

the brain's opioid and pain gate systems to provide relief.

Surgery: Various surgeries of the nerves, brain, and spine are possible to relieve chronic pain. These include rhizotomy, decompression, and electrical deep brain and spinal cord stimulation procedures.

Relaxation therapies: This covers a wide range of controlled relaxation techniques and exercises, mostly in the realm of alternative and complementary medicine. This can include hypnosis, yoga, meditation, massage therapy, distraction techniques, and tai chi.

Physical manipulation: a physiotherapist or chiropractor can sometimes help relieve pain by manipulating the tension from a person's back.

Heat and cold: Using hot and cold packs can help. These can be alternated or selected according to the type of injury or pain. Some medications have a warming effect when applied topically to the affected part.

Rest: If the pain is due to an injury or a repetitive action, rest may be the best option. [4]

Pain is vital part of our body's defenses, and without it we could not survive but at the same time it is the most common reason for seeking medical care.

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THE IMPACT OF BIORYTHMS ON STUDENT'S HEALTH AND SUCCESSFULNESS

Topicality of our research: Biorythm (greek „bios” and „rytmos” – life and concordance) is identified as number of periodic changes in the intensity of the course of physiological and mental processes depending on time. Biorhythms are inherent in all lifeforms on Earth and are a prerequisite for their normal existence in

accordance with the basic rhythms of nature, caused by the rotation of the Earth around the Sun and the Stars, together with the associated changes, such as: the change of seasons of the year; alternation of day and night; the moon phases influence; sea tides etc.

Among many factors affecting the working capacity and health of modern youth, biorhythms continue to be underestimated. The study of biorhythms and their effects on the human body will allow us to rationally calculate the necessary amount of energy and effort needed to achieve a particular goal without overworking or causing a considerable damage to the organism.

Aim Of Research is to study the impact of biorhythms on student's health and successfulness (academic and non-academic), as well as its role of a «biological clock». To achieve this goal, a medical-sociological study (survey) is used.

Results and their discussion: It is known, that there is a certain link between physical activity, state of health, work ability (successfulness) and geophysical factors. We have determined, that a number of characteristics of well-being, performance indicators, including success rate (successfulness), depend on the biological rhythms of the human body, caused by the phases of the moon (new moon, first quarter, full, third quarter) and solar activity, which are superimposed on the individual rhythms of the "biological clock" of an individual.

The best performance indicators (concentration of attention and productivity) among students are observed at the peak (coincidence) of the intellectual, physical and emotional components of the individual biorhythm and vice versa. Changes in biorhythm parameters are possible during/because of pathological processes in the body (disease(s), disorders, trauma(s) etc). The research indicates a direct connection between the influence of biorhythms on the ability to work (success rate), the state of health and the activity of students..

Conclusions. The data obtained determines the necessity to identify and analyze each person's "biological clock" for proper planning of any kind of activity, including rest (sleep), emotional unloading (entertainment, communication with friends), physical (sports, fitness) and intellectual activity. It is necessary to have a rational approach to creating an individual graphic for each day and to calculate the optimal time for the pursuit of intellectual (training) and physical (sports, fitness) work.

Prospects For Further Research. The aim of our future research would be to experimentally confirm the impact of student's biorhythms on their successful work and new knowledge assimilation, as well as the effectiveness of individually calculated and adopted schedules and biorhythmic calendars.

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ŚWIATOWA ORGANIZACJA ZDROWIA

Światowa Organizacja Zdrowia wyspecjalizowana agencja Organizacji Narodów Zjednoczonych, jest główną organizacją międzynarodową, zajmująca się

problemami zdrowia. Jej siedzibą jest Genewa. W 1946 r. ONZ zwołała Międzynarodową Konferencję Zdrowia w Nowym Jorku, gdzie 61 krajów ratyfikowało konwencję WHO. W roku 1948 w liczbie już 88 członków ratyfikowano powstanie WHO. Do WHO należą obecnie 194 kraje.

Głównym obchodem, organizowanym przez WHO co roku w dniu 7 kwietnia, jest Światowy Dzień Zdrowia.

Zadaniem WHO jest: działanie na rzecz zwiększenia współpracy między państwami w dziedzinie ochrony zdrowia, zwalczania epidemii chorób zakaźnych, ustalanie norm dotyczących składu lekarstw i jakości żywności, dąży również do zapewnienia opieki medycznej ludności świata oraz zmniejszenia śmiertelności niemowląt. [6, c.3]

Do największych sukcesów tej organizacji należy zwalczanie epidemii groźnych chorób, takich jak: gruźlica, malaria, cholera czy dżuma poprzez masowe szczepienie. WHO walczy także z AIDS.

Główne organy Światowej Organizacji Zdrowia to: Sekretariat na czele z dyrektorem generalnym, Światowe Zgromadzenie Zdrowia, Rada Wykonawcza, Komitety Regionalne.