

Non-specific detoxification and desensitization of the body
with allergic dermatoses using the means and methods of
traditional medicine (herbal medicine and homeopathy)

T.K. Ageeva¹, Etc. A. A. Azunovaz², A.A. Karpeev¹, T.L. Kiseleva¹, A.V. Nefedova¹, CM. Nikolaevz, L.N. Shantanovaz

¹Federal Scientific Clinical and Experimental Center for Traditional Methods of Diagnostics and Treatment of the Ministry of Health of Russia, Moscow, ²Institute of General and Experimental Biology of Siberian Branch of the Russian Academy of Sciences (IOEB SB RAS), Ulan-Ude

At the beginning of the 80s of the XX century, there was a significant decrease in health indicators and an increase in the incidence of the population due to a sharp deterioration in the environmental situation, an intensification of the rhythm of life, and a decrease in social protection of the general population. Of particular concern is the pollution of the internal environment of the human body with substances supplied with water, air and food. Such substances also include drugs, plant and animal growth stimulants, fertilizers, pesticides, numerous dyes and preservatives, etc. Intensive intake of xenobiotics in the human body creates the danger of an increase not only in acute forms of poisoning, but also the development of slow intoxication with a violation of the internal environment organism, which entails a deterioration in health indicators and an increase in the growth of morbidity [2, 20].

In these conditions, prophylactic measures aimed at increasing the nonspecific resistance of the organism and, first of all, activating the detoxification and desensitization systems, which ensure the neutralization of xenobiotics entering the body, acquire great importance. At the same time, the complexity of the treatment of allergic conditions consists in limiting the use of pharmacotherapeutic agents of synthetic origin, since in most cases they not only worsen the course of the disease, but also contribute to the emergence of various "drug syndromes" [4, 13, 14]. The long-term therapeutic consequences of their use are practically not discussed in the domestic special literature.

Today it is considered proven that one of the important pathogenetically significant moments that determine the severity and duration of the course of allergic dermatoses is the syndrome of endogenous intoxication [4, 12, 20]. In this regard, it is relevant to search for ways to reduce the severity of the syndrome of endogenous intoxication by means and methods of traditional medicine.

Modern research has proven the high efficiency of BAS complexes from plants in the treatment of various diseases, including those that are difficult to treat with pharmacotherapeutic agents [19]. In particular, herbal medicine is one of the most effective ways of pharmacological correction of the syndrome of endogenous intoxication of the body today.

The pronounced pharmacological activity of medicinal products (MPs) of plant origin is due to the native combination of a wide range of biologically active substances (BAS) contained in plants, which provide not only an adequate effect on the main links of the pathological process, but also contribute to the pharmacological regulation of all functional systems and increase the adaptive capabilities the organism as a whole. Along with this, herbal medicines have a number of advantages over synthetic drugs: gradual development of a therapeutic effect; mild, moderate action; no side effects with prolonged use; low toxicity or lack thereof [10, 19]. These properties of herbal medicines determine the indications for the use of herbal medicine: therapy and prevention of exacerbations of chronic diseases,

- treatment of some acute diseases [19]. In Russia, the method of phytotherapy is approved for medical use (Methodical Recommendations of the Ministry of Health of the Russian Federation No. 2000/63 dated 24.04.2000), and a system for registering phytopreparations by the Ministry of Health of Russia as official drugs has been developed and operates [5, 16].

Homeopathy is another very effective method widely used to correct the syndrome of endogenous intoxication. The method of homeopathy has been used in the world for over 200 years, and since 1995 it has been approved for use in practical health care in Russia (Order of the Ministry of Health of the Russian Federation of November 29, 1995, No. 335) [17]. The advantages of the method of homeopathy include: the use of natural raw materials for the production of drugs and their maximum affinity for the body; the use of minimum doses, therefore, the absence of toxic effects; lack of addiction to homeopathic medicines and their high efficiency when prescribed and used correctly [1, 9].

In order to solve the urgent problem of detoxification and desensitization of the body in allergic dermatoses by means of phytotherapy and homeopathy, we have developed and introduced into practical health care a method of the same name, which is a set of measures to cleanse the internal environment of the body from foreign substances using both homeopathic complex preparations and drugs of plant origin. During its development, the main pathogenetic links in the development of allergic dermatoses were taken into account [8].

