

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°. PjPµ 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,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,PjPjPë, 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·PePsPIPsPiPs
PeCḡPsPIPsPsP±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.

PŸCfPiCfC,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»).

PŸCfPiCfC,PSC” P·P°CfC,PSCfCfPIP°PSPSCII P±CfPrCḡ-CḡPePsPiPs P°PiPsPSC-CfC,P°
C,CḡPëPiC,P°PS/5-PiC-PrCḡPsPeCfPëC,CḡPëPiC,P°PjC-PS-CḡPμC‡PμPiC,PSCḡC-PI (5-HT₁)
(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 (PñPñPñ) C,P° PñPjC-PiCḡPμPSCf. PñPjC-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 PñPñPñ.

**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».**

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,CḡPëPiC,P°PS/5-HT₁-CḡPμC‡PμPiC,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,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,PëPíCí 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 Cí
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"PS C,C-PI P·C- PICÍC,P°PSPsPIP»PµPSPëPj PrC-P°PiPSPsP·PsPj, P°P»Pµ P·P°
PSP°CIPIPSPsCÍC,C- PSPµC,PëPíPsPIPëC... CÍPëPjPiC,PsPjC-PI, PrPs PíPsC±P°C,PeCí
PíCĤPëPNëPsPjCí CÍCíPjP°C,CĤPëPiC,P°PSCí CÍP»C-Pr PIPëPeP»CĤC±PëC,Pë
PSP°CIPIPSC-CÍC,CH C-PSCëPsC— CÍPµCĤPNëPsP·PSPsC— PSPµPICĤPsP»PsPiC-C±PSPsC—
PíP°C,PsP»PsPiC-C—. PŸP»C-Pr P·P°P·PSP°C±PëC,Pë, C%Ps C...PIPsCĤC- P· PjC-PiCĤPµPSPSCĤ
PjP°CĤC,CH PíC-PrPIPëC%PµPSPëPNë CĤPëP·PëPe PIPëPSPëPePSPµPSPSCÍ
C†PµCĤPµP±CĤPsPIP°CÍPeCíP»CÍCĤPSPëC... PíPsCĤCíCëPµPSCĤ (C-PSCÍCíP»CHC,,
PjPëPSCíC%Pµ PíPsCĤCíCëPµPSPSCÍ PjPsP·PePsPIPsPiPs PeCĤPsPIPsPsP±C-PiCí).

P—P°CÍC,PsCÍCíPIP°PSPSCÍ CÍCíPjP°C,CĤPëPiC,P°PSCí Cí PrPµCÍPePëC...
PíP°CTC-C"PS C,C-PI CÍPíCĤPëC±PëPSCĤC" C,P°PeC- C,CĤP°PSP·PëC,PsCĤPSC-
CÍPëPjPiC,PsPjPë, CÍPe P±C-P»CH, PIC-PrC±CíC,C,CÍ CÍC,PëCÍPSPµPSPSCÍ Cí
PiCĤCíPrCÍC..., C%Ps PjPsP¶CíC,CH PjP°C,Pë C-PSC,PµPSCÍPëPIPSPëPNë C...P°CĤP°PeC,PµCĤ
C- PíPsCëPëCĤPíP°C,PëCÍCÍ PSP°B PíPsCĤC,P°PSCĤ (PrPëPI. CĤPsP·PrC-P»
B«PµPsP±C-C±PSC- CĤPµP°PeC†C-C-B»). PíPeC%Ps C,P°PeC- CÍPëPjPiC,PsPjPë
PIPeP°P·CíCĤC,CH PSP° C-CëPµPjC-C±PSCí C...PIPsCĤPsP±Cí CÍPµCĤC†CÍ, CÍP»C-Pr
PíCĤPsPIPµCÍC,Pë PIC-PrPíPsPIC-PrPSPµ PeP°CĤPrC-PsP»PsPiC-C±PSPµ
PsP±CÍC,PµP¶PµPSPSCÍ.

