

ягідних та овочевих порошків, ароматизуючих добавок, сухого яєчного порошку, камеді рослинного походження.

Перевагою гранульованого часнику є наявність великої кількості необхідних речовин і подовжений строк зберігання. Відоме застосування фітонцидів часнику у разі захворювання ШКТ, ниркових і легневих хворобах. Вони поліпшують процеси регенерації і прискорюють загоєння ран, стимулюють захисні сили організму, знижують артеріальний тиск, діють як антиартеріосклеротичні речовини, регулюють діяльність центральної нервової системи, обмін речовин. Поживні речовини часнику в більшій мірі представлено такими складовими: полісахариди – близько 27 % (із них 58 % інуліну та 20 % сахарози); білки від 6,7 до 13,3 %; глікозид аліїн та інші біологічно активні сірковмісні речовини (S-метил, S-етил, S-бутил, S-алкілцистеїнсульфоксиди, S-метилцистеїн та ін.), ефірна олія (0,4%), фітостерини, вітаміни (C – 10 мг/%, B₁ – 0,08 мг/%, B₂ – 0,08 мг/%, B₆ – 0,60 мг/%, нікотинова кислота – 1,2 мг/%), органічні кислоти, макро- та мікроелементи (калій, кальцій, натрій, магній, фосфор, залізо, цинк, йод, мідь) і т. д.

Виготовлено 4 дослідних зразки макаронних виробів із гранульованим часником у кількості 2,5-10 %. Результати дослідження наведено на рисунку 1.

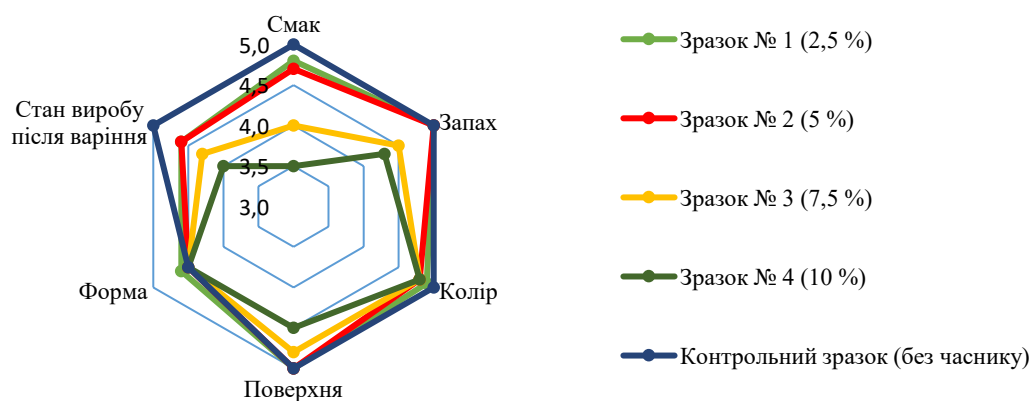


Рисунок 1. Вплив часнику на органолептичні показники якості макаронних виробів

Встановлено, що оптимальний вміст часнику у складі макаронних виробів – 2,5 % до маси борошна, оскільки така кількість не призведе до перевитрат сировини і покращить якість.

RESEARCH IN MEDICAL UNIVERSITIES AND THEIR IMPACT ON SUSTAINABLE DEVELOPMENT

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Global sustainability, along with economic growth, is highly dependent on the state of health of the population, which in turn depends on the state of the health care system. There is a saying in Ukraine, "There would be health, and everything else will be added accordingly". While the quality of the medical system is based on quality education in medical universities. It is widely accepted that a quality medical system should be based on the principles of evidence-based medicine, the main of which is the Best evidence and the Best clinical expertise for the Best outcome of a particular patient (1). However, in our Time of Big Data (2) (20,000 biomedical research papers are published daily, many of which are contradictory), it is not so easy to find the Best evidence as well as the Best clinical expertise. And the

patient's expectations are much higher nowadays - even at the age they expect to be healthy, not just alive. Moreover, it is extremely important to maintain the health of people of middle and later age; since in the Time of Big Data only at this age people obtain enough knowledge and skills, necessary for the maintaining of the global sustainability, along with economic growth. In the field of medical education the situation is even more complex; the teacher needs not only to know / find the best medical evidence / clinical expertise, but also to know / find the Best approach to teaching; since the Big Data Time is not only in the biomedical field but also in the educational. The best approach in education, including medical, which would allow the student to acquire not only theoretical knowledge but also practical, are the so-called Research Universities (3). The QS World University Rankings for 2021 included 1002 research universities, with the highest number in Europe (39.8%) (4). Such universities have research units and research programs in which both teachers and students are involved. However, this usually requires a well-developed infrastructure, which Ukrainian medical universities do not have. However, our Time of Big Data gives everyone a chance to take a full part in the development of new approaches in the treatment of diseases and in medical education; we no longer need to sit in the lab and do experiments, it is already done, we just need to analyze the data and use them (5). During their studying process students need to, «swim» in the , «ocean» of data looking for the Best evidence / clinical expertise. Erasmus+ along with Jean Monnet program can make a significant contribution to the promotion of research medical universities in Ukraine by organizing European scientific meetings on hot topics of global public health in Ukrainian medical universities.

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ABILITY OF HEALTHCARE SYSTEM TO CONTROL EMERGING DISEASES, A FACTOR OF SUSTAINABLE DEVELOPMENT

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Global sustainability, along with economic growth, is highly dependent on the state of health of the population, which in turn depends on the state of the health care system. Pandemics of emerging diseases over the last decades illustrated the imperfection of modern healthcare system. Moreover, the Covid-19 might have appeared because of previous diseases were not taken under control (1). Thus, the healthcare needs not only to find effective remedies against coronavirus, but also the root causes, in order to give people hope for the protected future.

We propose to look for the primary causes of chronic as well as emerging diseases in already established data. We searched in the literature for the global leading causes of human illness and deaths. *Cardiovascular diseases (CVDs) are the number one cause of death globally (2). The main cause of CVDs, along with symptoms, is atherosclerosis, along with ischemia. Next global cause is Chronic Obstructive Pulmonary Disease (COPD). Moreover, the atherosclerosis, causing CVDs, can also*