Let us dwell in more detail on some aspects and components of the complex process of detoxification and desensitization of the body and consider the list of drugs allowed for medical use in the Russian Federation and sold without a doctor's prescription. An important step in detoxifying the body is bowel cleansing. At this stage, it is advisable to prescribe herbal medicines (kelp thallus, senna leaves, flax seeds, pumpkin seeds, collection of laxative No. 1, rhubarb tablets) and homeopathic preparations (Aloe-weak, Kolotsint-plus, Roma-weak [LLC "Doctor N"], EDAS-124 (Defekol-Edas), EDAS-924 (Defekol-Edas) [JSC Holding Edas], Naturoxal [LLC Pharmregion]), which have a laxative effect. The use of these drugs can reduce absorption and accelerate the elimination of feces. For a more complete cleansing of the intestines, the use of enterosorbents is recommended,

The normal intestinal microflora plays an important role in the processes of detoxification of the body from foreign substrates. The significance of the factor of the microbial ecology of the organism in the development and inhibition of allergic processes is confirmed by reliable positive results of the use of certain probiotics in patients with allergies, primarily on the basis of live lacto- and bifidobacteria. Clinical studies have established that the positive effect of prescribing probiotics is due to stabilization of the intestinal mucosal barrier, a decrease in inflammatory processes in it, prevention of absorption of food antigens, and restoration of disturbed colon microbiocenosis [23]. BAA with probiotic action: Euphorin L (liquid concentrate of lactobacilli), Euphorin B (liquid concentrate of bifidobacteria).

Taking into account the important role of the liver in maintaining the constancy of the internal environment of the body, great importance in the detoxification system is attached to the mobilization of the functions of this organ, in connection with which it is mandatory to prescribe choleric drugs (sandy immortelle flowers, columns with corn stigmas, choleric collection No. 2 [LLC Auro-Pharm], choleric collection No. 3 [Auro-Pharm LLC], Bilingin, Berberis-plus [Doctor N LLC], Hepar compositum [Biologische Heilmittel Heel GmbH], Helidonium-Gommakord [Biologische Heilmittel Heel GmbH], EDAS-113 (Holeton-Edas), EDAS-129 (Hepaton-Edas), EDAS-953 (Hepa-Edas) [JSC Holding Edas], Adliv-forde (BAA) [LLC Pharmregion]) and hepatoprotective preparations (Psoninohel, Gepar compositum, Hepel, Helidonium-Gomaccord, [Biologische Heilmittel Heel GmbH], EDAS-129 (Hepaton-Edas), EDAS-953 (Hepa-Edas) [JSC Holding Edas], Berberis plus, Helidonium-plus [Doctor N LLC], Zhelchevoy [NPF Materia Medica Holding LLC], Adliv-Forte (BAA) [Pharmregion LLC]).

The kidneys play an important role in cleansing the body and excreting metabolic products. To activate renal excretion, we recommend prescribing the following nephroprotective and diuretic phytopreparations: birch buds, birch leaves, lingonberry leaves, lingonberry shoots, knotweed grass (knotweed), leaves of staminate orthosiphon (kidney tea), bearberry leaves, bearberry shoots No. 2, diuretic collection [Auro-Pharm LLC], Uriflorin [Moscow Pharmaceutical Factory OJSC], Populus-compositum, Lymphomyosot, Berberis-Gomaccord, Renelle, Sabalgomaccord [Biologische Heilmittel Heel GmbH], Helidonium-plus [Doctor N LLC].

Along with this, given the frequent combination of allergic dermatoses with severe vegetative-vascular and neuropsychiatric disorders, the method provides for the parallel administration of drugs that normalize the autonomic function of the body and have a sedative effect. In particular, such preparations as: rhizomes with valerian roots, Soothing (sedative) collection No. 2, Soothing collection No. 3 [Auro-Pharm LLC], valerian tincture, Everlasting peony tincture, motherwort tincture, sedative tincture, Novopassit [Iveks A.S. [Biologische Heilmittel Heel GmbH], Edas-111 (Nirvana-Edas), Edas-121 (Otrezvin-Edas), Edas-306,

Of particular importance is the use of herbal preparations in the complex therapy of homeopathic drugs related to the means of regulating therapy and increasing the adaptive capabilities of the body: tincture of aralia, pills made from chokeberry fruits, tincture of ginseng, tincture of zamaniha, liquid extract of leuzea, tincture of magnolia vine, liquid extract of rhodiola, liquid extract of Eleutherococcus, Avena-mod, Gepar-angin, Crategus-plus, Propolis-gom, Urtika-plus [Doctor N LLC], Angin-Hel, Galium-Hel, Gripp-Hel, Coenzyme compositum, Mucose compositum, Engistol, Nazentrofen S, Euphorium compositum, Echinacea compositum [Biologische Heilmittel Heel GmbH], Meteo-plus, Poslegrippin [NPF Materia Medica Holding LLC], EDAS-108 (Okulyus-Edas), EDAS-117 (Larion-Edas), EDAS-122 (Paradontol-Edas), EDAS-150 (Immunolong-Edas), EDAS-307, EDAS-307-M (Febrisan-Edas), EDAS-308 (Immunoton-Edas), EDAS-904 (Bronkhonal-Edas) [JSC Holding Edas].

