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ABSTRACTS BOOK

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Психіатрія і наркологія

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Psychiatry and narcology

Mohan J. J., Grinko N. V.

### **THERAPEUTIC BENEFITS OF PASTLIFE REGRESSIONS**

HSEE of Ukraine "Bukovinian State Medical University", Chernivtsi, Ukraine  
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(scientific advisor - M.D. Herasymiuk I.)

Past Life Regression is the art of remembering our near and far past experiences to become aware of the root cause of current issues and to bring in the positive aspects and lessons into the present awareness. An inner journey to the past helps deal with unexplainable fears and phobias, emotional and relationship issues as well as health concerns. These help us to understand the vast nature of our human mind and reality.

The thoughts, perceptions, emotions and beliefs that we carry are either love based or fear based. Love based emotions, beliefs, perceptions and thoughts account for the positivism in our life. Fear based emotions are those fears, anger, envy, jealousy, anxiety, tension, frustration, helplessness etc that we face. In truth, we are much more than what we have chosen to believe about ourselves. Past life regression therapy to a great extent make us aware of our deep subconscious beliefs that limit our life. All that we have done and experienced are stored in our mind, a part of it in our conscious mind and the rest in our subconscious mind. In a relaxed state of mind and body, this information is available to us. To our readiness, our mind reveals to us that which is required for our evolution and growth at a given point in time. Accessing this information and integrating it into our life experiences offers an amazing opportunity to heal ourselves on physical emotional and energetic levels.

Past life regressions are particularly valuable when dealing with issues that have no "rational" cause. Many people find healing with individuals that they are in conflict with at work, in social circles and in their families. These conflicts all have the quality of "unsolvability" meaning that there is no outward cause of the conflict but rather the feeling that "there is just something about that person I don't understand". It also was noticed that people with phobias tend to do well with Past Life Regressions. Fear of heights, fear of flying, fear of water, etc. all seem to have roots in Past Life Traumas and I have found that this modality is especially effective in these cases.

Past Life Regression is a scientific and systematic way of accessing our subconscious mind where the subject is assisted and directed by a therapist or a trained facilitator. Under trance, the subject directly accesses the subconscious information and which can be used for healing, learning and applying the life lessons into the current life as suggested by the therapist.

Nieciecka A.

### **LEGAL HIGHS POISONING - PATIENT CHARACTERISTICS.**

Collegium Medicum UMK, Bydgoszcz, Poland  
Department of Geriatrics  
(scientific advisor - Ph.D. Kornatowska K.)

A problem that we are increasingly hearing about in the media and in medical communities is the use of legal highs among pupils and students. These are psychoactive substances whose properties are modified so that they can be sold legally but have a narcotic effect. Among them, we can distinguish several groups of substances, the varieties of which are reflected in the symptoms displayed by patients after legal highs poisoning. These include neurological, metabolic, psychotic and cardiovascular disorders. As a result of the increasing use of legal highs, more and more new substances appear on the market, therefore research on this issue is necessary.

The work aims to characterize a patient suffering from legal highs poisoning, including toxic symptoms after using the most common substances and also determining which age and social groups are most frequently affected. Therefore, an analysis of the most modern literature was performed to draw consistent conclusions from the latest scientific reports and make it easier for medical workers to diagnose the patient properly.

A review of the latest literature using scientific article databases, including Google Scholar and Research Gate, indicates that the symptoms of legal highs poisoning are very diverse. According to statistical data, legal highs are most often used by young men. However, discrepancies have been found while comparing legal highs abuse among rural and urban residents, as well as at various education levels.

To sum up, the use of legal highs is a problem spreading on an increasing scale, and therefore it requires further studies which must present the most current data. The patient's profile described in the article presents various metabolic, neurological and cardiovascular symptoms depending on the type of the substance used, as well as draws the attention of a reader to the group the problem most commonly affects, namely young men. The above-mentioned activities will facilitate the development and implementation of preventive measures as well as training medical personnel in poisoning diagnosis and treatment.

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