

# Abstracts of the book " prevention and treatment of old age as a set of chronic diseases in the context of the antibiotic crisis".

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## Abstract

The word old age is often used as synonyms: wear and tear, infirm old age, weakness, and rarely - the golden autumn of life, maturity. Each period corresponds to its own level of physiological and psychological indicators of the body and, just as importantly, its own level of comfort and quality of life. Unfortunately, the transition to the next age group is accompanied by a deterioration of these indicators, a violation and loss of important body functions. There is no single theory of old age accepted by the majority of scientists. The latest discoveries of molecular biology, fundamental immunology, bioinformatics and genetics show that the theory of age-related inflammatory processes is the most complete today. According to her, during aging, chronic mild inflammation develops, which causes diseases and geriatric syndromes. An increase in the proportion of senescent cells leads to local and systemic inflammation, to pathological aging with a higher risk of diseases and the quality of life, which deteriorates, reducing its duration. Elevated levels of inflammation are present in the elderly even without infection or injury and lead to the development of metabolic disorders and age-related diseases. We believe that one of the main causes of aging that can be successfully combated is the presence of chronic diseases, comorbidity of pathological conditions (the presence of two or more chronic diseases that coincide in time in one patient) and complications with long-term use of medicines. The purpose of the work is to develop a program for the prevention and treatment of premature aging, transferring it to a physiological state that is not burdened by diseases; ensuring a normal level of quality in old age, preventing relapses of diseases, increasing functional activity, ensuring a comfortable physical and mental state of a person. The main idea of the proposed therapy is to prevent the changes underlying the development of age-related pathology, to eliminate damage from accumulated damage, that is, to treat old age as a complex of chronic diseases. The material basis of this is the use of propolis, royal jelly, wax moth, zabrus - natural medicines. The obtained results indicate that the developed drugs provide a therapeutic effect where other means have been used without success, and recovery occurs earlier and in the absence of toxicity and side effects. And, most importantly, they do not cause the development of resistance to their influence. Although this study has many strengths (high efficiency, low budget of drugs, their availability, possibility of parallel use of pharmaceutical drugs, lack of complications), there are both objective and subjective limitations. The objective ones include: an allergic reaction to beekeeping products in approximately 5-7% of the population and a limited scope of clinical research. To the subjective: in medicine - effective prevention of diseases will significantly reduce the number of pharmacological drugs and services sold, in industry - the proposed products are technologically difficult to put on conveyor production, that is, to achieve their high profitability. And, most importantly, these are people, most of whom are hoping for a magic pill or "corner", do not understand and do not want to understand that the rescue of a drowning person is the work of the drowning person himself. Therefore, this work is addressed to people who understand and accept full responsibility for their own health and the health of their loved ones.

**Kew Words:** premature aging; polymorbidity; prevention; treatment; beekeeping products

## Introduction

The quality of life of the elderly depends not so much on the number of existing chronic diseases, but on creating a satisfactory clinical condition and reducing the risk of adverse outcomes. The modern system of providing medical care is practically aimed at the treatment of one, the main disease, and does not take into account the presence of several serious chronic diseases. At the same time, more than 82% of the elderly have several

chronic diseases [1]. On average, a patient over the age of 60 can be diagnosed with 4-5 different chronic diseases [2, 3], their number increases with age and reaches the maximum level in elderly patients (over 65 years old [4,5]). The main goals of treatment for such patients is to slow down the progression of diseases and reduce the severity of existing disorders; it is better to prevent or slow down than to treat them for a long time

polypharmacy (simultaneous prescription of more than 5 drugs) increases the risk of multidirectional drug interaction in the elderly, in combination with polymorbidity increases the probability of death: polymorbidity - polypharmacy - undesirable effects [6]. The use of chemically synthesized, foreign medicines requires the additional prescription of other medicines, which increases the resistance of pathogens to them and causes a number of serious diseases. Unfortunately, the search for new drugs lags behind the speed of getting used to them [7]. Scientists recognized the importance of alternative methods of fighting infections as a practical solution to the antibiotic therapy crisis [8]. The use of natural biologically active substances allows reducing the progression of the pathological process already in the early stages of the disease. Based on this, we developed and tested a program for the prevention and treatment of old age as a set of chronic diseases. It consists of components:

1. Prevention, treatment of viral diseases.
2. Normalization of sleep thanks to the use of developed means.
3. Prevention, treatment of urological diseases.
4. Treatment of ulcers.
5. Application of SR-21 complex suspension by postoperative patients, as well as as an effective adjuvant in the therapy of neoplasms.
6. Prevention of age-related skin changes and treatment with biogenic stimulants.
7. Intensive painless treatment of combined, scalped wounds and burns.
8. Information and Internet commonwealth.

