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INDIVIDUAL MINUTE DURATION DETERMINING IN UMSA FOREIGN STUDENTS FROM IRAN, TURKMENISTAN, PAKISTAN, SAUDI ARABIA, IRAQ

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Introduction. Individual minute (IM) duration represents biorhythms endogenous organization criterium as well as the one of organism functional state [1, p.1-188]. This index is relatively stable in healthy people.

IM characterizes time endogenous organization as well as organism adaptive possibilities. People with higher abilities to adaptation have IM more than 1 min of physical time and it is equal to 62,9-69,9 sec, while it is less than 1 min and is equal to 47,0-46,2 sec in people with low abilities to adaptation. Chronophysiology as chronobiology part contributes greatly in human adaptation [2, p.9-15]. External stimuli can cause time individual perception changings [3, p.14-16]. As a whole time perception indices can be used as organism general state characteristics [4, p.20-23]. Adaptive process emotional compound assessing is rather difficult or even impossible sometimes. IM duration not only reflects organism emotional state but represents adaptive features index at the same time. That is why time individual perception study is considered to be comfortable investigative method in part related to researches in cardiac-vascular pathology and vegetative-vascular dystony [5, p.1-23; 6, p.39-41].

IM possesses circaseptaneous rhythm – its value is maximal on Thursday and Wednesday and minimal on Friday and Saturday.

IM value assessment helps in fatigue development as well as the one of dyschronosis and psycho-emotional tension. It is possible to take into account IM value at the lesson beginning and end, during the day, week, month and year. IM is related to human organisms chronobiology. Physiology chair teachers from Lugansk medical state university devoted their researches to the IM duration correlating with the students' chrono-biological (indifferent, morning, evening) and psychological (temperaments) types [7, p.156-158].

Chronobiology is paid much attention not only in theoretical but in applied aspects as well.

For instance, there is nocturnal asthma with the disease worsening in night by American scientists data received in Maryland [8, p.1002-1007], nocturnal asthma worsening factors are studied [9, p.33-38]. Pulmonary capillaries blood volume varies in normal and asthmatic people under sleep action [10, p.193-198]. Circadian rhythms were reported to be found in airways responsiveness and airway tone in patients with mild asthma [11, p.1598-1605]. Circadian rhythms are studied in Neurobiology and clinical Neurology [12, p.253-266], Gastroenterology [13, p.1394-1399].

Materials and methods. We performed IM estimation by Halberg method (Halberg) (1969). The examined started seconds counting to oneself by the examiner command from 1 to 60. It is necessary to pronounce the number 60. Real time must be fixed by watch-timer. It is better to estimate IM 2-3 times and then to take average value. It should be taken into consideration that IM lowering more than to 20% of gender-age norm represents fatigue and decreased adaptive abilities criterium in the adult while 50 % and more – over-fatigue and dys-adaptation.

The investigations objects. We assessed IM duration in the students of various moslemic countries. We assessed and compared given index in 50 medical foreign students studied at the 1st-5th course. They were from Iran, Pakistan, Saudi Arabia,

Syria and Iraq, Turkmenistan. IM comparison was carried out on Tuesday, Wednesday and Friday, at Physiology lesson beginning and end.

The researches results. Maximal IM value was on Wednesday in the students from all mentioned countries but maximally in the Iranians and the ones from Turkmenistan. Minimal level was observed on Friday. The least numerals were in the students from Saudi Arabia, then in the Syrians. Maximal IM at the Physiology lesson start was in the students from Iran, Turkmenistan and Pakistan, average, practically equal ciphras were determined in the students from other mentioned countries. The IM least level at the lesson end and thus the fatigability biggest level were in the students from Iraq and Saudi Arabia. The students from Syria, Pakistan, Turkmenistan and Iran were practically at the same level.

Conclusion. We propose IM duration determining method usage for the students' fatigability assessing. Probably, it will encourage to their working activity increase. For example, when IM lowering reached more than 20% there could be break or activity type changing.

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