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## COMPLEX REHABILITATION OF OBESITY OF THE 1st DEGREE IN FIRST-YEAR GIRLS WITH VOLLEYBALL MEANS AND THE ADAPTONIC DRUG TRIASTIN

### КОМПЛЕКСНАЯ РЕАБИЛИТАЦИЯ ОЖИРЕНИЯ 1 СТЕПЕНИ У ДЕВУШЕК-ПЕРВОКУРСНИЦ, СРЕДСТВАМИ ВОЛЕЙБОЛА И АДАПТОГЕННОГО ПРЕПАРАТА ТРИАСТИН

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**Abstract.** *This study considers a comprehensive method for improving coordination abilities, physical performance and adaptive capabilities in persons suffering from obesity of the 1st degree, which consists in conducting three courses of correction of coordination abilities and adaptive capabilities in girls with the use of a dietary supplement triastine in the conditions of volleyball training sessions. The effectiveness of the use of triastine in practice for girls suffering from obesity of the 1st degree to improve their adaptive capabilities, as well as their health status, has been established.*

**Keywords:** *adaptogenic drugs, triastine, trekrezan, physical performance, volleyball, obesity, coordination abilities, dietary supplements.*

**Аннотация.** *В данном исследовании рассматривается комплексный способ улучшения координационных способностей, физической работоспособности и адаптивных возможностей у лиц, страдающих ожирением I степени, заключающийся в проведении трёх курсов коррекции координационных способностей и адаптивных возможностей у девушек с применением биологически активной пищевой добавки триастин в условиях тренировочных занятий волейболом. Установлена эффективность применения триастина в практике для девушек, страдающих ожирением I степени для повышения их адаптивных возможностей, а также состояния здоровья.*

**Ключевые слова:** *адаптогенные препараты, триастин, трекрезан, физическая работоспособность, волейбол, ожирение, координационные способности, биологически активные добавки.*

### Introduction.

Modern life makes the highest demands on a person who must study, work in a rather intense rhythm. Good physical activity and good health are required to live in the rhythm of a modern city. But due to urbanization and computerization of labor processes, people move less and less, mental stress increases, affecting well-being and health [2]. Reduced physical activity leads to weight gain. And excess weight is a factor in the occurrence and development of cardiovascular, respiratory, hormonal and other diseases. One of the recommendations of doctors when working on excess weight is physical education. The correct selection of physical exercises, the intensity of work allows you to influence the fat, carbohydrate and protein metabolism, so we consider the rehabilitation of obesity by physical exercises quite relevant [3].

Regular exercise requires good physical performance from those involved, and of course overweight people have big problems with this. Therefore, many authors [2, 3] recommend the use of adaptogenic drugs to help such a contingent of those involved.



In this regard, the biologically active food supplement "triestin" attracts attention. Triestin meets all the declared properties, therefore, in parallel with volleyball, the subjects were asked to take dietary supplement triestin according to the following scheme. The recommended course of admission is 21 days, a break between courses is 7 days. Repeated course - one tablet at night; the third course - one tablet every other day [3].

All of the above allows us to determine the purpose of the study - to find out the possibility of complex correction with triastine and specially selected volleyball exercises, physical performance and coordination properties in female students aged 18-20.

### **Research results.**

Two groups of girls ( $18.3 \pm 1.1$  years old) were organized, having about 25-30% overweight, i.e. this corresponded to the 1st degree of obesity [1]: control (13 people who were engaged in volleyball training sessions) and experimental (15 people who were engaged in volleyball training sessions and took 3 courses of triastine, according to the scheme). For training sessions, preference was given to playing volleyball (characterized by low and medium intense loads, but long in time, which contributes to better fat burning) [4]. Mastering the technical elements of volleyball requires a certain level of physical performance, development of coordination abilities and other physical qualities. Using the recommendations for teaching the game of volleyball [4], we compiled a plan of training sessions for teaching and developing special physical qualities necessary to perform these tasks.

The training process in volleyball, the number of lessons and duration was identical, in each group - 3 lessons per week, 3 academic hours. The first stage of the experiment was still mastering the technical elements, a large number of outdoor games prevailed in the training process. This made it possible to increase motor volume, improve the emotional and psychological background of classes. It is very difficult and not interesting to perform an infinite number of exercises, and outdoor games allow you to complete the tasks and get positive emotions [4].

The initial testing showed a very low level of physical performance, the level of health in both groups of more than 50% of the girls is very low, the waist size is more than 90 cm, which corresponds to the 1st degree of obesity, and the level of coordination abilities corresponded to a low level.

After completing the courses of taking triastine and persistent training work in volleyball (conducted during one academic year), all indicators underwent significant and positive changes: in the middle group, the body weight indicator decreased by 20%; the average group indicator of the waist became  $< 80$ cm; physical performance improved by 55% (satisfactory) and 45% (good); health level  $> 50\%$  corresponds to the average level; the level of coordination abilities improved by 30%

### **Conclusion.**

Thus, the analysis of adaptive changes in the conditions of volleyball training sessions in girls with 1st degree obesity under the influence of triastine allows us to substantiate a more effective system of complex influence on the condition of girls in order to improve adaptation processes, as well as to prevent the consequences of excessive overloads of their body. The data obtained allow us to formulate a number



of tasks for conducting systematic studies of the effects of triastine and similar dietary supplements.

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