

care). Spasmolytic and choleric effect of flavonoids of this plant can be used in the treatment of diseases of the liver and gall bladder.

Conclusion. As shown in this work, the harvesting of medicinal raw materials from the leaves of the dandelion, it is advisable to collect plants in well-lit areas, as they the total content of flavonoids is higher.

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ASSESSMENT OF THE NATURAL POTENTIAL OF THE PSKOV REGION FOR THE DEVELOPMENT OF A NETWORK OF PROTECTED AREAS

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The solution of problems related to the optimization of nature management is now extremely important for any region striving to preserve and develop its rich natural and cultural heritage. Unfortunately, on the whole, the conservative system of protection of natural areas has not justified itself. The existing specially protected natural areas have never become organic parts of the Russian economy and the culture of Russian society.

The purpose of this work is to assess the natural potential of the Pskov region of the Russian Federation for optimization and development of a network of protected natural areas.

Material and methods. The main objectives of the work involves the assessment of existing in the region of protected areas and identified s sites

potentially suitable for the expansion of the protected area network. Pskov region is one of the most ecologically clean regions not only in North-West Russia, but throughout Eastern Europe. However, there are natural-ecological framework of the region is far from perfect as it does not form a science-based network of protected areas, and represented a kind of scattered sites in the north-west, south-western and eastern parts of the region.

Results and their discussion. In north-west of the area is located Ramsar wetland of international importance “Pskov-Chudskaya lakeside lowland”. It is located within the Pskov and Gdov administrative districts. This protected area is one of the most valuable reserves in the entire Baltic region of rare species of plants and animals, including species included in the Red Data Books of Russia, Estonia and the Pskov Region.

Within Pskov-Chudskoy Priezernaya lowland is a specially protected natural territories of federal value-State Zoological Reserve “Remdovsky”, created in 1985. This reserve was established for the preservation, restoration, reproduction and rational use listed in the Red Book of the Russian animal species protected under international agreements, preserve their habitats, migration routes, nestingsites, with the overall ecological balance escort. State “Polistovsky” nature reserve is located in the eastern part of the Pskov region. This reserve was created in 1994 to preserve and study the natural course of natural processes and phenomena, the gene pool of flora and fauna, communities and individual species of plants and animals, typical and unique ecosystems. There is marked the largest known in Europe, the local population and the curlew, home to some species of birds, endangered species: golden plover, European and black-throated diver, osprey and other. Territory Polistovsky Reserve is considered the standard, as is virtually unaffected by economic activities section.

In the south of the area it is based "Sebezhsy" National Park in 1996. It was created to preserve a unique natural complex, which has a special ecological, historical and aesthetic value. Local forests are a mixture of taiga and deciduous forests with a rich animal world. In the park there are many rare species of plants and animals. Here there are 204 species of birds, more than ten of them are included in the Red Book of Russia: white-tailed eagle, great and lesser spotted eagle, eagle-serpent eagle, Central Russian ptarmigan, black-throated diver, and others. In the Pskov region major protected areas are concentrated in Gdov, Sebezh, Bezhanitsy areas. Here protected natural areas occupy from 13 to 19% of the area. On the other hand, in some areas (Plyussky, Krasnogorodsk, Palkino, Pytalovsky, Kuninsky, Novosokolniki, Usvyaty) there was a complete absence of specially protected, territorial. Protected natural objects have been eradicated in recent decades. Often the initiators of such liquidation of the conservation status of natural monuments are private entrepreneurs and local authorities. In order for protected natural areas to form a well-grounded ecological framework of

the Pskov region, many of them need to restore the status of protection, or create new ones. They need protection Kudeversky picturesque landscape – a wonderful place Bezhanitsy hill, a unique landscape of its expressiveness. Here, the picturesque lakes of the lakes alternate with high hills, called “mountains”. Among these mountains frontal and Lipnitskaya considered the highest point of the Pskov region. There are picturesque, with quaint twisting contours of the shoreline s Ale lake (up to 40 islands, 25 of peninsulas, 20 bays). Due to its unabashed beauty, all adjacent to this lake district Bezhanitsy colorful hill got the popular name Alyanschina [1; 3]. Another deserving first attention and the object of protection is in Dedovicheskom area. In scenic hilly – basin Sudomskoy terrain elevations abounding lakes (60 lakes) and kamovye hills located Mountain Court. At its foot the river flows and the lake with the same name is stretched, an ancient site is located nearby.

Conclusion. In general, the natural potential of the Pskov Region Protected Areas extraordinarily rich for the development of the network, but to date have not been fully claimed. To attract public attention to the problems of protecting the natural environment of the region, the educational action "International geographical dictation", conducted in Russia since 2015, can be used. The author has developed a special computer program of support for the organization of dictations on the regional markets.

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THE CONTENT OF THE TOTAL PROTEIN IN THE HEMOLIFE OF PULMONARY MOLLUSCS WELLING IN THE NATURAL WATER

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At present, the level of technogenic load on the hydrosphere continues to be high, which causes an increase in adverse effects on natural water bodies and their flora and fauna. The state of freshwater ecosystems is estimated using many components of benthos, including mollusks. High density of natural populations, lifestyle characteristics (relatively low mobility, feeding mainly sedimentary detritus and periphyton) and ease of