** *Hyaluronidase*: prevents infection and improves the absorption. An enzyme that splits hyaluronic acid, lowers its viscosity and increases the permeability of connective tissue and so the absorption of fluids.
- **Hirudin:** the strongest known to men anticoagulant that prevents blood from clotting by binding to thrombin.
- **Antibiotic substances:** prevent infections.

There's no simple answer when the leech treatment is unambiguously indicated because there's no ready-made list of the diseases, that may require leech healing. We can only base on the evidence, that hirudotherapy showed its effectiveness in some particular cases, in specific ailments and health problems. Usually, hirudotherapy is a method that supports other treatment (mostly pharmacological) or eases the pain, but it doesn't cure the underlying causes of illness. The therapy we consider is based on the skill of matching the symptoms with probable profits, that come from the hirudin in the leech saliva and its healing compounds. **Leech's saliva compounds show concrete effects; anti-coagulant, profibrinolytic, antiplatelet, anti-inflammatory and anti-edema. To a minor extent, the effects are also immunomodulatory and neurostimulatory.**

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Indications



A brief list of conditions treated by medicinal leeches.

Cardiovascular diseases:

- Ischaemic heart disease
- Myocarditis
- Pre/post heart attack condition
- Hypertension & Migraine
- Varicose veins (lower extremities)
- Thrombophlebitis
- Ulceration (Venous only)
- Da Costa's syndrome
- Atherosclerosis

Disorders of the musculoskeletal system:

- Rheumatoid arthritis (RA)
- Fractures, sprains, dislocations
- Rupture of muscles and tendons
- Bruises and hematomas
- Degeneration of joints and bones
- Tendinopathies & joint inflammation
- Contractures & sciatica
- Post-surgery recovery & complications

Neurological disorders:

- Hypertensive encephalopathy
- Paresis
- Concussion symptoms
- Parkinson's disease
- Alzheimer's disease
- Neuralgia & Cerebral palsy

Gynecological diseases:

- Pelvic inflammatory disease
- Polycystic ovarian syndrome & uterine fibroid
- Infertility
- Endometrial adenoma
- Painful menstruation
- Mastitis
- Menopausal symptoms
- Vaginitis and endometritis

Surgery:

- Amputations and replantations
- Haematomas and edemas
- Post-operative thrombosis
- Subcutaneous tissue infection
- Phlebitis

Urological diseases:

- Nephrogenic hypertension
- Cystitis
- Prostate gland adenoma
- Chronic renal failure
- Erectile dysfunction

Respiratory diseases:

- Asthma, bronchitis, emphysema
- Pulmonary thrombosis/embolism

Otolaryngological diseases:

- Labyrinthitis and vestibular neuritis
- Otitis
- Sinusitis

Ophthalmology:

- Glaucoma
- Eye hematoma
- Conjunctivitis

Dermatological diseases:

- Varicella (chickenpox)
- Herpes zoster
- Psoriasis
- Collagen disease
- Dermatitis
- Skin allergy
- Subcutaneous hematoma
- Scars (but not keloids)

Odontic diseases:

- Gingivitis
- Odontitis
- Odontical hematomas
- Sialoadenitis

Gastrointestinal diseases:

- Gastritis, gastric erosions, and duodenitis
- Cholecystitis
- Pancreatitis
- Hepatitis
- Colitis
- Gastric and duodenal ulcers
- Hemorrhoids

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Contraindications



A brief list of conditions forbidden for MLT.

***In medicine, a CONTRAINDICATION is a condition or factor that serves as a reason to withhold a certain medical treatment due to the harm that it would cause the patient. A contraindication is the opposite of indication, which is a reason to use a certain treatment.**

This is a brief list of conditions. Please contact the therapist for further advice. A list of commonly established contraindications for Hirudotherapy (P. Flecken, A. Michalsen):

- Haemophilia and anticoagulants (*acenocoumarol, marcumar, warfarin, heparin, and heparinoids*)
- Anemia
- Upper gastrointestinal tract post - hemorrhage condition
- Severe infection
- Severe internal diseases, immunosuppression and immune system conditions such as HIV, AIDS, Cancer, etc.
- Severe allergy
- Cold & flu
- Pregnancy
- Wound healing complications
- Children and unconscious patients
- Mental impairment
- Keloids
- Bleeding disorder
- Deep vein thrombosis (DVT)
- Diabetic foot and tissue necrosis
- Dermatomyces & skin malignancies (cancer)
- Skin tissue loss, arterial ulceration, decubitus
- Autoimmunological pemphigus

Also, contraindications for hirudotherapy are:

- Diets such as detox diet, juice diet, etc. (diet must be completed)
- Recent vaccinations
- Medication such as *aspirin, ginkgo biloba, viagra, ibuprofen*; treatment is possible 5 days after.

IMPORTANT INFORMATION:

- 1) Please **CHECK** the above list for any contraindications and report them to the therapist.
- 2) Physical training such as weight lifting, running, swimming after treatment is **FORBIDDEN for 1-2 days after treatment.**
- 3) Prior to your first leech treatment, the patient **MUST HAVE YOUR BLOOD TEST DONE** and bring in a copy of the results.
- 4) *Doppler* scan **MUST BE DONE** before treatment for Varicose Veins.
- 5) Please remember that we **DO NOT PERFORM** Hirudotherapy simultaneously with other treatments, such as osteopathy, chemotherapy, etc. at least **1-2 days** after and before the treatment.

