

## Relationship between Body Type and Gastric and Pancreatic Secretions at Rest and Different Physical Activity and Emotional stress

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### ABSTRACT

Body constitution is a stable complex biological characteristic of a person, a variant of the adaptive norm, reflecting the reactivity and resistance of the organism to environmental factors. There are works on the study of the interrelations of body types and the activity of the cardiovascular system, but studies about the relationship with gastric and pancreatic secretions are scarce. However, at present, extensive material has been accumulated on the study of the secretory function of the stomach and pancreas in humans. The nature of changes in the body of people of different body types involved in sports deserves special attention, as they are often subjected to physical loads of submaximal and maximum power. Systematic muscle loads transfer the functional systems of the body to a qualitatively different level of interaction with the environment, contributing to the formation of stable adaptation or its breakdown in case of violations of the training regime. Thus, the study of the connection between various body systems and genetically determined morphological features, in particular with the body type, both in conditions of rest and during adaptation to various factors of influence is one of the urgent problems of modern human physiology. All this fully applies to the digestive system. The aim of the study is to identify the characteristics of gastric and pancreatic secretion in people under conditions of different motor regimes and emotional stress.

**Keywords:** *Body Type, Digestive system, Gastric Secretions, Pancreatic Secretions, Physical Activity, Emotional stress*

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