

Р+РќРҮРҮР РЈРљРІРІ

РrP»CII PjPµPГPёC±PSPsPiPs P·P°CІC,PsCІCfPIP°PSPSCII P»C-РeP°CҢCІCҢPеPsPiPs P·P°CІPsP±Cf

РђРҖРІР“Р Р•Рќ (AMIGREN)

РҮРeP»P°PГ:

PrC-CҢC±P° CҢPµC±PsPIPёPSP°: sumatriptan;

1 РeP°PіCІCfP»P° PjC-CІC,PёC,CҢ CІCfPjP°C,CҢPёPіC,P°PSCf CІCfPеC†PёPSP°C,Cf Cf PіPµCҢPµCҢP°C...CfPIP°PSPSC- PSP° CІCfPjP°C,CҢPёPіC,P°PS 50 PjPi P°P±Ps 100 PjPi;

PГPsPiPsPjC-P¶PSC- CҢPµC±PsPIPёPSPё: P»P°PeC,PsP·P°, PjPsPSPsPiC-PrCҢP°C,; C†PµP»CҢP»PsP·P° PjC-РeCҢPsPеCҢPёCІC,P°P»C-C±PSP°; PSP°C,CҢC-CҢ PеCҢPsCІPеP°CҢPjPµP»PsP·P°; PjP°PiPSC-CҢ CІC,PµP°CҢP°C,;

CІPеP»P°PГ PsP±PsP»PsPSPeё PeP°PіCІCзP»Pё: P¶PµP»P°C,PёPS, C,PёC,P°PSCf PrC-PsPеCІPёPr (P• 171), PіPsPSCІPs 4R (P• 124).

P»C-РeP°CҢCІCҢPеP° C,,PsCҢPjP°. РљP°PіCІCfP»Pё.

PҢCІPSPsPIPSC- C,,C-PёPePs-C...C-PjC-C±PSC- PIP»P°CІC,PёPIPsCІC,C-: C,PIPµCҢPrC- P¶PµP»P°C,PёPSPsPiC- РeP°PіCІCfP»Pё B,,- 1 C†PёP»C-PSPrCҢPёC±PSPsC— C,,PsCҢPjPё P·PSP°PіC-PICІC,,PµCҢPёC±PSPёPjPё PeC-PSC†CІPjPё; PеPsCҢPіCfCІ BҢ“ P±C-P»PsPiPs PеPsP»CҢPsCҢCf, РeCҢPёCёPµC±PеP° BҢ“ C†PµCҢPIPsPSPsPiPs PеPsP»CҢPsCҢCf.

P’PjC-CІC, PеP°PіCІCfP» BҢ“ PіPsCҢPsCёPsPе P±C-P»PsPiPs P°P±Ps PjP°PµP¶Pµ P±C-P»PsPiPs PеPsP»CҢPsCҢCf P±PµP· P·P°PіP°C...Cf.

РќP°CҢPjP°PеPsC,РµCҢP°PіPµPIC,PёC±PSP° PіCҢCfPіP°.

РҮРµP»PµPеC,PёPIPSPёPµ P°PiPsPSC-CІC, 5PќPҮ1-CҢPµC†PµPіC,PsCҢC-PI CІPµCҢPsC,PsPSC-PSCf. PµCҢPµPіP°CҢP°C,Pё, C°Ps P·P°CІC,PsCІPsPICfҢC,CҢCІCІ PГP»CII P»C-РeCfPIP°PSPSCII PjC-PiCҢPµPSC-. РљPsPr PђPҮPI N02C C01.

РќP°CҢPjP°PеPsP»PsPiC-C±PSC- PIP»P°CІC,PёPIPsCІC,C-.

РќP°CҢPjP°PеPsPrPёPSP°PjC-РeP°.

РҮCfPjP°C,CҢPёPіC,P°PS BҢ“ C†Pµ CІPµP»PµPеC,PёPIPSPёPµ P°PiPsPSC-CІC, 5PќPҮ1-CҢPµC†PµPіC,PsCҢC-PI, C°Ps PSPµ PIPіP»PёPIP°C” PSP° C-PSCёC- 5PќPҮ- CҢPµC†PµPіC,PsCҢPё. PіC- CҢPµC†PµPіC,PsCҢPё PjC-CІC,CІC,CҢCІCІ, PiPsP»PsPIPSPёPj C±PёPSPsPj, Cf C†PµCҢPµPіPSPs-PjPsP·PеPsPIPёC... РeCҢPsPIPsPSPsCІPSPёC...

СГСрПрРёPSP°С... PJ С...PsPrC- PrPsСГр»C-PrP¶PµPSCн P±СрP»Ps PICГС, P°PSPsPIP»PµPSPs, C%Ps СГСрPjP°С, СГРёPёPёC, P°PS C±PёPSPёC, Сн СГPµP»PµPеC, PёPIPSCр PIP°P·PsPePsPSCГС, СГРёPёPеC, PsСГPSCр PrC-Сн PSP° СГСрПрРёPSPё Ср СГРёСГС, PµPjC- СГPsPSPSPёC... P°СГС, PµСГС-PNё, P°P»Pµ PSPµ PIPёP»PёPIP°С” PSP° PjPsP·PеPsPIPёPNё PеСГPsPIPsPs±C-Pi. PёPёСГС, PµPjP° СГPsPSPSPёC... P°СГС, PµСГС-PNё PiPsСГС, P°C±P°С” PеСГPsPI PrPs PµPеCГС, СГР°- C, P° C-PSC, СГР°PеСГР°P°PSC-P°P»СнPSPёC... C, PеP°PSPёPS, PSP°PiСГPёPеP»P°Pr PjPsP·PеPsPIPёC... PsP±PsP»PsPSPsPe. P’PSP°СГP»C-PrPsPe СГPsP·CёPёСГPµPSPSC¶ C±PёC... СГСрПрРёPS СГPsP·PIPёPIP°С”C, СнСГС¶ PjC-PiСГPµPSCн. P”PsPrP°С, PеPsPIPs P·P° PrPsPiPsPjPsPiPsСн PµPеCГPёPµСГPёPjPµPSC, P°P»СнPSPёC... PrP°PSPёC... P±СрP»Ps PrPsPIPµPrPµPSPs, C%Ps СГСрPjP°С, СГРёPёPёC, P°PS PiP°P»СнPjCГС” P°PеC, PёPIPSC-СГС, Сн C, СГС-PNёC±P°СГС, PsPiPs PSPµСГPIP°. PµPµ PrPIP° PjPsP¶P»PёPIC- PjPµC...P°PSC-P·PjPё, C±PµСГPµP· C¶PеC- PIPёC¶PIP»C¶C”C, СнСГС¶ P°PSC, PёPjC-PiСГPµPSPsP·PSP° P°PеC, PёPIPSC-СГС, Сн СГСрPjP°С, СГРёPёPёC, P°PSCр.

РлP»C-PSC-C±PSPёPNё PµC,, PµPеC, СГPiPsСГС, PµСГС-PiP°С”C, СнСГС¶ C±PµСГPµP· 30 С...PI PiC-СГP»C¶ PiPµСГPsСГР°P»СнPSPsPiPs PiСГPёPNёPsPjCр 100 PjPi PiСГPµPiP°СГP°С, СГ.

