

UDC:

**HUMAN TYPOLOGIES CONTRIBUTION INTO RESPIRATORY SYSTEM
STATE IN UMSA FOREIGN STUDENTS**

Tkachenko Elena Viktorovna

Candidate of medical sciences, assistant

Ukrainian Medical Stomatological Academy, Poltava

Shabuddin Rizwanullah

Student

Ukrainian Medical Stomatological Academy, Poltava

Prilutsky Maxim Konstantinovich

Assistant

Ukrainian Medical Stomatological Academy, Poltava

Introduction. Typologies attract big attention nowadays because their study has not only theoretical but big applied significance as well. Respiratory system state is not an exception. The works bigger amounts are dedicated to pathological changings in this system taking into account the patients' typological belonging. Iranian scientists (ethnic aspect) declared and proved that moderate exercising at home helped in preventing the COVID-19 complications, enhancing the immune system, antioxidant defenses and anti-inflammatory responses directly and indirectly by reducing anxiety, improving mood and modulating fat profile and insulin sensitivity [1]. Ethnic aspect was expressed in the work of Iranian microbiologists concerning to antibiotic resistance pattern and prevalence of TST gene in *Staphylococcus aureus* isolated from respiratory system infections [2]. Various diseases have their distinguishing features in different countries and even regions. The respiratory tract ones are not exception particularly respiratory tumors in Iranian patients [3]. Also there exist ethnic and regional varieties of concomitant diseases. There is a work about insulin-independent diabetes mellitus impact on respiratory

system at diabetes mellitus in Iranian patients because there exist pulmonary complications due to changes in collagen, elastin influencing on respiratory system functioning significantly [4]. Ethnic-age aspect (with the constitution taking into account) was described in the work of Iranian pediatricians concerning to Coenzyme Q10 various influence on different-aged patients (from 6 till 27 years) with cystic fibrosis but anthropometric indexes did not give valuable difference concerning to coenzyme influence on the human health at the mentioned disease [5]. Pneumonia is studied in various countries in children while reflecting the ethno-age typological aspect: in Iranian newborns the ventilator-associated one [6]. Big separate attention is paid to risk factors in part longer mechanical ventilation and outcomes study at it in Iran [7; 8], prematurity and low birth weight as risk factors in Egyptian neonate girls and boys (ethno-gender-age typological aspect) [9].

Taking into account given brief literature review our present work **aim** was analyzing the respiratory system activity some indices dependence upon human typologies in UMSA foreign students from various countries. We formulated following **tasks** to gain the set goal: to assess interhemispherical asymmetry individual profile; to determine the students' temperament; to assess respiratory system functioning indices.

Methods: human interhemispherical asymmetry individual profile determining by Luria; Eysenck's questionnaire; performing the following respiratory tests: vital lungs capacity; Shtange's probe; Hench's probe; Miuller's probe; Walsawa's probe.

Object: 54 students aged 19-24 years from the countries presented on the slide.

The results received. Vital lungs capacity biggest and least numerals were demonstrated by the students from Uzbekistan and Turkmenistan and comprised $1,9 \pm 0,1$ l and $2,0 \pm 0,1$ l correspondingly. Mainly the girls were demonstrating less results than guys though there were the guys with the results like in the girls probably due to thorax less development. The students from other countries did not demonstrate valuable gender varieties on VLC.

The best results on Shtange's test were demonstrated by the students from Uzbekistan. The least results on this test were demonstrated by the girls from Ghana

and the boys from India correspondingly. The least results on Hench's test had the girls students from Ghana while the maximal ones – Jordanian guys. The data concerning to Miuller's and Walsawa's tests were contradicted, without exact (valuable) changings in pulse rate (there must be pulse acceleration while the respiration delaying on the inspiration maximum thus at Miuller's test and pulse retardation at the respiration delaying on the expiration maximum thus at Walsawa's test).

Thus, there were detected the individual peculiarities of respiratory and heart-vascular system conjugated reflexes in the students from various countries.

Moreover, we performed comparative characteristics between the indexes on the right and left hands in dexters, sinisters and ambidexters and the results received were also not one digit, there was no valuable correlation between the interhemispherical asymmetry individual profile indexes and the probes meanings. With other words, left-handers could have bigger numerals on Miuller's and Walsawa's tests (id est pulse rate) on their right hand while the right-handers – on the contrary. Some results were equal on both hands though the examined was not ambidexter.

By temperament type the students guys from Arabic countries and the girls from Ghana and Uganda were phlegmatics more, there were several expressed choleric among the African guys while sanguinic temperament was a distinguishing feature of the Egyptians as well as the students from Uzbekistan and Turkmenistan (there were several melancholics among the last ones, especially girls). We should mention that the students' temperament type did not give valuable influence on the data received. With other words, choleric students could have less ciphras in the examined indices than phlegmatics and melancholics and on the contrary.

Conclusions. Human typologies belonging influences on respiratory system activity though there were not valuable correlations between it and the results received except the differences on countries.

Literature

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