

**Conclusions.** The data obtained during the survey may indirectly indicate the negative impact of mobile gadgets on the development of biorhythm disturbance at younger ages. Guided by the results, there are some recommendations for students on the use of mobile gadgets.

## THE USE OF CANNABIS PREPARATIONS IN MEDICAL PRACTICE

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**Introduction.** The cannabinoid system is represented in the human body by two types of CB1 and CB2 receptors. The first are in the central nervous system and in a small number in the peripheral nerves, while the latter are found in immunocompetent and hematopoietic cells. Substances acting on cannabinoid receptors are divided into endogenous and exogenous. The first were discovered not so long ago and represent a compound called anandamide and 2-arachidonoylglycerol; are present in the human body and contribute to the inhibition of hyperactivity caused by an excess of dopamine. And exogenous ligands (actually cannabinoids) get into our body from outside, but act similar to endogenous ligands.

Cannabis preparations have many therapeutic effects. They have antispastic, analgesic, antiemetic, neuroprotective and anti-inflammatory effects and are effective against some mental illnesses.

**Aim.** Analyze the assortment of cannabinoids medicaments, the results of randomized clinical trials and preclinical studies.

**Results and discussion.** THC (tetrahydrocannabinol) is the first cannabinoid permitted for use in medical practice. Preparations containing synthetic THC (dronabinol, etc.) are used in the US, Canada and Western Europe to alleviate the condition of nausea and vomiting caused by cytotoxic agents and to combat weight loss syndrome in AIDS. Recent studies indicate that this drug can also be effective in glaucoma, Tourette's syndrome, schizophrenia, phantom pain, neuropathic pain and some other diseases. Issued in capsules containing 2.5 mg of THC.

Nabilone (cesamet) is also a synthetic derivative of THC. In the UK, it is licensed for the treatment of nausea in chemotherapy. The action of 1 mg of nabilone is similar to that of 7-8 mg of dronabinol.

Nabiximols (trade mark "Satex" (Sativex)) is an oral spray developed by the British company GW Pharmaceuticals to alleviate the pain and spasms associated with multiple sclerosis. It differs from other cannabinoid-containing drugs in that the THGK and CBD (cannabidiol) contained in it are not synthetic isomers (like Marinol or Nabilon), but of natural origin. Its main active components are cannabinoids: THC and CBD. The product is intended for oral administration (spray). In each dose (one push), there are exactly 2.7 mg THC and 2.5 KBD. Approved by the Ministry of Health Canada, in Catalonia (Spain) and France for the treatment of multiple sclerosis.

Cannabinoid preparations are of great interest for oncologists.

Antineoplastic effects of these agents have been established. It was found out that the anticancer effects of THC result from exposure to CB1 and CB2. These receptors, although present in various cells throughout the body, are found in cancer tissues at an abnormally high concentration. Activation of CB1 and CB2 receptors triggers a number of mechanisms leading to the death of cancer cells, but keeping healthy cells intact.

Cannabidiol, however, does not directly affect cannabinoid receptors. Rather, the anti-cancer effects of CBD derive from its ability to affect the ID1 gene - a well-known factor in the formation of metastases in many forms of cancer, including breast cancer, intestinal cancer, etc.

**Conclusions.** The use of drugs with a similar mechanism of action makes it possible to increase the effectiveness and safety of pharmacotherapy of various diseases, including oncological pathology, autoimmune diseases, etc.