

who already had complaints, but during the experiment there were no deviations, but they had described the first symptoms of the hearing deterioration, in their anamnesis (decrease of attention, memory and concentration, discomfort after the using of headphones).

It can be assumed that hearing impairment occurred due to the negative effect of the headphones among patients who had abnormal changes in the hearing.

In order to prevent hearing loss among students, a number of recommendations were developed regarding the use of different types of headphones.

SLEEP, ITS PATHOLOGY AND METHODS OF CORRECTION

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Introduction. Sleep is an integral part of the human daily cycle. As a biological phenomenon it occurs spontaneously and provides normalization of the activity of all systems of the human body. The destruction of sleep leads to a numerous negative consequences. That is why the studying of possibilities to correct these disorders is very actual question today.

Aim. The goal of study was observation of sleep classification, its pathological mechanism and the methods of its correction.

Materials and methods. The research was hold by the observation of scientific literary sources.

Results and discussion. Sleep is a special condition of the nervous system, which is characterized by the turning of the consciousness, inhibition of respiratory activity, metabolism and sensitivity of the body. According to the genesis, dream can be divided into natural and artificial types. The first one is characterized by spontaneity another arises under the influence of certain external stimuli. The variety of the irritants cause sleep division into narcotic, hypnotic and electrical sleep.

Narcotic dream is the result of the influence of chemicals, such as drugs, chloroform etc. on the human organism. Electrical sleeping arises as a result of the action of low-frequency current pulses on the departments of the central nervous system. Such process leads to the inhibition of CNS activity. The hypnotic sleep is a temporary state of consciousness, which is characterized by the strong attention focusing and changing of the self-control system. A special kind of sleeping is a pathological dream. The etiology of the last one is associated with a lack of cerebral blood circulation, which leads to the inhibition of the activity of vast brains areas. Such kind of dream can be divided into somnambulism and lethargy.

Somnambulism is characterized by movements of the body, speaking during the sleeping and walking that lasts unconsciously. It is a genetic symptom which can get worse during the stress period.

Lethargy is the state of the organism when the life functions are saved, but there is no consciousness. A slow heartbeating and breathing rate, high body temperature are the clinical signs of lethargy. This type of sleep may occur as a result of a long period of wakefulness, hysteria, overwork or as a clinical manifestation of some viral infections of the brain and non-specific reaction to medication.

In general, sleep is a physiological need. The goal of this process is a protective inhibition of the CNS activity and organism in general. The result of this is the repairing of vital functions of body.

But there is a big variety of factors that course destruction of sleeping process. The examples can be stress, physical and mental tiredness, genetic aspects, emotional instability etc.

There are three ways of sleeping destruction: the disruption in the process of falling asleep, the lack of dreams deepness and lasting and abnormal early awakening that prevents to the complete finishing of the sleep phases. There are two parts in the physiology of sleeping: non-REM sleep and REM sleep, that normally change each other. Organism needs both phases for normal functioning. Non-REM sleep is characterized by the recovery of energy stock of organism and activation of anabolic processes. The result of abbreviation of this phase is tiredness and decreasing of working capacity. REM sleep is responsible for normal memory and information processing. The situation, when this period is imperfect leads to the worsening of cognitive abilities, tiredness of the organism and depression.

The treatment of insomnia can be hold in several ways. One of the examples is cognitive-behavioral therapy which is used in the case of initial insomnia. This type of treatment is based on the establishing of special

life routine which will improve sleeping process.

Talking about more difficult sleeping destructions, there is a recommendation to hold the treatment with a using of pharmacological agents. There are a lot of herbs with a sedative effect which can be used during the initial period of disease. For example chamomile, peppermint, linden, lemon balm, valerian have such pharmacological impact.

In case of long-term insomnia, that does not disappear after phytotherapy, sleeping correction is hold with a using of derivatives of barbituric acid (barbiturate). In spite of high efficacy of this drug, it should be noted its wide range of side effects, such as: dependence, nightmare dreams, allergic reactions (especially with skin localization) and withdrawal syndrome. The hypnosis method can be used as alternative to the pharmacological treatment.

There is a big variety of early diagnostics methods that help to establish the reasons of insomnia. For the instance, polysomnography gives the opportunities to reveal the violations of the respiratory system, in particular sleep apnea syndrome. This method also demonstrates oxygen concentration in blood, the number of chest and limbs movement, appearing of snoring, body position during the sleeping. Additionally it shows electroencephalography, electrooculography (eye movements) and electromyography (tone of the muscles). Based on the results, it is possible to make a correct decision about the reason of insomnia and its treatment. Cardio-respiratory monitoring is also a kind of polysomnography that includes the evaluation of respiratory and heart systems activity during the sleeping.

Multiple sleep latency test is another method of diagnostics of sleep disorders. The scheme of test is based on the numerous (approximately 5 times) falling asleep during the daytime. All opportunities of polysomnography are used to measure the vital indexes. The next step in the method is counting the average rate of the results that then should be compared with normal. It is possible to make a recommendation about correction of sleeping process based on the conclusions.

Conclusions. In this manner, sleep is a physiological process that determines the quality of cognitive function, emotional state, physical strength and in general human life.

CHARACTERISTICS OF THE COMPOSITION OF PHYTOPREPARATIONS FOR TREATING GASTROINTESTINAL TRACT DISEASES IMPLEMENTED ON PHARMACEUTICAL MARKET OF UKRAINE

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Introduction. Diseases of the gastrointestinal tract (GIT) are one of the most prevalent diseases of internal organs, so their prevention and treatment are the most topical medical problems. Pharmacotherapy of functional disorders of the gastrointestinal tract is complex and one of the important components of this therapy are phytopreparations.

Aim. Analysis of the chemical composition of biologically active substances of phytopreparations for the treatment of functional and erosive-ulcerative gastrointestinal diseases and their assortment on the pharmaceutical market of Ukraine.

Materials and methods. Analytical study of the data of the information retrieval system of the company "Morion" for 2018.

Results and discussion. At the moment on the pharmaceutical market of Ukraine there are about fourty of medicinal products of exclusively plant composition, classified according to ATC classification to group A - agents affecting the digestive system and metabolism. The majority of both complex and monocomponent phytopreparations contain such chemical compounds as tannins, flavonoids, essential oils, coumarins, saponins, polysaccharides, organic acids. Virtually all drugs in this group have anti-inflammatory, antimicrobial and reparative effects. Analysis of the chemical composition of both complex and monocomponent drugs showed that tannins in the number of active ingredients, as compounds with a wide spectrum of therapeutic activity, are present in all preparations.

Conclusions. The analysis of the composition of biologically active substances phytopreparations