

**МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
БУКОВИНСЬКИЙ ДЕРЖАВНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ»**



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**THE COURSE OF DISEASES OF THE RESPIRATORY ORGANS
ACCORDING TO RESULTS OF THE PEDIATRIC DEPARTMENT**

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Introduction. Nowadays a serious individual and collective traumatization is observed for the population of Ukraine under the full-scale Russian military aggression and it negatively affects public health, especially children's health. Acute respiratory viral infection (ARI) is at the highest level of relevance, as it accounts for 90% of all infectious diseases. Children of preschool and primary school age get ARI on average 6-7 times a year and 28-30% of hospitalization rate in general pediatric hospitals. In 30-40% of those hospitalized patients with ARI at preschool and primary school age, pronounced premorbid conditions such as acetonemic syndrome, anemia, minor anomalies of heart development, minor brain dysfunction, impaired physical development, asthenic syndrome as consequences of the stress caused by the war are seen. This category of patients has its own limitations regarding the use of many protocol drugs, namely: antipyretics, analgesics, topical decongestants, as well as drugs to thin sputum. But the modern strategy of their treatment requires minimizing the use of chemical preparations, thus it is essential to stimulate a local immune protection, which would increase the level of interferon, lysozyme and immunoglobulins.

The aim of the study was to estimate the effectiveness of a drugs combination Alpicol (Natura Laboratory Sp. z.o.o., Poland) with Cardonat. Alpicol contains elderberry fruit extract (*Sambucus nigra*), African pelargonium root extract (*Pelargonium sidoides*), and Yestimun Beta Glucan is a natural yeast cell extract *Saccharomyces cerevisiae*, which exert antiviral, anti-inflammatory and immunomodulating effect. Cardonate has a detoxifying effect, stimulates the immune system reactions, has pronounced antioxidant and membrane-stabilizing properties. Clinical experience of using these drugs proves their effectiveness and safety.

Materials and methods. There were 92 children aged 3 to 8.5 years under our observation in the pediatric department of the city hospital, with a diagnosis of ARI and heavy premorbid background. Among them, in 20.8% of children respiratory infection was accompanied by acetonemic syndrome, in 15.3% - anemia, minor cardiac anomalies were found in 18.7% of patients, minor brain dysfunction – in 8.3%, impairment of physical development - 9.7%. Asthenic syndrome, diagnosed in 16% of children, was significantly aggravated by intoxication. Children whose condition upon admission was considered to be of medium severity were also included in our study. All the patients received treatment according to the current protocol of the Ministry of Health of Ukraine. Main group (48 children) additionally received Alpicol and Cardonat in age-related doses.

Results. The dynamics of such indicators as nasal congestion, rhinorrhea, hyperemia and swelling of the pharynx, sore throat, cough, intoxication, increased body temperature, as well as signs of mental and physical activity served as criteria for assessing the condition of children. Starting from the third day of treatment, the children of the main group showed pronounced positive dynamics in comparison with the control group. Normalization of temperature occurred on the 4th day in the main group, in the control group it lasted for 6 days. On the 10th day, these children had completed clinical recovery without manifestations of post-infectious asthenia of the central nervous system, while the patients of the second group had clinical signs of the disease and the recovery was delayed for up to 14 days. 51% of convalescents showed decreased mental and physical activity. In the hemogram of children who had anemia, an improvement of erythropoiesis indicators was observed. All the children with acetonemic syndrome presented the absence of urine acetone on the 3rd-4th day of hospitalisation.

Conclusions. The suggested therapeutic scheme is safe and effective for the treatment of children with ARI with premorbid features, which allows to reduce the duration of symptomatic therapy. Introduction to the basic scheme treatment of Alpicol in combination with Cardonat significantly decreases in-patient period and prevents the progression of the existing premorbid background.