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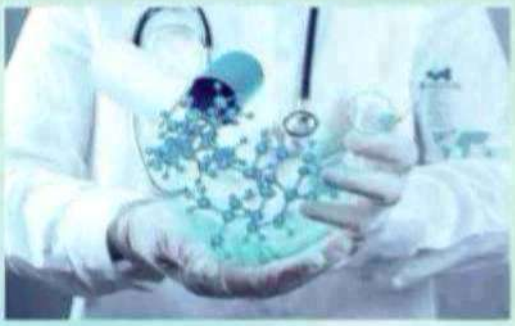

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E: ndmuz@mail.ru
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FUNCTIONAL FEATURES OF PANCREATIC SECRETORY ACTIVITY AND CHANGES IN ENZYMATIC HOMEOSTASIS UNDER HYPOKINESIA IN VARIOUS CONDITIONS

Salomov Shoxabbos Nozimjon ugli https://orcid.org/0009-0004-5726-8566
e-mail: salomovshokhabbos@gmail.com
Djalalova Ozoda Kasimjanovna https://orcid.org/0009-0004-5726-8565
e-mail: djalalovaasmi@gmail.com

Andijan State Medical Institute, 170100, Uzbekistan, Andijan, Atabekova st.1 Тел:(0-374)223-94-60. E-mail: info@adti.uz

✓ ***Resume***

Hypokinesia, defined as a prolonged reduction in physical activity, represents a growing global health concern due to its negative impact on metabolic and functional regulation of internal organs. Among the organs highly sensitive to hypokinetic conditions, the pancreas occupies a key position because of its essential role in digestive enzyme secretion and maintenance of enzymatic homeostasis. Disruption of pancreatic secretory activity may lead to impaired digestion, metabolic imbalance, and increased risk of gastrointestinal and systemic disorders.This review-based study aims to analyze the functional features of pancreatic secretory activity and changes in enzymatic homeostasis under hypokinesia in various physiological and environmental conditions. Scientific data from experimental and clinical studies were systematically analyzed to evaluate alterations in exocrine pancreatic function, enzyme synthesis, and regulatory mechanisms associated with reduced motor activity. Particular attention was given to changes in the activity of key digestive enzymes, including amylase, lipase, and proteases, as well as neurohumoral and metabolic regulatory pathways.The analysis demonstrates that hypokinesia is associated with significant suppression of pancreatic secretory activity, primarily due to reduced autonomic nervous system stimulation and altered hormonal regulation. Prolonged hypokinetic conditions result in disturbances of enzymatic balance, manifested by decreased digestive enzyme activity and impaired nutrient metabolism. Moreover, the severity of pancreatic dysfunction is influenced by additional factors such as dietary composition, stress exposure, and environmental conditions, including hypoxia and simulated microgravity.In conclusion, hypokinesia induces substantial functional and biochemical changes in pancreatic activity and enzymatic homeostasis. These alterations may contribute to digestive insufficiency and metabolic disorders if physical inactivity persists. Understanding the mechanisms underlying pancreatic dysfunction under hypokinesia is essential for developing preventive and therapeutic strategies aimed at preserving digestive health and metabolic stability in populations exposed to reduced physical activity.

Keywords: Hypokinesia, pancreas, secretory activity, digestive enzymes, enzymatic homeostasis, metabolic regulation

TURLI SHAROITLARDA GIPOKINEZIYA HOLATIDA OSHQOZON OSTI BEZINING SEKRETOR FAOLIYATINING FUNKSIONAL XUSUSIYATLARI VA FERMENTATIV GOMEOSTAZDAGI O‘ZGARISHLAR

Salomov Shoxabbos Nozimjon ugli https://orcid.org/0009-0004-5726-8566
e-mail: salomovshokhabbos@gmail.com
Djalalova Ozoda Kasimjanovna https://orcid.org/0009-0004-5726-8565
e-mail: djalalovaasmi@gmail.com

Andijon davlat tibbiyot instituti O'zbekiston, Andijon, Otabekov 1 Tel: (0-374) 223-94-60.
E.mail: info@adti.uz

