

$P\ddot{Y}C\acute{r}PjP^{\circ}C, C\ddot{H}P\ddot{e}P\ddot{i}C, P^{\circ}PS$ бґ " $C\ddot{t}P\mu$ $C\acute{r}P\mu P \gg P\mu PeC, P\ddot{e}PIPSP\ddot{e}PN_{\circ}$ $P^{\circ}PiPsPSC-C\acute{r}C, 5P\acute{K}P\ddot{y}_1-$
 $C\ddot{H}P\mu C\ddot{t}P\mu P\ddot{i}C, PsC\ddot{H}C-PI, C\%Ps$ $PSP\mu$ $PIP\ddot{i}P \gg P\ddot{e}PIP^{\circ}C$ " PSP°_B $C-PSC\epsilon C-5P\acute{K}P\ddot{y}-$
 $C\ddot{H}P\mu C\ddot{t}P\mu P\ddot{i}C, PsC\ddot{H}P\ddot{e}$ $PjC-C\acute{r}C, C\ddot{U}C, C\ddot{H}C\acute{r}C\ddot{U}, PiPsP \gg PsPIPSP\ddot{e}Pj$
 $C\ddot{t}P\ddot{e}PSPsPj, C\acute{r} C\ddot{t}P\mu C\ddot{H}P\mu P\ddot{i}PSPs-PjPsP \cdot PePsPIP\ddot{e}C... PeC\ddot{H}PsPIPSPSPsC\acute{r}PSP\ddot{e}C...$

CГCГPrPëPSP°C.... PJ C...PsPrC- PrPsCГP»C-PrP¶PµPSCн P±CГP»Ps PICГC, P°PSPsPIP»PµPSPs,
 C%Ps CГCГPjP°C, CГPëPïC, P°PS C±PëPSPëC, Cн CГPµP»PµPeC, PëPIPSCT
 PIP°P·PsPePsPSCГC, CГPëPeC, PsCГPSCr PrC-Cн PSP° CГCГPrPëPSPë CГ CГPëCГC, PµPjC-
 CГPsPSPSPëC... P°CГC, PµCГC-PNë, P°P»Pµ PSPµ PIPïP»PëPIP°C” PSP° PjPsP·PePsPIPëPNë
 PeCГPsPIPsPsP±C-Pi. PÿPëCГC, PµPjP° CГPsPSPSPëC... P°CГC, PµCГC-PNë PïPsCГC, P°C±P°C”
 PeCГPsPI PrPs PµPeCГC, CГP°- C, P° C-PSC, CГP°PeCГP°PSC-P°P»CнPSPëC... C, PeP°PSPëPS,
 PSP°PïCГPëPeP»P°Pr PjPsP·PePsPIPëC... PsP±PsP»PsPSPsPe. P’PSP°CГP»C-PrPsPe
 CГPsP·CëPëCГPµPSPSCЦ CГPëC... CГCГPrPëPS CГPsP·PIPëPIP°C”C, CнCГCЦ PjC-PïCГPµPSCн.
 P”PsPrP°C, PePsPIPs P·P° PrPsPïPsPjPsPiPsCн PµPeCГPïPµCГPëPjPµPSC, P°P»CнPSPëC...
 PrP°PSPëC... P±CГP»Ps PrPsPIPµPrPµPSPs, C%Ps CГCГPjP°C, CГPëPïC, P°PS PïP°P»CнPjCГC”
 P°PeC, PëPIPSCT-CГC, Cн C, CГC-PNëC±P°CГC, PsPiPs PSPµCГPIP°. P|Pµ PrPIP° PjPsP¶P»PëPIC-
 PjPµC...P°PSC-P·PjPë, C±PµCГPµP· CЦPeC- PIPëCЦPIP»CЦC”C, CнCГCЦ
 P°PSC, PëPjC-PïCГPµPSPsP·PSP° P°PeC, PëPIPSCT-CГC, Cн CГCГPjP°C, CГPëPïC, P°PSCr.

PнP»C-PSC-C±PSPëPNë PµC,, PµPeC, CГPïPsCГC, PµCГC-PiP°C”C, CнCГCЦ C±PµCГPµP· 30 C...PI
 PïC-CГP»CЦ PïPµCГPsCГP°P»CнPSPsPiPs PïCГPëPNëPsPjCГ 100 PjPi PïCГPµPïP°CГP°C, CГ.

PαP°CГPjP°PePsPeC-PSPµC, PëPeP°.

PµC-CГP»CЦ PïPµCГPsCГP°P»CнPSPsPiPs P·P°CГC, PsCГCГPIP°PSPSCЦ
 CГCГPjP°C, CГPëPïC, P°PS CëPIPëPrPePs PICГPjPsPeC, CГC”C, CнCГCЦ, PrPsCГCЦPïP°CнC±Pë 70
 % PjP°PeCГPëPjP°P»CнPSPsC— PePsPSCГPµPSC, CГP°CГC-C— C±PµCГPµP· 45 C...PI.
 PµC-CГP»CЦ PïCГPëPNëPsPjCГ 100 PjPi CГPµCГPµPrPSCЦ PjP°PeCГPëPjP°P»CнPSP°
 PePsPSCГPµPSC, CГP°CГC-CЦ CГ PïP»P°P·PjC- PeCГPsPIC- CГC, P°PSPsPIPëC, Cн 45 PSPi/PjP».
 P’C-PsPrPsCГC, CГPïPSC-CГC, Cн PïC-CГP»CЦ PïPµCГPsCГP°P»CнPSPsPiPs
 P·P°CГC, PsCГCГPIP°PSPSCЦ CГC, P°PSPsPIPëC, Cн 14 %, C±P°CГC, PePsPIPs
 PIPSP°CГP»C-PrPsPe PïCГPµCГPëCГC, PµPjPSPsPiPs PjPµC, P°P±PsP»C-P·PjCГ, C±P°CГC, PePsPIPs
 CЦPe CГPµP·CГP»CнC, P°C, PSPµPïPsPIPSsPiPs PICГPjPsPeC, CГPIP°PSPSCЦ.
 P—PIвГ™ CЦP·CГPIP°PSPSCЦ P· PïCГPsC, PµC—PSP°PjPë PïP»P°P·PjPë PeCГPsPIC-
 PSPëP·CнPePµ (14-21 %), CГPµCГPµPrPSC-PNë PsP±вГ™C”Pj CГPsP·PïPsPrC-P»CГ вГ” 17 P»B
 PÿPµCГPµPrPSC-PNëB P·P°PiP°P»CнPSPëPNë PïP»P°P·PjPsPIPëPNë PeP»C-CГPµPSCГ
 CГC, P°PSPsPIPëC, Cн PïCГPëP±P»PëP·PSPs 1160 PjP»/C...PI, P° CГPµCГPµPrPSC-PNë
 PSPëCГPePsPIPëPNë PeP»C-CГPµPSCГ вГ” PïCГPëP±P»PëP·PSPs 260 PjP»/C...PI.
 PкPµPSPëCГPePsPIPëPNë PeP»C-CГPµPSCГ CГC, P°PSPsPIPëC, Cн PïCГPëP±P»PëP·PSPs 80 %
 P·P°PiP°P»CнPSPsPiPs PeP»C-CГPµPSCГCГ, CГPµ PrP°C” PïC-PrCГC, P°PICr PIPïP°P¶P°C, Pë,
 C%Ps CГCГPjP°C, CГPëPïC, P°PS PIPëPIPsPrPëC, CнCГCЦ, PiPsP»PsPIPSPëPj C±PëPSPsPj, B CГ
 C,, PsCГPjC- PjPµC, P°P±PsP»C-C, C-PI. P”PsP»PsPIPSPëPNë PjPµC, P°P±PsP»C-C,,
 C-PSPrPsP»PsCГC, PsPIPSPNë P°PSP°P»PsPi CГCГPjP°C, CГPëPïC, P°PSCr, PIPëPIPsPrPëC, CнCГCЦ
 C-P· CГPµC±PµCн, PrPµ PIC-PS PjC-CГC, PëC, CнCГCЦ CГ PIPëPiP»CЦPrC- PIC-P»CнPSPsC—
 PePëCГP»PsC, Pë C, P° PePsPSвГ™CнPiPsPIP°PSPsC— CГPïPsP»CГPePë P·
 PïP»CнPeCГCГPsPSC-PrPsPj. P’C-PS PSPµ PIPëCЦPIP»CЦC” 5PкPÿ₁- C, P° 5PкPÿ₂-
 P°PeC, PëPIPSsCГC, C-. P†PSCëC- PjPµC, P°P±PsP»C-C, Pë PSPµ C-PrPµPSC, PëC,, C-PePsPIP°PSC-.
 PαP°CГPjP°PePsPeC-PSPµC, PëPeP° PïPµCГPsCГP°P»CнPSPsPiPs CГCГPjP°C, CГPëPïC, P°PSCr
 CГCГC, C, C”PIPs PSPµ P·PjC-PSCнC”C, CнCГCЦ PïC-Pr C±P°CГ PSP°PïP°PrCГ PjC-PïCГPµPSC-.