Due to the fact that one of the pathogenetic mechanisms of the development of allergic conditions is the induction of lipid peroxidation processes, it is advisable to prescribe drugs that have antioxidant properties and increase the activity of the body's antioxidant system, for example, sea buckthorn oil.

An integral part of the method is diet therapy, which is carried out after cleansing the body. In parallel, the appointment of vitamin supplements and drugs with adaptogenic activity is recommended. The method developed by us for detoxification and desensitization of the body in atopic dermatitis requires taking into account the temporal principles and biorhythmic characteristics of both the functioning of the body and the effectiveness of drugs. It is known that the activity of any organ, as well as biological processes most actively occur during the day at strictly defined intervals, followed by a period of rest (recovery) [6]. In this regard, in the process of treatment, choleric, laxative and hepatoprotective drugs are prescribed in the early morning hours, and the funds,

This methodological principle partly repeats the evolutionarily formed natural mechanisms of detoxification of the body and practically coincides with the recommendations for human life support in Tibetan medicine [22] and other traditional medical systems [3, 7, 11].

A feature of the method developed by us for nonspecific detoxification and desensitization of the body in allergic dermatoses is the step-by-step appointment of herbal and homeopathic drugs: laxative action; enterosorbents; drugs with a choleric effect; Drugs with diuretic activity; drugs with hepatoprotective effect; antioxidants; vitamin preparations; adaptogens (Fig. 1, Table 1).

It is important to note that in the course of therapy, herbal medicines and complex homeopathic drugs are prescribed taking into account compatibility with the underlying pharmacotherapy, the form and nature of the course of the disease, concomitant pathology, and the individual characteristics of the patient's body. All drugs are prescribed in doses appropriate to the patient's age and in full accordance with the Instructions for Use, approved by the Ministry of Health of the Russian Federation in the prescribed manner. The choice of a specific drug or several drugs always remains with the doctor who conducts treatment based on the current clinical situation, the individual characteristics of the patient and the presence of a certain drug in the pharmacy network.



Rice. 1. Scheme of the step-by-step prescription of herbal medicines for nonspecific detoxification and desensitization of the body in allergic dermatoses

The course of non-specific detoxification and desensitization of the body in the treatment of allergic dermatoses is designed for 28 days. We recommend repeating it once every 4 months for best and lasting results. Indications for the method are: atopic dermatitis, eczema, increased allergic background of the body, prevention of occupational diseases. Contraindications include individual intolerance to phytopreparations, acute conditions and diseases, as well as exacerbation of chronic diseases requiring specific therapy. In the presence of concomitant pathology, certain types of herbal remedies should be excluded or prescribed with caution. For example, in the presence of cholelithiasis or urolithiasis, choleric or diuretics are not prescribed, respectively;

According to our data, the use of the method of non-specific detoxification and desensitization of the body in allergic dermatoses, combining the achievements of modern medicine and traditional methods of cleansing the body, makes it possible to increase the effectiveness of therapy for this disease, as well as to prevent the development of exacerbations and complications.

The results of studies carried out on the basis of the Federal Scientific Clinical and Experimental Center for Traditional Methods of Diagnostics and Treatment of the Ministry of Health of Russia (FNCEC TMDL of the Ministry of Health of the Russian Federation) (Moscow) and the Institute of General and Experimental Biology of the Siberian Branch of the Russian Academy of Sciences (IOEB SB RAS) (Ulan-Ude), were issued by us in the form of a Manual for doctors and pharmaceutical workers, approved on 01.10.2002 at the Section on Traditional Methods of Treatment of the Academic Council of the Ministry of Health of Russia [8].

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Table 1

Scheme of the step-by-step appointment of herbal medicines and complex homeopathic preparations for detoxification and desensitization of the body in atonic dermatitis

N p/p	Group name LS	Watch destination	Days of appointment																												
			1	2	3	4	5	6	7	eight	nine	ten	eleven	12	13	fourteen	15	16	17	eighteen	nineteen	20	21	22	23	24	25	26	27	28	
1	Sedatives	20-00	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
2	Laxatives	10-00																													
3	Enterosorbents	8-00																													
4	Choleretic	8-00	+	+	+	+	+	+	+																						
5	Hepatoprotective	8-00																													
6	Diuretic	16-00																													
7	Antioxidant	8-00	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
eight	Adaptogenic	8-00																													
nine	Vitamin	14-00	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+

Nonspecific detoxification and desensitization of the body in allergic dermatoses using the means and methods of traditional medicine (herbal medicine and homeopathy) / T.K. Ageeva, T. D. Azunova, A.A. Karpeev, T.L. Kiseleva, A.V. Nefedova, S.M. Nikolaev, L.N. Shantalova // Traditional medicine. - 2003. - No. 1 (1). - S.42-46.

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