✓ ***Rezyume***

Gipokineziya, ya'ni jismoniy faollikning uzoq muddatli kamayishi, ichki a'zolarning metabolik va funksional regulyatsiyasiga salbiy ta'siri sababli global sog'liqni saqlash muammolaridan biri hisoblanadi. Gipokinetik sharoitlarga ayniqsa sezgir bo'lgan a'zolar orasida oshqozon osti bezi muhim o'rin tutadi, chunki u ovqat hazm qilish fermentlarining sekretsiyasi va fermentativ gomeostazni saqlashda yetakchi rol o'ynaydi. Oshqozon osti bezining sekretor faoliyati buzilishi hazm jarayonining izdan chiqishi, metabolik muvozanatning buzilishi hamda oshqozon-ichak va tizimli kasalliklar xavfining oshishiga olib kelishi mumkin.Mazkur sharh-tadqiqotning maqsadi gipokineziya sharoitida turli fiziologik va ekologik omillar ta'sirida oshqozon osti bezining sekretor faoliyati va fermentativ gomeostazdagi o'zgarishlarni tahlil qilishdan iborat. Eksperimental va klinik tadqiqotlarga oid ilmiy ma'lumotlar tizimli ravishda tahlil qilinib, jismoniy faollikning pasayishi bilan bog'liq holda ekzokrin pankreatik funksiyaning, ferment sintezining va regulyator mexanizmlarning o'zgarishlari baholandi. Asosiy e'tibor amilaza, lipaza va proteazalar kabi muhim hazm fermentlari faolligidagi o'zgarishlarga, shuningdek neyrogumoral va metabolik boshqaruv yo'llariga qaratildiTahlil natijalari gipokineziya oshqozon osti bezining sekretor faoliyatining sezilarli darajada susayishi bilan kechishini ko'rsatdi. Bu holat asosan vegetativ asab tizimi stimulyatsiyasining kamayishi va gormonal regulyatsiyaning buzilishi bilan bog'liq. Uzoq davom etuvchi gipokinetik holatlar fermentativ muvozanatning izdan chiqishiga olib kelib, hazm fermentlari faolligining pasayishi va oziq moddalar almashinuvining buzilishi bilan namoyon bo'ladi. Oshqozon osti bezi disfunktsiyasining og'irligi ovqatlanish xususiyatlari, stress omillari hamda gipoksiya va modellashtirilgan mikrogravitatsiya kabi tashqi sharoitlarga bog'liq holda kuchayishi mumkin.Xulosa qilib aytganda, gipokineziya oshqozon osti bezining funksional va biokimyoviy holatida sezilarli o'zgarishlarni yuzaga keltiradi hamda fermentativ gomeostazni buzadi. Jismoniy faollik yetishmovchiligi saqlanib qolgan holatlarda ushbu o'zgarishlar hazm yetishmovchiligi va metabolik buzilishlarning rivojlanishiga sabab bo'lishi mumkin. Gipokineziya sharoitida pankreatik disfunktsiya mexanizmlarini tushunish jismoniy faolligi past bo'lgan aholi guruhlarida hazm va metabolik salomatlikni saqlashga qaratilgan profilaktik va davolovchi strategiyalarni ishlab chiqishda muhim ahamiyatga ega.

Kalit so'zlar: gipokineziya, oshqozon osti bezi, sekretor faoliyat, hazm fermentlari, fermentativ gomeostaz, metabolik regulyatsiya

ФУНКЦИОНАЛЬНЫЕ ОСОБЕННОСТИ СЕКРЕТОРНОЙ АКТИВНОСТИ ПОДЖЕЛУДОЧНОЙ ЖЕЛЕЗЫ И ИЗМЕНЕНИЯ ФЕРМЕНТАТИВНОГО ГОМЕОСТАЗА ПРИ ГИПОКИНЕЗИИ В РАЗЛИЧНЫХ УСЛОВИЯХ