PнP»C-PSC-C±PSC- C...P°CГP°PeC, PµCГPëCГC, PëPePë.

PµPsPeP°P·P°PSPSCЦ.

P”P»CЦ CëPIPëPrPePsPiPs PïPsP»PµPiCëPµPSPSCЦ CГC, P°PSCr PïCГPë PSP°PïP°PrP°C...

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

PμCḡPsC,PëPīPsPeP°P·P°PSPSCII.

P“C-PiPμCḡC‡CfC,P»PëPIC-CfC,CH PrPs P±CfPrCH-ClPePsPiPs 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‡CII, CfC,PμPSPsPeP°CḡPrC-CII PμCḡPëPSC‡PjPμC,P°P»P°,
P·P°C...PIPSCḡCHPIP°PSPSCII PīPμCḡPëC,,PμCḡPëC‡PSPëC... CfCfPrPëPS P°P±Ps
CfPëPjPīC,PjPjPë, C...P°CḡP°PeC,PμCḡPSC- PrP»CII C-CëPμPjC-C‡PSPsC— C...PIPSCḡPsP±Pë
CfPμCḡC‡CII.

P‡PSCfCfP»CHC, P°P±Ps PjPëPSCfC%Pμ PīPsCḡCfCëPμPSPSCII PjPsP·PePsPIPsPiPs
PeCḡPsPIPsPsP±C-PiCf PI P°PSP°PjPSPμP·C-.

PμPsPjC-CḡPSP° P°P±Ps C,CIIPIPeP° P°CḡC,PμCḡC-P°P»CHPSP° PiC-PiPμCḡC,PμPSP·C-CII
C,P° P»PμPiPeP° PSPμPePsPSC,CḡPsP»CHPsPIP°PSP° P°CḡC,PμCḡC-P°P»CHPSP°
PiC-PiPμCḡC,PμPSP·C-CII.

PŸCIIPIPeP° PīPμC‡C-PSPePsPIP° PSPμPrPsCfC,P°C,PSC-CfC,CH.

PŸCfPīCfC,PSC” P·P°CfC,PSCfCfPIP°PSPSCII PμCḡPiPsC,P°PjC-PSCf P°P±Ps PNePsPiPs
PīPsC...C-PrPSPëC... (PIPeP»CHC‡P°CHC‡Pë PjPμC,PëP·PμCḡPiC-Pr) (PrPëPI. CḡPsP·PrC-P»
B«P’P·P°C”PjPsPrC-CII P· C-PSCëPëPjPë P»C-PeP°CḡCfCHPePëPjPë P·P°CfPsP±P°PjPë C,P°
C-PSCëC- PIPëPrPë PIP·P°C”PjPsPrC-PNëB»).

PŸCfPīCfC,PSC” P·P°CfC,PSCfCfPIP°PSPSCII P±CfPrCH-ClPePsPiPs P°PiPsPSC-CfC,P°
C,CḡPëPīC,P°PS/5-PiC-PrCḡPsPeCfPëC,CḡPëPīC,P°PjC-PS-CḡPμC‡PμPīC,PSCḡC-PI (5-HT₁)
(PrPëPI. CḡPsP·PrC-P» B«P’P·P°C”PjPsPrC-CII P· C-PSCëPëPjPë
P»C-PeP°CḡCfCHPePëPjPë P·P°CfPsP±P°PjPë C,P° C-PSCëC- PIPëPrPë
PIP·P°C”PjPsPrC-PNëB»).

PμPsPSPeCfCḡPμPSC,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,CIIPIPsPj 2 C,PëPPIPSC-PI PīC-CfP»CII
PIC-PrPjC-PSPëB C-PSPiC-P±C-C,PSCḡC-PI PḡPḡPḡ.

**P’P·P°C”PjPsPrC-CII P· C-PSCëPëPjPë P»C-PeP°CḡCfCHPePëPjPë P·P°CfPsP±P°PjPë C,P°
C-PSCëC- PIPëPrPë PIP·P°C”PjPsPrC-PNë.**

PkPμPjP°C” PrP°PSPëC... PīCḡPs PIP·P°C”PjPsPrC-CH P· PīCḡPsPīCḡP°PSPsP»PsP»PsPj,
C,,P»CHPSP°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°CḡCfCHPePëPjPë P·P°CfPsP±P°PjPë, C%Ps PjC-CfC,CII,Cḡ PμCḡPiPsC,P°PjC-PS
P°P±Ps C-PSCëC- P°PiPsPSC-CfC,Pë C,CḡPëPīC,P°PS/5-HT₁-CḡPμC‡PμPīC,PSCḡC-PI,
PsP±PjPμPIPμPSC-. PŸPμPsCḡPμC,PëC‡PSPs PjPsPIP»PëPIC- PīCḡPsP»PsSPiPsPIP°PSC-
PIP°P·PsCfPīP°CfC,PëC‡PSC- CḡPμP°PeC‡C-C—, C,PjPjCf C,P°PePμ CfCfPjC-CfPSPμ

P·P°CÍC,PsCÍCrPIP°PSPSCÍ PíCĤPsC,PëPíPsPeP°P·P°PSPµ (PrPëPI. CĤPsP·PrC-P»
B«PµCĤPsC,PëPíPsPeP°P·P°PSPSCÍB»).

PŞP°CÍPsPIPëPNë PíCĤPsPjC-P¶PsPe, CÍPePsPiPs CÍP»C-Pr PrPsC,CĤPëPjCÍPIP°C,PëCÍCÍ PjC-P¶ PíCĤPëPNëPsPjPsPj CÍCrPjP°C,CĤPëPíC,P°PSCr C,P° P»C-PeP°CĤCÍCHPePëC...
P·P°CÍPsP±C-PI, C%Ps PjC-CÍC,CÍC,CH PµCĤPiPsC,P°PjC-PS P°P±Ps C-PSC€C-
P°PiPsPSC-CÍC,Pë C,CĤPëPíC,P°PS/5-HT₁-CĤPµC†PµPíC,PsCĤC-PI, PSPµPIC-PrPsPjPëPNë. PíPµ
P·P°P»PµP¶PëC,CH PIC-Pr PrPsP· C,P° C,PëPíCr P»C-PeP°CĤCÍCHPePëC... P·P°CÍPsP±C-PI,
C%Ps P·P°CÍC,PsCÍPsPICrCĤC,CHCÍCÍ.B PĥCÍPeC-P»CHPePë C†C- PµC,,PµPeC,Pë
PjPsP¶CÍC,CH P±CÍC,Pë PíC-PrCÍPëP»PµPSC- PíCĤPëPNëPsPjPsPj PĥPjC-PíCĤPµPSCr,
PSPµPsP±C...C-PrPSPs PrPsC,CĤPëPjCÍPIP°C,PëCÍCÍ 24-PiPsPrPëPSPSPsPiPs
C-PSC,PµCĤPIP°P»CÍ PjC-P¶ PíCĤPëPNëPsPjPsPj PíCĤPµPíP°CĤP°C,C-PI, C%Ps PjC-CÍC,CÍC,CH
PµCĤPiPsC,P°PjC-PS C,P° C-PSC€C- P°PiPsPSC-CÍC,Pë C,CĤPëPíC,P°PS/5-HT₁-
CĤPµC†PµPíC,PsCĤC-PI, C,P° PíCĤPëPNëPsPjPsPj PĥPjC-PíCĤPµPSCr.
P' C-PrPiPsPIC-PrPSPs PíCĤPµPíP°CĤP°C,Pë, C%Ps PjC-CÍC,CÍC,CH
PµCĤPiPsC,P°PjC-PS C,P° C-PSC€C- P°PiPsPSC-CÍC,Pë C,CĤPëPíC,P°PS/5-HT₁-
CĤPµC†PµPíC,PsCĤC-PI, PSPµ PjPsP¶PSP° P·P°CÍC,PsCÍPsPICrPIP°C,Pë
PíCĤPsC,CÍPiPsPjB 6 PiPsPrPëPS PíC-CÍP»CÍ PíCĤPëPNëPsPjCÍ PĥPjC-PíCĤPµPSCr.