*PαP°СГPjP°PеPsPеC-PSPµC, PёPеP°.*

PµC-СГP»C¶ PiPµСГPsСГР°P»СнPSPsPiPs P·P°СГС, PsСГСрPIP°PSPSC¶ СГСрPjP°С, СГРёPёPёC, P°PS CёPIPёPrPеPs PICГPjPsPеC, СрC”C, СнСГС¶, PrPsСГC¶PiP°СнC±Pё 70 % PjP°PеCГPёPjP°P»СнPSPsC— PеPsPSC±PµPSC, СГP°C±C-C— C±PµСГPµP· 45 С...PI. PµC-СГP»C¶ PiСГPёPNёPsPjCр 100 PjPi СГPµСГPµPrPSC¶ PjP°PеCГPёPjP°P»СнPSP° PеPsPSC±PµPSC, СГP°C±C-C¶ Ср PiP»P°P·PjC- PеСГPsPIC- СГС, P°PSPsPIPёC, Сн 45 PSPi/PjP».. P’C-PsPrPsСГС, СрPiPSC-СГС, Сн PiC-СГP»C¶ PiPµСГPsСГР°P»СнPSPsPiPs P·P°СГС, PsСГСрPIP°PSPSC¶ СГС, P°PSPsPIPёC, Сн 14 %, C±P°СГС, PеPsPIPs PIPSP°СГP»C-PrPsPe PiСГPµCГPёСГС, PµPjPSPsPiPs PjPµC, P°P±PsP»C-P·PjCр, C±P°СГС, PеPsPIPs C¶Pе СГPµP·СрP»СнC, P°C, PSPµPiPsPIPsPiPs PICГPjPsPеC, СрPIP°PSPSC¶. P—PiBн™ C¶P·СрPIP°PSPSC¶ P· PiСГPsC, PµC—PSP°PjPё PiP»P°P·PjPё PеСГPsPIC- PSPёP·СнPеPµ (14-21 %), СГPµСГPµPrPSC-PNё PsP±Bн™C”Pj СГPsP·PiPsPrC-P»Ср Bн™ 17 P»..B PёPµСГPµPrPSC-PNёB P·P°PiP°P»СнPSPёPNё PiP»P°P·PjPsPIPёPNё PеP»C-СГPµPSCГ СГС, P°PSPsPIPёC, Сн PiСГPёP±P»PёP·PSPs 1160 PjP»/C...PI, P° СГPµСГPµPrPSC-PNё PSPёСГPеPsPIPёPNё PеP»C-СГPµPSCГ Bн™ PiСГPёP±P»PёP·PSPs 260 PjP»/C...PI. PкPµPSPёСГPеPsPIPёPNё PеP»C-СГPµPSCГ СГС, P°PSPsPIPёC, Сн PiСГPёP±P»PёP·PSPs 80 % P·P°PiP°P»СнPSPsPiPs PеP»C-СГPµPSCГСр, C±Pµ PrP°С” PiC-PrСГС, P°PICр PIPIP°P¶P°С, Pё, C%Ps СГСрPjP°С, СГРёPёPёC, P°PS PIPёPIPsPrPёC, СнСГС¶, PiPsP»PsPIPSPёPj C±PёPSPsPj, B Ср C,, PsСГPjC- PjPµC, P°P±PsP»C-C, C-PI. P”PsP»PsPIPSPёPNё PjPµC, P°P±PsP»C-C,, C-PSPPrPsP»PsC±C, PsPIPёPNё P°PSP°P»PsPi СГСрPjP°С, СГРёPёPёC, P°PSCр, PIPёPIPsPrPёC, СнСГС¶ C-P· СГPµC±PµСн, PrPµ PIC-PS PjC-СГС, PёC, СнСГС¶ Ср PIPёPiP»C¶PrC- PIC-P»СнPSPsC— PеPёСГP»PsC, Pё C, P° PеPsPSBн™ СнPiPsPIP°PSPsC— СГPiPsP»СрPеPё P· PiP»СнPеCрСГPsPSC-PrPsPj. P’C-PS PSPµ PIPёC¶PIP»C¶C” 5PкPё1- C, P° 5PкPё2- P°PеC, PёPIPSPsСГС, C-. P±PSCёC- PjPµC, P°P±PsP»C-C, Pё PSPµ C-PrPµPSC, PёC,, C-PePsPIP°PSC-. PαP°СГPjP°PеPsPеC-PSPµC, PёPеP° PiPµСГPsСГР°P»СнPSPsPiPs СГСрPjP°С, СГРёPёPёC, P°PSCр СГСрC, C, C”PIPs PSPµ P·PjC-PSCнC”C, СнСГС¶ PiC-Pr C±P°СГ PSP°PiP°PrCр PjC-PiСГPµPSC-.

**РлP»C-PSC-C±PSC- C...P°СГP°PеC, PµСГPёCГС, PёPеPё.**

**PµPsPеP°P·P°PSPSC¶.**

P”P»C¶ CёPIPёPrPеPsPiPs PiPsP»PµPiCёPµPSPSC¶ СГС, P°PSCр PiСГPё PSP°PiP°PrP°С...

PjC-PiCḡPμPSC-, P· P°CfCḡPsCḡ C±Pë P±PμP· PSPμC—.

**PμCḡPsC, PëPīPsPeP°P·P°PSPSCII.**

P“C-PiPμCḡC±CfC, P»PëPIC-CfC, Cḡ PrPs P±CfPrCḡ-CḡPePsPiPs PePsPjPīPsPSPμPSC, P°  
PīCḡPμPīP°CḡP°C, Cf.

P†PSC,, P°CḡPeC, PjC-PsPeP°CḡPrP° PI P°PSP°PjPSPμP·C-, C-CëPμPjC-C±PSP° C...PIPSCḡPsP±P°  
CfPμCḡC†Cḡ, CfC, PμPSPsPeP°CḡPrC-Cḡ PμCḡPëPSC†PjPμC, P°P»P°,  
P·P°C...PIPSCḡCḡPIP°PSPSCII PīPμCḡPëC,, PμCḡPëC±PSPëC... CfCfPrPëPS P°P±Ps  
CfPëPjPīC, PsPjPë, C...P°CḡP°PeC, PμCḡPSC- PrP»Cḡ C-CëPμPjC-C±PSPSC— C...PIPSCḡPsP±Pë  
CfPμCḡC†Cḡ.

P†PSCfCfP»CḡC, P°P±Ps PjPëPSCfC%Pμ PīPsCḡCfCëPμPSPSCII PjPsP·PePsPiPs  
PeCḡPsPiPsP±C-PiCf PI P°PSP°PjPSPμP·C-.

PμPsPjC-CḡPSP° P°P±Ps C, CḡP¶PeP° P°CḡC, PμCḡC-P°P»CḡPSP° PiC-PiPμCḡC, PμPSP·C-Cḡ  
C, P° P»PμPiPeP° PSPμPePsPSC, CḡPsP»CḡPsPiP°PSP° P°CḡC, PμCḡC-P°P»CḡPSP°  
PiC-PiPμCḡC, PμPSP·C-Cḡ.

PÿCḡP¶PeP° PīPμC±C-PSPePsPiP° PSPμPrPsCfC, P°C, PSC-CfC, Cḡ.

PÿCfPīCfC, PSC” P·P°CfC, PsCfCfPIP°PSPSCII PμCḡPiPsC, P°PjC-PSCf P°P±Ps PñPsPiPs  
PīPsC...C-PrPSPëC... (PIPeP»CḡC±P°CḡC±Pë PjPμC, PëP·PμCḡPiC-Pr) (PrPëPI. CḡPsP·PrC-P»  
B«P’P·P°C”PjPsPrC-Cḡ P· C-PSCëPëPjPë P»C-PeP°CḡCfCḡPePëPjPë P·P°CfPsP±P°PjPë C, P°  
C-PSCëC- PIPëPrPë PIP·P°C”PjPsPrC-PñB»).

PÿCfPīCfC, PSC” P·P°CfC, PsCfCfPIP°PSPSCII P±CfPrCḡ-CḡPePsPiPs P°PiPsPSC-CfC, P°  
C, CḡPëPīC, P°PS/5-PiC-PrCḡPsPeCfPëC, CḡPëPīC, P°PjC-PS-CḡPμC†PμPīC, PsCḡC-PI (5-HT<sub>1</sub>)  
(PrPëPI. CḡPsP·PrC-P» B«P’P·P°C”PjPsPrC-Cḡ P· C-PSCëPëPjPë  
P»C-PeP°CḡCfCḡPePëPjPë P·P°CfPsP±P°PjPë C, P° C-PSCëC- PIPëPrPë  
PIP·P°C”PjPsPrC-PñB»).