## Materials

Propolis (also called "bee glue") is a plasticine-like substance produced by bees. Approximately 50-60% of propolis consists of resins and pollen balsam. Its composition includes: resins, waxes and essential oils that have an antiviral effect, tannins that have an anti-inflammatory effect, help regenerate damaged tissues; terpenic acids, which have pronounced antifungal and antimicrobial and wound-healing effects. Royal jelly proteins are rich in essential amino acids and are complete. They contain 21 amino acids (glycine, alanine, valine, cysteine, tyrosine, aminobutyric acid and others). Milk contains a large number of free sulfhydryl groups. Along with the so-called proteinogenic amino acids, which are part of protein molecules,  $\gamma$ -aminobutyric acid is of great importance, which plays an important role in the transmission of nerve impulses and improves metabolism in the brain. In milk, in addition to bound proteins, there are free amino acids, as well as amines and amides. With the systematic use of royal jelly, the process of protein formation in the body is stimulated, and the synthesis of  $\gamma$ -globulins, the fraction of which contains most of the antibodies, is enhanced. Some milk proteins have enzymatic activity, catalyze the processes of hydrolytic splitting of sucrose, starch, choline esters, proteins, oxidation of glucose, ascorbic acid and other organic compounds. Royal jelly has antibacterial, antiviral and antitumor effects. Wax moth larvae - only these living creatures of all the existing one's feed on wax. Larvae extract contains enzymes (unique - cerase - a digestive enzyme with the help of which the insect digests wax), free amino acids, mono- and disaccharides, nucleic bases and their derivatives, fatty acids, biologically important macro and microelements (a lot of zinc and magnesium). But the most important thing is cerase, which helps to clean the respiratory tract and actively resists lung diseases. Numerous scientific studies have been conducted on wax moth tincture, as a result of which no undesirable side effects were detected. The main contraindication to the use of wax moth tincture is individual intolerance to beekeeping products. Zabrus is the upper parts of the lids that remain from cutting off the sealed combs. It is a highly effective remedy for the treatment

