**rogor unda gaumjobesdes**

 **mTeli planetis imuniteti**

erTi saintereso cdis Sesaxeb mogiyvebiT. mTxoves onlain-leqcia Cametarebina koronavirusis Sesaxeb.

magram aiurvedaSi mTavari mniSvneloba eniWeba ara imdenad TviT viruss, ramdenadac imunuri sistemis mdgomareobas. da ai rogor daviwye Txroba:

`Zalian saintereso kvleva Catarda. gamosacdeli adamianisgan erTi wveTi sisxli iqna aRebuli da ekranze iqna gamotanili. ekranze saintereso suraTi gamoCnda. ai baqteriebi, isini sisxlis nakadSi nela moZraoben, da ai makrofagebi, sisxlis sxeulebi, romelTa valdebulebaa sisxlZarRvTa sisufTaveze TvalTvali. isini sanitar-dezinfeqtorebs hgvanan. maTi misiaa yovelive ucxos mocileba. magram...

isini mZinareebs hgvanan. baqteriebi uzrunvelad moZraoben sisxlZarRvSi, TiTqos bulvarSi seirnobdnen, makrofagebs ki sZinavT, ver xedaven baqteriebs. da ai am dros gamosacdel adamians urTaven sasacilo films, komedias, da mas xasiaTi uumjobesdeba. amis Semdeg saintereso ram xdeba. makrofagi uceb iRviZebs da dauyovneblad iwyebs Tavisi samsaxureobrivi movaleobis Sesrulebas. igi baqterias uaxlovdeba da madianad ylapavs. SesaZloa sadilis dro udgeba da Zlier madas grZnobs, magram... sinamdvileSi yvelaferi bevrad ufro sainteresoa.

kavSiri `cnobiereba-sxeuli~ kargaxania msjelobis sagania da amisi mravali mtkiceba arsebobs. magram am kvlevaSi saintereso is aris, rom imunuri dacvis ujredebi Zalian mgrZnobiarad reagireben Cvens xasiaTze. magram es amiT ar mTavrdeba. erT mniSvnelovan rames gavusvi CemTvis xazi: `sisxlis wveTi xom gancalkevda Tavis patronisgan. patroni am dros sxva oTaxSi ijda, da misma ganwyobam rogorRac imoqmeda sxva oTaxSi myof sisxlis wveTze~.

`es imas niSnavs, - vfiqrobdi me, - rom aris raRac sainformacio arxebi, romelTa meSveobiTac cnobierebis talRebs SeuZlia zemoqmedeba moaxdinos obieqtze, romelic cnobierebis wyarosgan Sors imyofeba. magram am kvlevas meore mxarec aqvs. gamosacdel adamians urTavdnen fragmentebs saSinelebaTa filmidan. da ra?

maSinve sisxlis wveTSi sakvirveli rameebis moxdena daiwyo. umalve gaaqtiurdnen... baqteriebi! isini uceb gamococxldnen, gamofxizldnen, da rogorRac metni gaxdnen. da maT batonpatronoba daiwyes, TiTqos TavianT saxlSi yofiliyvnen. daucvel makrofagebsac ki esxmodnen Tavs. es ukanasknelni aqeT-iqiT gaiqcnen, ra Tqma unda, romlebmac moaswres.

principi naTelia – cnobierebis mdgomareoba Cveni Sinagani ekologiis SenarCunebis umniSvnelovanesi faqtoria. da ara marto Cvenisa. cnobierebis talRebi xom, rogorc zemoT aRvniSneT, gavrcelebas iwyebs garSemo da zemoqmedebas axdens sakuTari sisxlis dacilebul ujredebze. da ara marto sakuTarisa. Cemi Svilebi xom Cemi sisxlia. e.i. Cemi xasiaTi gavlenas axdens Cemi Svilebis makrofagebis mdgomareobaze, sadac ar unda imyofebodnen isini, Cem gverdiT Tu amerikaSi. es niSnavs, rom Cemi cnobierebis mdgomareoba gakavSirebulia, ase vTqvaT, `sagvareulo imunitetTan~.

gamaxsenda erTi TavSesaqcevi ambavi. es momiyva Cemma pacientma, saaTis ostatma. misi samuSao, rogorc viciT, Zalian zustia, did yuradRebas da zust moqmedebas moiTxovs. da ai muSaobis dros zogjer mas marcxena xelis saCvenebeli TiTi auTamaSda. cxadia, aseT mdgomareobaSi muSaoba SeuZlebelia. ra moimoqmeda man?

ara, TiTs masaJs ar ukeTebs, spazmebis mosaxsnelad magniums ar svams, ar asvenebs xels. igi telefons iRebs da dedas urekavs, romelic cxovrobs Zalian Sors, aTasobiT kilometris daSorebiT. ggoniaT is rCevas sTxovs dedas rogor moicilos kankali?

cdebiT. modiT movusminoT, ras eubneba: `deda, isev ganicdi Cem gamo! Sewyvite wuxili, Torem muSaoba ar SemiZlia!~ Tu dedis sul odnav mRelvarebasac ki SeuZlia Svilis fiziologiaSi uwesivroba gamoiwvios, maSin ra SeiZleba iTqvas did Zvrebze!

aqedan Cven mniSvnelovan nabijs vdgamT saganTa arsis gagebisken.

`yvelaferSi minda dedaarsamde rom mivide. muSaobaSi, gzis ZiebaSi, samijnuro SfoTSi~. (b. pasternaki).

daskvna ki ubraloa: winandeli formula - `es Cemi cxovrebaa, rogorc minda ise veqcevi mas~ - Zalian moZvelda. `Cveni cnobierebis mdgomareoba pasuxismgebelia Cveni Svilebis, naTesavebis da axloblebis imunitetis mdgomareobaze~ - ai ase unda gvesmodes axla cxovreba!

da esac ar aris Cveni zRapris dasasruli. yvela erTi dedis Svilebi varT, RvTaebrivi dedisa, bunebisa, amitom Cvens ZarRvebSi saerTo sisxli Cqefs. `vasudevaa kutumbakam~, rogorc vedebi amboben, - `mTeli msoflio erTi ojaxia~.

e.i. aris iseTi ram, rogoricaa `msoflio imuniteti~, da Cven masSi mniSvnelovan rols vTamaSobT. ufro sworad, Cveni cnobiereba TamaSobs mniSvnelovan rols.

aqedan Cndeba kiTxva: `rogor unda gavaumjobesoT cnobierebis xarisxi? Tu bednierebas unari aqvs TviT adamianis da mTeli msoflios imunuri sistema gaamyaros, maSin did bednierebas unari aqvs WeSmaritad Seuryeveli gaxados imunuri sistema! e.i. saWiroa vipovoT bednierebis Seqmnis xerxi da, sasurvelia, rom igi didi raodenobiT SevqmnaT!

igor prodani.