PñPsPSPeCfCḡPμPSC, PSPμ PīCḡPëP·PSP°C±PμPSPSCII C-PSPiC-P±C-C, PsCḡC-PI  
PjPsPSPsP°PjC-PSPsPeCfPëPrP°P·Pë (PḡPḡPḡ) C, P° PḡPjC-PiCḡPμPSCf. PḡPjC-PiCḡPμPS PSPμ  
CfP»C-Pr P·P°CfC, PsCfPsPICfPIP°C, Pë PīCḡPsC, CḡPiPsPj 2 C, PëP¶PSC-PI PīC-CfP»Cḡ  
PIC-PrPjC-PSPëB C-PSPiC-P±C-C, PsCḡC-PI PḡPḡPḡ.

**P’P·P°C”PjPsPrC-Cḡ P· C-PSCëPëPjPë P»C-PeP°CḡCfCḡPePëPjPë P·P°CfPsP±P°PjPë C, P°  
C-PSCëC- PIPëPrPë PIP·P°C”PjPsPrC-Pñ.**

PkPμPjP°C” PrP°PSPëC... PīCḡPs PIP·P°C”PjPsPrC-Cḡ P· PīCḡPsPīCḡP°PSPsP»PsP»PsPj,  
C,, P»CḡPSP°CḡPëP·PëPSPsPj, PīC-P·PsC, PëC,, PμPSPsPj P°P±Ps P°P»PePsPiPsP»PμPj.

P”P°PSC- C%PsPrPs CfCfPjC-CfPSPsPiPs P·P°CfC, PsCfCfPIP°PSPSCII P·  
P»C-PeP°CḡCfCḡPePëPjPë P·P°CfPsP±P°PjPë, C%Ps PjC-CfC, CḡC, Cḡ PμCḡPiPsC, P°PjC-PS  
P°P±Ps C-PSCëC- P°PiPsPSC-CfC, Pë C, CḡPëPīC, P°PS/5-HT<sub>1</sub>-CḡPμC†PμPīC, PsCḡC-PI,  
PsP±PjPμP¶PμPSC-. PÿPμPsCḡPμC, PëC±PSPs PjPsP¶P»PëPIC- PīCḡPsP»PsPSPiPsPIP°PSC-  
PIP°P·PsCfPīP°CfC, PëC±PSC- CḡPμP°PeC†C-C—, C, PsPjCf C, P°PePμ CfCfPjC-CfPSPμ

P·P°CÍC,PsCÍCfPIP°PSPSCЦ PíCĤPsC,PëPíPsPeP°P·P°PSPμ (PrPëPI. CĤPsP·PrC-P»  
B«PμCĤPsC,PëPíPsPeP°P·P°PSPSCЦB»).

PŞP°CÍPsPIPëPNë PíCĤPsPjC-P¶PsPe, CЦPePsPiPs CÍP»C-Pr PrPsC,CĤPëPjCfPIP°C,PëCÍCЦ  
PjC-P¶ PíCĤPëPNëPsPjPsPj CÍCfPjP°C,CĤPëPíC,P°PSCf C,P° P»C-PeP°CĤCÍCHPePëC...  
P·P°CÍPsP±C-PI, C%Ps PjC-CÍC,CЦC,CH PμCĤPiPsC,P°PjC-PS P°P±Ps C-PSC€C-  
P°PiPsPSC-CÍC,Pë C,CĤPëPíC,P°PS/5-HT<sub>1</sub>-CĤPμC†PμPíC,PsCĤC-PI, PSPμPIC-PrPsPjPëPNë. P|Pμ  
P·P°P»PμP¶PëC,CH PIC-Pr PrPsP· C,P° C,PëPíCf P»C-PeP°CĤCÍCHPePëC... P·P°CÍPsP±C-PI,  
C%Ps P·P°CÍC,PsCÍPsPICfCĤC,CHCÍCЦ.B PĥCÍPeC-P»CHPePë C†C- PμC,,PμPeC,Pë  
PjPsP¶CfC,CH P±CfC,Pë PíC-PrCÍPëP»PμPSC- PíCĤPëPNëPsPjPsPj PĥPjC-PiCĤPμPSCf,  
PSPμPsP±C...C-PrPSPs PrPsC,CĤPëPjCfPIP°C,PëCÍCЦ 24-PiPsPrPëPSPSPsPiPs  
C-PSC,PμCĤPIP°P»Cf PjC-P¶ PíCĤPëPNëPsPjPsPj PíCĤPμPíP°CĤP°C,C-PI, C%Ps PjC-CÍC,CЦC,CH  
PμCĤPiPsC,P°PjC-PS C,P° C-PSC€C- P°PiPsPSC-CÍC,Pë C,CĤPëPíC,P°PS/5-HT<sub>1</sub>-  
CĤPμC†PμPíC,PsCĤC-PI, C,P° PíCĤPëPNëPsPjPsPj PĥPjC-PiCĤPμPSCf.  
P' C-PrPiPsPIC-PrPSPs PíCĤPμPíP°CĤP°C,Pë, C%Ps PjC-CÍC,CЦC,CH  
PμCĤPiPsC,P°PjC-PS C,P° C-PSC€C- P°PiPsPSC-CÍC,Pë C,CĤPëPíC,P°PS/5-HT<sub>1</sub>-  
CĤPμC†PμPíC,PsCĤC-PI, PSPμ PjPsP¶PSP° P·P°CÍC,PsCÍPsPICfPIP°C,Pë  
PíCĤPsC,CЦPiPsPjB 6 PiPsPrPëPS PíC-CÍP»CЦ PíCĤPëPNëPsPjCf PĥPjC-PiCĤPμPSCf.

P'P·P°C" PjPsPrC-CЦ PjPsP¶Pμ PIPëPSPëPePSCfC,Pë PjC-P¶ CÍCfPjP°C,CĤPëPíC,P°PSPsPj C,P°  
C-PSPiC-P±C-C,PsCĤP°PjPë PĥPĥPĥ, C,PsPjCf PsPrPSPsC†P°CÍPSPμ C-C...  
P·P°CÍC,PsCÍCfPIP°PSPSCЦ PíCĤPsC,PëPíPsPeP°P·P°PSPμ (PrPëPI. CĤPsP·PrC-P»  
B«PμCĤPsC,PëPíPsPeP°P·P°PSPSCЦB»).

P,, PíPsPsPrPëPSPsPeC- PíPsPIC-PrPsPjP»PμPSPSCЦ PíCĤPs CĤPsP·PIPëC,PsPe Cí  
PíP°C†C-C" PSC,C-PI CÍPμCĤPsC,PsPSC-PSPsPiPs CÍPëPSPrCĤPsPjCf (PIPeP»CĤC†P°CĤC†Pë  
P·PjC-PSPμPSPëPNë PíCÍPëC...C-C†PSPëPNë CÍC,P°PS, PIC-CÍC†PμCĤP°P»CHPSCf  
PSPμCÍC,P°P±C-P»CHPSC-CÍC,CH, PSPμPNëCĤPsPjBĤ™ CЦP·PsPIC- PíPsCĤCfC€PμPSPSCЦ)  
PíC-CÍP»CЦ PíCĤPëPNëPsPjCf CÍPμP»PμPeC,PëPIPSPëC... C-PSPiC-P±C-C,PsCĤC-PI  
P·PIPSCĤPsC,PSPsPiPs P·P°C...PsPíP»PμPSPSCЦ CÍPμCĤPsC,PsPSC-PSCf (SSRI) C,P°  
CÍCfPjP°C,CĤPëPíC,P°PSCf. P,, PíPsPIC-PrPsPjP»PμPSPSCЦ PíCĤPs CĤPsP·PIPëC,PsPe  
CÍPμCĤPsC,PsPSC-PSPsPiPs CÍPëPSPrCĤPsPjCf PíCĤPë PsPrPSPsC†P°CÍPSPsPjCf  
P·P°CÍC,PsCÍCfPIP°PSPSC- C,CĤPëPíC,P°PSC-PI C,P° C-PSPiC-P±C-C,PsCĤC-PI  
P·PIPSCĤPsC,PSPsPiPs P·P°C...PsPíP»PμPSPSCЦ CÍPμCĤPsC,PsPSC-PSCf C,P°  
PSPsCĤP°PrCĤPμPSP°P»C-PSCf (SNRI) (PrPëPI. CĤPsP·PrC-P» B«PĥCÍPsP±P»PëPIPSCfC,C-  
P·P°CÍC,PsCÍCfPIP°PSPSCЦB»).

