

has been consistently reported to be lower than in whites. Low systemic plasma renin activity in blacks may not be the primary abnormality, but rather the reflection of an overactive RAAS at the tissue level in the kidney. Genetically engineered blood pressure levels during the formation of the African diaspora (active migration from West Africa to North America) contributed to the selective expression of the corresponding genes leading to salt retention in the body. This complexity requires a therapeutic combination that includes changes in dietary habits and appropriate antihypertensive regimes.

Conclusion. Obesity, salt sensitivity, RAAS, and endothelial activation represent different factors affecting the pathogenesis of hypertension in African Americans. Further research in various ethnic/racial groups is needed to understand the differences in risk factors for cardiovascular disease and to develop optimal medical methods specifically designed for these groups.

THE EFFECT OF THE MOBILE GADGETS ON THE DEVELOPMENT OF DESYNCHRONOSIS AMONG YOUTH

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Introduction. The human body as a whole, can exist only with a certain ratio of various vibrational processes in cells, tissues, organs and functional systems, and their synchronization with the environment. In the process of a violation of the coordination of external and internal biorhythms, desynchronizes may occur.

Today, there is a tendency towards the rapid development of the use of mobile gadgets and, consequently, the development of addictive (dependent) behavior. Young people are no longer attracted by "live" communication; they are more pleased with "deepening to the virtual world." Thus, before sleeping, they spend a lot of time in their mobile gadgets and forget about the time and often do not regulate the correct mode of biorhythm "day and night". As a result, a disturbance of sleep develops, which leads to the development of desynchronosis, which, if prolonged, may manifest itself to the decrease in mental and physical capacities, and in a more mature age it can lead to a significant decline in the quality of life. That is why the effect of mobile gadgets on the violation of biorhythm "day and night" is an actual problem for modern theoretical medicine.

The aim of the work is to find out the possible negative effect of mobile gadgets on sleepy disturbance and, consequently, on the development of desynchronisation among students.

Materials and methods. The following methods were used: theoretical analysis in scientific sources of domestic and foreign publications, questionnaires, statistical processing of dates.

In the anonymous questionnaire, 100 volunteer students of the 1st and 2nd courses of the NPhU participated. The survey included 2 stages: the first one which determined the student's biorhythm and the second is about the presence of addictive behavior on mobile gadgets.

Results and discussion. As a result of a survey of the 1st and 2nd years students on the establishment of biorhythm, it was found out that 78% of them are "owls"; and 22% of them are "larks".

At the second stage it was discovered that 60% have addictive behavior on the mobile gadgets, and 30% have a tendency for its development. Among the addictive students with two types of established biorhythms, it was found out that they cannot fall asleep without a phone and immediately after they wake up, they take their mobile gadgets up. In addition, they noted that when they are "on the phone", they have not noticed neither how the time is passing nor what is happening around. As a result, this group of students were marked with a sharp decline in mental activity, namely: concentration, thinking, attention and memory. They constantly experienced drowsiness, laxity, decreased physical activity, and often suffered from acute respiratory infections.

In the group of "larks" their perspiration processes were delayed for several hours, which also indirectly indicates a violation of the physiological biorhythm.

In this case, all polls claimed that if their gadgets were out of order for a few days, their well-being was improved, in particular due to the fact that they were falling asleep without any interruption.

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.