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Scientific Substantiation of the Use of Leech Therapy in the Post-COVID Era

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Abstract

The COVID-19 pandemic and its long-term consequences, commonly referred to as Post-COVID Syndrome, have created significant challenges for healthcare systems worldwide. While acute COVID-19 infection has been extensively studied, the chronic post-infection phase is often associated with thrombotic complications, persistent inflammation, and disruptions in physiological homeostasis. Current therapeutic approaches primarily rely on anticoagulants and supportive treatments, which may have limitations and contraindications during prolonged use.

This presentation examines the scientific basis for the application of leech therapy (hirudotherapy) as a complementary rehabilitation strategy in the post-COVID era. The approach is supported by a series of discoveries and investigations conducted between 1993 and 2016, including the identification of energy-information effects, neurite-stimulating effects, detoxification mechanisms, immunomodulatory actions, resonance-wave phenomena, and aquastructuring effects associated with medicinal leech therapy.

Clinical observations suggest that the System Method of Leeching may contribute to reducing thrombotic risks, improving detoxification processes, restoring homeostasis, and supporting recovery in patients experiencing Post-COVID Syndrome and related complications. The method has also been applied in individuals affected by adverse reactions following COVID-19 vaccination.

Given the growing need for safe and effective rehabilitation strategies, hirudotherapy represents a potential adjunctive approach that may complement conventional medical interventions. The presentation reviews the scientific evidence, theoretical foundations, and practical applications of leech therapy in addressing post-COVID health challenges and promoting patient recovery.