of bacterial and viral diseases, the absence of allergies and the causative agent's habituation to this natural product favorably distinguishes it from conventional medicines. Recovery most often occurs quickly and without complications, without the transition of the disease into a chronic form. After thorough chewing and swallowing of zabrus, its active components are detected in the blood, lymph and intercellular space after 2 hours. The use of this concentrated beekeeping product accelerates the metabolism process in the body. The only contraindication to use is individual intolerance to wax. What these natural products have in common is that they provide treatment where other remedies have failed, and recovery occurs sooner than with conventional remedies and without toxicity and side effects. And, most importantly, they do not cause the development of resistance to their influence. This is caused by the fact that the composition of these beekeeping products has a unique feature - it changes continuously, because it depends on the factors of their formation that change: on the variety of honey plants used by bees, changes in the morphological features of the worker bee, fluctuations in climatic conditions, weather conditions and seasons year. The chemical composition of these biologically active substances has not yet been fully established. To date, all attempts by scientists to synthesize any of the products of beekeeping have failed. Excipients. Cocoa butter, which is a mixture of diglycerides and triglycerides mixed with fatty acids (oleic stearic, lauric, palmitic and linoleic acids), was used as the fat base of the suppositories. The use of cocoa butter as a fat base ensures the active absorption of the mucous membrane of biologically active substances included in the composition of the candle. It also has an anti-inflammatory and regenerating effect. An important feature of cocoa butter is its optimal melting temperature, which is close to the natural body temperature. Plum seed oil, which contains stearic, oleic, palmitoleic, linoleic and alpha-linolenic acids, was used as the fat base of SR-18 ointment suspension. Also contains vitamins E and F in active form. The biological effect of the oil is determined by the presence of vitamin E and sitosterol, which regulates the permeability of the skin barrier. For the basis of SR-21 suspension, white acacia honey was chosen, as a hypoallergenic product (the product has low or zero allergenicity, that is, it is not capable of causing allergies), a preservative that not only preserves the unique properties of substances, but also enriches them with useful properties (it is an antioxidant, has antimicrobial properties, increases immunity, is an energy booster). We relied on the following properties of the mentioned materials: mobilizing the body to fight the disease, suppressing tumor growth, improving the immune system, anti-inflammatory and antioxidant properties, destroying free radicals, inhibiting the processes of premature aging of the body, restoring immunity. The proposed substances are natural in the body, not foreign chemical compounds, like most medicines. Their significant advantage is that they do not have side effects and toxicity, do not cause drowsiness, maintain adequate response, do not disturb simple reflexes even in the upper range of therapeutic doses. They do not cause movement coordination disorders, decrease in muscle tone and muscle strength, do not have a sedative and amnesic effect, but, on the contrary, have a positive effect on memory, increase tone, appetite, and mood. When used together, the effect of traditional medicines is enhanced. The principles of the developed drug therapy for elderly patients differ from standard approaches, and these differences imply not only the peculiarities of the materials of the drugs, but also necessarily the age of the patient, the state of the kidneys and liver, the presence of other geriatric syndromes, as well as the severity of cognitive disorders, that complicate the correct administration of drugs. The proposed therapy is complex and at the same time staged, which prevents polypharmacy. Program of comprehensive prevention and treatment old age as a set of chronic diseases consists of eight components. The measures started with education, motivation to carry out treatment courses and further preventive measures. The clinical and immune status of each volunteer was taken into account, measures were selected individually for each patient. For

treatment, drugs with a pleiotropic effect were selected, which affect several symptoms or pathogenetic mechanisms at once. The program of comprehensive prevention and treatment of old age contains an outline of practical recommendations and advice developed by the author, brief information about chronic diseases that are common, and proven methods of overcoming them using currently available tools and resources. Its task is to prevent the exhaustion of the body, eliminate the consequences of overstrain and depressive states, stabilize the autonomic nervous system, improve the work of the digestive organs, support the cardiovascular system, protect the heart from damage and reduce the severity of existing ones, strengthen the heart muscle and improve the blood supply of triglycerides in blood, reduce cholesterol; stimulate hematopoiesis, restore libido, stabilize blood pressure, increase work capacity and reduce fatigue, improve appetite.

### **The first main component**

Modern methods of treating viral diseases, including the coronavirus, do not provide the expected effectiveness, moreover, their use can be associated with serious negative side effects, especially after 60 years. The problem of treatment of viral diseases, including coronavirus, based on the use of pharmacological drugs is currently not solved. Effective drugs have not been created, preventive schemes have not been developed, which allow to quickly and effectively fight against the named diseases. The constant medical need has led to renewed interest in the prevention of viral diseases based on the phenomenon of antiviral and antimicrobial activity of beekeeping products. We have developed [9] and tested viral disease prevention schemes, including COVID-19, using volunteers (who gave oral consent) during 2020-2022.

### **Results**

The drug has demonstrated therapeutic efficacy in the mild course of the disease, their clinical safety and tolerability are quite well studied. During the short follow-up period, the majority of patients showed significant improvement and subsequent full recovery, while no serious adverse reactions or significant abnormalities were observed. The use of wax moth tincture in the recommended doses made it possible to stabilize the condition of patients with moderate severity, and in the future ensured almost complete recovery. It should be noted the absence of serious undesirable effects. The use of wax moth tincture is an alternative possibility of effective treatment of viral diseases, including coronavirus in patients with no development of an allergic reaction to its use. The minimal risk of developing adverse reactions, the absence of toxic effects, high clinical effectiveness in mild and moderate severity of the viral disease puts preparations of wax moth and propolis tincture among the most sought-after medicinal products. A rational combination of the mentioned means, depending on the phase and severity of the course of the disease, is a guarantee of effective treatment and stabilization of the patient with corona virus. Careful prevention [10,11] carried out in the spring-autumn period of a group of volunteers made it possible to reduce the risk of morbidity to almost zero. The obtained indicators for the period from 2020 to 2023 are convincing evidence of the effectiveness of the developed scheme for the prevention of viral diseases, including the coronavirus. The results of research conducted in the last 4 years have demonstrated the effectiveness of the preventive use of beekeeping products in reducing the incidence of viral diseases, including coronavirus. This approach should become a paradigm shift in therapeutic tactics during a viral pandemic. In addition to the advantages indicated in the clinical effect and economic advantages section, the claimed drugs have a wider range of applications, are non-toxic, and their production is environmentally safe.