P'P·P°C" PjPsPrC-CÍ PjPsP¶Pµ PIPëPSPëPePSCrC,Pë PjC-P¶ CÍCrPjP°C,CĤPëPíC,P°PSPsPj C,P°
C-PSPiC-P±C-C,PsCĤP°PjPë PĥPĥPĥ, C,PsPjCÍ PsPrPSPsC†P°CÍPSPµ C-C...
P·P°CÍC,PsCÍCrPIP°PSPSCÍ PíCĤPsC,PëPíPsPeP°P·P°PSPµ (PrPëPI. CĤPsP·PrC-P»
B«PµCĤPsC,PëPíPsPeP°P·P°PSPSCÍB»).

P,, PíPsPsPrPëPSPsPeC- PíPsPIC-PrPsPjP»PµPSPSCÍ PíCĤPs CĤPsP·PIPëC,PsPe Cr
PíP°C†C-C" PSC,C-PI CÍPµCĤPsC,PsPSC-PSPsPiPs CÍPëPSPrCĤPsPjCÍ (PIPeP»CĤC†P°CĤC†Pë
P·PjC-PSPµPSPëPNë PíCÍPëC...C-C†PSPëPNë CÍC,P°PS, PIC-CÍC†PµCĤP°P»CHPSCr
PSPµCÍC,P°P±C-P»CHPSC-CÍC,CH, PSPµPNëCĤPsPjBĤ™ CÍP·PsPIC- PíPsCĤCÍC€PµPSPSCÍ)
PíC-CÍP»CÍ PíCĤPëPNëPsPjCÍ CÍPµP»PµPeC,PëPIPSPëC... C-PSPiC-P±C-C,PsCĤC-PI
P·PiPsCĤPsC,PSPsPiPs P·P°C...PsPíP»PµPSPSCÍ CÍPµCĤPsC,PsPSC-PSCr (SSRI) C,P°
CÍCrPjP°C,CĤPëPíC,P°PSCr. P,, PíPsPIC-PrPsPjP»PµPSPSCÍ PíCĤPs CĤPsP·PIPëC,PsPe
CÍPµCĤPsC,PsPSC-PSPsPiPs CÍPëPSPrCĤPsPjCÍ PíCĤPë PsPrPSPsC†P°CÍPSPsPjCÍ
P·P°CÍC,PsCÍCrPIP°PSPSC- C,CĤPëPíC,P°PSC-PI C,P° C-PSPiC-P±C-C,PsCĤC-PI
P·PiPsCĤPsC,PSPsPiPs P·P°C...PsPíP»PµPSPSCÍ CÍPµCĤPsC,PsPSC-PSCr C,P°
PSPsCĤP°PrCĤPµPSP°P»C-PSCr (SNRI) (PrPëPI. CĤPsP·PrC-P» B«PĥCÍPsP±P»PëPIPsCÍC,C-
P·P°CÍC,PsCÍCrPIP°PSPSCÍB»).

PĥCÍPsP±P»PëPIPsCÍC,C- P·P°CÍC,PsCÍC¿PIP°PSPSCÍ.

PĥP°PíCÍCrP»Pë PĥPjC-PíCĤPµPSCr P·P°CÍC,PsCÍPsPICrCĤC,CH P»PëC€Pµ PíCĤPë C†C-C,PePs
PICÍC,P°PSPsPIP»PµPSPsPjCÍ PrC-P°PiPSPsP·C- PjC-PíCĤPµPSC-.

PĥPjC-PíCĤPµPS PSPµ P·P°CÍC,PsCÍPsPICrCĤC,CH PrP»CÍ P»C-PeCÍPIP°PSPSCÍ
PiPµPjC-PíP»PµPiC-C†PSPsC—, P±P°P·PëP»CÍCĤPSPsC— C,P°
PsC,,C,P°P»CHPjPsPíP»PµPiC-C†PSPsC— PjC-PíCĤPµPSC-.

PíPe C- PíCĤPë P·P°CÍC,PsCÍCrPIP°PSPSC- C-PSC€PëC... PíCĤPµPíP°CĤP°C,C-PI, PrP»CÍ
PeCÍPíC-CĤCÍPIP°PSPSCÍ PSP°PíP°PrC-PI PjC-PíCĤPµPSC- CÍ PíP°C†C-C" PSC,C-PI P· PSPµ
PICÍC,P°PSPsPIP»PµPSPëPj CĤP°PSC-C€Pµ PrC-P°PiPSPsP·PsPj PjC-PíCĤPµPSC- C,P° CÍ

PIP°CTC-C"PSC,C-PI P·C- PICÍC,P°PSPsPIP»PμPSPëPj PrC-P°PiPSPsP·PsPj, P°P»Pμ P·P°
PSP°CIPIPSPsCÍC,C- PSPμC,PëPìPsPIPëC... CÍPëPjPìC,PsPjC-PI, PrPs PìPsC±P°C,PeCí
PìCḡPëPNëPsPjCí CÍCíPjP°C,CḡPëPìC,P°PSCí CÍP»C-Pr PIPëPeP»CḡC±PëC,Pë
PSP°CIPIPSC-CÍC,CH C-PSCëPsC— CÍPμCḡPNëPsP·PSPsC— PSPμPICḡPsP»PsPiC-C±PSPsC—
PìP°C,PsP»PsPiC-C—. PŸP»C-Pr P·P°P·PSP°C±PëC,Pë, C%Ps C...PIPsCḡC- P· PjC-PiCḡPμPSPSCḡ
PjP°CḡC,CH PìC-PrPIPëC%PμPSPëPNë CḡPëP·PëPe PIPëPSPëPePSPμPSPSCÍ
C†PμCḡPμP±CḡPsPIP°CÍPeCíP»CÍCḡPSPëC... PìPsCḡCíCëPμPSCḡ (C-PSCÍCíP»CHC,,
PjPëPSCíC%Pμ PìPsCḡCíCëPμPSPSCÍ PjPsP·PePsPIPsPiPs PeCḡPsPIPsPsP±C-PiCí).

P—P°CÍC,PsCÍCíPIP°PSPSCÍ CÍCíPjP°C,CḡPëPìC,P°PSCí Cí PrPμCIIPePëC...
PìP°CTC-C"PSC,C-PI CÍPìCḡPëC±PëPSCḡC" C,P°PeC- C,CḡP°PSP·PëC,PsCḡPSC-
CÍPëPjPìC,PsPjPë, CIIPe P±C-P»CH, PIC-PrC±CíC,C,CÍ CÍC,PëCÍPSPμPSPSCÍ Cí
PiCḡCíPrCÍC..., C%Ps PjPsP¶CíC,CH PjP°C,Pë C-PSC,PμPSCÍPëPIPSPëPNë C...P°CḡP°PeC,PμCḡ
C- PìPsCëPëCḡCḡPIP°C,PëCÍCÍ PSP°B PìPsCḡC,P°PSCḡ (PrPëPI. CḡPsP·PrC-P»
B«PμPsP±C-C±PSC- CḡPμP°PeC†C-C—B»). PìPeC%Ps C,P°PeC- CÍPëPjPìC,PsPjPë
PIPeP°P·CíCḡC,CH PSP° C-CëPμPjC-C±PSCí C...PIPsCḡPsP±Cí CÍPμCḡC†CÍ, CÍP»C-Pr
PìCḡPsPIPμCÍC,Pë PIC-PrPìPsPIC-PrPSPμ PeP°CḡPrC-PsP»PsPiC-C±PSPμ
PsP±CÍC,PμP¶PμPSPSCÍ.