Саломов Шохаббос Нозимжон угли https://orcid.org/0009-0004-5726-8566
e-mail: salomovshokhabbos@gmail.com
Джалалова Озода Касимжановна https://orcid.org/0009-0004-5726-8565
e-mail: djalalovaasmi@gmail.com

Андижанский государственный медицинский институт Узбекистон,
Андижон, Ул. Атабеков 1 Тел:(0-374)223-94-60. E-mail: info@adti.uz

✓ ***Резюме***

Гипокинезия, характеризующаяся длительным снижением физической активности, представляет собой возрастающую глобальную проблему здравоохранения вследствие её негативного влияния на метаболическую и функциональную регуляцию внутренних органов. Среди органов, особенно чувствительных к гипокинетическим условиям, поджелудочная железа занимает ключевое место благодаря своей ведущей роли в секреции пищеварительных ферментов и поддержании ферментативного гомеостаза. Нарушение секреторной активности поджелудочной железы может приводить к расстройствам пищеварения, метаболическому дисбалансу и повышенному риску развития желудочно-кишечных и системных заболеваний.

Целью данного обзорного исследования является анализ функциональных особенностей секреторной активности поджелудочной железы и изменений ферментативного гомеостаза при гипокинезии в различных физиологических и экологических условиях. Были систематически проанализированы данные экспериментальных и клинических исследований, посвящённых изменениям экзокринной функции поджелудочной железы, синтезу ферментов и регуляторным механизмам при сниженной двигательной активности. Особое внимание уделено изменениям активности основных пищеварительных ферментов — амилазы, липазы и протеаз, а также нейрогуморальным и метаболическим путям регуляции.

Результаты анализа показывают, что гипокинезия сопровождается выраженным угнетением секреторной активности поджелудочной железы, что обусловлено снижением стимуляции автономной нервной системы и нарушением гормональной регуляции. Длительные гипокинетические состояния приводят к расстройствам ферментативного баланса, проявляющимся снижением активности пищеварительных ферментов и нарушением обмена питательных веществ. Степень панкреатической дисфункции зависит также от дополнительных факторов, таких как характер питания, стрессовые воздействия и условия окружающей среды, включая гипоксию и моделируемую микрогравитацию.

Таким образом, гипокинезия вызывает существенные функциональные и биохимические изменения в деятельности поджелудочной железы и ферментативном гомеостазе. Эти изменения могут способствовать развитию пищеварительной недостаточности и метаболических нарушений при сохранении физической неактивности. Понимание механизмов панкреатической дисфункции при гипокинезии имеет важное значение для разработки профилактических и терапевтических стратегий, направленных на сохранение пищеварительного здоровья и метаболической стабильности.

Ключевые слова: гипокинезия, поджелудочная железа, секреторная активность, пищеварительные ферменты, ферментативный гомеостаз, метаболическая регуляция

Relevance

In recent decades, hypokinesia, defined as a sustained reduction in physical activity, has become one of the most significant challenges affecting human health worldwide. Rapid technological development, urbanization, sedentary occupations, and lifestyle changes have substantially decreased daily motor activity, leading to functional and metabolic disturbances in multiple organ systems. Hypokinesia is widely recognized as a contributing factor to cardiovascular diseases, obesity, diabetes mellitus, and disorders of the musculoskeletal and digestive systems. However, its impact on the functional state of digestive glands, particularly the pancreas, remains insufficiently explored.

The pancreas plays a central role in maintaining digestive and metabolic homeostasis through its exocrine and endocrine functions. The exocrine pancreas produces and secretes digestive enzymes, including amylase, lipase, and proteolytic enzymes, which are essential for the digestion and absorption of carbohydrates, lipids, and proteins. Proper regulation of pancreatic secretory activity ensures enzymatic balance and efficient nutrient metabolism. Disruption of this finely regulated system may lead to maldigestion, malabsorption, and metabolic imbalance.

