

Intermittent Hypoxic Therapy – N years of clinical experience

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The Intermittent Hypoxic Therapy/Training (IHT) - a novel preventative, therapeutic and rehabilitative modality, has been developing during the last 2 decades. It is proven that the application of the IHT results in general reduction of morbidity, improved recovery from numerous degenerative diseases and significantly accelerated rehabilitation.

Technically, the IHT session consists of repeated intervals of hypoxic air inhalation, interspersed with inhalation of normoxic air. This results in controlled hypoxia-reoxygenation episodes that induce hypoxic preconditioning.

The cellular effects of IHT include: a) decrease of active oxygen species generation (especially in conditions promoting oxidative stress); b) decrease in lipid peroxidation; c) increased capacity of enzymatic antioxidative defence systems. The efficiency of IHT depends on common in mammals' universal adaptational mechanisms, which underlie beneficial results of IHT in a wide spectrum of diseases and health-relating conditions.

IHT modulates humoral and cellular immunity. Antioxidative effects induced by IHT in healthy subjects are moderately expressed, but are dramatically more pronounced in situations promoting oxidative stress.

Application of IHT (10 - 20 days cure) improves autonomic homeostasis, enhances functional capacity of enzymatic antioxidant systems, decrease in the intensity of lipid peroxidation, and augments non-specific stress-resistance of the organism.

Results of clinical study conducted with N patients in 1998 – 2006

Nosology	Age/amount of pat.	Cured N/%	Improved	No effect	Aggravation		

Literature (a short list):

Keywords:

Contacts.