PŸCíPjP°C,CḡPëPìC,P°PS PSPμ PjPsP¶PSP° PìCḡPëP·PSP°C±P°C,Pë PìP°CTC-C"PSC,P°Pj P·
PìC-PrPsP·CḡPsCḡ PSP° P·P°C...PIPsCḡCḡPIP°PSPSCÍ CÍPμCḡC†CÍ P±PμP·
PìPsPìPμCḡPμPrPSCḡPsPiPs PsP±CÍC,PμP¶PμPSPSCÍ PrP»CÍ PIPëCIIP»PμPSPSCÍ
CÍPμCḡC†PμPIPs-CÍCíPrPëPSPSPsC— PìP°C,PsP»PsPiC-C—. P"Ps C†C-C"— PiCḡCíPìPë
PSP°P»PμP¶P°C,CH P¶C-PSPePë Cí PìPsCÍC,PjPμPSPsPìP°CíP·PSPsPjCí PìPμCḡC-PsPrC-,
C±PsP»PsPIC-PePë PIC-PePsPj PIC-Pr 40 CḡPsPeC-PI C- PìP°CTC-C"PSC,Pë P·
C,,P°PeC,PsCḡP°PjPë CḡPëP·PëPeCí CḡPsP·PIPëC,PeCí C-CëPμPjC-C±PSPsC— C...PIPsCḡPsP±Pë
CÍPμCḡC†CÍ. PhPrPSP°Pe C,P°PePμ PsP±CÍC,PμP¶PμPSPSCÍ PSPμ P·P°PIP¶PrPë PjPsP¶Pμ
PIPëCIIPIPëC,Pë PSP°CIPIPSC-CÍC,CH C...PIPsCḡPsP±Pë CÍPμCḡC†CÍ, C,PsPjCí PI
PìPsPsPrPëPSPsPePëC... PIPëPìP°PrPeP°C... Cí PìP°CTC-C"PSC,C-PI P·
PSPμPrC-P°PiPSPsCÍC,PsPIP°PSPsCḡ C...PIPsCḡPsP±PsCḡ CÍPμCḡC†CÍ
P·CíCÍC,CḡC-C±P°CḡC,CHCÍCÍ C,CÍP¶PeC- PeP°CḡPrC-PsP»PsPiC-C±PSC-
CíCÍPeP»P°PrPSPμPSPSCÍ. P— PsP±PμCḡPμP¶PSC-CÍC,Cḡ PhPjC-PiCḡPμPS CÍP»C-Pr
PìCḡPëP·PSP°C±P°C,Pë PìP°CTC-C"PSC,P°Pj, CIIPeC- PìPμCḡPμP±CíPIP°CḡC,CH PìC-Pr
PSP°PiP»CÍPrPsPj P· PìCḡPëPIPsPrCí P°CḡC,PμCḡC-P°P»CHPSPsC— PiC-PìPμCḡC,PμPSP·C-C—,
PsCÍPeC-P»CHPePë Cí PSPμPIIPμP»PëPePsC— PeC-P»CHPePsCÍC,C- PìP°CTC-C"PSC,C-PI
PjPsP¶Pμ CÍPìPsCÍC,PμCḡC-PìP°C,PëCÍCḡ C,CḡP°PSP·PëC,PsCḡPSPμ PìC-PrPIPëC%PμPSPSCÍ
CḡC-PIPsCÍ P°CḡC,PμCḡC-P°P»CHPSPsPiPs C,PëCÍPeCí C,P° PìPμCḡPëC,,PμCḡPëC±PSPsPiPs
CÍCíPrPëPSPSPsPiPs PsPìPsCḡCí.

PhPìPëCÍP°PSPs PìPsPsPrPëPSPsPeC- PIPëPìP°PrPePë PIPëPSPëPePSPμPSPSCÍ Cí
PìP°CTC-C"PSC,C-PI CÍPμCḡPsC,PsPSC-PSPsPIPsPiPs CÍPëPSPrCḡPsPjCí (PIPeP»CḡC±P°CḡC±Pë
P·PjC-PSPμPSPëPNë PìCÍPëC...C-C±PSPëPNë CÍC,P°PS, PIC-CÍC†PμCḡP°P»CHPSCí
PSPμCÍC,P°P±C-P»CHPSC-CÍC,CH, PSPμPNëCḡPsPjḡ™ CÍP·PsPIC- PìPsCḡCíCëPμPSPSCÍ),
C%Ps PIPëPSPëPeP°P»Pë PìC-CÍP»CÍ PìCḡPëPNëPsPjCí CÍPμP»PμPeC,PëPIPSPëC...
C-PSPiC-P±C-C,PsCḡC-PI P·PIPsCḡPsC,PSPsPiPs P·P°C...PsPìP»PμPSPSCÍ
CÍPμCḡPsC,PsPSC-PSCí (SSRI) C,P° CÍCíPjP°C,CḡPëPìC,P°PSCí. P,, PìPsPIC-PrPsPjP»PμPSPSCÍ
PìCḡPs CḡPsP·PIPëC,PsPe CÍPμCḡPsC,PsPSC-PSPsPIPsPiPs CÍPëPSPrCḡPsPjCí PìCḡPë
PsPrPSPsC±P°CÍPSPsPjCí PìCḡPëP·PSP°C±PμPSPSC- C,CḡPëPìC,P°PSC-PI C,P°
C-PSPiC-P±C-C,PsCḡC-PI P·PIPsCḡPsC,PSPsPiPs P·P°C...PsPìP»PμPSPSCÍ
CÍPμCḡPsC,PsPSC-PSCí C,P° PSPsCḡP°PrCḡPμPSP°P»C-PSCí (SNRI). PìPeC%Ps
PsPrPSPsC±P°CÍPSPμ P·P°CÍC,PsCÍCíPIP°PSPSCÍ PhPjC-PiCḡPμPSCí C,P° SSRI/SNRI C"

PeP»C-PSC-C†PSPs PIPëPiCḡP°PIPrP°PSPëPj, P±P°P¶P°PSPs, C%PsP± P±CfP»Ps
PiCḡPsPIPrPµPSPs 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°CḡCfCHPePëPjPë
P·P°CfPsP±P°PjPë C,P° C-PSCëC- PIPëPrPë PIP·P°C”PjPsPrC-PNëB»).

PkPµ CḡPµPePsPjPµPSPrCfC”C,CHCfC¶ PsPrPSPsC†P°CfPSPs P·P°CfC,PsCfPsPICfPIP°C,Pë
CfCfPjP°C,CḡPëPiC,P°PS C-P· P±CfPrCH-C¶PePëPj C,CḡPëPiC,P°PS/5PκPŷ1-
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 PIPëPIPrPµPSPSC¶
P»C-PeP°CḡCfCHPePëC... 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»CHC,,P°PSC-P»P°PjC-PrC-PI PjPsP¶CfC,CH 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,CH 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—. PκP°C¶PIPSC-CfC,CH PiPµCḡPµC...CḡPµCfPSPsC—
C†CfC,P»PëPiPsCfC,C- PsP±PjPµP¶PµPSP°, PiCḡPsC,Pµ CfP»C-Pr
PrPsC,CḡPëPjCfPIP°C,PëCfCH 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,CHCfC¶ C-P· P·P°PiPsCfC,CḡPµPSPSC¶Pj
PiPsP»PsPIPSPsPiPs P±PsP»Cḡ (PiPsP»PsPIPSPëPNë P±C-P»CH, 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,CH 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°CḡCfCHPePëC... P·P°CfPsP±C-PI, C%Ps PjC-CfC,C¶C,CH P·PIC-CḡPsP±C-PNë
(*Hypericum perforatum*).