**PĥCÍPsP±P»PëPIPsCÍC,C- P·P°CÍC,PsCÍCzPIP°PSPSCЦ.**

PľP°PíCÍCfP»Pë PĥPjC-PiCĤPμPSCf P·P°CÍC,PsCÍPsPICfCĤC,CH P»PëC€Pμ PíCĤPë C†C-C,PePs  
PICÍC,P°PSPsPIP»PμPSPsPjCf PrC-P°PiPSPsP·C- PjC-PiCĤPμPSC-.

PĥPjC-PiCĤPμPS PSPμ P·P°CÍC,PsCÍPsPICfCĤC,CH PrP»CЦ P»C-PeCfPIP°PSPSCЦ  
PiPμPjC-PíP»PμPiC-C†PSPsC—, P±P°P·PëP»CЦCĤPSPsC— C,P°  
PsC,,C,P°P»CHPjPsPíP»PμPiC-C†PSPsC— PjC-PiCĤPμPSC-.

PíPe C- PíCĤPë P·P°CÍC,PsCÍCfPIP°PSPSC- C-PSC€PëC... PíCĤPμPíP°CĤP°C,C-PI, PrP»CЦ  
PeCfPíC-CĤCfPIP°PSPSCЦ PSP°PíP°PrC-PI PjC-PiCĤPμPSC- Cí PíP°C†C-C" PSC,C-PI P· PSPμ  
PICÍC,P°PSPsPIP»PμPSPëPj CĤP°PSC-C€Pμ PrC-P°PiPSPsP·PsPj PjC-PiCĤPμPSC- C,P° Cí

PiP°C†C-C"psc,c-pi P·C- PIC†C,P°PSPsPIP»PμPSPëPj PrC-P°PiPSPsP·PsPj, P°P»Pμ P·P° PSP°C†CPIPSPsC†C,C- PSPμC,PëPiPsPIPëC... C†PëPjPiC,PsPjC-PI, PrPs PiPsC†P°C,PëC† PiC†PëPñePsPjC† C†C†PjP°C,C†PëPiC,P°PSC† C†P»C-Pr PIPëPeP»C†C†PëC,Pë PSP°C†CPIPSC-C†C,C† C-PSC€PsC— C†PμC†PñePsP·PSPsC— PSPμPIC†P»PsPiC-C†PSPsC— PiP°C,PsP»PsPiC-C—. PÿP»C-Pr P·P°P·PSP°C†PëC,Pë, C%Ps C...PIPSC†C- P· PjC-PiC†PμPSPSC† PjP°C†C,C† PiC-PrPIPëC%PμPSPëPñe C†PëP·PëPe PIPëPSPëPePSPμPSPSC† C†PμC†PμP±C†PSPsPIP°C†PëC†P»C†C†PSPëC... PiPsC†C†C€PμPSC† (C-PSC†C†P»C†C,, PjPëPSC†C%Pμ PiPsC†C†C€PμPSPSC† PjPsP·PePsPIPsiPs PeC†PSPsPsP±C-PiC†).

P—P°C†C,PsC†C†PIP°PSPSC† C†C†PjP°C,C†PëPiC,P°PSC† C† PrPμC†PëC... PiP°C†C-C"psc,c-pi C†PiC†PëC†PëPSC†C" C,P°PeC- C,C†P°PSP·PëC,PsC†PSC- C†PëPjPiC,PsPjPë, C†Pe P±C-P»C†, PIC-PrC†C†C,C,C† C†C,PëC†PSPμPSPSC† C† PiC†C†PrC†C..., C%Ps PjPsP†C†C,C† PjP°C,Pë C-PSC,PμPSC†PëPIPSPëPñe C...P°C†P°PeC,PμC† C- PiPsC€PëC†PIP°C,PëC†C† PSP°B PiPsC†C,P°PSC† (PrPëPI. C†PSP·PrC-P» B«PμPsP±C-C†PSC- C†PμP°PeC†C-C-B»). PiPeC%Ps C,P°PeC- C†PëPjPiC,PsPjPë PIPëP·P·C†C†C,C† PSP° C-C€PμPjC-C†PSC† C...PIPSC†PSP±C† C†PμC†C†C†, C†P»C-Pr PiC†PSPμC†C,Pë PIC-PrPiPsPIC-PrPSPμ PeP°C†PjC-PsP»PsPiC-C†PSPμ PsP±C†C,PμP†PμPSPSC†.

PÿC†PjP°C,C†PëPiC,P°PS PSPμ PjPsP†PSP° PiC†PëP·PSP°C†P°C,Pë PiP°C†C-C"psc,P°Pj P· PiC-PrPsP·C†PSC† PSP° P·P°C...PIPSC†PIP°PSPSC† C†PμC†C†C† P±PμP· PiPsPiPμC†PμPrPSC†PsPiPs PsP±C†C,PμP†PμPSPSC† PrP»C† PIPëC†PIP»PμPSPSC† C†PμC†C†PμPIPSC-C†C†PrPëPSPSPsC— PiP°C,PsP»PsPiC-C—. P"Ps C†C-C" C— PiC†C†PiPë PSP°P»PμP†P°C,C† P†C-PSPëC† C† PiPsC†C,PjPμPSPsPiP°C†P·PSPsPjC† PiPμC†C-PsPrC-, C†PsP»PsPIC-PëPë PIC-PePsPj PIC-Pr 40 C†PSPeC-PI C- PiP°C†C-C"psc,Pë P· C,,P°PeC,PsC†P°PjPë C†PëP·PëPeC† C†PSPsP·PIPëC,PeC† C-C€PμPjC-C†PSPsC— C...PIPSC†PSP±Pë C†PμC†C†C†. P†PrPSP°Pe C,P°PePμ PsP±C†C,PμP†PμPSPSC† PSPμ P·P°PIP†PrPë PjPsP†Pμ PIPëC†PIPëC,Pë PSP°C†C†PIPSC-C†C,C† C...PIPSC†PSP±Pë C†PμC†C†C†, C,PsPjC† PI PiPsPsPrPëPSPsPePëC... PIPëPiP°PrPeP°C... C† PiP°C†C-C"psc,c-pi P· PSPμPrC-P°PiPSPsC†C,PsPIP°PSPsC† C...PIPSC†PSP±PsC† C†PμC†C†C† P·C†C†C,C†C-C†P°C†C,C†C†C† C,C†P†PeC- PeP°C†PjC-PsP»PsPiC-C†PSC- C†C†PeP»P°PrPSPμPSPSC†. P— PsP±PμC†PμP†PSC-C†C,C† P†PjC-PiC†PμPS C†P»C-Pr PiC†PëP·PSP°C†P°C,Pë PiP°C†C-C"psc,P°Pj, C†PeC- PiPμC†PμP±C†PIP°C†C,C† PiC-Pr PSP°PiP»C†PrPsPj P· PiC†PëPiPsPrC† P°C†C,PμC†C-P°P»C†PSPsC— PiC-PiPμC†C,PμPSP·C-C—, PsC†PeC-P»C†PePë C† PSPμPiPμP»PëPePsC— PeC-P»C†PePsC†C,C- PiP°C†C-C"psc,c-pi PjPsP†Pμ C†PiPsC†C,PμC†C-PiP°C,PëC†C† C,C†P°PSP·PëC,PsC†PSPμ PiC-PrPIPëC%PμPSPSC† C†C-PIPSC† P°C†C,PμC†C-P°P»C†PSPsPiPs C,PëC†PeC† C,P° PiPμC†PëC,,PμC†PëC†PSPsPiPs C†C†PrPëPSPSPsPiPs PsPiPsC†C†.