Physiological regulation of pancreatic secretion is closely associated with neurohumoral mechanisms, including autonomic nervous system activity, gastrointestinal hormones, and metabolic signals. Physical activity is known to stimulate parasympathetic tone and improve blood circulation, both of which support normal pancreatic function. In contrast, hypokinesia leads to reduced neurogenic stimulation, altered hormonal signaling, and impaired microcirculation, potentially affecting pancreatic secretory processes and enzymatic homeostasis.

Experimental and clinical studies suggest that reduced physical activity is associated with changes in pancreatic enzyme synthesis and secretion. However, reported findings remain inconsistent, as pancreatic responses to hypokinesia may vary depending on duration of inactivity, nutritional status, stress exposure, and environmental conditions. In particular, hypokinesia combined with unfavorable factors such as high-calorie diets, chronic stress, hypoxia, or simulated microgravity may exacerbate pancreatic dysfunction and accelerate metabolic disturbances.

Understanding the functional features of pancreatic secretory activity under hypokinesia is of high clinical and physiological relevance. Early identification of hypokinesia-induced changes in enzymatic homeostasis may help prevent the development of digestive insufficiency and associated metabolic disorders. Moreover, investigation of pancreatic responses under various conditions contributes to the development of targeted preventive and rehabilitative strategies aimed at preserving digestive health in populations exposed to prolonged physical inactivity.

Therefore, the aim of this study is to analyze the functional characteristics of pancreatic secretory activity and changes in enzymatic homeostasis under hypokinesia in various physiological and environmental conditions. By synthesizing available experimental and clinical evidence, this work seeks to clarify the mechanisms underlying pancreatic dysfunction associated with reduced motor activity and to highlight the importance of physical activity in maintaining pancreatic and metabolic health.

Materials and methods

The present study was conducted using an analytical and comparative methodological approach aimed at investigating functional changes in pancreatic secretory activity and enzymatic homeostasis under hypokinesia in various physiological and environmental conditions. The research design was based on a systematic analysis of experimental and clinical data reported in the scientific literature, focusing on the effects of reduced physical activity on exocrine pancreatic function.

Scientific sources were selected from peer-reviewed journals, monographs, and authoritative textbooks in the fields of physiology, gastroenterology, and metabolic research. Publications indexed in international databases were prioritized to ensure the reliability and relevance of the analyzed data. The inclusion criteria encompassed studies examining pancreatic secretory function, digestive enzyme activity, and regulatory mechanisms under conditions of reduced motor activity. Studies that lacked sufficient methodological detail or focused exclusively on endocrine pancreatic function were excluded from the analysis.

Hypokinesia was defined as a sustained reduction in voluntary motor activity leading to decreased neuromuscular, neurohumoral, and metabolic stimulation. The analysis included data obtained under different hypokinetic models, such as prolonged physical inactivity, immobilization, and experimentally simulated hypokinetic conditions. Particular attention was given to studies evaluating hypokinesia in combination with additional influencing factors, including dietary modifications, stress exposure, hypoxia, and altered environmental conditions.

Assessment of pancreatic function was based on indicators of exocrine secretory activity and enzymatic homeostasis. These indicators included changes in the synthesis and secretion of key digestive enzymes, such as amylase, lipase, and proteolytic enzymes, as well as alterations in the balance between enzyme production and utilization. Regulatory aspects of pancreatic function, including autonomic nervous system activity and hormonal influences, were also considered in order to evaluate the mechanisms underlying observed functional changes.

A comparative analytical method was applied to identify consistent patterns of pancreatic response across different hypokinetic conditions. Changes in enzymatic activity and secretory function were analyzed in relation to the duration and severity of hypokinesia, allowing differentiation between adaptive and maladaptive responses. The relationship between hypokinesia-induced pancreatic changes and associated metabolic disturbances was also evaluated.

Data synthesis was performed through critical analysis and comparison of reported findings to ensure coherence and minimize bias. The methodological approach emphasized integration of physiological, biochemical, and regulatory perspectives to provide a comprehensive assessment of pancreatic function under hypokinesia.

Ethical considerations were addressed by exclusively utilizing previously published experimental and clinical data. No original experiments involving human participants or animals were conducted within the scope of this study. All analyzed studies complied with established ethical standards and international research guidelines.