PŸCíPjP°C,CĤPëPiC,P°PS PSPµ PjPsP¶PSP° PíCĤPëP·PSP°C±P°C,Pë PíP°CTC-C"PS C,P°Pj P·
PiC-PrPsP·CĤPsCĤ PSP° P·P°C...PIPsCĤCĤPIP°PSPSCÍ CÍPµCĤC†CÍ P±PµP·
PíPsPiPµCĤPµPrPSCĤPsPiPs PsP±CÍC,PµP¶PµPSPSCÍ PrP»CÍ PIPëCÍPIP»PµPSPSCÍ
CÍPµCĤC†PµPIPs-CÍCíPrPëPSPSPsC— PíP°C,PsP»PsPiC-C—. P"Ps C†C-C" C— PiCĤCíPiPë
PSP°P»PµP¶P°C,CH P¶C-PSPëPë Cí PíPsCÍC,PjPµPSPsPíP°CíP·PSPsPjCí PíPµCĤC-PsPrC-,
C±PsP»PsPIC-PëPë PIC-PëPsPj PIC-Pr 40 CĤPsPeC-PI C- PíP°CTC-C"PS C,Pë P·
C,,P°PeC,PsCĤP°PjPë CĤPëP·PëPeCí CĤPsP·PIPëC,PeCí C-CëPµPjC-C±PSPsC— C...PIPsCĤPsP±Pë
CÍPµCĤC†CÍ. PhPrPSP°Pe C,P°PePµ PsP±CÍC,PµP¶PµPSPSCÍ PSPµ P·P°PIP¶PrPë PjPsP¶Pµ
PIPëCÍPIPëC,Pë PSP°CIPIPSC-CÍC,CH C...PIPsCĤPsP±Pë CÍPµCĤC†CÍ, C,PsPjCí PI
PíPsPsPrPëPSPsPePëC... PIPëPíP°PrPeP°C... Cí PíP°CTC-C"PS C,C-PI P·
PSPµPrC-P°PiPSPsCÍC,PsPIP°PSPsCĤ C...PIPsCĤPsP±PsCĤ CÍPµCĤC†CÍ
P·CíCÍC,CĤC-C±P°CĤC,CHCÍCÍ C,CÍP¶PeC- PeP°CĤPrC-PsP»PsPiC-C±PSC-
CíCÍPeP»P°PrPSPµPSPSCÍ. P— PsP±PµCĤPµP¶PSC-CÍC,CĤ PhPjC-PiCĤPµPS CÍP»C-Pr
PíCĤPëP·PSP°C±P°C,Pë PíP°CTC-C"PS C,P°Pj, CÍPeC- PíPµCĤPµP±CíPIP°CĤC,CH PíC-Pr
PSP°PiP»CÍPrPsPj P· PíCĤPëPIPsPrCí P°CĤC,PµCĤC-P°P»CHPSPsC— PiC-PíPµCĤC,PµPSP·C-C—,
PsCÍPeC-P»CHPePë Cí PSPµPIPµP»PëPePsC— PeC-P»CHPePsCÍC,C- PíP°CTC-C"PS C,C-PI
PjPsP¶Pµ CÍPíPsCÍC,PµCĤC-PíP°C,PëCÍCH C,CĤP°PSP·PëC,PsCĤPSPµ PíC-PrPIPëC%PµPSPSCÍ
CĤC-PIPSCÍ P°CĤC,PµCĤC-P°P»CHPSPsPiPs C,PëCÍPeCí C,P° PíPµCĤPëC,,PµCĤPëC±PSPsPiPs
CÍCíPrPëPSPSPsPiPs PsPíPsCĤCí.