P†PiPëC†P°PSPs PiPsPsPrPëPSPsPeC- PIPëPiP°PrPePë PIPëPSPëPePSPμPSPSC† C† PiP°C†C-C"psc,c-pi C†PμC†PSC,PsPSC-PSPsPiPs C†PëPSP†C†PSPjC† (PIPëP»C†C†P°C†C†Pë P·PjC-PSPμPSPëPñe PiC†PëC...C-C†PSPëPñe C†C,P°PS, PIC-C†C†PμC†P°P»C†PSC† PSPμC†C,P°P±C-P»C†PSC-C†C,C†, PSPμPñeC†PSPjB† C†P·PsPIC- PiPsC†C†C€PμPSPSC†), C%Ps PIPëPSPëPeP°P»Pë PiC-C†P»C† PiC†PëPñePsPjC† C†PμP»PμPeC,PëPIPSPëC... C-PSPiC-P±C-C,PsC†C-PI P·PIPSC†PSC,PsPsiPs P·P°C...PsPiP»PμPSPSC† C†PμC†PSC,PsPSC-PSC† (SSRI) C,P° C†C†PjP°C,C†PëPiC,P°PSC†. P,, PiPsPIC-PrPsPjP»PμPSPSC† PiC†PSPs C†PSP·PIPëC,PsPe C†PμC†PSC,PsPSC-PSPsPiPs C†PëPSP†C†PSPjC† PiC†Pë PsPrPSPsC†P°C†PSPsPjC† PiC†PëP·PSP°C†PμPSPSC- C,C†PëPiC,P°PSC-PI C,P° C-PSPiC-P±C-C,PsC†C-PI P·PIPSC†PSC,PsPsiPs P·P°C...PsPiP»PμPSPSC† C†PμC†PSC,PsPSC-PSC† C,P° PSPsC†P°PrC†PμPSP°P»C-PSC† (SNRI). PiPeC%Ps PsPrPSPsC†P°C†PSPμ P·P°C†C,PsC†C†PIP°PSPSC† P†PjC-PiC†PμPSC† C,P° SSRI/SNRI C"

PeP»C-PSC-C±PSPs PIPëPiCḡP°PIPrP°PSPëPj, P±P°P¶P°PSPs, C%PsP± P±CfP»Ps  
PiCḡPsPIPµPrPµPSPs PiPsPiPµCḡPµPrPSC” PsP±CfC,PµP¶PµPSPSC¶ PiP°C†C-C”PSC,C-PI  
(PrPëPI. CḡPsP·PrC-P» B«P’P·P°C”PjPsPrC-C¶ P· C-PSCëPëPjPë P»C-PeP°CḡCfCḡPePëPjPë  
P·P°CfPsP±P°PjPë C,P° C-PSCëC- PIPëPrPë PIP·P°C”PjPsPrC-PNëB»).

PkPµ CḡPµPePsPjPµPSPrCfC”C,CḡCfC¶ PsPrPSPsC±P°CfPSPs P·P°CfC,PsCfPsPICfPIP°C,Pë  
CfCfPjP°C,CḡPëPiC,P°PS C-P· P±CfPrCḡ-C¶PePëPj C,CḡPëPiC,P°PS/5PkPÿ1-  
P°PiPsPSC-CfC,PsPj.

PḡPjC-PiCḡPµPS CfP»C-Pr PiCḡPëP·PSP°C±P°C,Pë P· PsP±PµCḡPµP¶PSC-CfC,Cḡ  
PiP°C†C-C”PSC,P°Pj P·C- P·PSP°C±PSPëPj PiPsCḡCfCëPµPSPSC¶PjB  
PICfPjPsPeC,CfPIP°PSPSC¶, PjPµC,P°P±PsP»C-P·PjCf P°P±Ps PIPëPIPµPrPµPSPSC¶  
P»C-PeP°CḡCfCḡPePëC... P·P°CfPsP±C-PI, PSP°PiCḡPëPeP»P°Pr, PiCḡPë  
PSPëCḡPePsPIC-PNë C,P° PiPµC±C-PSPePsPIC-PNë PSPµPrPsCfC,P°C,PSPsCfC,C-.

PḡPjC-PiCḡPµPS CfP»C-Pr PiCḡPëP·PSP°C±P°C,Pë P· PsP±PµCḡPµP¶PSC-CfC,Cḡ  
PiP°C†C-C”PSC,P°Pj C-P· CfCfPrPsPjP°PjPë PI P°PSP°PjPSPµP·C- P°P±Ps P·  
C,,P°PeC,PsCḡP°PjPë CḡPëP·PëPeCf P·PSPëP¶PµPSPSC¶ PiPsCḡPsPiCf  
CfCfPrPsPjPSPsC— PiPsC,PsPIPSPsCfC,C-.

Pj PiP°C†C-C”PSC,C-PI P· PiC-PiPµCḡC±CfC,P»PëPIC-CfC,Cḡ PrPs  
CfCfP»CḡC,,P°PSC-P»P°PjC-PrC-PI PjPsP¶CfC,Cḡ CfPiPsCfC,PµCḡC-PiP°C,PëCfC¶  
P°P»PµCḡPiC-C±PSC- CḡPµP°PeC†C-C— PiC-CfP»C¶ P·P°CfC,PsCfCfPIP°PSPSC¶  
PḡPjC-PiCḡPµPSCf. P PµP°PeC†C-C— PjPsP¶CfC,Cḡ PIPëC¶PIP»C¶C,PëCfC¶ PI  
PrC-P°PiP°P·PsPSC- PIC-Pr CëPeC-CḡPSPsC— PiC-PiPµCḡC±CfC,P»PëPiPsCfC,C- PrPs  
P°PSP°C,,C-P»P°PeCfC-C—. PkP°C¶PIPSC-CfC,Cḡ PiPµCḡPµC...CḡPµCfPSPsC—  
C±CfC,P»PëPiPsCfC,C- PsP±PjPµP¶PµPSP°, PiCḡPsC,Pµ CfP»C-Pr  
PrPsC,CḡPëPjCfPIP°C,PëCfCḡ PsP±PµCḡPµP¶PSPsCfC,C-, PiCḡPëP·PSP°C±P°CḡC±Pë  
PiCḡPµPiP°CḡP°C, C,P°PePëPj PiP°C†C-C”PSC,P°Pj.

P PµPePsPjPµPSPrPsPIP°PSC- PrPsP·Pë PḡPjC-PiCḡPµPSCf PSPµ PjPsP¶PSP°  
PiPµCḡPµPIPëC%CrPIP°C,Pë.

P†PSC,PµPSCfPëPIPSµ P»C-PeCfPIP°PSPSC¶ PiPsCfC,CḡPëC... PSP°PiP°PrC-PI  
PjC-PiCḡPµPSC- P°CfPsC†C-CḡC”C,CḡCfC¶ C-P· P·P°PiPsCfC,CḡPµPSPSC¶Pj  
PiPsP»PsPIPSPsPiPs P±PsP»Cḡ (PiPsP»PsPIPSPëPNë P±C-P»Cḡ, P·CfPjPsPIP»PµPSPëPNë  
C-PSC,PµPSCfPëPIPSëPj P»C-PeCfPIP°PSPSC¶Pj) Cf C±CfC,P»PëPIPëC... PiP°C†C-C”PSC,C-PI.  
PḡPsP¶P»PëPIPs, P±CfPrPµ PSPµPsP±C...C-PrPSPëPj PiCḡPëPiPëPSPµPSPSC¶  
P»C-PeCfPIP°PSPSC¶.

PµPsP±C-C±PSC- CḡPµP°PeC†C-C— PjPsP¶CfC,Cḡ PIPëPSPëPeP°C,Pë C±P°CfC,C-CëPµ PiC-Pr  
C±P°Cf CfCfPjC-CfPSPsPiPs P·P°CfC,PsCfCfPIP°PSPSC¶ C,CḡPëPiC,P°PSC-PI C,P°  
P»C-PeP°CḡCfCḡPePëC... P·P°CfPsP±C-PI, C%Ps PjC-CfC,C¶C,Cḡ P·PIC-CḡPsP±C-PNë  
(*Hypericum perforatum*).

