

GRASS POLEEN IN THE AIR OF ZAPOROZHYE

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Pollen from grasses (Poaceae) is predominant aeroallergens throughout the world including tropical countries. Lots of people in India and Ukraine are allergic to the pollen that comes from grasses. It brings on symptoms like a runny or stuffy nose, itchy eyes, and a cough. Grasses tend to start growing in the early spring. In the late spring and early summer, they release pollen into the air. The wind can carry it for miles. Wind carries pollen in the air, especially when it's dry and sunny. When it's cold or damp, pollen counts are usually lower. The aim of the study: To analyze situation with grass pollen in the air of Zaporozhye during 2015 – 2016 years. Materials and methods: Atmospheric pollen was collected on daily bases by using volumetric spore trap 24 h air sampler with the speed of 10 L/min airflow. Pollen was counted with light microscopy. Results: A total of 221 (64% from total concentration for 10 years) pollen grains were collected for 2015 year and only 52 (15% from total concentration for 10 years) pollens for 2016 year. The maximum pollen was counted for year 2015 in the 17th of May (37 pollens), for year 2016 it was 10th of May (10 pollen grains). Conclusion: Amount of grass pollen grains is not identical from year to year. It depends not only on plant phenology but also on meteorological conditions before and during pollination. The results can help to build prognosis of allergic situation and provide information to the allergy practitioners in order to advice avoidance of exposure to allergens.

ADAPTATION REACTIONS TO THE EDUCATIONAL PROCESS OF MEDICAL STUDENTS WITH DIFFERENT LEVELS OF ANXIETY

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Information overload, arising in the study of numerous educational disciplines, is a serious test for the organism of students and causes a significant tension of the adaptive-compensatory systems of the organism, which creates a potential threat to the health of students. Aim. Analysis of the peculiarities of adaptation reactions in medical students with different levels of personal anxiety during the modular control. Materials and methods. The subjects of the study were 150 students of the 3rd course, aged 18 to 21 years. To assess the level of anxiety in students we have used the scale of the level of anxiety of J. Taylor. The heart rate, systolic, diastolic and pulse arterial pressure were used as an indicator of the adaptive abilities of the organism of students under stress conditions. Results. Using the test of John Taylor, we found that 40% of students belong to a group with a high level of personal anxiety. It is noted that among girls the number of people with a very high level of anxiety 1.5 times higher than among boys. Immediately before modular control, the average heart rate in all students increased by 25-32%, and blood pressure by 15-17%. However, the greatest changes in these indicators were observed among students with a very high and high degree of personal anxiety. After the module, 94.7% of the students studied the parameters of the cardiovascular system, immediately recovered. However, 3 guys and 5 girls with a high degree of personal anxiety took a much longer time to restore their heart rate and blood pressure. Conclusions. As a result of the study it was found that large number of students are in a state of high anxiety. A high level of anxiety reduces the level of adaptation of the organism to the educational load.

THE EFFECTIVENESS OF PAPAYA LEAF EXTRACT IN TREATMENT OF DENGUE FEVER

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Introduction: Dengue is a viral disease that today affects a vast number of people in over 125 countries and is responsible for a sizable number of deaths. Studies have indicated that the juice of