Results and discussion

The analysis of experimental and clinical data demonstrated that hypokinesia induces marked functional alterations in pancreatic secretory activity and enzymatic homeostasis. Across the reviewed studies, reduced physical activity was consistently associated with measurable changes in exocrine pancreatic function, reflecting both adaptive and maladaptive responses depending on the duration and conditions of hypokinesia.

Short-term hypokinetic conditions were generally characterized by moderate and reversible changes in pancreatic secretory activity. In the early stages of reduced motor activity, a slight decrease in the secretion of digestive enzymes was observed, accompanied by compensatory mechanisms aimed at maintaining enzymatic balance. These adaptive responses were attributed to short-term neurohumoral adjustments and preserved regulatory capacity of the pancreas.

In contrast, prolonged hypokinesia resulted in pronounced suppression of pancreatic exocrine function. A significant reduction in the synthesis and secretion of key digestive enzymes, including amylase, lipase, and proteases, was reported. This suppression was closely associated with decreased parasympathetic stimulation, impaired microcirculation, and altered hormonal regulation. As a consequence, enzymatic homeostasis became disrupted, leading to an imbalance between enzyme production and digestive demand.

The severity of pancreatic dysfunction under hypokinesia was found to be strongly influenced by additional physiological and environmental factors. Hypokinesia combined with high-calorie or unbalanced diets exacerbated enzymatic disturbances, particularly affecting lipase activity and lipid digestion. Similarly, exposure to stress-related conditions intensified neuroendocrine dysregulation, further suppressing pancreatic secretory function.

Experimental models involving hypokinesia under hypoxic or simulated microgravity conditions revealed more pronounced alterations in enzymatic homeostasis. In these settings, pancreatic dysfunction developed more rapidly and exhibited limited reversibility. Reduced oxygen availability and altered metabolic demands contributed to impaired enzyme synthesis and secretion, highlighting the vulnerability of pancreatic tissue to combined hypokinetic and environmental stressors.

Functional consequences of these changes were reflected in impaired digestive efficiency and signs of malabsorption. Reduced enzymatic activity correlated with altered nutrient metabolism and increased susceptibility to metabolic disturbances. In several studies, prolonged hypokinesia was associated with secondary changes in intestinal function and microbiota composition, further amplifying digestive imbalance.

Overall, the results indicate that hypokinesia exerts a substantial negative impact on pancreatic secretory activity and enzymatic homeostasis. The extent of functional impairment depends on the duration of reduced physical activity and the presence of additional modifying factors. While short-term hypokinesia may induce reversible adaptive changes, prolonged and combined hypokinetic conditions lead to persistent pancreatic dysfunction with potential clinical significance.

Discussion: the findings of this study confirm that hypokinesia has a significant impact on pancreatic secretory activity and enzymatic homeostasis, supporting the growing body of evidence that reduced physical activity adversely affects digestive gland function. The observed alterations in exocrine pancreatic secretion under hypokinetic conditions highlight the close relationship between motor activity, neurohumoral regulation, and metabolic balance.

One of the key observations is the distinction between adaptive and maladaptive pancreatic responses depending on the duration of hypokinesia. Short-term reductions in physical activity were associated with relatively mild and reversible changes in enzyme secretion, suggesting the presence of compensatory regulatory mechanisms. These adaptive responses may reflect temporary adjustments in autonomic nervous system activity and hormonal signaling aimed at preserving digestive efficiency under altered physiological demands.

In contrast, prolonged hypokinesia resulted in persistent suppression of pancreatic secretory function and disruption of enzymatic homeostasis. This finding is consistent with previous studies indicating that sustained physical inactivity leads to reduced parasympathetic stimulation and impaired splanchnic blood flow, both of which are essential for normal pancreatic function. Decreased enzyme synthesis and secretion observed under long-term hypokinetic conditions may contribute directly to digestive insufficiency and metabolic imbalance.