PhPíPëCÍP°PSPs PíPsPsPrPëPSPsPeC- PIPëPíP°PrPePë PIPëPSPëPePSPµPSPSCÍ Cí
PíP°CTC-C"PS C,C-PI CÍPµCĤPsC,PsPSC-PSPsPIPsPiPs CÍPëPSPrCĤPsPjCí (PIPeP»CĤC±P°CĤC±Pë
P·PjC-PSPµPSPëPNë PíCÍPëC...C-C±PSPëPNë CÍC,P°PS, PIC-CÍC†PµCĤP°P»CHPSCí
PSPµCÍC,P°P±C-P»CHPSC-CÍC,CH, PSPµPNëCĤPsPjBĤ™ CÍP·PsPIC- PíPsCĤCíCëPµPSPSCÍ),
C%Ps PIPëPSPëPeP°P»Pë PíC-CÍP»CÍ PíCĤPëPNëPsPjCí CÍPµP»PµPeC,PëPIPSPëC...
C-PSPiC-P±C-C,PsCĤC-PI P·PIPsCĤPsC,PSPsPiPs P·P°C...PsPíP»PµPSPSCÍ
CÍPµCĤPsC,PsPSC-PSCí (SSRI) C,P° CÍCíPjP°C,CĤPëPiC,P°PSCí. P,, PíPsPIC-PrPsPjP»PµPSPSCÍ
PíCĤPs CĤPsP·PIPëC,PsPe CÍPµCĤPsC,PsPSC-PSPsPIPsPiPs CÍPëPSPrCĤPsPjCí PíCĤPë
PsPrPSPsC±P°CÍPSPsPjCí PíCĤPëP·PSP°C±PµPSPSC- C,CĤPëPiC,P°PSC-PI C,P°
C-PSPiC-P±C-C,PsCĤC-PI P·PIPsCĤPsC,PSPsPiPs P·P°C...PsPíP»PµPSPSCÍ
CÍPµCĤPsC,PsPSC-PSCí C,P° PSPsCĤP°PrCĤPµPSP°P»C-PSCí (SNRI). PíPeC%Ps
PsPrPSPsC±P°CÍPSPµ P·P°CÍC,PsCÍCíPIP°PSPSCÍ PhPjC-PiCĤPµPSCí 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»CḡCḡPSPμ P·P°CḡC,PsCḡCṛPIP°PSPSCḡ P»C-PeP°CḡCḡCHPePëC... P·P°CḡPsP±C-PI
PiCḡPsC,Pë PiPsP»PsPIPSPsPiPs P±PsP»CH, PjPsPḡPμ P±CṛC,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·Cṛ, C,PsPjCṛ 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 CḡPëPSPṛCḡPsPjPsPj PiP»CHPePsP·Ps-PiP°P»P°PeC,PsP·PSPsC—
PjP°P»CHP°P±CḡPsCḡP±CḡC-C— PSPμ CḡP»C-Pr P·P°CḡC,PsCḡPsPICṛPIP°C,Pë
PiCḡPμPiP°CḡP°C,.

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

PḡPμ CḡPμPePsPjPμPSPṛCṛC”C,CHCḡCḡ P·P°CḡC,PsCḡPsPICṛPIP°C,Pë PḡPjC-PiCḡPμPS
PIP°PiC-C,PSPëPj. Pj CḡP°P·C- PSPμPsP±C...C-PrPSPsCḡC,C- CḡP»C-Pr P·PIP°PḡCṛPIP°C,Pë
CḡPiC-PIPIC-PrPSPsCḡPμPSPSCḡ PsCḡC-PeCṛPIP°PSPsC— PePsCḡPëCḡC,C- PrP»Cḡ
PjP°C,PμCḡC- C- PjPsPḡP»PëPIPsPiPs CḡPëP·PëPeCṛ PrP»Cḡ PiP»PsPrP°.

P— PsP±PμCḡPμPḡPSC-CḡC,CH P·P°CḡC,PsCḡPsPICṛCHC,CH Cṛ PiPμCḡC-PsPr
PiPsPrCṛPIP°PSPSCḡ PiCḡCṛPrPrCH. PḡPμ CḡPμPePsPjPμPSPṛCṛC”C,CHCḡCḡ PiPsPrCṛPIP°C,Pë
PrPëC,PëPSCṛ PiCḡCṛPrPrCH PiCḡPsC,CḡPiPsPj 24 PiPsPrPëPS PiC-CḡP»Cḡ PiCḡPëPNëPsPjCṛ
PiCḡPμPiP°CḡP°C,Cṛ.

*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.*

PḡPsPSP»PëPIC-CḡC,CH PjPsPḡPμ CḡC,P°C,Pë PSP°CḡP»C-PrPePsPj CḡPe PjC-PiCḡPμPSC-,
C,P°Pe C- C—C— P»C-PeCṛPIP°PSPSCḡ PḡPjC-PiCḡPμPSPsPj, C,PsPjCṛ CḡP»C-Pr
CṛPSPëPeP°C,Pë PePμCḡCṛPIP°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 PiCḡPëPNëPsPjCṛ
PiCḡPμPiP°CḡP°C,Cṛ P°P±Ps PSP°PiP°PrCṛ PjC-PiCḡPμPSC-.

