

respectively ($p < 0.05$) with normalization of the values - against 1.3 times in the 1 group ($p < 0.05$)

The combined administration of Antral for 30 days resulted in a significant correction of proteinase-inhibitory homeostasis in patients with NASH associated with obesity and COPD, which was accompanied by a significant decrease in endotoxemia ($p < 0.05$) and damaging effect of systemic proteolysis ($p < 0.05$).

Kaushanska O.V.

PATIENTS THERAPY WITH ANXIETY DISORDERS WITH METABOLIC SYNDROME X

*Department of Internal Medicine, Clinical Pharmacology and Occupational Diseases
Bukovinian State Medical University*

In recent years, there has been a pathomorphosis of mental disorders in various somatic and endocrine diseases. Along with the known phenomena of asthenia, depression, anorexia nervosa, dysphoria in the structure of mental disorders in MS X, anxiety disorders of varying severity have recently become more frequent.

We conducted a 4-week study of the efficacy and safety of Afobazole in the treatment of adult patients with anxiety disorders within metabolic syndrome X (30 patients - the main group; 30 patients - control). The duration of treatment was 1 month of active therapy (later patients were transferred to maintenance therapy outside this study). For treatment used the drug Afobazole, containing in a tablet 0.01 g of active substance, prescribed 3 times a day (morning, afternoon and evening).

The study included 60 adult patients (18–65 years) (36 men, 24 women), whose clinical picture revealed mild and moderate forms of neurotic disorders observed in the therapeutic hospital and outpatient service. The main (30 people) and control (30 people) groups were formed taking into account the representativeness by sex and age ($\chi^2_{emp} < \chi^2_{crit}$, $p > 0.01$). The sample consisted of patients who gave voluntary written informed consent to participate in the study. The treatment was completed by 55 patients, including 28 patients in the main group and 27 patients in the control group. The therapeutic effect of Afobazole in our study was detected fairly quickly. Already at the end of the first week of therapy, there was a reduction in anxiety in the form of a decrease in irritability, anxiety and some deactualization of fears and bad feelings. Patients also reported improved sleep, greater ability to relax, and decreased anxiety, fear, and tearfulness. A feature of the therapeutic effect of Afobazole was a significant reduction by the 7th day of treatment of a significant number of viscerovegetative manifestations of anxiety disorders: patients noted relief of breathing, more stable with a tendency to normalize blood pressure and pulse, reduced tension and muscle pain, reduced or lack of dry mouth, sweating and dizziness, reduced need for food. In addition, patients noted an improvement in performance by improving the quality of cognitive functions (attention, memory). In the whole group of patients it was noted a complete recovery from the disease (38.4%) or a significant improvement (37.9%) and for most patients with mild manifestations, complete recovery was observed in 92% of cases. Among patients with moderate manifestations, a good effect was recorded in 75% of cases, in the rest, moderate and minimal effects were observed, respectively. The dynamics of the severity of the patients' condition compared to the screening was significantly positive ($p < 0.05$) also from the 7th day of Afobazole therapy; similar changes were noted in the indicators of the overall effectiveness of therapy. Absence of positive changes on Afobazole therapy was noted in 3.3%, deterioration - in 3.3%. In the control group - 6.6 and 3.3%, respectively. The dynamics of somatic indicators also had positive trends in the control and main groups: the reduction was respectively: SBP - 11.0 and 18.0% ($p < 0.05$); DBP - 4.4 and 14.9% ($p < 0.05$); the decrease in BMI and BP was within the statistical error.

Afobazole provided high compliance and quality of life of patients; did not show a negative impact on the course of somatic pathology within the Ministry of Agriculture. The therapeutic effect of Afobazole is the reduction of viscerovegetative manifestations of anxiety disorders, including relief of breathing, normalization of blood pressure and heart rate, reduction of muscle tension and pain, sweating and dizziness.