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Nonspecific adaptive reactions in patients suffering from bronchial asthma
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Problem setting: Nowadays cellular and molecular abnormalities responsible for bronchial inflammation, typical and relevant pathophysiological and clinical characteristics of asthma are identified. New diagnostic capabilities provide clinicians with the opportunity to obtain reliable data on the existence of pronounced inflammation in the bronchi, even in case of minimal clinical symptoms at the early stages of the disease. A number of questions of the pathogenesis of asthma is not fully studied. It is found that the clinical manifestation and prognosis of the disease are correlated with the adaptive reactions of the organism. At present there known four adaptive reactions of the body ( NARO ) - stress ( RS), training (RT ), quiet (RQA ) and increased activation ( RIA).Every stressor, causes the activation of the hypothalamic centers. In the hypothalamus the signal is switched to the efferent pathways that lead to activation of a sympathetic- adrenal and pituitary- adrenal systems , resulting in increased secretion of adrenalin and glucocorticoids.

Paper objective: to examine the types of non-specific adaptive reactions in patients with asthma .

Materials and methods:We used data obtained from the survey of 81 patients and treatment of asthma . We studied the clinical history, clinical blood and urine tests, daily urine output , the functional state of the lungs: peak flow monitoring, spirometry, data of immunological studies , which included a study of the overall immune status of I-II level, cytokines IL-4 ,TNFά.

The results of the study: Taking into account all the indicators of NARO suggest that in patients with asthma of IV stages comes the depletion of adaptive capacity of the organism.

Summary: Found by us the correlation between FEV1 and TNFα (r = -0,42) serves as an example. All patients with NARO -RS, regardless of form, had low reactivity.