PŷCḡPëPIP°P»Pµ P·P°CfC,PsCfCfPIP°PSPSC¶ P±CfPrCH-C¶PePëC...
P·PSPµP±PsP»CḡPIP°P»CHPSPëC... P»C-PeP°CḡCfCHPePëC... P·P°CfPsP±C-PI PjPsP¶Pµ
PiPsCfPëP»PëC,Pë PiPsP»PsPIPSPëPNë P±C-P»CH. Pj CḡP°P·C- PIPëPSPëPePSPµPSPSC¶
C,P°PePsPiPs CfPëPjPiC,PsPjCf P°P±Ps PiCḡPë PNëPsPiPs P·P°PiCḡPsP·C- CfP»C-Pr
PiCḡPsPePsPSCfCfP»CHC,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·
CḡPμPiCṛP»CḲCḡPSPμ P·P°CḲC,PsCḲCṛPIP°PSPSCḲ P»C-PeP°CḡCḲCHPePëC... P·P°CḲPsP±C-PI
PiCḡPsC,Pë PiPsP»PsPIPSPsPiPs P±PsP»CH, PjPsPḡPμ P±CṛC,Pë PICḲC,P°PSPsPIP»PμPSPëPNë
PrC-P°PiPSPsP· PiPsP»PsPIPSPsPiPs P±PsP»CH PIPSP°CḲP»C-PrPsPe P·P»PsPIPḡPëPIP°PSPSCḲ
P·PSPμP±PsP»CHPIP°P»CHPSPëPjPë P·P°CḲPsP±P°PjPë.B

PμCḡPμPiP°CḡP°C, PjC-CḲC,PëC,CH P»P°PeC,PsP·Cṛ, C,PsPjCṛ PiP°C†C-C”PSC,P°Pj P·
CḡC-PrPeC-CḲPSPëPjPë CḲPiP°PrPePsPIPëPjPë C,,PsCḡPjP°PjPë
PSPμPiPμCḡPμPSPsCḲPëPjPsCḲC,C- PiP°P»P°PeC,PsP·Pë, PSPμPrPsCḲC,P°C,PSC-CḲC,CH
P»P°PeC,PsP·Pë P°P±Ps CḲPëPSPṛCḡPsPjPsPj PiP»CHPePsP·Ps-PiP°P»P°PeC,PsP·PSPsC—
PjP°P»CHP°P±CḲPsCḡP±C†C-C— PSPμ CḲP»C-Pr P·P°CḲC,PsCḲPsPICṛPIP°C,Pë
PiCḡPμPiP°CḡP°C,.

*P—P°CḲC,PsCḲCṛPIP°PSPSCḲ Cṛ PiPμCḡC-PsPr PIP°PiC-C,PSPsCḲC,C- P°P±Ps
PiPsPrCṛPIP°PSPSCḲ PiCḡCṛPrCH.*

PḲPμ CḡPμPePsPjPμPSPṛCṛC”C,CHCḲCḲ P·P°CḲC,PsCḲPsPICṛPIP°C,Pë PḡPjC-PiCḡPμPS
PIP°PiC-C,PSPëPj. Pj CḡP°P·C- PSPμPsP±C...C-PrPSPsCḲC,C- CḲP»C-Pr P·PIP°PḡCṛPIP°C,Pë
CḲPiC-PIPIC-PrPSPsCḲPμPSPSCḲ PsC‡C-PeCṛPIP°PSPsC— PePsCḡPëCḲC,C- PrP»CḲ
PjP°C,PμCḡC- C- PjPsPḡP»PëPIPsPiPs CḡPëP·PëPeCṛ PrP»CḲ PiP»PsPrP°.

P— PsP±PμCḡPμPḡPSC-CḲC,CH P·P°CḲC,PsCḲPsPICṛCHC,CH Cṛ PiPμCḡC-PsPr
PiPsPrCṛPIP°PSPSCḲ PiCḡCṛPrPrCH. PḲPμ CḡPμPePsPjPμPSPṛCṛC”C,CHCḲCḲ PiPsPrCṛPIP°C,Pë
PrPëC,PëPSCṛ PiCḡCṛPrPrCH PiCḡPsC,CḲPiPsPj 24 PiPsPrPëPS PiC-CḲP»CḲ PiCḡPëPNëPsPjCṛ
PiCḡPμPiP°CḡP°C,Cṛ.

*P—PrP°C,PSC-CḲC,CH PIPiP»PëPIP°C,Pë PSP° CḲPIPëPrPeC-CḲC,CH CḡPμP°PeC†C-C— PiCḡPë
PePμCḡCṛPIP°PSPSC- P°PIC,PsC,CḡP°PSCḲPiPsCḡC,PsPj P°P±Ps C-PSCḲPëPjPë
PjPμC...P°PSC-P·PjP°PjPë.*

PŸPsPSP»PëPIC-CḲC,CH PjPsPḡPμ CḲC,P°C,Pë PSP°CḲP»C-PrPePsPj CḲPe PjC-PiCḡPμPSC-,
C,P°Pe C- C—C— P»C-PeCṛPIP°PSPSCḲ PḡPjC-PiCḡPμPSPsPj, C,PsPjCṛ CḲP»C-Pr
CṛPSPëPeP°C,Pë PePμCḡCṛPIP°PSPSCḲ P°PIC,PsC,CḡP°PSCḲPiPsCḡC,PsPj P°P±Ps
CḡPsP±PsC,Pë P· C-PSCḲPëPjPë PjPμC...P°PSC-P·PjP°PjPë PiC-Pr C‡P°CḲ PiCḡPëPNëPsPjCṛ
PiCḡPμPiP°CḡP°C,Cṛ P°P±Ps PSP°PiP°PrCṛ PjC-PiCḡPμPSC-.

PŸPiPsCḲC-P± P·P°CḲC,PsCḲCṛPIP°PSPSCḲ C,P° PrPsP·Pë.

PḡP°PiCḲCṛP»Pë PḡPjC-PiCḡPμPSCṛ PSPμ PjPsPḡPSP° P·P°CḲC,PsCḲPsPICṛPIP°C,Pë P·
PjPμC,PsCH PiCḡPsC,,C-P»P°PeC,PëPePë PSP°PiP°PrCṛ.

PḡPjC-PiCḡPμPSB CḡPμPePsPjPμPSPṛCṛC”C,CHCḲCḲ P·P°CḲC,PsCḲPsPICṛPIP°C,Pë
CḲPePsPjPsPiP° CḡP°PSC-CḲPμ PiC-CḲP»CḲ PiPsC‡P°C,PeCṛ PSP°PiP°PrCṛ
PjC-PiCḡPμPSC-, C...PsC‡P° PIC-PS C” PsPrPSP°PePsPIPs PμC,,PμPeC,PëPIPSPëPj PSP°
PePsPḡPSC-PNë CḲC,P°PrC-C— PSP°PiP°PrCṛ.

P PμPePsPjPμPSPṛPsPIP°PSP° PrPsP·P° PḡPjC-PiCḡPμPSCṛ PrP»CḲ PrPsCḡPsCḲP»PëC... Bḡ“ 50

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

PḡPjC-PiCḡPµPS PjPsP¶PSP° P·P°CřC,PsCřPsPICřPIP°C,Pë PïCḡPë PSPsPIPëC...
PSP°PïP°PrP°C... PjC-PiCḡPµPSC-, P°P»Pµ CłPeC%Ps PïPµCḡCëP° PrPsP·P°
PïCḡPµPïP°CḡP°C,Cř PIPëCłPIPëC,CHCřCł PSPµPµC,,PµPeC,PëPIPSPsCḡ, PSPµ
CřP»C-Pr P·P°CřC,PsCřPsPICřPIP°C,Pë PïCḡPµPïP°CḡP°C, PïPsPIC,PsCḡPSPs PïC-Pr
C‡P°Cř C‡CHPsPiPs P¶ PSP°PïP°PrCř.

