First of all, children are susceptible to attacks because they like to play near the power transmission lines, play with wires etc. To decrease the number of accidents we should teach them that electric power grid is not suitable for their games. Children should know that electric current is very dangerous if you don’t know how to use it.

The second group who is in higher dangerous are fishermen. Fishing is pleasurable thing, but it could lead to accidents. When moving to village you should remember and adhere to basic safety regulations. Fishing near the transmission lines is forbidden. In Zaporizhia region fisherman got a 10 kV voltage strike when casting a fishing rod.

The third groups are drivers of large cars. For example, in Mykolaiv worker loading a track brought the boom of a loader crane to a wire for invalid distance. Electric arc appears and hurts worker to death.

**Conclusions:** So, what could I say in conclusion? Electric power is very important and integral part of our everyday life, but we must adhere to safety rules to reduce the number of accidents to a minimum.

**References:**


**DOI 10.36074/15.05.2020.v5.30**

**IMMUNOLOGICAL ASPECTS OF PHYSICAL CULTURE AND TREATMENT-PREVENTIVE NUTRITION**

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The external environment began to affect the human body more and more destructively. Hypodynamia, increased emotional stress and various types of stress changed the nature of nutrition, which led to violations in the immune system: the risk of allergic, autoimmune, immunodeficiency and respiratory diseases increased. To the conditions that contribute to the rapid spread of infections among people with weakened immune systems (the HIV epidemic and the appearance of atypical viruses), the high population of modern large cities has also been added.
The task of the immune system is the timely recognition of foreign cells and their subsequent destruction, the formation of immunological memory for a quick response to pathogenic factors in the future.

In the modern living conditions of people described above, the immune system has ceased to give a quick response to infections. In addition, most foreign bacteria are successfully introduced into the human body, accumulate, and only after years it begins to manifest itself as pain syndromes, inflammatory processes, cell mutation and tissue death. All this leads to expensive treatment, a long-term loss of working capacity and subsequent disability. On a national scale, this is a colossal loss of the working-age population. But this can be prevented by supporting the functioning of the immune system through the principles we have developed that have practical results.

The system of restoration of immunity is based on the performance of physical activity and the intake of dietary supplements with immunostimulants.

To solve the problem of the prevention of viral diseases, we recommended extracts that improve the immune response to be included in dietary supplements:
- licorice root extract – has an antiviral effect on various pathogenic human viruses;
- beta-glucan – possesses immunomodulatory activity due to the stimulation of cellular immunity;
- ginger extract – has pronounced efficacy against the humoral immune response;
- echinacea extract – promotes activation of non-specific factors of the body’s defense and cellular immunity, improves metabolic processes. promotes the release of cytokines, increases the production of interleukin-1 by macrophages, accelerates the transformation of B-lymphocytes into plasma cells, enhances antibody formation and T-helper activity;
- alfalfa extract – stimulates the production of new and enhances the activity of mature immune cells;
- elderberry extract – exhibits antiviral activity against a number of pathogens that cause upper respiratory tract infections;
- orange zest extract – promotes liquefaction of mucus in the respiratory tract, contains natural antibiotics;
- wormwood extract annual – contains artemisinin – a natural antiviral component that enhances the action of synthetic antiviral substances.

In addition to activating the internal forces of the organism through the delivery of a complex of active substances. It is also necessary to increase the amount of oxygen to intensify oxidative processes, the stages of assimilation of nutrients, neutralization and elimination of toxins. This can be achieved through physical activity.

Moderate physical activity (gymnastic exercises) stimulate physiological processes in the human organism that improve well-being, immunity and brain activity. This is due to the activation of the central nervous system, increased blood circulation and oxygen metabolism.

During and after physical activity, the concentration of many hormones in the blood changes. An increased amount of adrenaline, norepinephrine is released.

Moderate physical activity has a positive effect on the functional condition of the respiratory system, peripheral circulation, mucous membranes of the respiratory system. This suggests that even simple and short dosed gymnastic exercises have a positive effect on the local immunity of the mucous membrane of the respiratory tract. They improve the ability of the ciliated epithelium to self-cleanse, remove the mucous
secretion from the bronchi, and strengthen the protection against infection in the lower respiratory tract.

Increased blood circulation, increased pulse pressure with adequate physical activity activates NK-cells, increases the number of macrophages responsible for non-specific immunity. Therefore, the likelihood of getting a respiratory illness is reduced.

Based on the foregoing, we have developed a set of exercises to activate the immune processes in the body, consisting of three types of physical activity.

1. **Breathing exercises**
   **Execution technique:** The exercise is performed while lying or sitting. During exercise breathing should be relaxed. *Running time:* 56…60 s.
   1. Incomplete inhale;
   2. Holding the breath at the expense of “1”;
   3. Incomplete exhale;
   4. Holding the breath at the expense of “2”.
   **Remark:** gradual addition of an account to three, on inhale and exhale. In order to increase the duration of breath holding on inhale and exhale.
   **Result:** improvement of oxygen transport to cells with further enrichment of blood with red blood cells and activation of blood supply to tissues.

2. **Jumping on the spot.**
   **Execution technique:** movements are carried out by means of easy lifting on toes with the effect of shaking the body. *Running time:* 90…120 s.
   **Remark:** separation of legs from the floor is optional. Movement should be fast with the effect of a jump rope.
   **Result:** activation of lymph circulation in the organism, followed by activation of the lymphatic system, with the possibility of reducing edema.

3. **Slopes.**
   **Execution technique:**
   1. Starting position - standing, feet shoulder width apart;
   2. Raising hands up;
   3. Tilt forward and down with your fingers touching the floor;
   4. The delay in this position is 1…3 s;
   5. Smooth straightening;
   6. Performing exercise 7…10 times.
   **Remark:** Do not touch the floor with your fingers through force. Over time, stretching will lower and hold longer.
   **Result:** Relaxed and stress relieving in the spine. Subsequent regulation of the nervous system. As well as strengthening the muscles of the abdomen and back.

**Conclusions.** Local cellular, humoral immunity in the population of almost all age categories can be increased with moderate exercise. In this case, the organism increases the speed of blood flow, lymphatic drainage, which accelerates the speed of immune reactions. The proposed integrated approach is guaranteed to be able to activate the immune system in the body. The result can be achieved within 1-2 weeks.

**References:**