### **The second main component**

Everyone knows about the importance of sleep for the elderly, but it is especially important, after which regeneration processes are launched in the entire body, immunity is strengthened. Scientists have established that the length of a person's life largely depends on the ability to recover from stress (the final loss of this ability is reached by 120-150 years). A person cannot avoid acute psychological stress, but thanks to healthy sleep, it is possible to prevent the transition of acute stress to chronic stress. Therefore, insomnia in the elderly becomes the root cause of the disease. Instead of taking sleeping pills, we offer a developed method of restoring sleep with the help of a wax biomodule, which provides "clean sleep" - conscious healthy rest. The main priority is to eliminate sleep problems in a person who needs it for the disease and thereby extend the time of his active life, improve his quality. The recommended method (wax biomodule) of prevention [12] is based on the action of microwave microvibration, as well as heat coming from the bee family, which allows to stabilize the pressure and improve the blood circulation of the brain.

### **Results**

All those who experienced sleep in the wax biomodule did not suffer from acute respiratory viral diseases during the year and noted a significant improvement in sleep quality, increased appetite and mood. The use of wax biomodules has a positive effect on the state of the main systems of the human body, reactivity and immunological status, adaptation capabilities; psycho-emotional sphere, cognitive functions of the elderly. This is confirmed by the results of a comparative clinical, laboratory and psychological study.

### **The third main component**

The condition of a man's female, cardiovascular, urinary, nervous and other systems, the quality of their life and its comfort is significantly reduced by the work of the prostate gland, which is called "the second heart of a man" for good reason. Chronic prostatitis develops in men between the ages of 20 and 50 (almost every third), and at the age of 60 it occurs twice as often and significantly reduces the comfort of life, after making a man's life inferior. Antimicrobial drugs are the mainstay of treatment. However, the effectiveness of their use is steadily decreasing. Scientists recognized the importance of alternative methods of combating bacterial infections as a practical solution to the antibiotic therapy crisis. The advantage of suppositories in the treatment of urological, proctological, gynecological diseases is that they act in close proximity to the focus of the disease, and due to the dense network of blood and lymphatic vessels of the rectum, medicinal products are well absorbed from the surface of the lacrimal skin and quickly enter the blood. Active substances from suppositories are absorbed faster than when taking tablets, because they minimize the stomach and disease, not being destroyed under the influence of gastric juice. We have developed [13] the composition and design of the candle, which ensures the "delivery" of live royal jelly to the prostate gland. Active ingredients - Propolis, 100% Native Royal Jelly, base - natural cocoa butter.

### **Results**

Candles were tested in the years 2018-2023 in the treatment of bacterial prostatitis diseases and a concomitant decrease in sexual potency in men who underwent standard therapy and did not get the expected result. It has been established that the use of candles with live breast milk improves blood microcirculation in the area of the prostate and its surrounding tissues, relieves the feeling of pain and dissolves the fibrosis that was in the prostate, reduces and develops, has a complex immunomodulatory and immunostimulating effect, contributes to the restoration of the functional activity of the prostate. that quality-of-life indicators have been achieved. Their use in chronic prostatitis ensures quick elimination of the pain syndrome, the pain passes after 2-3 procedures. Five-year experience in the

treatment and prevention of bacterial prostatitis has shown that in no case should preventive measures be abandoned after relief. Initial success needs to be built upon and continued. To prevent the development of prostatitis and increase the period between exacerbations of treatment, preventive procedures are carried out twice a year with live breast milk suppositories for 20 days in one period. In addition, methods of using candles for urological, proctological and gynecological diseases, as well as their optimal dosage, were worked out.