The influence of additional modifying factors further emphasizes the complexity of pancreatic responses to hypokinesia. The exacerbation of enzymatic disturbances under conditions of high-calorie or unbalanced nutrition suggests that dietary factors can potentiate the negative effects of reduced motor activity. This interaction may increase the metabolic load on the pancreas, accelerating functional exhaustion and impairing enzymatic regulation. Similarly, stress-related neuroendocrine activation appears to amplify pancreatic dysfunction by disrupting hormonal control mechanisms involved in enzyme secretion.

The pronounced alterations observed in hypokinesia combined with hypoxic or simulated microgravity conditions underscore the vulnerability of pancreatic tissue to environmental stressors. Reduced oxygen availability and altered metabolic demands likely impair cellular energy metabolism, thereby limiting the capacity of pancreatic acinar cells to synthesize and secrete digestive enzymes. These findings are particularly relevant for populations exposed to extreme environments, prolonged immobilization, or spaceflight conditions.

The functional consequences of hypokinesia-induced pancreatic dysfunction extend beyond the pancreas itself. Reduced enzymatic activity and impaired digestion may contribute to malabsorption, alterations in intestinal microbiota, and secondary metabolic disturbances. Such changes can initiate a cascade of pathological processes affecting overall metabolic health, reinforcing the clinical relevance of maintaining adequate physical activity.

From a preventive and clinical perspective, these results highlight the importance of physical activity as a key regulator of pancreatic function and digestive homeostasis. Early identification of hypokinesia-related pancreatic changes may provide an opportunity for timely intervention through lifestyle modification, nutritional optimization, and targeted rehabilitation strategies. Furthermore, understanding the mechanisms underlying pancreatic dysfunction under hypokinesia may inform the development of therapeutic approaches aimed at preserving exocrine pancreatic function in physically inactive individuals.

In summary, the present findings demonstrate that hypokinesia is a significant determinant of pancreatic secretory activity and enzymatic balance. The severity and reversibility of these changes depend on the duration of reduced physical activity and the presence of additional physiological and environmental stressors. These observations contribute to a deeper understanding of the pathophysiological mechanisms linking physical inactivity with digestive and metabolic disorders and underscore the need for integrated strategies to mitigate the adverse effects of hypokinesia on pancreatic health.

Conclusion

In conclusion, hypokinesia exerts a substantial and multifactorial influence on pancreatic secretory activity and enzymatic homeostasis. The findings of this study demonstrate that reduced physical activity disrupts the normal regulatory mechanisms governing exocrine pancreatic function, leading to measurable alterations in digestive enzyme synthesis and secretion. These changes reflect the close interdependence between motor activity, neurohumoral regulation, and metabolic balance.

Short-term hypokinesia is primarily associated with adaptive and reversible modifications in pancreatic secretion, indicating the presence of compensatory physiological mechanisms. However, prolonged hypokinesia results in persistent suppression of pancreatic secretory activity and destabilization of enzymatic homeostasis. Such maladaptive responses are characterized by reduced activity of key digestive enzymes and impaired coordination between enzyme production and metabolic demand.

The severity of pancreatic dysfunction under hypokinesia is further modulated by additional physiological and environmental conditions. Factors such as unbalanced nutrition, chronic stress, hypoxia, and simulated microgravity amplify enzymatic disturbances and accelerate functional exhaustion of the pancreas. These combined effects significantly increase the risk of digestive insufficiency and secondary metabolic disorders.

Importantly, hypokinesia-induced pancreatic dysfunction extends beyond isolated digestive impairment and contributes to broader metabolic consequences, including altered nutrient absorption and disrupted gastrointestinal homeostasis. These findings underscore the clinical relevance of maintaining adequate physical activity for preserving pancreatic health and enzymatic balance.

Overall, the results highlight hypokinesia as a critical pathophysiological factor influencing pancreatic secretory function. Understanding the mechanisms underlying these changes provides a scientific basis for preventive and therapeutic strategies aimed at minimizing the adverse effects of physical inactivity. Promoting regular physical activity and addressing hypokinetic conditions should therefore be considered essential components of interventions designed to maintain digestive and metabolic health.

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