PÿCḡPëPIP°P»Pµ P·P°CfC,PsCfCfPIP°PSPSC¶ P±CfPrCḡ-C¶PePëC...  
P·PSPµP±PsP»CḡPIP°P»CḡPSPëC... P»C-PeP°CḡCfCḡPePëC... P·P°CfPsP±C-PI PjPsP¶Pµ  
PiPsCfPëP»PëC,Pë PiPsP»PsPIPSPëPNë P±C-P»Cḡ. Pj CḡP°P·C- PIPëPSPëPePSPµPSPSC¶  
C,P°PePsPiPs CfPëPjPiC,PsPjCf P°P±Ps PiCḡPë PNëPsPiPs P·P°PiCḡPsP·C- CfP»C-Pr  
PiCḡPsPePsPSCfCfP»CḡC,CfPIP°C,PëCfC¶ P· P»C-PeP°CḡPµPj C,P° PiCḡPëPiPëPSPëC,Pë  
P»C-PeCfPIP°PSPSC¶. Pj PiP°C†C-C”PSC,C-PI, Cf C¶PePëC... C±P°CfC,Ps P°P±Ps

C%PsPrPμPSPSPs PIPëPSPëPeP°C” PiPsP»PsPIPSPëPNë P±C-P»CH C±PμCḡPμP·  
CḡPμPiCfP»CḡCḡPSPμ P·P°CḡC,PsCḡCfPIP°PSPSCḡ P»C-PeP°CḡCḡCHPePëC... P·P°CḡPsP±C-PI  
PiCḡPsC,Pë PiPsP»PsPIPSPsPiPs P±PsP»CH, PjPsPḡPμ P±CfC,Pë PICḡC,P°PSPsPIP»PμPSPëPNë  
PrC-P°PiPSPsP· PiPsP»PsPIPSPsPiPs P±PsP»CH PIPSP°CḡP»C-PrPsPe P·P»PsPIPḡPëPIP°PSPSCḡ  
P·PSPμP±PsP»CHPIP°P»CHPSPëPjPë P·P°CḡPsP±P°PjPë.B

PμCḡPμPiP°CḡP°C, PjC-CḡC,PëC,CH P»P°PeC,PsP·Cf, C,PsPjCf PiP°CḡC-C”PSC,P°Pj P·  
CḡC-PrPeC-CḡPSPëPjPë CḡPiP°PrPePsPIPëPjPë C,,PsCḡPjP°PjPë  
PSPμPiPμCḡPμPSPsCḡPëPjPsCḡC,C- PiP°P»P°PeC,PsP·Pë, PSPμPrPsCḡC,P°C,PSC-CḡC,CH  
P»P°PeC,PsP·Pë P°P±Ps CḡPëPSPPrCḡPsPjPsPj PiP»CHPePsP·Ps-PiP°P»P°PeC,PsP·PSPsC—  
PjP°P»CHP°P±CḡPsCḡP±CḡC-C— PSPμ CḡP»C-Pr P·P°CḡC,PsCḡPsPICfPIP°C,Pë  
PiCḡPμPiP°CḡP°C,.

*P—P°CḡC,PsCḡCḡPIP°PSPSCḡ Cḡ PiPμCḡC-PsPr PIP°PiC-C,PSPsCḡC,C- P°P±Ps  
PiPsPrCḡPIP°PSPSCḡ PiCḡCḡPrPrCH.*

PkPμ CḡPμPePsPjPμPSPPrCfC”C,CHCḡCḡ P·P°CḡC,PsCḡPsPICfPIP°C,Pë PḡPjC-PiCḡPμPS  
PIP°PiC-C,PSPëPj. Pj CḡP°P·C- PSPμPsP±C...C-PrPSPsCḡC,C- CḡP»C-Pr P·PIP°PḡCfPIP°C,Pë  
CḡPiC-PIPIC-PrPSPsCḡPμPSPSCḡ PsCḡC-PeCfPIP°PSPsC— PePsCḡPëCḡC,C- PrP»Cḡ  
PjP°C,PμCḡC- C- PjPsPḡP»PëPIPsPiPs CḡPëP·PëPeCf PrP»Cḡ PiP»PsPrP°.

P— PsP±PμCḡPμPḡPSC-CḡC,CH P·P°CḡC,PsCḡPsPICfCHC,CH Cḡ PiPμCḡC-PsPr  
PiPsPrCfPIP°PSPSCḡ PiCḡCfPrPrCH. PkPμ CḡPμPePsPjPμPSPPrCfC”C,CHCḡCḡ PiPsPrCfPIP°C,Pë  
PrPëC,PëPSCḡ PiCḡCfPrPrCH PiCḡPsC,CḡPiPsPj 24 PiPsPrPëPS PiC-CḡP»Cḡ PiCḡPëPNëPsPjCḡ  
PiCḡPμPiP°CḡP°C,Cf.

*P—PrP°C,PSC-CḡC,CH PIPiP»PëPIP°C,Pë PSP° CḡPIPëPrPeC-CḡC,CH CḡPμP°PeCḡC-C— PiCḡPë  
PePμCḡCḡPIP°PSPSC- P°PIC,PsC,CḡP°PSCḡPiPsCḡC,PsPj P°P±Ps C-PSCḡPëPjPë  
PjPμC...P°PSC-P·PjP°PjPë.*

PŸPsPSP»PëPIC-CḡC,CH PjPsPḡPμ CḡC,P°C,Pë PSP°CḡP»C-PrPePsPj CḡPe PjC-PiCḡPμPSC-,  
C,P°Pe C- C—C— P»C-PeCfPIP°PSPSCḡ PḡPjC-PiCḡPμPSPsPj, C,PsPjCf CḡP»C-Pr  
CḡPSPëPeP°C,Pë PePμCḡCfPIP°PSPSCḡ P°PIC,PsC,CḡP°PSCḡPiPsCḡC,PsPj P°P±Ps  
CḡPsP±PsC,Pë P· C-PSCḡPëPjPë PjPμC...P°PSC-P·PjP°PjPë PiC-Pr CḡP°Cḡ PiCḡPëPNëPsPjCḡ  
PiCḡPμPiP°CḡP°C,Cf P°P±Ps PSP°PiP°PrCf PjC-PiCḡPμPSC-.

***PŸPiPsCḡC-P± P·P°CḡC,PsCḡCḡPIP°PSPSCḡ C,P° PrPsP·Pë.***

PŸP°PiCḡCfP»Pë PḡPjC-PiCḡPμPSCḡ PSPμ PjPsPḡPSP° P·P°CḡC,PsCḡPsPICfPIP°C,Pë P·  
PjPμC,PsCH PiCḡPsC,,C-P»P°PeC,PëPePë PSP°PiP°PrCf.

PḡPjC-PiCḡPμPSB CḡPμPePsPjPμPSPPrCfC”C,CHCḡCḡ P·P°CḡC,PsCḡPsPICfPIP°C,Pë  
CḡPePsPjPsPiP° CḡP°PSC-CḡPμ PiC-CḡP»Cḡ PiPsCḡP°C,PeCf PSP°PiP°PrCf  
PjC-PiCḡPμPSC-, C...PsCḡP° PIC-PS C” PsPrPSP°PePsPIPs PμC,,PμPeC,PëPIPSPëPj PSP°  
PePsPḡPSC-PNë CḡC,P°PrC-C— PSP°PiP°PrCf.

PjPi (1 C,P°P±P»PμC,PeP°). P' PsPeCḡPμPjPëC... PIPëPïP°PrPeP°C... PrPsP·Cf PjPsP¶PSP°  
PïC-PrPIPëC%PëC,Pë PrPs 100 PjPi (2 PeP°PïCfCfP»Pë).

PḡPjC-PiCḡPμPS PjPsP¶PSP° P·P°CfC,PsCfPSPICfPIP°C,Pë PïCḡPë PSPsPIPëC...  
PSP°PïP°PrP°C... PjC-PiCḡPμPSC-, P°P»Pμ C¶PeC%Ps PïPμCḡCëP° PrPsP·P°  
PïCḡPμPïP°CḡP°C,Cf PIPëC¶PIPëC,CHCfC¶ PSPμPμC,,PμPeC,PëPIPSPsCḡ, PSPμ  
CfP»C-Pr P·P°CfC,PsCfPSPICfPIP°C,Pë PïCḡPμPïP°CḡP°C, PïPsPIC,PsCḡPSPs PïC-Pr  
CfP°Cf C†CHPsPiPs P¶ PSP°PïP°PrCf.

