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## THE MAIN DIRECTIONS OF MEDICINE IN THE PRESERVATION OF HEALTH OF THE UKRAINIAN POPULATION

The health of the population is the most important task and priority of any state. First of all, this applies to people who have been affected by several negative and harmful factors of the environment. For several years in a row, starting from January 2020 and now, the entire population of Ukraine has been exposed to physical, biological, chemical factors, psychoemotional stress and hypodynamite. At first, all these factors accompanied life and affected the health of people during COVID-19, and since February 2022, in connection with fighting activities, on the territory of all Ukraine. The presence of a traumatic factor in human life can become a trigger mechanism for such diseases as diabetes mellitus, hypertensive disease, metabolic disorders, lead to hormonal disorder, as well as any related diseases (including alcohol, drugs and other psychoactive substances).

Provision of highly qualified psychological assistance to the Ukrainian population should be accompanied by at least a minimum amount of clinical examination. Because the concept of "healthy person" consists of physical and mental health and social well-being. Other characteristics of quality of life, such as family and professional status, legal and financial status, are also assessed.

Today, the whole community faces the question of preserving a healthy nation, whether within Ukraine or abroad. Always it is necessary to remember about biological rhythms and individual possibilities of an organism to adaptation in new conditions of life.

Another, very large, problem with which the Ukrainian population has faced since the beginning of the fighting is a violation of sleep. In people who are on the territory of Ukraine this is connected with violation of biological rhythm, feeling of fear and as a protective reaction of an organism. Conducting an examination of the Ukrainian population, which went beyond the borders of Ukraine with the beginning of fighting, there is a violation of sleep in 90%, and this continues at the subconscious level. Violation of biological rhythms, including sleep can lead to decrease of efficiency, attention, memory, thinking and irreversible consequences on the part of nervous, respiratory, cardiovascular system.

The impact of the traumatic event and the harmful factors during this period and in the future will be reflected both on mental and physical health of the Ukrainian population, if we as a medical community of the world, will not provide comprehensive preventive and clinical care.