

C and D (source of vitamin D was the combined calcium drug) caused significant changes in urine pH, density and total calcium content and provoked crystal formation, which was evidenced by the urine microscopy.

Conclusions. Prevention of coronavirus disease is a topical question of modern health care system. Therefore, there are a lot of new recommendations about COVID-19 treatment and prevention. According to our data, calcium containing medicines should be used with caution as a source of vitamin D under the condition of COVID-19 pneumonia treatment because of a high risk of unpredictable drug interactions with vitamin C medications.

GUA-SHA MASSAGE AS A METHOD PREVENTING AGE CHANGES AND IMPROVING THE FACE

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Introduction. Our face is covered with many muscles and later they lose tone, the face falls – there is aging. Everyone wants to enjoy their reflection in the mirror every day, always to stay young and healthy and not to grow old, but, unfortunately, not everyone does everything necessary for this. In addition, many have problems such as: wrong lifestyle, bad habits (smoking and alcohol), lack of exercise – which only accelerates aging, wrinkles, puffiness. You should not wait for these manifestations, you need to get ahead of them! Gua-sha is a technique of ancient Chinese massage and now a fashionable massager, shaped like an animal's paw, made mainly of organic materials: jade, quartz, agate, wood, horn, bone. Gua-sha technique is one of the ways to preserve muscle tone, accelerate blood flow, reduce the appearance of wrinkles, creases, swelling and other age-related changes, improve lymph flow, which based on the additional pressure created during the massage.

Aim. Study the effectiveness of Gua-sha massage to prevent age-related changes and improve facial condition.

Materials and methods. The study was conducted in groups of people of different ages (18-25 and 35-45 years), who performed daily massage with a Gua-sha scraper.

Results and discussion. Studies have shown that Gua-sha massage for 5 months every day for 5 minutes helped groups of different ages to achieve significant

results, namely: eliminated morning swelling, improved facial contours (more clearly drawn cheekbones, outlined the face oval, reduced double chin), enhanced blood circulation and lymph flow, and thus increased metabolism in skin cells and improved complexion not only due to mechanical impact, but also due to the activation of metabolism, relieved tension, toned skin, improved facial muscle tone, smoothed fine wrinkles.

Conclusions. Thus, the results of the study confirmed the maximum effectiveness of Gua-sha massage with minimal time spent. Everyone makes a choice for themselves: to prevent aging or not – and if you choose the first option, you should not forget about the Gua-sha method.

GLYCOGEN IN THE BRAIN: FUNCTIONS AND DISORDERS

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Introduction. Glycogen is a large, branched polysaccharide that is the main storage form of glucose in animals and humans. Glycogen is as an important energy reservoir. Glycogen is broken down to glucose, which then enters the glycolysis or is released into the bloodstream. In animals and humans, glycogen is found mainly in muscle and liver cells. Glycogen is synthesized from glucose when blood glucose levels are high, and serves as a ready source of glucose for tissues throughout the body when blood glucose levels decline. Glycogen is found also in a lot of tissues and organs, but its roles in brain physiology and pathology are still unknown.

Aim. The aim of this investigation is to analyze data about localization and function of glycogen in the brain, its function, disorders of glycogen metabolism and their manifestations.

Materials and methods. In order to obtain data, reviews of the literature were studied, as well as articles on the research issue. Literature has been researched over the past 5 years.

Results and discussion. Glycogen is present in the mammalian brain but occurs at concentrations so low it is unlikely to act as a conventional energy reserve. Glycogen has the intriguing feature of being located exclusively in astrocytes, but its presence benefits neurons, suggesting that glycogen is metabolized to a conduit that is transported between the glia and neural elements. Astrocytic glycogen metabolism is shown to be fundamental to many physiological processes with many diseases associated with