

Yakovleva O.S., Khaliq R.N.

## NEW APPROACHES TO THE RECOVERY OF THE NERVOUS SYSTEM AFTER STRESS

Zaporizhzhia state medical university, Zaporozhe, Ukraine

the Department of clinical pharmacy, pharmacotherapy and Management and Pharmacy Economics, Medical and Pharmaceutical Commodity Research

(*scientific advisor - c.f.n. Yakovleva O.S.*)

**Introduction.** The end of the twentieth and early twenty-first century is marked by the increase in the number of stresses: education, work, family relationships, financial difficulties and post-war syndrome. With age all these problems lead to the depletion of the nervous system, which became one of the most urgent problems of modern medicine.

With a lack of time the person primarily reduces sleep, the nutrition becomes incorrect and irregular, he ignores being in fresh air. It usually leads to a significant reduction in the quantity of catecholamines in the nerve cells that are involved in all processes of metabolism in the nervous tissue, providing important functions such as memory, thinking, mood, attention, ability to work. As you know, nervous system regulates the activity of all organs, providing them with proper and smooth activity. That's why the signs of exhaustion are not only early fatigue, irritability, decreased ability to work, depression but also the diseases of the internal organs.

**Material and methods.** A retrospective, historical, analytical analysis of the available data was done. It indicated practical experience of traditional medicine and phytotherapy which are used for the restoration the nervous system. Methods of the marketing analysis of the domestic market of specified assortment of medications were introduced.

**Results.** As the nervous system regenerates so slowly to achieve the desired result, a person must change his attitude to life and perform the following simple advice: to normalize sleep, to observe proper and regular nutrition, to organize being in fresh air, to interchange physical, mental work and leisure, to develop a positive mood.

At the same time to restore the nervous system many herbs are used: tea with Mint and Melissa, Valerian; bath with a decoction of poplar buds, birch leaves, pine baths before bedtime; tincture of hawthorn, valerian, 25-30 drops of Leonurus half an hour before meals three times a day. In some cases, the condition requires the appointment of medications that restore the nervous system, including:

1. Opiates (Melaxen, Somnol).
2. Medications that improve the body's resistance to stress (Adaptol).
3. Neuroprotective drugs that support the functioning of nerve cells (Nootropil, Olatropil, Piracetam).
4. Antidepressants (Amitriptyline, Fluoxetine).

It should also be noted that a complex treatment of disorders of the nervous system must also be supplemented by the group of vitamin B (Neurobex, Neurovitan).

**Conclusions.** It goes without saying that in today's world, man requires assistance for the recovery of the nervous system. The restoration of the nervous system is critically important for its normal work. The depleted stocks of bioactive substances may also be restored by herbal medications. In many cases, the most effect of treatment can be achieved only by combination of traditional treatment and phytotherapy.