#### **The fourth main component**

Taking into account the high need for new effective drugs that have a comprehensive effect on the course of the pathological process, the need to improve the immunodeficiency state, concomitant disease, including chronic, we have developed [14] the composition and technology of a complex suspension of SR-21 with native (it was not exposed to external intervention and retained its appearance and properties) with royal jelly, ginseng and coenzyme Q 10.

#### **Results**

The use of the suspension by cancer patients enhanced the therapeutic effect of the main drugs, reduced the toxicity and reduced the side effects of chemotherapy drugs, increased the immune status and resistance of the body. It can also be used as an adjuvant in the treatment of neoplasms of the gastrointestinal tract and an additional agent in the treatment of precancerous conditions and oncological diseases, used in the therapy of radiation sickness, prevention of anemia, antitumor effect in leukemia, lymphosarcoma, adenocarcinoma and Ehrlich carcinoma. Ensured improvement of appetite and maintenance of cheerful mood. For the elderly, it is important to prevent heart arrhythmia using antiarrhythmics of natural origin, devoid of negative side effects typical of synthetic drugs. The use of SR-21 suspension for preventive purposes significantly reduces the duration of arrhythmia, increases the electrophoretic mobility of erythrocytes and lowers the malondialdehyde in the blood, normalizes blood parameters, has a positive effect on the energy level of the myocardium, accelerates the recovery process and ensures the normalization of the heart rhythm. Its use is of particular importance during the rehabilitation period after heart attacks, strokes, chemotherapy, in the presence of cardiovascular pathologies, nervous disorders, stress, depression, epilepsy, to restore the hormonal background, treat female/male infertility, to increase lactation, immunity and health I, when exhausted and weakened. Its use by postoperative patients is appropriate, as it increases the physical activity of convalescents during the rehabilitation period, stimulates tissue regeneration, stabilizes blood pressure and heart function in patients with unstable hemodynamics, normalizes metabolism and restores the work of the reproductive and endocrine systems. It can be used for early enteral feeding of patients who have undergone surgery, as well as when the body is weakened due to aging.

#### **The fifth main component**

Trophic ulcers occur in Europe in 1 person out of 1000, in the elderly, whose age is closer to 80 years, much more often - 20 people out of 1000[15]. In half of them, the ulcer healing period exceeds 9 months, and in 75% of cases they repeatedly relapse, the period between the appearance of subsequent unhealed wounds is shortened and requires longer treatment. The main causes of ulcers are primarily progressive infections, the danger of which is that the wound does not heal and often recurs. The lack of timely and adequate therapy of an unhealed ulcer on the leg leads to serious complications. To protect the ulcer from the penetration of infection, special wound-healing agents are used, the effectiveness of which decreases. Many proposed treatment methods have not yet allowed to completely solve this complex problem. Taking into account the high need for new effective drugs that have a comprehensive effect on the course of the pathological process,

we have developed [16] the composition of SR-19 ointment - suspension with native royal jelly and propolis. Its (SR-19) difference is the absence of auxiliary substances, which made it possible to achieve the maximum effectiveness of medicinal substances.

#### **Results**

The complex application of SR-19 ointment - suspension in the recommended doses made it possible to stabilize the condition of the patients and contributed to their recovery. The maximum therapeutic effect was provided with minimal impact on the body of the patient, who, as a rule, suffers from serious concomitant diseases. There is a stable increase in tone and work capacity, an increase in tolerance to physical exertion, an improvement in appetite and sleep quality, and maintenance of a cheerful mood. The prophylaxis carried out strengthened the therapeutic effect of the main drugs, reduced toxicity and side effects of chemotherapeutic drugs, increased the immune status and resistance of the body. The use of the developed SR-19 ointment and SR-21 suspension provides a comprehensively new and superior option for the treatment and prevention of recurrent ulcers against the background of diabetes, which provides additional time for the treatment of the underlying disease. The inclusion of SR-19 ointment and SR-21 suspension in the complex of treatment of trophic venous ulcers leads to improvement of recovery processes, which also allows patients to be prepared for operations on the veins of the lower extremities in the shortest possible time.

