

*Materials of Conferences***RESEARCH AND CRONOTYPE
BIORHYTHMS CAPACITY OF STUDENTS**

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Regular, recurring changes in the nature and intensity of biological processes are called biological rhythms (biorhythms). As they are based on changes in metabolic processes under the influence of internal and external cyclical factors. It is believed that each person of the birth of their lives on biorhythms. Under the influence of unfavorable factors may occur between components biorhythmic systems. Moreover, some processes are in the same rhythm as well as to other phase-shifted. It is characterized by fatigue, decreased performance. In case of violation of human biorhythms are usually aggravated "available" in human disease. That is why so much attention is paid to the need for patient compliance date.

Introduction: In duration allocate 3 of biorhythm: The physical cycle – 23.69 days, the emotional cycle – 28.43 days, the intellectual cycle – 33.16 days. Chronotype person – stable individual periodization psychophysiological state. Isolated on chronotype "owl", "larks", "doves". It was believed that biorhythms directly proportional to chronotype, but proved that these two parameters are completely independent of each other and highly individual for each person. Knowledge of biorhythms and chronotype allow the student to make a rational schedule, as well as build business plans for the coming months.

The aim of the work: To determine chronotype and parameters of biological rhythms to select the sound mode of work, exercise and rest of students.

Materials and methods: To determine chronotype and biorhythms were 150 1st year students sheathe medicine, it was used Ostberg questionnaire consisting of 8 questions, other than that determined by the parameters of biorhythms, calculate the critical days and on the basis of the calculations was plotted individual biorhythms.

Results: Data on chronotype Ostberg questionnaire: "clean" owls – 9% "clean" Lark – 5%; "Clean" doves – 13%. Most people – mixed types – 73%. In the study of biological rhythms in different chronotype not set a definite pattern between workability, emotional and intellectual cycles. For each individual there chronotype biological rhythm (physical, emotional, intellectual).

Conclusion: The value of biorhythms is large enough in everyday life. Knowing the individual biorhythms depending on chronotype can build their plans for the month so that their implementation

would have been the most productive. Biorhythms play a big role in the overall well-being and health. Keeping a certain mode that supports biorhythms, you can stay young longer.

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**ANALGESIC NEPHROPATHY
AS A LIMITING FACTOR WIDESPREAD
USE OF THE NONSTEROIDAL
ANTIINFLAMMATORY DRUGS**

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Currently a large group of nonsteroidal anti-inflammatory drugs are widely represented by modern synthetic derivatives. More than 14 major pharmaceutical groups in chemical structure represented by a variety of active ingredients (International Nonproprietary Names, INN) and numerous shopping generics drugs. In modern medicine the main nonsteroidal analgesics-antipyretics are: acetylsalicylic acid (Aspirin), Acetaminophen (Paracetamol, Panadol, Kalpol, Efferalgan), Diclofenac sodium (Ortofen, Voltaren, Diklobene), Ibuprofen (Nurofen), Ketorolac (Ketanov), Indomethacin, Phenylbutazone, Piroxicam (Roksik), Lornoxicam (Ksefokam), Tenoxicam, Meloxicam (Movalis), Celecoxib (Celebrex), Nimesulide (Nimesil) and others. All of these drugs are very widely used as anti-inflammatory, analgesic, antipyretic, antiplatelet agents for numerous indications in many areas of medicine (internal medicine, surgery, traumatology, sports medicine, neurology, gynecology, urology, oncology, ophthalmology, etc.). The most popular drugs in this pharmacological group, such as Diclofenac, even included in the list of vital and essential medicines. High popularity and an opportunity to buy on the open market in pharmacies without medical prescriptions provoked uncontrolled without a doctor self. As a result, the occurrence of recorded increasingly serious side effects, one of which is a kidney – analgesic nephropathy. Nephrotoxicity of these drugs due to their common mechanism of action, namely inhibition of the synthesis of vasodilating prostaglandins (PG E₂) in renal tissue, which leads to vasoconstriction and deterioration of renal blood flow. Therefore, there are ischemic changes in the kidneys, reduced glomerular filtration. This causes a violation of water-electrolyte metabolism and changes in urine sediment (sodium and water retention, hyperkalemia, hematuria, proteinuria), increase in serum creatinine, appear edema, increased blood pressure. With prolonged