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**STRENGTHENING OF PSYCHO PHYSIOLOGICAL, ENERGY INFORMATIONAL RESERVES OF A BODY BALANCE: АEROPIPHITOTHERAPY RESOURCES**

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On the account of the significant influence of modern information on every person, it is vitally important to find effective ways of activation of psychophysiological, energy and information reserves for effective body balancing. The method of psychological discharge (anti-stress protection) is a sequence (system) consisting of a complex of psychological, aromatic, visual, sound, biophysical effects on the human body is combined in a series of aeroapiphytotherapeutic sessions. They include a course of apimicrovibial massage for 50-60 minutes for
7-10 days (patent for the utility model «Method of psychological and psychophysiological discharge» (№ 36198 from 12.08.2019)) [3].

The model itself is to provide a comprehensive positive impact on mental and psychophysiological human health by means of apitherapy together with the other factors, which affect the body and enhance the healing effect respectively.

The complex of influences (or measures) is carried out in a specially equipped room - apihouse. The material equipment of which is:

– Internally built-in beehives-beds, where mesh holes are fixed at the height of a patient’s head, chest, lumbar region and legs. The same openings are located in the side parts of the beds, an important function of which is to saturate the room air with aromas of honey, propolis, wax and other products of the bee family;

– Various medicinal herbs are available in the room (in particular, some mint, lemon balm, thyme), they are used in the preparation of phytonutrients and natural flower honey;

– The floor of the apihouse is covered with meadow grass where you can see the admixtures of medicinal herbs (some mint, lemon balm, thyme), which creates a special aeroapiphytoclimate and promotes micromassage of the feet;

– the pillows are filled with meadow grasses with admixtures of medicinal herbs (mint, lemon balm, thyme), which creates a special aeroapiphytoclimate as well;

– special enlarged mesh holes which are located at the height of a patient’s head, these holes allow observing the behavior of the bees in the hive;

– window openings of the room help to see how the bees work in the apiary;

– the inner walls of the room are treated with wax mixed with propolis;

– an electric kettle, a washbasin with water, a towel

The method is good for psychological discharge that helps prevent psychological problems, back up the correction of psychological state (stress, emotional imbalance, aggression, hypochondria, etc.), provides psychological health through optimal use of psychophysiological reserves of the human body and reserves of apiphytotherapy.

The method of psychological discharge is an effective one for people who have no contraindications to the effects of bee products on the body.

The content of the method of psychological discharge is a sequence of procedures (measures, effects):

Feet micro massage with the help of hay, which includes meadow grasses with admixtures of medicinal herbs (mint, lemon balm, thyme). The patient should walk 5-7 times on the floor 2 m long covered with grass;

– consumption of phytonutrient drinks, the temperature of which does not exceed 30 ©, with both medicinal herbs, in particular, some mint, lemon balm, thyme and natural flower honey;

– Application (mask) on the face and neck. The patient himself can do the procedure. It contains natural flower honey and drone homogenate in a ratio of 5: 1. (drone homogenate is a milk from larvae, a thick, yellowish liquid with a peculiar taste, one of the most valuable biologically active products of bees as it contains proteins, vitamin D, enzymes, microelements). The massage of the face, neck, as well as micromassage of the extremities of the patient’s hands are done during the application;

– Lying on the hive-couch for 50-60 minutes (preferably on a hard surface of the hive) is an effective measure to reduce stress. The mesh holes at the height of the head, chest, lumbar region and legs of the patient perform an important function as they help to transfer saturation of indoor air with aromas of honey, propolis, wax and other beekeeping products. It is important while a patient is lying to experience microvibrations, which are created by the swings of the wings of bees and act as a vibrating massage, which in turn has a positive effect on the psychophysiological system of the body.

The process of evaluation of the psychological discharge method effectiveness was carried out in a specially equipped room – an apihouse, which is located in Poltava region, Poltava district, village Vilkhovyi Rih.

The study involved 47 people who were divided into 2 groups: EG (26 people), CG (22 people), all of them complained about the bad mood, apathy, emotional imbalance – irritability, aggression towards others, lack of self-regulation while they were suffering different traumatic situations.

After a set of measures, under the influence of the method of psychological discharge, based on the survey results where the patients of the experimental group, EG noted that (ω1-ω4,%), k = 4: improving of personal mood (96,2%), reducing of irritability (91,1%), decreasing of manifestations of aggression (84,2%), there is self-regulation in resolving traumatic situations (73,8%). While in the control group, CG, the respondents admitted: their mood improved by (49,8%), the disappearance of irritability (37,9%), the reduction of aggression (41,2%), also there is self-regulation in resolving traumatic situations (36,8%).

The method of psychological discharge helps to prevent psychological problems, to back up the correction of psychological state (stress, emotional imbalance, aggression, hypochondria, etc.) also it provides the effective support of psychological health through the efficient use of psychophysiological reserves of the human body and reserves of aeroapiphytotherapy. These factors has a number of significant pros :

1) the method differs in the following: aeroapiphytotherapy is presented at each successive stage. During the implementation of all successive procedures, the person is in the apiphytoclimate of the room, which contributes to the psychophysiological balance of the body;

2) apivibromassage is done while a patient is lying on the hive-couch, consequently it contributes to the self-correction of the internal organs functions, of metabolic processes optimization, energy and information body balance;

3) the biological magnetic field of the bee family helps to equalize the disturbances of the human electromagnetic field;

4) the method is easily reproducible, accessible, harmless, characterized by high opportunities for psychological relief compared to traditional methods.

The method is highly recommended for practical implementing.

**Reference:**

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