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

PḡP°PiCḡCṛP»Pë PḡPjC-PiCḡPμPSCṛ PSPμ PjPsPḡPSP° P·P°CḡC,PsCḡPsPICṛPIP°C,Pë P·
PjPμC,PsCH PiCḡPsC,,C-P»P°PeC,PëPePë PSP°PiP°PrCṛ.

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

P PμPePsPjPμPSPṛPsPIP°PSP° PrPsP·P° PḡPjC-PiCḡPμPSCṛ PrP»Cḡ PrPsCḡPsCḡP»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±PsPeCž C-PjCžPSPSPsC— CÍPëCÍC,PμPjPë: CĤPμP°PeC†C-C—
PiC-PiPμCĤC†C†C,P»PëPIPsCÍC,C- бĤ“ PIC-Pr C€PeC-CĤPSPsC—
PiC-PiPμCĤC†C†C,P»PëPIPsCÍC,C- PrPs PIPëPiP°PrPeC-PI P°PSP°C„C-P»P°PeCÍC-C—.*

*P— P±PsPeCž PSPμCĤPIPsPIPsC— CÍPëCÍC,PμPjPë: P·P°PiP°PjPsCĤPsC†PμPSPSCĬ;
CÍPsPSP»PëPIC-CÍC,CH; PiPsCĤC†C€PμPSPSCĬ C†C†C,P»PëPIPsCÍC,C-, PIPeP»CĤC†P°CĤC†Pë
PiP°CĤPμCÍC,PμP·C-C— C- PiC-PiPμCÍC,PμP·C-C—; CÍC†PrPsPjPë. PÍPsC†P° PrPμCĬPeC- P·
C†PëC... PIPëPiP°PrPeC-PI PIC-PrPjC-C†P°P»PëCÍCH C† C...PIPsCĤPëC... C-P· CÍC†PrPsPjP°PjPë
P°P±Ps P·C- CÍC,P°PSP°PjPë, C%Ps PjPsP¶C†C,CH PrPs PSPëC... PiCĤPëP·PIPμCÍC,Pë, PI
P°PSP°PjPSPμP·C-, C” PIPëPiP°PrPePë CĤPsP·PIPëC,PeC† CÍC†PrPsPj C† PiP°C†C-C”PSC,C-PI
P±PμP· P±C†PrCH-ClPePsC— CÍC...PëP»CHPSPsCÍC,C- PrPs PSPëC...; C,CĤPμPjPsCĤ,
PrPëCÍC,PsPSC-CĬ, PSC-CÍC,P°PiPj, CÍPePsC,PsPjP°.*

P— P±PsPeCž PiCÍPëC...C-PePë: P·P±C†PrP¶PμPSPSCĬ.

*P— P±PsPeCž CÍPμCĤC†PμPIPs-CÍCžPrPëPSPSPsC— CÍPëCÍC,PμPjPë:
C,CĤP°PSP·PëC,PsCĤPSPμ PiC-PrPIPëC%PμPSPSCĬ P°CĤC,PμCĤC-P°P»CHPSPsPiPs
C,PëCÍPeC† PsPrCĤP°P·C† PiC-CÍP»CĬ PiCĤPëPNëPsPjC† PiCĤPμPiP°CĤP°C,C†, PiCĤPëPiP»PëPI
PeCĤPsPIC-, P±CĤP°PrPëPeP°CĤPrC-CĬ, C,P°C...C-PeP°CĤPrC-CĬ, PiPsCÍPëP»PμPSPμ
CÍPμCĤC†PμP±PëC,C,CĬ, PiPsCĤC†C€PμPSPSCĬ CĤPëC,PjC†, C,CĤP°PSP·PëC,PsCĤPSC-
C-C€PμPjC-C†PSC- P·PjC-PSPë PSP° P·P„P”, CÍPiP°P·Pj PePsCĤPsPSP°CĤPSPëC...
P°CĤC,PμCĤC-PNë, CÍC,PμPSPsPeP°CĤPrC-CĬ, C-PSC„P°CĤPeC, PjC-PsPeP°CĤPrP°,
P°CĤC,PμCĤC-P°P»CHPSP° PiC-PiPsC,PμPSP·C-CĬ, C...PIPsCĤPsP±P° P PμPNëPSPs.*

P— P±PsPeCž PrPëC...P°P»CHPSPsC— CÍPëCÍC,PμPjPë: P·P°PrPëC€PeP°.

