

The invention refers to the medicine, namely to obstetrics and hematology.

The proposed method includes the transcutaneous irradiation in the cubital vein region of the blood with helium-neon laser rays with the wave length of 632,8 nm, the flux power of 20 mW, the exposure duration of 10...15 min, within 7...10 days, daily and in 3...5 procedures the infra-red laser irradiation of the kidney projection region in pulse conditions, with the pulse frequency of 1500...3000 kHz, the wave length of 890 nm, the exposure duration of 2...6,5 min, in a day, as well as administration within 28...35 days of the adaptogenic-metabolic remedy on the basis of *Spirulina Platensis* for 0,6...1,2 g, 1...2 times a day, daily.

Claims: 1