

THE NERVOUS SYSTEM DESINCHRONOSIS AND THEIR CHRONOPHARMACOLOGICAL CORRECTION

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Disorganization of biological rhythms of the nervous system is associated with the emergence of pathogenesis of anxiety and neurotic disorders. Chronobiological initial defect can be a source of disturbances in emotional and autonomic areas and an increase in stress sensitivity. Between the development of anxiety and disruption of biological rhythms are closely interrelated: chronobiological similarity of neurosis and mental depression, suggests a pathogenetic identity in their rhythmic nature of the disease process. Spotted an annual periodicity in the number of suicides, which are directly linked to the development of mental depression. With the rhythm of the nervous system due to the advance of vascular accidents. Chronobiological defect may be due to the initial organic or functional pathology of the brain or nervous system disorders may be secondary - the result of a primary disruption of biorhythms.

The rhythmic nature of the nervous system and its relation to circadian dysrhythmia violations allow us to consider the prospect of treatment of nervous system disorders with chronopharmacological position, that helps to correct the nerve disorders caused by unfavorable, rhythm destabilizing effects. For example, administration of antidepressants once at midnight gives faster results, unlike to take them at a different times of the day or fractionally within a day. In case of administration of phytoadaptogens at afternoon, they normalize the rhythms of cellular components of the hemostatic system: increasing the value of the mezos and amplitude of circadian rhythms, shifting the acrophase of ACTH on 2-3 hours and cortisol on 6-12 hours that satisfies the chronoregime of healthy people. Adaptogens (Siberian ginseng, ginseng, glycyram) are most effective in the first half of the day, immunostimulants, membrane stabilizers and biological medicines (bifidum and laktobakterin) are the best in the evening. Therefore, to increase the secretion of glucocorticoids by the adrenal cortex adaptogens should be administered in the first half of the day (especially in the morning), vitamin B6 (only in the morning). Thus, neurotropic drugs normalizing the disorganized rhythms of nervous system, promotes the effective and rapid restoration of its functions.