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**CYCLIC MASTODYNIA IN MEDICAL UNIVERSITY STUDENTS AND WAYS OF ITS CORRECTION**

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Mastodynia is a disorder characterized by changes in the mammary gland in the form of tension, swelling and soreness, leading to a deterioration in the quality of life. The condition has a cyclic form associated with the phases of the menstrual cycle, and acyclic, caused, as a rule, by the presence of organic changes in the mammary glands: fibroadenomas, microsclerosis, breast cancer and others. The cyclic form of mastodynia is a common condition that can occur in 80% of women from the general population and have a direct relationship with hormonal imbalance, stress, taking medications, in particular oral contraceptives. For the described form of mastodynia, organic changes are not characteristic, but only functional ones are present, passing after a lapse of time.

**The aim** of the work was to develop tactics for conducting medical university students with cyclic mastodynia.

**Materials and methods.** We examined 60 students on ІІ – ІІІ cours of Kharkov National Medical University who did not have a history of reproductive system diseases, endocrine disorders, denied smoking. The girls had a sexual relationship, in connection with which they used only barrier methods of contraception. The social and living conditions were satisfactory for all the study participants; all noted the presence of stresses associated with tension and a large volume of classes. To exclude the organic pathology of the mammary glands, we evaluated the results of their selfexamination, medical examination and palpation, ultrasound scanning. The observed patients were divided into two, identical in the number of observations, clinical groups. The first group includes students whose cyclic mastodynia was established and generally accepted recommendations are given regarding normalization of the daily regimen, nutrition, duration of rest and selection of underwear. Additionally, three times a day, it is recommended to take one tablet of a herbal preparation containingfour components: lumbago, rosemary, Abraham tree, honey bee. In the second group, students were observed with symptoms of mastodynia and generally accepted recommendations.

**The results** of the work showed that after two months, in the first group of students, subject to the implementation of the measures proposed by us, the symptoms of mastodynia disappeared in 10 girls (33.3%), and decreased in 18 (60%). In the second group, where the homeopathic remedy was not used, the complete absence of mastodynia was observed in only three cases (10%), and a decrease in the severity of pain in 10 (33.3%).

**Сonclusion.** In the complex treatment of cyclic mastodynia resulting from stress, it is necessary to include a herbal preparation, which can reduce its symptoms, and in some cases, completely level it.