PïPeC%Ps PïP°C†C-C"psc, PIC-PrCḡPμP°PïCfPIP°PI PSP° PïPμCḡCëCf PrPsP·Cf, P°P»Pμ  
CfPëPjPïC,PsPjPë PIC-PrPSPsPIP»CḡCḡC,CHCfC¶, PrCḡCfPïP° PrPsP·P° PjPsP¶Pμ P±CfC,Pë  
P·P°CfC,PsCfPSPIP°PSP° PïCḡPsC,C¶PïPsPj PSP°CfC,CfPïPSPëC... 24 PïPsPrPëPS, PïCḡPë  
C†CHPsPjCf P·P°PïP°P»CHPSP° PrPsP±PsPIP° PrPsP·P° PSPμ PïPsPIPëPSPSP°  
PïPμCḡPμPIPëC%CfPIP°C,Pë 300 PjPi.

PḡP°PïCfCfP»Pë CfP»C-Pr PePsPIC,P°C,Pë C†C-P»PëPjPë, P·P°PïPëPIP°CḡCfPë PIPsPrPsCḡ.

*PμP°C†C-C"psc,Pë P»C-C,pschPsPiPs PIC-PeCz (PIC-PePsPj PIC-Pr 65 CḡPsPeC-PI)*

P"PsCfPIC-PrCf P·P°CfC,PsCfCfPIP°PSPSC¶ CfCfPjP°C,CḡPëPïC,P°PSCf PrP»C¶  
P»C-PeCfPIP°PSPSC¶ PïP°C†C-C"psc,C-PI PIC-PePsPj PIC-Pr 65 CḡPsPeC-PI  
PSPμPrPsCfC,P°C,pschPs. PfPsCfP° C,,P°CḡPjP°PePsPeC-PSPμC,PëPeP° PïCḡPμPïP°CḡP°C,Cf  
PSPμ PIC-PrCḡC-P·PSC¶C"C,CHCfC¶ PIC-Pr C,P°PePsC— PI PsCfC-P± P±C-P»CHCë  
PjPsP»PsPrPsPiPs PIC-PeCf, PrPsPePë PSPμ P±CfPrCfC,CH PsPrPμCḡP¶P°PSC-  
PrPsPrP°C,PePsPIC- PeP»C-PSC-CfPSC- PrP°PSC-, PïCḡPëP·PSP°CfPμPSPSC¶  
PḡPjC-PiCḡPμPSCf P»C-C,PSC-Pj PïP°C†C-C"psc,P°Pj PSPμ CḡPμPePsPjPμPSPPrCfC"C,CHCfC¶.

*P"C-C,Pë.*

P"Ps C†CHPsPiPs CfP°CfCf PμC,,PμPeC,PëPIPSC-CfC,CH C- P±PμP·PïPμPeP°  
P·P°CfC,PsCfCfPIP°PSPSC¶ CfCfPjP°C,CḡPëPïC,P°PSCf PrP»C¶ P»C-PeCfPIP°PSPSC¶  
PrC-C,PμPñ PSPμ PICfC,P°PSPsPIP»PμPSC-, C,PsPjCf PïCḡPμPïP°CḡP°C, PḡPjC-PiCḡPμPS PSPμ  
CḡPμPePsPjPμPSPPrCfC"C,CHCfC¶ PïCḡPëP·PSP°CfP°C,Pë C†C-Pñ PeP°C,PμPiPsCḡC-C—  
PïP°C†C-C"psc,C-PI.

***PμPμCḡPμPrPsP·CzPIP°PSPSC¶.***

P"PsP·Pë, C%Ps PïPμCḡPμPIPëC%CfPIP°P»Pë 400 PjPi (PïPμCḡPsCḡP°P»CHPSPs), PSPμ  
CfPïCḡPëCfPëPSC¶P»Pë C-PSCëPëC... PïPsP±C-CfPSPëC... PrC-Pñ, PeCḡC-Pj C,PëC..., C%Ps  
P·P°P·PSP°CfPμPSC- PSPëP¶CfPμ.

*P»C-PeCzPIP°PSPSC¶:* PïCḡPsPIPμPrPμPSPSC¶ PïC-PrC,CḡPëPjCfPIP°P»CHPSPsC—  
C,PμCḡP°PïC-C— C,P° PSP°PïP»C¶Pr P·P° C...PIPSCḡPëPj PSPμ PjPμPSCëPμ 10 PïPsPrPëPS.

P'PïP»PëPI PïPμPjPsPrC-P°P»C-P·Cf P°P±Ps PïPμCḡPëC,PsPSPμP°P»CHPSPsPiPs PrC-P°P»C-P·Cf  
PSP° CḡC-PIPμPSCḡ PḡPjC-PiCḡPμPSCf PI PïP»P°P·PjC- PeCḡPsPIC- PSPμ  
PICfC,P°PSPsPIP»PμPSPëPñ.

***PμPsP±C-CfPSC- CḡPμP°PeC†C-C—.***



*P— P±PsPeCz C-PjCzPSPSPsC— CÍPëCÍC,PμPjPë: CḥPμP°PeC†C-C—  
PiC-PiPμCḥC†C†C,P»PëPIPsCÍC,C- Bḥ“ PIC-Pr C€PeC-CḥPSPsC—  
PiC-PiPμCḥC†C†C,P»PëPIPsCÍC,C- PrPs PIPëPiP°PrPeC-PI P°PSP°C,,C-P»P°PeCÍC-C—.*

*P— P±PsPeCz PSPμCḥPIPSPsC— CÍPëCÍC,PμPjPë: P·P°PiP°PjPsCḥPsC†PμPSPSCḐ;  
CÍPsPSP»PëPIC-CÍC,Cḥ; PiPsCḥC†C€PμPSPSCḐ C†C†C,P»PëPIPsCÍC,C-, PIPeP»CḥC†P°CḥC†Pë  
PiP°CḥPμCÍC,PμP·C-C— C- PiC-PiPμCÍC,PμP·C-C—; CÍC†PrPsPjPë. PÍPsC†P° PrPμCḐPeC- P·  
C†PëC... PIPëPiP°PrPeC-PI PIC-PrPjC-C†P°P»PëCÍCḥ C† C...PIPsCḥPëC... C-P· CÍC†PrPsPjP°PjPë  
P°P±Ps P·C- CÍC,P°PSP°PjPë, C%Ps PjPsP¶C†C,Cḥ PrPs PSPëC... PiCḥPëP·PIPμCÍC,Pë, PI  
P°PSP°PjPSPμP·C-, C” PIPëPiP°PrPePë CḥPsP·PIPëC,PeC† CÍC†PrPsPj C† PiP°C†C-C”PSC,C-PI  
P±PμP· P±C†PrCḥ-CḐPePsC— CÍC...PëP»CḥPSPsCÍC,C- PrPs PSPëC...; C,CḥPμPjPsCḥ,  
PrPëCÍC,PsPSC-CḐ, PSC-CÍC,P°PiPj, CÍPePsC,PsPjP°.*

*P— P±PsPeCz PiCÍPëC...C-PePë: P·P±C†PrP¶PμPSPSCḐ.*

*P— P±PsPeCz CÍPμCḥC†PμPIPs-CÍCzPrPëPSPSPsC— CÍPëCÍC,PμPjPë:  
C,CḥP°PSP·PëC,PsCḥPSPμ PiC-PrPIPëC%PμPSPSCḐ P°CḥC,PμCḥC-P°P»CḥPSPsPiPs  
C,PëCÍPeC† PsPrCḥP°P·C† PiC-CÍP»CḐ PiCḥPëPñPsPjC† PiCḥPμPiP°CḥP°C,C†, PiCḥPëPiP»PëPI  
PeCḥPsPIC-, P±CḥP°PrPëPeP°CḥPrC-CḐ, C,P°C...C-PeP°CḥPrC-CḐ, PiPsCÍPëP»PμPSPμ  
CÍPμCḥC†PμP±PëC,C,CḐ, PiPsCḥC†C€PμPSPSCḐ CḥPëC,PjC†, C,CḥP°PSP·PëC,PsCḥPSC-  
C-C€PμPjC-C†PSC- P·PjC-PSPë PSP° P·PḥP”, CÍPiP°P·Pj PePsCḥPsPSP°CḥPSPëC...  
P°CḥC,PμCḥC-Pñ, CÍC,PμPSPsPeP°CḥPrC-CḐ, C-PSC,,P°CḥPeC, PjC-PsPeP°CḥPrP°,  
P°CḥC,PμCḥC-P°P»CḥPSP° PiC-PiPsC,PμPSP·C-CḐ, C...PIPsCḥPsP±P° P PμPñPSPs.*

