had a higher prevalence of obesity (44.4% vs. 22.9%, p=0.023) in comparison with patients with HFrEF.

According to the results of transthorasic echocardiography, patients of the studied groups had significant differences in thelinear and volumetric parameters of left atrium and both ventricles ($p<0.05$), which demonstrated undeniable correlation between LVEF and other heart diameters and volumes. Only right atrium sizes were comparable between the groups ($p>0.05$).

Three quarters of the patients with HFrEF and more than a half of patients with HFmrEF had areas of hypokinesis(p=0.024). Incidence of pleural effusion was also almost three times higher in HFrEF group (45.8 vs. 18.2%, p=0.006), indicating formation of decompensated congestive HF.

Conclusions. Our study showed that patients with HFmrEF have significant differences from HFrEF (higher incidence of obesity, lower NYHA Class and lesser linear and volumetric parameters of both ventricles). This highlights that the further study of clinical and instrumental characteristics of HFmrEF should be conducted.

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KAP ANALYSIS OF AYURVEDA AMONG INDIAN MEDICAL STUDENTS: KNOWLEDGE, ATTITUDES, PRACTICE, AND CURRICULUM INTEGRATION PERSPECTIVES

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Relevance. The philosophical approaches of folk medicine rely on unity with the surrounding world, an individualized approach, and the use of natural remedies. However, disregarding the achievements of modern medicine creates significant health risks, especially in critical situations [1, 2].

In the context of health maintenance and disease prevention, traditional approaches find wide application, often supported by family traditions [3].

Of particular interest is how future doctors–students from India–assess their knowledge, experience, and need for additional training in traditional medicine.

Target. To analyze attitudes, knowledge, and experience of using Ayurvedic techniques among first-year medical students from India.

Research methods. The study included 24 first-year students aged 17-23 years, 58% female. The survey consisted of 20 questions grouped according to the research

objectives and was conducted on the onlinetestpad.com platform in English. Responses were collected in «yes/no/unsure» format.

Results and their discussion. The research results showed that students' awareness had noticeable gaps in understanding. 58.3% of respondents were superficially familiar with the concept of doshas, but only 12.5% could accurately describe tridosha theory and its role in the individual approach to health. Interest was expressed by 58.3%, 50% consider Ayurveda a useful complement to allopathy (modern medicine). Practical experience of using Ayurvedic practices exists in 41.7% (regular family use (parents/grandparents), 29.2% tried episodically. 29.2% never used Ayurvedic techniques.

Students believe that the use of Ayurvedic practices is effective for prevention (37.5%), for chronic diseases (45.8%, diabetes/stress).

79.2% of respondents expressed a desire to study Ayurveda more deeply, 63% expect comprehensive understanding of principles and methods from training, 20.8% hope to completely transform their approach to health care.

The obtained research data demonstrate the fragmentary nature of knowledge about Ayurveda, favorable attitudes, and moderate practical experience, which collectively raises the question of the possibility of including an educational module on traditional Indian medicine in training. This creates risks for professionalism as future doctors may undervalue modern medicine or recommend unproven practices.

Conclusions. The research results emphasize the need for modernizing training approaches to effectively preserve cultural heritage and achieve more organic integration of Ayurvedic methods with the modern healthcare system.

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