

## SELECTING GEROPROTECTORS FOR EXTENDING ACTIVE LONGEVITY

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Everyone wants to live as long as possible, to contribute actively to the modern world. But is this possible if periodically disturb a variety of diseases? Because these diseases depressed the general condition of the body, make it impossible to do what he likes, put obstacles in our way of life.

The problem of prolonging life is quite relevant in the present time. In addition to genetic predisposition to longevity and healthy lifestyle, focused on the possibilities of drug's support through using pharmacological group geroprotectors to fight aging.

Now allocate a lot of drugs of natural or synthetic origin, whose effectiveness has been scientifically proven and has been used successfully in the modern world gerontological practice: antioxidants and antihypoxants (mexidol emoksipin, seduksen, probucol, vitamins E, A, C), adaptogens (Ginseng, Siberian ginseng, Echinacea, Lemongrass), nootropics (piracetam, etiratsetam, aniracetam, oxiracetam, pramiracetam, dupratsetam, deanol atseglumat, meclofenoxate, Pyritinol, Biotredin, Aminalon, Pikamilon, Phenibut, hopantenic acid, Pantogamum, gamma-hydroxybutyrate calcium, Ginkgo Biloba, Semaks, glycine, Biotredin), chelators (activated carbon, microcellulose, smectite, enterosgel, aluminium phosphate gel, pectin, Polysorb, lactulose, Laktofiltrum, Polyphepan, Enterodez), hepatoprotectors (Essentiale, Gepabene, methionine, Glutargin, Galstena, Antral), immunomodulators (dekaris, derinat, chimes, Dibazolum, IRS-19, bronhomunal, Ribomunil, Bronhomunal, Imudon, Taktivin, Timalin, Timostimulin, Timogen, Immunofan, Betaleukin, Sodium nukleinat, Derinat, Poludan, Immunal, alloferon, polioksidony. rapamycin, myostatin) and peptide bioregulators, drugs stimulating and hormone replacement therapy (metformin, acarbose, resveratrol, melatonin analogue hormone fasting - FGF21) and others.

Exerting influence on the active exchange processes in molecular and cellular levels, these drugs normalizes all types of metabolism, stimulate the physiological functions of the body reduced.

This explains their universal effect of a significant increase in the aging organism biosocial capabilities, expanding its range of active adaptation.

But it is impossible to save mankind from the genes of aging, so the modern of anti-aging concept combines geroprotectors reception with a rational diet, physical activity and maintaining a healthy lifestyle not only in adulthood and old age, but throughout life, beginning with childhood and adolescence.