

Biorhythm in our lives

Biorhythm is the basis of our life, it affects our state of health, success, satisfaction with life. By knowing our biorhythm we will be able to better know ourselves, our disadvantages and advantages. Scientists believed that the cecal changes in the organism and in the world have their own pattern.

Biorhythms began to study in 1729. French astronomer Jean-Jacques Dorte de Meran discovered that the leaves of the plants carry out periodic movements during the day. The problem was of interest to such prominent scholars as the German researcher F. Hampi, I.P. Pavlov V.M Bekhterev, S.S. Korsakov

O.D. Slonim studied the ecological and physiological aspects of rhythmic processes. The biological rhythms inherent in virtually all living organisms were found and identified.

All biological rhythms are divided into three groups:

1. rhythms of high frequency, not exceeding half an hour interval (rhythms of muscle contraction, respiration, biochemical reactions);
2. rhythms of the middle frequency, up to seven days (change of sleep and vivacity, activity and rest, fluctuations of blood pressure and body temperature);
3. Low frequency rhythms (changes in the metabolism of living organisms during the year) are associated with seasonal phenomena: changes in temperature, light and humidity.

Modern studies on the nature and patterns of biological rhythms have shown that complex living systems really represent a fabric interwoven with countless varied rhythms.

Greek physician Gerofil from Alexandria for 300 years BC has determined that the pulse in a healthy person changes during the day, indicating the cyclicity of the organism as a whole from the cell to the whole system. A person chooses to work an hour when it's easier to work without realizing that. Only about 400-500 years ago, people began to live for hours, with the precision needed, "worked" natural and biological clocks, although the work of their "living" hours, people almost not aware. The discrepancy between biological, mental and social rhythms can lead to a breakdown of vital functions. [1]

The observation of the laws of increasing and reducing the state of health grows into science, namely, chronobiology. Chronobiology - a science that studies the relationship between biorhythms and human health, is engaged in the development of methods and tools for the restoration and harmonization of impaired biological rhythms. Drugs of chronobiology are considered one of the most interesting directions in preventive medicine, because it allows to detect and prevent the early onset of many diseases.

Initial people watched nature, the movement of stars, the Sun, changes in the seasons, they were not only observers but also an integral part of it, helping them to live in harmony with themselves and nature.

There are three types of human biorhythms of type: owls, larks and doves. R. Lampert in 1939 researched the dream of young children and conditionally divided them into two extreme biological types - "owls" and "larks".

Later, another type was discovered - "pigeons". "Owls" are people who fall asleep late and get up late; "Larks" - people, respectively, are falling asleep early and waking up too early; "Pigeons" - people who have enough 4-5 hours of sleep, and no matter what time interval this happens. But, as scientists have shown, sleep time is just a secondary sign of belonging to certain biological types. The main feature is the time of the greatest activity of the brain. With this amendment, the definition of biological types will be somewhat different.

"Owls" are the people who are most active in the afternoon (after 4 pm), the maximum peak is reached late in the evening - 9-10 o'clock in the evening.

"Larks" - the people who show the greatest activity in the first half of the day (until 3:00 a day), the maximum peak is reached in the morning - from 10 to 11 in the morning, sometimes even earlier .. "Pigeons" - people who adapt to almost any kind, which interval and having roughly uniform activity throughout their entire working day.

According to a study by US scientists in the United States: 56% "owls", 35% "larks" and 19% "pigeons". European scientists, having conducted research in Europe, found a different proportion: 30-40% owls, 20-25% of "larks", the latter - "pigeons". The most important biological stimulator of the development and improvement of all physiological functions of the body is movement.

Correctly developing, the body gets more opportunities for adaptation. The time has come when a person not only understood, but also "felt" his rhythm. The reason for the rhythmic disorder is that the person ceased to live according to the biological clock. Much more important is the social rhythms: the time of the beginning and the end of the working day, the work of transport, entertainment companies. Social rhythms ceased to fit into the limits of the person's inherent biological rhythms and, first of all, the rhythm of "sleep - insomnia".

The rhythm of changing the functional state of man is one of the most important biological rhythms that should be used first.

We can say that biorhythms are the result of natural selection. In the struggle for survival, only those organisms that could take time and react to it survived. As a result, the endogenous rhythm of the organism was gradually developed, synchronous with the periodic processes of the environment. Since rhythms have different periods, then at a person at different times of time there are various combinations of levels and polarities of various types of activity. The positive period, which corresponds to the positive half-wave, is characterized by an increase in capacity for work, an improvement in the physical, emotional and intellectual state. Negative period is characterized by a decrease in the capacity for work, a deterioration of sleep [4c.35]. For all cycles there is a critical, or zero, day that corresponds to the transition of the positive half-wave to the negative. It was believed that the critical day of the physical cycle for a particular person increased

the probability of an accident. The critical day of the emotional cycle was characterized by an emotional breakdown. Minimization of mental activity took place on a critical day of the intellectual cycle. From an empirical study it can be argued that the influence of biorhythms in the calculation of physical, emotional and intellectual periods manifests itself only in extreme long-term conditions and is not always unambiguous. Since a person, waiting for troubles in extreme conditions, will definitely get them.

Conclusion

Consequently, at different times people feel unequally. In some days, the flow of strength and vivacity, a good mood, they are attentive and able to work. The rest of the others - on the contrary, exhaustion, lethargy, inattention - everything falls out of hand. In this case, it is necessary to take precautionary measures. On such "bad" days, one should not plan important things.

Physical cycle affects the physical state of the body, resistance to diseases, strength, coordination, speed, physiology, other basic functions of the body and a sense of good physical health. It is 23 days.

The emotional cycle lasts 28 days. He is responsible for the state of the nervous system, determines well-being, mood, and also manages creativity, receptivity, mental health, thinking, perception of the world and themselves.

The duration of the intellectual cycle is 33 days. It affects creativity and mental activity, regulates memory, vigilance, susceptibility to knowledge, as well as logical and analytical functions of thinking.

Not so long ago, another cycle was dedicated - intuitive, with a duration of approximately 37 days. It depends on creative inspiration, a sense of beauty, the perception of unconscious impulses.

The zero point for all cycles is usually the date of birth, but serious illness can change it. Usually, a person feels that a certain day of her life has become the day of her second birth. If you remember the date, then try to calculate rhythms based on it.

References

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