PïPeC%Ps PïP°C‡C-C"PSC, PIC-PrCḡPµP°PïCřPIP°PI PSP° PïPµCḡCëCř PrPsP·Cř, P°P»Pµ
CřPëPjPïC,PsPjPë PIC-PrPSPsPIP»CḡCḡC,CHCřCł, PrCḡCřPïP° PrPsP·P° PjPsP¶Pµ P±CřC,Pë
P·P°CřC,PsCřPsPIP°PSP° PïCḡPsC,CłPiPsPj PSP°CřC,CřPïPSPëC... 24 PiPsPrPëPS, PïCḡPë
C‡CHPsPjCř P·P°PïP°P»CHPSP° PrPsP±PsPIP° PrPsP·P° PSPµ PïPsPIPëPSPSP°
PïPµCḡPµPIPëC%CřPIP°C,Pë 300 PjPi.

PḡP°PïCřCřP»Pë CřP»C-Pr PePsPIC,P°C,Pë C‡C-P»PëPjPë, P·P°PïPëPIP°CḡC‡Pë PIPsPrPsCḡ.

PµP°C‡C-C"PSC,Pë P»C-C,PSCHPsPiPs PIC-PeCž (PIC-PePsPj PIC-Pr 65 CḡPsPeC-PI)

P"PsCřPIC-PrCř P·P°CřC,PsCřCřPIP°PSPSCł CřCřPjP°C,CḡPëPïC,P°PSCř PrP»Cł
P»C-PeCřPIP°PSPSCł PïP°C‡C-C"PSC,C-PI PIC-PePsPj PIC-Pr 65 CḡPsPeC-PI
PSPµPrPsCřC,P°C,PSCHPs. PřPsC‡P° C,,P°CḡPjP°PePsPeC-PSPµC,PëPeP° PïCḡPµPïP°CḡP°C,Cř
PSPµ PIC-PrCḡC-P·PSCłC"C,CHCřCł PIC-Pr C,P°PePsC— PI PsCřC-P± P±C-P»CHCë
PjPsP»PsPrPsPiPs PIC-PeCř, PrPsPePë PSPµ P±CřPrCřC,CH PsPrPµCḡP¶P°PSC-
PrPsPrP°C,PePsPIC- PeP»C-PSC-C‡PSC- PrP°PSC-, PïCḡPëP·PSP°C‡PµPSPSCł
PḡPjC-PiCḡPµPSCř P»C-C,PSC-Pj PïP°C‡C-C"PSC,P°Pj PSPµ CḡPµPePsPjPµPSPřCřC"C,CHCřCł.

P"C-C,Pë.

P"Ps C‡CHPsPiPs C‡P°CřCř PµC,,PµPeC,PëPIPSC-CřC,CH C- P±PµP·PïPµPeP°
P·P°CřC,PsCřCřPIP°PSPSCł CřCřPjP°C,CḡPëPïC,P°PSCř PrP»Cł P»C-PeCřPIP°PSPSCł
PrC-C,PµPNë PSPµ PICřC,P°PSPsPIP»PµPSC-, C,PsPjCř PïCḡPµPïP°CḡP°C, PḡPjC-PiCḡPµPS PSPµ
CḡPµPePsPjPµPSPřCřC"C,CHCřCł PïCḡPëP·PSP°C‡P°C,Pë C‡C-PNë PeP°C,PµPiPsCḡC-C—
PïP°C‡C-C"PSC,C-PI.

PµPµCḡPµPrPsP·CžPIP°PSPSCł.

P"PsP·Pë, C%Ps PïPµCḡPµPIPëC%CřPIP°P»Pë 400 PjPi (PïPµCḡPsCḡP°P»CHPSPs), PSPµ
CřPïCḡPëC‡PëPSCłP»Pë C-PSCëPëC... PïPsP±C-C‡PSPëC... PrC-PNë, PeCḡC-Pj C,PëC..., C%Ps
P·P°P·PSP°C‡PµPSC- PSPëP¶C‡Pµ.

*P»C-PeCžPIP°PSPSCł: PïCḡPsPIPµPrPµPSPSCł PïC-PrC,CḡPëPjCřPIP°P»CHPSPsC—
C,PµCḡP°PïC-C— C,P° PSP°PïP»CłPř P·P° C...PIPSCḡPëPj PSPµ PjPµPSCëPµ 10 PiPsPrPëPS.*

P'PïP»PëPI PïPµPjPsPrC-P°P»C-P·Cř P°P±Ps PïPµCḡPëC,PsPSPµP°P»CHPSPsPiPs PrC-P°P»C-P·Cř
PSP° CḡC-PIPµPSCḡ PḡPjC-PiCḡPµPSCř PI PïP»P°P·PjC- PeCḡPsPIC- PSPµ
PICřC,P°PSPsPIP»PµPSPëPNë.

PµPsP±C-C‡PSC- CḡPµP°PeC‡C-C—.

$P - P \pm PsPeC \acute{e} C - PjC \acute{e} PSPSPsC - C \acute{I}P \acute{e} C \acute{I}C, P_{\mu}PjP \acute{e}$: $C \acute{H}P_{\mu}P^{\circ}PeC \dagger C - C -$
 $PiC - P \acute{i}P_{\mu}C \acute{H}C \dagger C \acute{r}C, P \gg P \acute{e}PIPsC \acute{I}C, C -$ бҗ " $PiC - Pr C \acute{e}PeC - C \acute{H}PSPsC -$
 $PiC - P \acute{i}P_{\mu}C \acute{H}C \dagger C \acute{r}C, P \gg P \acute{e}PIPsC \acute{I}C, C - PrPs PIP \acute{e}P \acute{i}P^{\circ}PrPeC - PI P^{\circ}PSP^{\circ}C, C - P \gg P^{\circ}PeC \acute{I}C - C -$.

$P - P \pm PsPeC \acute{e} PSP_{\mu}C \acute{H}PIPsPIPsC - C \acute{I}P \acute{e} C \acute{I}C, P_{\mu}PjP \acute{e}$: $P \cdot P^{\circ}P \acute{i}P^{\circ}PjPsC \acute{H}PsC \dagger P_{\mu}PSPSC \acute{I}$;
 $C \acute{I}PsPSP \gg P \acute{e}PIC - C \acute{I}C, C \acute{H}$; $P \acute{i}PsC \acute{H}C \acute{r}C \acute{e}P_{\mu}PSPSC \acute{I} C \dagger C \acute{r}C, P \gg P \acute{e}PIPsC \acute{I}C, C -$, $PIPeP \gg C \acute{H}C \dagger P^{\circ}C \acute{H}C \dagger P \acute{e}$
 $P \acute{i}P^{\circ}C \acute{H}P_{\mu}C \acute{I}C, P_{\mu}P \cdot C - C -$ $C - PiC - P \acute{i}P_{\mu}C \acute{I}C, P_{\mu}P \cdot C - C -$; $C \acute{I}C \acute{r}PrPsPjP \acute{e}$. $P \acute{I}PsC \dagger P^{\circ} PrP_{\mu}C \acute{I}PeC - P \cdot$
 $C \dagger P \acute{e}C \dots PIP \acute{e}P \acute{i}P^{\circ}PrPeC - PI PIC - PrPjC - C \dagger P^{\circ}P \gg P \acute{e}C \acute{I}C \acute{H} C \acute{r} C \dots PIPsC \acute{H}P \acute{e}C \dots C - P \cdot C \acute{I}C \acute{r}PrPsPjP^{\circ}PjP \acute{e}$
 $P^{\circ}P \pm Ps P \cdot C - C \acute{I}C, P^{\circ}PSP^{\circ}PjP \acute{e}$, $C \% Ps PjPsP \acute{I}C \acute{r}C, C \acute{H} PrPs PSP \acute{e}C \dots P \acute{i}C \acute{H}P \acute{e}P \cdot PIP_{\mu}C \acute{I}C, P \acute{e}$, PI
 $P^{\circ}PSP^{\circ}PjPSP_{\mu}P \cdot C -$, $C'' PIP \acute{e}P \acute{i}P^{\circ}PrPeP \acute{e} C \acute{H}PsP \cdot PIP \acute{e}C, PeC \acute{r} C \acute{I}C \acute{r}PrPsPj C \acute{r} P \acute{i}P^{\circ}C \dagger C - C''PSC, C - PI$
 $P \pm P_{\mu}P \cdot P \pm C \acute{r}PrC \acute{H} - C \acute{I}PePsC - C \acute{I}C \dots P \acute{e}P \gg C \acute{H}PSPsC \acute{I}C, C - PrPs PSP \acute{e}C \dots$; $C, C \acute{H}P_{\mu}PjPsC \acute{H}$,
 $PrP \acute{e}C \acute{I}C, PsPSC - C \acute{I}$, $PSC - C \acute{I}C, P^{\circ}PiPj$, $C \acute{I}PePsC, PsPjP^{\circ}$.

