



WEB OF SCIENCE

THE MELATONIN PROGRAM, SO THAT THE VITALITY IS MAINTAINED

DĂSCĂLESCU Marius Adrian¹Editor: Constantin MUNTEANU, E-mail: office@bioclima.ro

Balneo and PRM Research Journal

DOI: <http://dx.doi.org/10.12680/balneo.2021.452>

Vol.12, No.3 September 2021

p: L125

Corresponding author: **DĂSCĂLESCU Marius Adrian**, E-mail: daswiss01@gmail.com

1. Brasov, Romania

Abstract

Introduction. The year 2020 was marked by the pandemic with the SARS CoV-2 virus, which generated a global state of panic, being amplified by the messages broadcast by the media. Opinion polls and medical research have confirmed that during this period, the level of anxiety, stress and depression has increased in the general population, and in the case of people who already had these clinical manifestations, they have become worrying. One of the essential sanogenic factors that can provide the psycho-emotional balance necessary for people's mental health, is quality sleep. Among the many benefits of sleep that I will address in this presentation, is the natural secretion of melatonin. The "Melatonin program to maintain vitality" can also be implemented in medical clinics or hotels with specific neuromotor recovery. What are the necessary conditions for a quality sleep? What is the role of diet in the natural production of melatonin? What are the beneficial effects of melatonin on the health of the human body?

Materials and methods. The presentation brings scientific arguments based on medical research that attests to the fact that melatonin secretion is the key to health and longevity, being influenced by age, bedtime, the presence of light in the bedroom, consumption of foods rich in tryptophan, a precursor to serotonin.

Results. The scientific experiments are confirmed by medical journals, being exemplified by the sleep program of the champions and the recipe of the academics.

Conclusions. Quality sleep has the role of a natural medicine, if we know how to administer it. The recommended diet stimulates the production of melatonin. The human body can benefit from the effects of melatonin, if the sleep revolution will set in the life of each of us, with the help of an effort of will.