#### **The sixth main component**

Continuation of the aesthetic side of life is the sixth component of the developed program. Careful skin care should become an integral part of a comprehensive approach to the prevention of signs of aging. The relevance of the problem of aging is due to the significant impact of the appearance of the facial skin on social well-being, adaptation in society and the quality of life of a person. The key to the success of correcting age-related changes in the skin is to provide the skin with the necessary treatment, hydration and nutrition it needs. A promising direction for the correction of age-related skin changes is the use of SR-18[17] suspension ointment, which provides comprehensive treatment of inflammatory processes and skin regeneration.

#### **Results**

Ointment - SR-18 suspension for 5 years of use has proven itself as an effective, safe tool that improves not only the metabolism and blood supply of the skin, but also the restoration of all its three layers. Ointment SR-18 as a powerful energy corrector, antioxidant, its therapeutic effect is manifested at the cellular level by improving cellular metabolism. Applying a comprehensive holistic approach can help both minimize the effects of aging and prevent premature and further aging of the skin. The correct selection of the necessary active components, such as royal jelly, propolis, plum oil and cocoa butter, allows you to achieve significant improvements in the appearance of the skin. The use of SR-18 and SR-19 suspension ointment by patients with dyshidrotic eczema has a pronounced effect and improves the quality of life of patients. As a result of the treatment, complete or partial elimination of skin manifestations of the disease is achieved. Application of SR-18 and SR-19 suspension ointment after further clinical studies can be considered as a component of anti-eczema therapy.

#### **Seventh main component**

The mechanization of domestic work has caused a significant increase in the number of household injuries. Combined injuries, which can combine signs of two or more types of injuries, are dominant among household injuries. To protect the wound from the penetration of infection, special wound-healing agents are used, the effectiveness of which is constantly decreasing. This determines the complexity of their treatment and the frequent occurrence of

severe complications. A practical way out under the conditions of the antibiotic therapy crisis was the recognition by scientists of the importance of alternative methods of fighting infections [8], primarily the use of natural antibiotics [7]. While developing the SR-19 ointment, we started from the main action of royal jelly - it is the mobilization of the body to fight against diseases, propolis - it has anti-inflammatory and antioxidant properties. A cloth impregnated with wax from a zaburus was used as a bandage. Such a bandage provided: healing of the wound surface, simplification and acceleration of the dressing process, made it painless, maintenance of a moist environment; prevented infection from entering the wound area, created a favorable environment that accelerated the healing process; does not stick to the wound, does not injure granulation tissue, is easily removed after healing, does not stick when touching medical gloves, its components are non-toxic. Such a bandage itself has antimicrobial activity against gram-positive microorganisms.

## Results

The use of SR-19 ointment on bandages with wax from the zaburus allows you to quickly and painlessly treat the wound. A wide range of antimicrobial activity of these agents ensures the neutralization of all microorganisms - viruses, bacteria, fungi and spores. A wound covered with a wax bandage with SR-19 ointment is protected from secondary infection, which is why the first phase of the wound process is faster and uncomplicated. The injury was not accompanied by complications either immediately after the injury or in the long term. The actual duration of the phases of wound healing is many times shorter than the generally accepted ones. The dressing process was almost painless. The use of the developed SR-21 suspension provided an effective addition to the main treatment, enhanced the therapeutic effect of the main drugs, increased the immune status and resistance of the body. The positive results of using the developed preparations based on native royal jelly and propolis are an attractive concept for the development of new pharmaceutical products in the treatment and prevention of recurrent ulcers[16], open traumatic wounds of soft tissues[18], open fractures with the presence of soft tissue defects tissues; wounds that developed after surgical treatment, abscesses, postoperative wound purulent complications, thermal infected burns[18]. The duration of treatment of patients is reduced several times, the painlessness of dressing procedures is ensured, and the number of amputations is reduced. Although this study has many strengths (high efficacy, low drug cost, availability, possibility of parallel use of pharmaceuticals, lack of complications), there are limitations. First of all, the insufficient amount of clinical research should be attributed to them.

### The eighth auxiliary component

The use of medicinal products created on the basis of natural antibiotics has shown its high efficiency in the treatment and prevention of chronic diseases in the conditions of the crisis of antibacterial therapy. But there are factors that prevent their mass use. Objective - non-technology of biological substances containing natural antibiotics, the impossibility of their synthesis at the current level of development of science and technology. And, as a consequence of this, the unreality of the organization of mass production with all its benefits. The solution to this problem can be the organization of the production of such drugs under the conditions of pharmacy organizations. The advantages of extemporaneous production of these drugs include the possibility of individual selection of the composition and dosage taking into account the age, accompanying chronic diseases of the patients, minimizing side effects.