$P - P \pm PsPeC \acute{e} PiC \acute{I}P \acute{e}C \dots C - PeP \acute{e}$: $P \cdot P \pm C \acute{r}PrP \acute{I}P_{\mu}PSPSC \acute{I}$.

$P - P \pm PsPeC \acute{e} C \acute{I}P_{\mu}C \acute{H}C \dagger P_{\mu}PIPs - C \acute{I}C \acute{e} PrP \acute{e}PSPSPsC - C \acute{I}P \acute{e} C \acute{I}C, P_{\mu}PjP \acute{e}$:
 $C, C \acute{H}P^{\circ}PSP \cdot P \acute{e}C, PsC \acute{H}PSP_{\mu} PiC - PrPIP \acute{e}C \% P_{\mu}PSPSC \acute{I} P^{\circ}C \acute{H}C, P_{\mu}C \acute{H}C - P^{\circ}P \gg C \acute{H}PSPsPiPs$
 $C, P \acute{e}C \acute{I}PeC \acute{r} PsPrC \acute{H}P^{\circ}P \cdot C \acute{r} P \acute{i}C - C \acute{I}P \gg C \acute{I} P \acute{i}C \acute{H}P \acute{e}P N \acute{e}PsPjC \acute{r} P \acute{i}C \acute{H}P_{\mu}P \acute{i}P^{\circ}C \acute{H}P^{\circ}C, C \acute{r}$, $P \acute{i}C \acute{H}P \acute{e}P \acute{i}P \gg P \acute{e}PI$
 $PeC \acute{H}PsPIC -$, $P \pm C \acute{H}P^{\circ}PrP \acute{e}PeP^{\circ}C \acute{H}PrC - C \acute{I}$, $C, P^{\circ}C \dots C - PeP^{\circ}C \acute{H}PrC - C \acute{I}$, $P \acute{i}PsC \acute{I}P \acute{e}P \gg P_{\mu}PSP_{\mu}$
 $C \acute{I}P_{\mu}C \acute{H}C \dagger P_{\mu}P \pm P \acute{e}C, C, C \acute{I}$, $P \acute{i}PsC \acute{H}C \acute{r}C \acute{e}P_{\mu}PSPSC \acute{I} C \acute{H}P \acute{e}C, PjC \acute{r}$, $C, C \acute{H}P^{\circ}PSP \cdot P \acute{e}C, PsC \acute{H}PSC -$
 $C - C \acute{e}P_{\mu}PjC - C \dagger PSC - P \cdot PjC - PSP \acute{e} PSP^{\circ} P \cdot P_{\mu}P''$, $C \acute{I}P \acute{i}P^{\circ}P \cdot Pj PePsC \acute{H}PsPSP^{\circ}C \acute{H}PSP \acute{e}C \dots$
 $P^{\circ}C \acute{H}C, P_{\mu}C \acute{H}C - P N \acute{e}$, $C \acute{I}C, P_{\mu}PSPsPeP^{\circ}C \acute{H}PrC - C \acute{I}$, $C - PSC, P^{\circ}C \acute{H}PeC$, $PjC - PsPeP^{\circ}C \acute{H}PrP^{\circ}$,
 $P^{\circ}C \acute{H}C, P_{\mu}C \acute{H}C - P^{\circ}P \gg C \acute{H}PSP^{\circ} PiC - P \acute{i}PsC, P_{\mu}PSP \cdot C - C \acute{I}$, $C \dots PIPsC \acute{H}PsP \pm P^{\circ} P P_{\mu}P N \acute{e}PSPs$.

$P - P \pm PsPeC \acute{e} PrP \acute{e}C \dots P^{\circ}P \gg C \acute{H}PSPsC - C \acute{I}P \acute{e} C \acute{I}C, P_{\mu}PjP \acute{e}$: $P \cdot P^{\circ}PrP \acute{e}C \acute{e}PeP^{\circ}$.

$P - P \pm PsPeC \acute{e} C, C \acute{H}P^{\circ}PIPsPsPiPs C, C \acute{H}P^{\circ}PeC, C \acute{e}$: $PSC \acute{r}PrPsC, P^{\circ} C, P^{\circ} P \pm P \gg C \acute{H}PIP^{\circ}PSPSC \acute{I}$, $C \% Ps$
 $PIP \acute{e}PSP \acute{e}PeP^{\circ}C \acute{H}C, C \acute{H} C \acute{r} PrP_{\mu}C \acute{I}PeP \acute{e}C \dots P \acute{i}P^{\circ}C \dagger C - C''PSC, C - PI$, $P^{\circ}P \gg P_{\mu} C - C \dots P \cdot P \acute{i}P_{\mu}C \acute{I}P \cdot PsPe$
 $C - P \cdot P \cdot P^{\circ}C \acute{I}C, PsC \acute{I}C \acute{r}PIP^{\circ}PSPSC \acute{I}Pj C \acute{I}C \acute{r}PjP^{\circ}C, C \acute{H}P \acute{e}PiC, P^{\circ}PSC \acute{r}B PrPs PeC - PSC \dagger C \acute{I} PSP_{\mu}$
 $P \cdot$ бҗ $C \acute{I}C \acute{I}PsPIP^{\circ}PSP \acute{e}P N \acute{e}$; $C - C \acute{e}P_{\mu}PjC - C \dagger PSP \acute{e}P N \acute{e} PePsP \gg C - C, PrC - P^{\circ}C \acute{H}P_{\mu}C \acute{I}$;

$PrP \acute{e}C \acute{I}C, P^{\circ}PiC - C \acute{I}$.

$P - P \pm PsPeC \acute{e} PeC - C \acute{I}C, PePsPIPs - Pj \acute{e} \acute{H} C \acute{I}P \cdot PsPIPsC - C \acute{I}P \acute{e} C \acute{I}C, P_{\mu}PjP \acute{e}$: $PIC - PrC \dagger C \acute{r}C, C, C \acute{I}$
 $C, C \acute{I}P \acute{I}PePsC \acute{I}C, C -$, $PjC - P^{\circ}P \gg PiC - C \acute{I}$. $P \acute{e}P^{\circ}PIP_{\mu}PrP_{\mu}PSC - C \acute{I}P \acute{e}PjPiC, PsPjP \acute{e} P \cdot P^{\circ}P \cdot PIP \acute{e}C \dagger P^{\circ}P N \acute{e} C''$
 $PjP \acute{e}PSC \acute{r}C \% P \acute{e}PjP \acute{e}$, $PjPsP \acute{I}C \acute{r}C, C \acute{H} PjP^{\circ}C, P \acute{e} C - PSC, P_{\mu}PSC \acute{I}P \acute{e}PIPsP \acute{e}P N \acute{e} C \dots P^{\circ}C \acute{H}P^{\circ}PeC, P_{\mu}C \acute{H} C -$
 $PIP \acute{i}P \gg P \acute{e}PIP^{\circ}C, P \acute{e} PSP^{\circ} P \pm C \acute{r}PrC \acute{H} - C \acute{I}PeC \acute{r} C \dagger P^{\circ}C \acute{I}C, P \acute{e}PSC \acute{r} C, C - P \gg P^{\circ}$, $PIPeP \gg C \acute{H}C \dagger P^{\circ}C \acute{H}C \dagger P \acute{e}$
 $PiC \acute{H}C \acute{r}PrPSC \acute{r} PeP \gg C - C, PeC \acute{r} C - PiPsC \acute{H}P \gg Ps$; $C \acute{H}P \acute{e}PiC - PrPSC - C \acute{I}C, C \acute{H} Pj \acute{e} \acute{H} C \acute{I}P \cdot C - PI C \acute{e}P \acute{e}C -$,
 $P^{\circ}C \acute{H}C, C \acute{H}P^{\circ}P \gg PiC - C \acute{I}$.