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COMPLEX MLT



For prevention of the diseases and wellbeing.

COMPLEX Medicinal Leech Therapy or comprehensive treatment method is very exclusive and often used version of Medicinal Leech Therapy (MLT) **in the prevention of diseases, as well as the supportive method of treatment for many health issues.**

It can be used as a method independent, or in combination with others methods, to **strengthen and accelerate their effects treatment.**

Leeches are applied to the areas of **high biological activity**, for maximum therapeutic effect. Amount of leeches will be matched to the age and severity of the disease.

This form of Medicinal Leech Therapy can be **repeated every 6 months, consists of 6 sessions, conducted in 4-7 day intervals.**

A sample schedule of the COMPLEX MLT sessions:

Session 1:

Liver area: 3 leeches

Session 2:

Coccyx bone: 3 leeches

Session 3:

Kidneys: 3 leeches (each kidney)

Session 4:

Heart area: 3 leeches

Session 5:

Behind the ears: 2 leeches (each ear)

Session 6:

Liver area: 3 leeches

Coccyx bone: 2 leeches



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FAQ

Frequently asked questions.



What are the risks of Medicinal Leech Therapy?

During the procedure: An allergic reaction may occur, including **anaphylactic shock**.

After treatment: A small scar may remain – healing is accelerated by wound preparations available at the pharmacy. Local reactions at the leech site may occur: swelling, redness, itching; rarely generalized reaction with lymphadenopathy, feverishness, weakness and drowsiness. The emergence of this type of reaction proves the effectiveness of therapy and is not an indication to withdraw from subsequent treatments. As a rule, symptoms regress after 24-48 hours. To alleviate local changes, *Fenistil* or other anti-edema gels may be used. To alleviate general changes anti-allergic preparations may be used. During hirudotherapy, an infection with *Aeromonas hydrophila* may occur sporadically, which manifests itself among others in skin changes, high fever and **requires urgent medical consultation and the use of chemical drugs (antibiotics)**. However, more possible is an infection (with different kind of bacteria) due to lack of post-treatment hygiene and not following aftercare rules.

Does it hurt?

Not really – but some people feel some pinching, itching sensation for first 1-5 minutes.

How long does treatment take?

Treatment time is variable but generally takes 60-90 minutes.

How long will I bleed?

Generally, it is slowly bleeding last 4-12 hours.

Are the leeches used only one? And are they safe?

Yes. Our medicinal leeches are cultivated under special controlled conditions at a biological laboratory "BIO-GEN" or "Lodeksa", entirely under sterile laboratory conditions. That makes our animals completely safe – they can be safely used for medical purposes.

How many treatments should I have?

You should feel difference after 1-2 treatments. But maximum is 5 to 7 treatments, at intervals of 4 – 7 days, followed by 3 months break. Effects depending on the severity of the disease, the health of the patient and the type of ailments. It is important that the high concentration of leech-substances is maintained in the bloodstream.

What determines the leech treatment effective?

Effects are not guaranteed and depending on the severity of the disease, the health of the patient and the type of ailments. The effect depends on the severity of lesions, patient's cooperation, a frequency of treatments, following aftercare rules.



Other info

Usefull information and contact details.



LINKS:

Our leech therapy gallery:

www.re-balancetherapies.co.uk/leechgallery

Testimonials:

www.re-balancetherapies.co.uk/testimonials

Our supplier:

BIO-GEN:

www.bio-farma.pl/en/

Lodeksa:

www.lodeksa.com/en/

Follow us on  

Instagram:

www.instagram.com/rebalance.therapies.london/

Facebook:

www.facebook.com/rebalancetherapiesuk

Contact us

If you have any questions or concerns about leech therapy, please talk to the therapist
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Hirudotherapy

General informations

How to prepare for Medicinal Leech Therapy:

- 1) Consult with the therapist about **possible contraindications***.
- 2) You can inform GP about planning to perform this form of therapy.
- 3) Do the **basic blood test** prior to therapy, and email it to the hirudotherapist.
- 4) Inform the therapist about **current medications**.
- 5) Plan **1-2 days off** work or strenuous activities after therapy.

The day before treatment:

- A day before planned treatment **abstains from alcohol, spicy food**.
- On the treatment day, **do not use** any perfumes, deodorants, fragrance soap, due to leeches doesn't like unnatural smells.
- **Keep your body warm** - this will attract leech to 'bite'.
- Drink plenty of water.
- Stay positive leeches will not 'bite' stressed person.

After treatment (aftercare):

- You may feel tired or sleepy.
- Drink plenty of water.
- Avoid strenuous physical activity such as gym, swimming, running, etc.
- Do not remove dressing till next day.
- The wound can itch for few days - **do not scratch it can cause infection (simply tap area surrounded the wound few times this will release itching sensation)**.
- Always keep your wound covered and clean (apply sterile dressing).
- Abstain from any other form of therapy such as massage, osteopathy, acupuncture, etc.

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For more information call

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