

A comprehensive method for the rapid assessment of the adaptive capabilities of the human body using the examples of repetitive winter expeditions in the Northern Urals
Sharov A.V., Sharova L.V.
(Perm State Pedagogical University, Perm, Russia)

One of the important health indicators that determine the multilevel nature of the functional systems adaptation is a psychophysiological state of a person and his interaction with physiological adaptive reaction mi.

A multifaceted study of the problems of the indigenous population of the Northern Urals (SU) became possible with a one-stage comprehensive study by specialists, which is achieved in the conditions of special expeditions working according to a unified methodology. This preliminary work was carried out by us in the autumn and winter periods. The research was carried out in SU, where the indigenous population lives predominantly [4].

The purpose of the expedition. Investigate the psychophysiological state of the human body in the field conditions of the North.

Transportation people and the necessary equipment was carried out on specially made light alloy sleds [3], towed by Buran snowmobiles.

Material and methods

The data discussed in the work is the result of a comprehensive examination and recovery of 83 patients with cervical dorsopathy living in the SU. The age of the patients varied from 18 to 65 years, with a predominance of observations in the age groups 40–49 years. The average age of the subjects was (39.65 ± 0.5) years, with the duration of CD disease (3.5 ± 0.3) years, in men 39.04 ± 0.5 in women - 38.05 ± 0.2 .

The group of subjects living in the SU is represented by indigenous people - Mansi (BUT), belonging to the representatives of the Finno-Ugric language group (15 observations); indigenous - alien (B), living in the area for 2-3 generations (30); temporarily residing (IN): researchers, game managers, loggers ... (38).

Treatment and prevention of exacerbations were carried out using the ART method "IMEDIS-TEST" at the APK "IMEDIS-FALL", Moscow, as well as by the author's method [2].

In people working on a rotational basis, with an irregular load, protective mechanisms and adaptive restructuring of the body can break down - maladjustment. The factor that violates the conditions for the development of the organism is the limitation of information. Isolation of a person quickly leads to sleep disturbance, the appearance of visual and auditory hallucinations, which often persist for a long time [1].

According to the developed criteria for assessing the functional state of the body with the help of algorithms of energy-informational diagnostics revealed: and creeping level (G), low level (C) is characterized by overstrain of the body, average level (B) corresponds to the "borderline state", high (steady level) (BUT). Such a complex

an individual approach to the assessment of AVO justifies the advisability of using correction and restorative means to increase AVO and allows you to prevent adaptation failure.

The research results were mathematically processed using the statistical software packages Excel 5.0, Statistica for Windows 5.0 and Biostatistics.

conclusions

In general, the state of health of the indigenous people - newcomers, turned out to be much worse than that of the indigenous people - Mansi and those who temporarily live. In our opinion, among the factors that form a healthy lifestyle of the population, not only a healthy lifestyle is absent, but also such values as cultural and spiritual potential.

As a result of applying the method, conditions are created for the restoration of the human body's own genetically determined rhythms in accordance with the laws of resonance, synchronization and the principle information-wave impact.

The transport sledges were made and tested from durable and light metal. A route has been laid for the delivery of food and medicine.

Bibliography

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