

- children from 12 years and adults - 150 mcg per day.

More recently, it has been thought that iodine deficiency in Ukraine is felt mainly by residents of the western regions. Why is there so little iodine in some areas? Iodine compounds are easily soluble in water, so in mountains or rocky areas that are far from the seas, they are simply washed away by rain and water currents. Today, the situation has worsened due to the Chernobyl accident - frequent pathologies of the thyroid gland are registered throughout the country. Iodine deficiency has caused an increased accumulation of radioactive iodine in the thyroid gland in a significant number of residents (especially children) and it is considered as a risk factor of developing cancer.

Iodine deficiency can lead to stillbirth, congenital anomalies, neurological and mental disorders. However, all iodine deficiency and excess conditions can be prevented by taking the recommended amount of iodine. Organic changes caused by iodine deficiency diseases cannot be corrected and restored. They are difficult to treat and rehabilitate. Therefore, people who live in areas of iodine deficiency or have congenital features of micronutrient metabolism, need special supervision. These groups also include pregnant women, breastfeeding women, newborns and children under 3 years of age.

To reduce the risk of iodine deficiency, for everyday meals, replace common salt with iodized salt as the simplest, cheapest and most affordable product that contains this trace element, which affects not only health but also the intelligence of the nation. Also consume:

- white fish and seafood (pollack, hake, cod, mussels)
- seaweed (kelp)
- vegetables (potatoes, radishes, garlic, beets, tomatoes, eggplant, asparagus, green onions, sorrel, spinach)
- fruits (bananas, oranges, lemons, melons, persimmons)
- eggs
- milk
- beef
- walnuts

Conclusions. After analyzing the scientific literature, they described the effect of iodine on the human body and its role in the prevention of thyroid disease.

CAUSES OF DEATH IN COVID-2-2019 INFECTION

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Introduction. Infection COVID-2-2019 (SARS-CoV-2) causes a number of dangerous syndromes and on 09.03.2021 is the cause of death of 2612554 people in the world, and 27204 in Ukraine. The study of critical and lethal syndromes is important to reduce mortality and reduce societal losses associated with the pandemic.

Aim. The aim of the work is to study the main syndromes that are the direct cause of death of patients with COVID-2-2019.

Materials and methods. The study was conducted using open scientific sources and official statistics. Clinical, laboratory, histological results of research of patients are analyzed.

Results and discussion. A high risk of death is observed in the following clinical forms of COVID-2-2019: pneumonia with signs of respiratory failure (severe); critical illness, which includes acute respiratory distress syndrome, sepsis, septic shock.

The following syndromes play an important role in the pathogenesis of these pathologies: hypoxia, intoxication, systemic metabolic disorders and coagulopathies. As a result of severe and critical course of infection and the mentioned processes, multiple organ failure syndrome develops (which is often the direct cause of death) - a dangerous organ dysfunction caused by excessive immune response to infection, accompanied by multiple organ failure (also systemic inflammatory response syndrome).

The main symptoms of such organ dysfunction: coagulopathy, thrombocytopenia, acidosis, hyperbilirubinemia, markers of cytolysis, hypoxemia; arterial hypotension, disturbance of consciousness. Histologically, severe pneumonia (atypical with a predominant lesion of alveolocytes type 2; bacterial drain), hyperactive immune cytolysis, tissue ischemia, microvascular thrombosis, vasculitis.

Conclusions. The immediate cause of death in patients with COVID-2-2019 is often a syndrome of multiple organ failure, which develops mainly as a result of systemic microcirculation disorders. Aggravating factors are old age (from 60 years), the presence of concomitant pathological conditions (respiratory failure; cardiovascular, renal, respiratory diseases; diabetes, immunodeficiency, obesity, etc.). In order to reduce mortality in patients with COVID-2-2019, monitoring of coagulation parameters and blood cell composition, markers of cytolysis is recommended.

EXPERIMENTAL STUDY OF ANTI-INFLAMMATORY ACTIVITY OF THE ARISTOLOCHIA CLEMATITIS EXTRACTS

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Introduction. Aristolochia clematitidis L. is an unofficial plant in Ukraine, but is widespread in natural conditions throughout our country. The roots (*Radix Aristolochiae clematitidis*) and grass (*Herba Aristolochiae clematitidis*) are used in folk medicine.

The *Aristolochiae clematitidis* roots contain the alkaloids magnoflorin and aristolochine, sitosterol, aristolochic acid. The alkaloid aristoloquine, aristolochic acid, phenolic acids, flavonoids and other substances are present in the *Aristolochiae clematitidis* grass. All parts of the plant contain essential oil, which includes u-pinene, kadinen, borneol, a-terpineol, linalylpronionate, cinnamon alcohol.

The results of experimental studies, which are presented in the modern literature, indicate the epithelializing and antimicrobial properties of *Aristolochia clematitidis* L. when applied topically. Especially effective is the use of *Aristolochia clematitidis* L. decoctions of the roots or herbs for washing wounds from insect bites, compresses for skin rashes, itching and puffiness of the skin, purulent wounds, ulcers and eczema.

The presence of the inflammatory process, as a pathological basis for the development of many diseases, led to the research of new herbal medicines to study the anti-inflammatory activity of extracts from the *Aristolochia clematitidis* L. plant raw materials.