## Results

In modern conditions, medical educational work can be carried out with the help of the Internet, family doctors and pharmacy workers. It is necessary to create a special resource that provides access to a comprehensive knowledge base on natural antibiotics and experience in their effective use. It is necessary to share practical knowledge and skills and answer readers' questions. The purpose of the resource is to increase the level of awareness of family medicine doctors, pharmacists, and patients regarding the practical use of natural antibiotics. Mutual communication in the form of questions and answers is important. This is an opportunity for multilateral discussion (of the difficulties and complications that have arisen), in which every participant can take part. This is an opportunity to choose the main speaker not according to the territorial principle, but from the position of his competence, knowledge of the problem being discussed. The idea of using Internet technologies to obtain knowledge, which is created by the joint efforts of numerous network communities, which replaced the professional knowledge created thanks to individual individuals, is timely and technically feasible. The task of the World Health Organization is to create and finance outside the national Internet - a society of doctors, pharmacists, patients for the use of natural antibiotics in the conditions of the antibacterial therapy crisis.

## Conclusions

It is not necessary to counteract the processes of aging, but to prevent in time the unwanted phenomena of the mature period of a person's life that arise. The goal is to continue a fulfilling life in all its aspects. Achieving this goal is based on increasing the body's immune protection, its regenerative potential; counteracting genetic mutations and increasing the supply of vitality. By applying the proposed drugs according to the prevention schedule developed by us, a person (not only the elderly or senile) will ensure: improvement in well-being and appearance, increase in concentration and speed of thinking, prevention of liver complications during long-term use of drugs and reliable protection against respiratory infections, including from COVID-19(19); will be convinced of the possibility of effective fight against old chronic diseases, will feel an influx of energy and, as a result, the opportunity to create comfortable, full-fledged living conditions for yourself without additional pharmacological burden.

**Schedule for prevention of viral and chronic diseases:** **January** - reception of SR-21 suspension (fourth component), **February** - reception of SR-19 ointment (sixth component), **March** - comprehensive antiviral prophylaxis (first component), **April** - rest, **May** - sleeping in hives (second component) + propolis candles with bee royal jelly (third component), **June** - rest, **July** - taking SR-21 suspension (fourth component), **August** - taking SR-19 ointment (sixth component), **September** - sleeping in hives (second component) + propolis candles with bee royal jelly (third component), **October** - rest, **November** - comprehensive antiviral prophylaxis (first component), **December** - rest. It should be noted that the incorrect application of the prevention scheme, without taking into account the individual characteristics of the body, can cause harm, cause disappointment, and cause distrust in its effectiveness. A negative reaction to beekeeping products is a limitation. In the absence of the expected results of the use of pharmacological drugs, we recommend using the previously discussed. In the conditions of a crisis, antibiotic therapy is often the only effective way out. The proposed drugs contribute to the prevention of geriatric problems and are currently effective antiaging drugs. The effect of bioregulatory drugs is operative and effective when used by patients regardless of age group. The available experience of using drugs SR-18, SR-19, SR-21, wax moth tincture, rectal and vaginal candles with live bee royal jelly showed that these bioregulatory drugs of natural origin can be considered as an effective and safe therapy for old age as a set of chronic diseases including for multimorbid patients. In addition to the therapeutic effect, taking the proposed drugs increased muscle mass, reduced fatigue during daily activities, strengthened

hand muscles, increased movement speed, increased physical activity, and improved appearance. It should be noted that taking these drugs enhances the therapeutic effect of the main pharmacological drugs, reduces their toxicity and reduces the side effects of chemotherapy; increases the immune status and resistance of the body, stimulates the recovery (regeneration) of tissues, stabilizes blood pressure and heart function; normalizes metabolism and restores the work of the sexual and endocrine systems, prevents the development of atherothrombosis. The therapeutic activity of the proposed anti-inflammatory agents is associated with prevention of the development or reduction of the intensity of inflammation, as well as with a different degree of expressiveness of the analgesic effect in the absence of side effects.

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