*P— P±PsPeCž C,CĤP°PIPsPiPs C,CĤP°PeC,Cž: PSC†PrPsC,P° C,P° P±P»CHPIP°PSPSCĬ, C%Ps
PIPëPSPëPeP°CĤC,CH C† PrPμCĬPePëC... PiP°C†C-C”PSC,C-PI, P°P»Pμ C—C... P·PiбĤ™ CĬP·PsPe
C-P· P·P°CÍC,PsCÍC†PIP°PSPSCĬPj CÍC†PjP°C,CĤPëPiC,P°PSC†B PrPs PeC-PSC†CĬ PSPμ
P·бĤ™ CĬCÍPsPIP°PSPëPNë; C-C€PμPjC-C†PSPëPNë PePsP»C-C,, PrC-P°CĤPμCĬ;*

PrPëCÍC„P°PiC-CĬ.

*P— P±PsPeCž PeC-CÍC,PePsPIPs-PjбĤ™ CĬP·PsPIPsC— CÍPëCÍC,PμPjPë: PIC-PrC†C†C,C,CĬ
C,CĬP¶PePsCÍC,C-, PjC-P°P»PiC-CĬ. PќP°PIPμPrPμPSC- CÍPëPjPiC,PsPjPë P·P°P·PIPëC†P°PNëC”
PjPëPSC†C%PëPjPë, PjPsP¶C†C,CH PjP°C,Pë C-PSC,PμPSCÍPëPIPsPëPNë C...P°CĤP°PeC,PμCĤ C-
PIPiP»PëPIP°C,Pë PSP° P±C†PrCH-ClPeC† C†P°CÍC,PëPSC† C,C-P»P°, PIPeP»CĤC†P°CĤC†Pë
PiCĤC†PrPSC† PeP»C-C,PeC† C- PiPsCĤP»Ps; CĤPëPiC-PrPSC-CÍC,CH PjбĤ™ CĬP·C-PI C€PëC—,
P°CĤC,CĤP°P»PiC-CĬ.*

*P— P±PsPeCž PsCĤPiP°PSC-PI P·PsCĤCž: PjPμCĤPμC...C,C-PSPSCĬ, PrPëPiP»PsPiC-CĬ,
P·PSPëP¶PμPSPSCĬ PiPsCÍC,CĤPsC,Pë P·PsCĤC†, PIC,CĤP°C,P° P·PsCĤC† (P·PIPëC†P°PNëPSPs
PjPëPSC†C%P°). PhPrPSP°Pe PiPsCĤC†C€PμPSPSCĬ P·PsCĤC† PjPsP¶C†C,CH P±C†C,Pë
PSP°CÍP»C-PrPePsPj CÍP°PjPsPiPs PSP°PiP°PrC† PjC-PiCĤPμPSC-.*

P— P±PsPeCž C€PeC-CĤPë: PiC-PiPμCĤPiC-PrCĤPsP·.

*P—P°PiP°P»CHPSC- CĤPsP·P»P°PrPë: P±C-P»CH, PIC-PrC†C†C,C,CĬ C,PμPiP»P° P°P±Ps
C...PsP»PsPrC†, CÍC,PëCÍPeP°PSPSCĬ P°P±Ps PSP°PiCĤC†P¶PμPSPsCÍC,C- (PSP°PIPμPrPμPSC-
CÍPëPjPiC,PsPjPë P·P°P·PIPëC†P°PNëC” PjPëPSC†C%PëPjPë, PjPsP¶C†C,CH PjP°C,Pë
C-PSC,PμPSCÍPëPIPsPëPNë C...P°CĤP°PeC,PμCĤ C- PIPiP»PëPIP°C,Pë PSP° P±C†PrCH-ClPeC†
C†P°CÍC,PëPSC† C,C-P»P°, PIPeP»CĤC†P°CĤC†Pë PiCĤC†PrPSC† PeP»C-C,PeC† C- PiPsCĤP»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.