*P— P±PsPeCz PrPëC...P°P»CḥPSPsC— CÍPëCÍC,PμPjPë: P·P°PrPëC€PeP°.*

*P— P±PsPeCz C,CḥP°PIPsPsPiPs C,CḥP°PeC,Cz: PSC†PrPsC,P° C,P° P±P»CḥPIP°PSPSCḐ, C%Ps  
PIPëPSPëPeP°CḥC,Cḥ C† PrPμCḐPePëC... PiP°C†C-C”PSC,C-PI, P°P»Pμ C—C... P·PIBḥ™ CḐP·PsPe  
C-P· P·P°CÍC,PsCÍC†PIP°PSPSCḐPj CÍC†PjP°C,CḥPëPiC,P°PSC†B PrPs PeC-PSC†CḐ PSPμ  
P·Bḥ™ CḐCÍPsPIP°PSPëPñ; C-C€PμPjC-C†PSPëPñ PePsP»C-C,, PrC-P°CḥPμCḐ;*

*PrPëCÍC,,P°PiC-CḐ.*

*P— P±PsPeCz PeC-CÍC,PePsIPs-PjBḥ™ CḐP·PsIPsC— CÍPëCÍC,PμPjPë: PIC-PrC†C†C,C,CḐ  
C,CḐP¶PePsCÍC,C-, PjC-P°P»PiC-CḐ. PkP°PIPμPrPμPSC- CÍPëPjPiC,PsPjPë P·P°P·PIPëC†P°PñC”  
PjPëPSC†C%PëPjPë, PjPsP¶C†C,Cḥ PjP°C,Pë C-PSC,PμPSCÍPëPIPsPëPñ C...P°CḥP°PeC,PμCḥ C-  
PIPiP»PëPIP°C,Pë PSP° P±C†PrCḥ-CḐPeC† C†P°CÍC,PëPSC† C,C-P»P°, PIPeP»CḥC†P°CḥC†Pë  
PiCḥC†PrPSC† PeP»C-C,PeC† C- PiPsCḥP»Ps; CḥPëPiC-PrPSC-CÍC,Cḥ PjBḥ™ CḐP·C-PI C€PëC—,  
P°CḥC,CḥP°P»PiC-CḐ.*

*P— P±PsPeCz PsCḥPiP°PSC-PI P·PsCḥCz: PjPμCḥPμC...C,C-PSPSCḐ, PrPëPiP»PsPiC-CḐ,  
P·PSPëP¶PμPSPSCḐ PiPsCÍC,CḥPsC,Pë P·PsCḥC†, PIC,CḥP°C,P° P·PsCḥC† (P·PIPëC†P°PñPSPs  
PjPëPSC†C%P°). PḥPrPSP°Pe PiPsCḥC†C€PμPSPSCḐ P·PsCḥC† PjPsP¶C†C,Cḥ P±C†C,Pë  
PSP°CÍP»C-PrPePsPj CÍP°PjPsPiPs PSP°PiP°PrC† PjC-PiCḥPμPSC-.*

*P— P±PsPeCz C€PeC-CḥPë: PiC-PiPμCḥPiC-PrCḥPsP·.*

*P— P°PiP°P»CḥPSC- CḥPsP·P»P°PrPë: P±C-P»Cḥ, PIC-PrC†C†C,C,CḐ C,PμPiP»P° P°P±Ps  
C...PsP»PsPrC†, CÍC,PëCÍPeP°PSPSCḐ P°P±Ps PSP°PiCḥC†P¶PμPSPsCÍC,C- (PSP°PIPμPrPμPSC-  
CÍPëPjPiC,PsPjPë P·P°P·PIPëC†P°PñC” PjPëPSC†C%PëPjPë, PjPsP¶C†C,Cḥ PjP°C,Pë  
C-PSC,PμPSCÍPëPIPsPëPñ C...P°CḥP°PeC,PμCḥ C- PIPiP»PëPIP°C,Pë PSP° P±C†PrCḥ-CḐPeC†  
C†P°CÍC,PëPSC† C,C-P»P°, PIPeP»CḥC†P°CḥC†Pë PiCḥC†PrPSC† PeP»C-C,PeC† C- PiPsCḥP»Ps);*

PIC-PrC†CfC,C,Cf CfP»P°P±PePsCfC,C-, PIC,PsPjP»CfPIP°PSC-CfC,Cf (PSP°PIPµPrPµPSC-CfPëPjPiC,PsPjPë, PiPsP»PsPIPSPëPj C†PëPSPsPj, PjP°CfC,Cf P»PµPiPePëPNë P°P±Ps PiPsPjC-CfPSPëPNë C...P°CfP°PeC,PµCf C- C" PjPëPSCfC%PëPjPë)

PµPsCfPëP»PµPSPSCf P±PsP»Cf PiC-CfP»Cf C,CfP°PIPjPë, B PiPsCfPëP»PµPSPSCf P±PsP»Cf PiCfPë P·P°PiP°P»PµPSPSC-.

P»P°P±PsCfP°C,PsCfPSC- PiPsPeP°P·PSPëPePë: CfPiPsCfC,PµCfC-PiP°P»PëCfCf PSPµP·PSP°C†PSC- P·PjC-PSPë Cf C,,CfPSPeC†C-PsPSP°P»CfPSPëC... PiPµC†C-PSPePsPIPëC... C,PµCfC,P°C....

**PjPµCfPjC-PS PiCfPëPrP°C,PSPsCfC,C-.**

3 CfPsPePë.

**PjPjPsPIPë P·P±PµCfC-PiP°PSPSCf.**

P—P±PµCfC-PiP°C,Pë PI PsCfPëPiC-PSP°P»CfPSC-PNë CfPiP°PePsPIC†C- PiCfPë C,PµPjPiPµCfP°C,CfCfC- PSPµ PIPëC%Pµ 25 B°Pj.

P—P±PµCfC-PiP°C,Pë PIB PSPµPrPsCfC,CfPiPSPsPjCf PrP»Cf PrC-C,PµPNë PjC-CfC†C-.

**PjPiP°PePsPIPëP°.**

PµPs 1 PeP°PiCfCfP»C- Cf P±P»C-CfC,PµCfC-; PiPs 1 P°P±Ps PiPs 3, P°P±Ps PiPs 6 P±P»C-CfC,PµCfC-PI PI PePsCfPSP±C†C-.

PµPs 6 PeP°PiCfCfP» Cf 1 P±P»C-CfC,PµCfC-; PiPs 1 P±P»C-CfC,PµCfCf PI PePsCfPSP±C†C-.

PµPs 10 PeP°PiCfCfP» Cf P±P»C-CfC,PµCfC-; PiPs 1 P±P»C-CfC,PµCfCf PI PePsCfPSP±C†C-.

**P°P°C,PµPiPsCfC-Cf PIC-PrPiCfCfPeCf.**

P—P° CfPµC†PµPiC,PsPj.

**P°PëCfPSP±PSPëPe.**

PjPpP' B«PpPjPjP PpPpPp PpB», PjPeCfP°C—PSP°

**PpC-CfC†PµP·PSP°C...PsPrPµPµPSPSCf PIPëCfPSP±PSPëPeP° C,P° P°PrCfPµCfP° PjC-CfC†Cf PiCfPSPiP°PrPµPµPSPSCf PNëPsPiPs PrC-CfP»CfPSPsCfC,C-.**

08132, PpPëC—PICfCfPpP° PsP±P», PpPëC"PIPs-PjPICfC,PsC€PëPSCfCfPpPëPNë Cf-PS, Pj. P°PëC€PSPµPIPµ, PICfP». PpPëC—PICfCfPpP°, 6.