$P - P \pm PsPeC \acute{e} PsC \acute{H}PiP^{\circ}PSC - PI P \cdot PsC \acute{H}C \acute{e}$: $PjP_{\mu}C \acute{H}P_{\mu}C \dots C, C - PSPSC \acute{I}$, $PrP \acute{e}P \acute{i}P \gg PsPiC - C \acute{I}$,
 $P \cdot PSP \acute{e}P \acute{I}P_{\mu}PSPSC \acute{I} P \acute{i}PsC \acute{I}C, C \acute{H}PsC, P \acute{e} P \cdot PsC \acute{H}C \acute{r}$, $PIC, C \acute{H}P^{\circ}C, P^{\circ} P \cdot PsC \acute{H}C \acute{r} (P \cdot PIP \acute{e}C \dagger P^{\circ}P N \acute{e}PSPs$
 $PjP \acute{e}PSC \acute{r}C \% P^{\circ})$. $P \acute{h}PrPSP^{\circ}Pe P \acute{i}PsC \acute{H}C \acute{r}C \acute{e}P_{\mu}PSPSC \acute{I} P \cdot PsC \acute{H}C \acute{r} PjPsP \acute{I}C \acute{r}C, C \acute{H} P \pm C \acute{r}C, P \acute{e}$
 $PSP^{\circ}C \acute{I}P \gg C - PrPePsPj C \acute{I}P^{\circ}PjPsPiPs PSP^{\circ}P \acute{i}P^{\circ}PrC \acute{r} PjC - PiC \acute{H}P_{\mu}PSC -$.

$P - P \pm PsPeC \acute{e} C \acute{e}PeC - C \acute{H}P \acute{e}$: $PiC - P \acute{i}P_{\mu}C \acute{H}PiC - PrC \acute{H}PsP \cdot$.

$P - P^{\circ}PiP^{\circ}P \gg C \acute{H}PSC - C \acute{H}PsP \cdot P \gg P^{\circ}PrP \acute{e}$: $P \pm C - P \gg C \acute{H}$, $PIC - PrC \dagger C \acute{r}C, C, C \acute{I} C, P_{\mu}P \acute{i}P \gg P^{\circ} P^{\circ}P \pm Ps$
 $C \dots PsP \gg PsPrC \acute{r}$, $C \acute{I}C, P \acute{e}C \acute{I}PeP^{\circ}PSPSC \acute{I} P^{\circ}P \pm Ps PSP^{\circ}P \acute{i}C \acute{H}C \acute{r}P \acute{I}P_{\mu}PSPsC \acute{I}C, C - (PSP^{\circ}PIP_{\mu}PrP_{\mu}PSC -$
 $C \acute{I}P \acute{e}PjPiC, PsPjP \acute{e} P \cdot P^{\circ}P \cdot PIP \acute{e}C \dagger P^{\circ}P N \acute{e} C'' PjP \acute{e}PSC \acute{r}C \% P \acute{e}PjP \acute{e}$, $PjPsP \acute{I}C \acute{r}C, C \acute{H} PjP^{\circ}C, P \acute{e}$
 $C - PSC, P_{\mu}PSC \acute{I}P \acute{e}PIPsP \acute{e}P N \acute{e} C \dots P^{\circ}C \acute{H}P^{\circ}PeC, P_{\mu}C \acute{H} C - PIP \acute{i}P \gg P \acute{e}PIP^{\circ}C, P \acute{e} PSP^{\circ} P \pm C \acute{r}PrC \acute{H} - C \acute{I}PeC \acute{r}$
 $C \dagger P^{\circ}C \acute{I}C, P \acute{e}PSC \acute{r} C, C - P \gg P^{\circ}$, $PIPeP \gg C \acute{H}C \dagger P^{\circ}C \acute{H}C \dagger P \acute{e} PiC \acute{H}C \acute{r}PrPSC \acute{r} PeP \gg C - C, PeC \acute{r} C - PiPsC \acute{H}P \gg Ps$);

PIC-PrC†C†C,C,C† C†P»P°P±PePsC†C,C-, PIC,PsPjP»C†PIP°PSC-C†C,C† (PSP°PIPμPrPμPSC-C†PëPjPiC,PsPjPë, PiPsP»PsPIPSPëPj C†PëPSPsPj, PjP°C†C,C† P»PμPiPePëPNë P°P±Ps PiPsPjC-C†PSPëPNë C...P°C†P°PeC,PμC† C- C" PjPëPSC†C%PëPjPë)

PμPsC†PëP»PμPSPSC† P±PsP»C† PiC-C†P»C† C,C†P°PIPjPë, B PiPsC†PëP»PμPSPSC† P±PsP»C† PiC†Pë P·P°PiP°P»PμPSPSC-.

P»P°P±PsC†P°C,PsC†PSC- PiPsPeP°P·PSPëPePë: C†PiPsC†C,PμC†C-PiP°P»PëC†C† PSPμP·PSP°C†PSC- P·PjC-PSPë C† C,,C†PSPeC†C-PsPSP°P»C†PSPëC... PiPμC†C-PSPePsPIPëC... C,PμC†C,P°C....

PŷPμC†PjC-PS PiC†PëPrP°C,PSPsC†C,C-.

3 C†PsPePë.

PjPjPsPIPë P·P±PμC†C-PiP°PSPSC†.

P—P±PμC†C-PiP°C,Pë PI PsC†PëPiC-PSP°P»C†PSC-PNë C†PiP°PePsPIC†C- PiC†Pë C,PμPjPiPμC†P°C,C†C†C- PSPμ PIPëC%Pμ 25 B°Pŷ.

P—P±PμC†C-PiP°C,Pë PIB PSPμPrPsC†C,C†PiPSPsPjC† PrP»C† PrC-C,PμPNë PjC-C†C†C-.

PjPiP°PePsPIPeP°.

PμPs 1 PeP°PiC†C†P»C- C† P±P»C-C†C,PμC†C-; PiPs 1 P°P±Ps PiPs 3, P°P±Ps PiPs 6 P±P»C-C†C,PμC†C-PI PI PePsC†PSP±C†C-.

PμPs 6 PeP°PiC†C†P» C† 1 P±P»C-C†C,PμC†C-; PiPs 1 P±P»C-C†C,PμC†C† PI PePsC†PSP±C†C-.

PμPs 10 PeP°PiC†C†P» C† P±P»C-C†C,PμC†C-; PiPs 1 P±P»C-C†C,PμC†C† PI PePsC†PSP±C†C-.

P°P°C,PμPiPsC†C-C† PIC-PrPiC†C†PeC†.

P—P° C†PμC†PμPiC,PsPj.

P'PëC†PSP±PSPëPe.

PŷPhP' B«PhPŷPŷP PhPαPhP P°B», PjPeC†P°C—PSP°

P°C-C†C†PμP·PSP°C...PsPrP¶PμPSPSC† PIPëC†PSP±PSPëPeP° C,P° P°PrC†PμC†P° PjC-C†C†C† PiC†PSPiP°PrP¶PμPSPSC† PNëPsPiPs PrC-C†P»C†PSPsC†C,C-.

08132, P°PëC—PIC†C†PeP° PsP±P», P°PëC"PIPs-PŷPIC†C,PsC€PëPSC†C†PePëPNë C†-PS, Pj. P'PëC€PSPμPIPμ, PIC†P». P°PëC—PIC†C†PeP°, 6.

