

## EFFECTIVENESS OF MASK WEARING DURING THE COVID-19 PANDEMIC

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**Introduction.** During the COVID-19 pandemic wearing a mask in public places became more relevant than ever. But people still do not fully understand the benefits of wearing them. Some people have doubts about masks benefits. Others argue about which mask is best to use. For some people the right way of wearing the mask is an open question.

**Aim.** To analyze the scientific literature data, as well as the recent researches concerning statistics on masks wearing and its efficiency.

**Materials and methods.** PubMed, Medline and Medscape resources have been applied for search and analysis.

**Results and discussion.** Based on the analysis of hundreds of COVID-19 cases, protective masks are the most effective in specific conditions, such as the case when a person has been exposed to COVID-19 for more than three hours or has been inside an enclosed space. The study shows that some measures known as non-medicinal measures, such as distancing and wearing masks, help to prevent the transmission of SARS-CoV-2. Earlier studies have provided proof that masks wearing helps to protect against infection, but the latest works shows that it is useful even when other measures, such as distancing, are not used. It should be noticed that studies were conducted before the Delta high-intensity strain spread, and comparing infected people with control participants is challenging.

The statistics comparing mortality from coronavirus disease in the United States, the United Kingdom and South Korea is impressive. In South Korea, the figures are significantly lower. This result was obtained thanks to the habit of wearing masks. The lesson was learned in fighting the pandemic "swine flu" in 2009 and the MERS epidemic in 2015. Moreover, the important things were establishing PCR tests for everyone, quarantine, wide coverage of testing from the very beginning of the pandemic, extensive and fast tracking of contact persons for further testing, and, if necessary, isolation. Preventing of COVID-19 spread also was contributed by voluntary registration of citizens in public places by QR code; ventilation in public transport, usage of HEPA filters in public places.

**Conclusions.** The findings fill the gap in knowledge about the efficacy of nonpharmaceutical interventions and, therefore, may help in the development of policies to control the spread of viruses.

## EXPERIMENTAL STUDY OF DRUGS IN MODERN THERAPY OF ANXIETY DISORDER

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**Introduction.** Anxiety disorders are among the most common mental health problems in the world. In addition, among all medical problems, anxiety also holds the leading position in terms of

prevalence. A rational approach to patient management implies both an individualized approach, taking into account the characteristics of each individual case, and relying on the existing evidence base, including clinical guidelines, meta-analyses and the results of the latest randomized controlled clinical trials. A wide range of side effects from the nervous system, which is inherent in the vast majority of drugs, including herbal, is manifested by symptoms of stimulation (excitation, agitation, anxiety) or deprivation (sedative, hypnotic effect) of the nervous system. The issue of alternative treatment for patients with anxiety disorders remains highly relevant. Herbal preparations are considered as such treatment. Herbal medicinal products with fewer side effects can also be used to enhance the effectiveness of prescription drugs. World Health Organization experts recommend: before prescribing benzodiazepine drugs, alternative therapy should be considered (non-benzodiazepine anxiolytics, herbal drugs). Among herbal preparations with anxiolytic and soothing action with pronounced sedative activity, a number of medicinal plants can be distinguished, which can be prescribed both in the form of herbal preparations, and in the form of tablet forms.

**Aim.** The purpose of the work is an experimental study of drugs in modern therapy of anxiety disorder.

**Materials and methods.** To study emotional-behavioral reactivity, 2 tests were used - "Open field" and "Raised cruciform maze". In the open field - is test, the exploratory response, the level of latent emotional stress, were investigated, in the raised cruciform maze is test, the level of anxiety.

**Results and discussion.** Analysis of literature data showed the promise of studying phytomsubstances in the treatment of anxiety conditions.

**Conclusions.** Official herbal preparations with significantly fewer side effects effects can be considered as an alternative therapy or used to enhance the effectiveness of prescription drugs.

## TOXICOLOGICAL STUDY OF *IRVIGIA GABONENSIS* AS A PROMISING DRUG IN THE COMPLEX TREATMENT OF OBESITY

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**Introduction.** Mango is the name of a tropical plant, as well as its fruits. The homeland of the mango is considered to be the territory of modern India, where this tropical fruit has been cultivated and eaten for thousands of years. Among the variety of mango varieties, African is especially distinguished. The components of the African fruit break down fats and accelerate their excretion from the body. B vitamins improve liver function and help get rid of harmful carbohydrates that form body fat. The pectin and fiber that mango contains improve metabolism and digestion, and potassium prevents the accumulation of excess fluid. Using mango for healthy weight loss, you will provide the body with leptin - a hormone that regulates the level of fat storage. At the stage of primary pharmacological screening to determine the toxicity class of the studied phytosubstances, which have different qualitative and quantitative composition, offered as promising tools for the development of pharmacological drugs, is the first stage of preclinical studies to obtain results on the danger animals in the conditions of short-term action of high doses of drug.