Low dose herbal medicine for diseases of the bronchopulmonary system

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In modern conditions, a decrease in health indicators and an increase in the growth of morbidity are associated with environmental pollution with toxic substances entering the human body with water, air and food. As a result, there is a significant weakening of the effectiveness of the body's adaptive mechanisms, a decrease in immune tolerance and the development of autoimmune diseases, the treatment of which causes significant difficulties [3].

The use of pharmacological agents for the treatment of various pathological conditions very often worsens the course of the disease and contributes to the emergence of various drug syndromes [2]. Along with this, endogenous intoxication of the body increases due to the accumulation of toxic substances [3, 4].

The reactions of detoxification of xenobiotics in the human body require a large amount of vitamins and microelements, which are insufficient in the daily diet. Constant stress depletes their reserves, and the vitamins used to replenish them are poorly absorbed by the body. Vitamins and microelements in plants are in a chelated form that is available for assimilation, and therefore the use of phytopreparations for treatment and rehabilitation seems to be very promising.

The effective use of phytopreparations in the treatment of various diseases is explained by the fact that their action is associated with an increase in the adaptive capabilities of the body and the normalization of the functional systems of the body [1]. However, when using large doses of phytopreparations, they act as pharmacological agents.

Therefore, the use of multicomponent herbal collections in small doses gives a more pronounced positive clinical effect [6]. The effectiveness of ultra-low doses of plant, animal and chemical components has been proven by the success of antihomotoxic medicine [7, 8].

In this regard, given the high level of environmental pollution and a significant antigenic load on immunocompetent cells, depleting their functional activity and reducing the level of immunity, we propose the use of phytotherapeutic drugs in low doses [5, 6].

The purpose of our research was to determine the effectiveness of the methodphytotherapy of low doses for various pathological conditions of the bronchopulmonary system. Biologically active substances of plants in infusions are present in low concentrations, based on which the principle of low-dose phytotherapy (phytohomeopathy method) is based on the use of multicomponent collections and fractional extraction of biocomponents. We have noted the following advantages and features of low-dose phytotherapy with herbal teas of the "Russian Natural Pharmacy" series:

1. Phased rehabilitation impact;
2. Potentiation of biologically active substances during brewing;
3. Creation of compositions taking into account all etiopathogenetic factors of the development of the disease:
4. The combination of allopathic and homeopathic principles of influence on the immune answer.

In the study of herbal tea "Koldunok" (registration No. 77.99.19.919 B. 000318.08.03) in 30 patients (25 men and 5 women aged 20-60 years with a smoking experience of 5 to 30 years) it was found that it is an effective remedy for treatment

smoking. Herbal tea helps to reduce the uncomfortable manifestations of smoking cessation, sanitizes the bronchopulmonary system, gastrointestinal tract and restores immunity.

Herbal tea "Koldunok" with a 20-day course of treatment allowed to abandon the use of medications for substitution and restorative therapy when stopping the state that occurs when smoking cessation, and to reduce the number of cigarettes smoked by 30-40%. Herbal tea is compatible with tranquilizers and substitution therapy agents. It can be used in preparation for smoking cessation, in the relief of nicotine abstinence and for the secondary prevention of recurrence of tobacco smoking.

The data of the clinical examination of the subjects showed a decrease in asthenic symptoms and an increase in working capacity by 25–30%.

The analysis of somatic disorders showed that from the side of the cardiovascular system there was moderate tachycardia in 3 subjects, an increase in blood pressure in 7 subjects and a decrease in blood pressure in 1 subject. The described violations were detected within the first 3-4 days and passed without prescribing drug therapy.

Herbal tea caused an increase in appetite in 5 subjects. No noticeable effect on stool frequency was observed in all subjects. During the period of taking herbal tea, exacerbations of the history of gastritis (6 people) and gastric ulcer (4 people) were not revealed.

Thus, herbal tea "Koldunok" is an effective addition to the existing traditional methods of relieving the uncomfortable phenomena of nicotine withdrawal, as well as a cleansing and general health remedy for smoking. The study of the medicinal properties of herbal tea "Monomakh" (registration No. 77.99.10.919.B. 000389.08.03.) Was carried out on a group of patients with pulmonary tuberculosis at the age of 18–55 years (52 people).

Among 26 patients in the main group there were 18 men, 8 women. Disseminated tuberculosis was diagnosed in 2, infiltrative - in 15, cavernous - in 4 and fibro-cavernous - in 2, caseous pneumonia - in 3 patients. Isolation of mycobacterium tuberculosis was found in 23 patients, disintegration of lung tissue - in 25 patients. On admission, all patients had a syndrome of intoxication with an increase in body temperature, weakness, sweating and changes in the blood of an inflammatory nature - leukocytosis, shift of the formula to the left, acceleration of ESR.

The control group included 26 patients (20 men and 6 women). Disseminated tuberculosis was observed in 2, infiltrative - in 14, cavernous - in 3 and fibro-cavernous - in 3, caseous pneumonia - in 4 patients. Isolation of mycobacterium tuberculosis and destruction in the lungs were detected in 24 patients. In terms of clinical and radiological parameters, the control group did not differ from the main group of patients.

All patients in the study and control groups received the same standard chemotherapy with 4–5 anti-tuberculosis drugs for 2 months. Patients of the main group, in addition to chemotherapy, received tea "Monomakh" by the method of fractional extractions (sequential brewing). The examination of patients in the main and control groups was carried out at the same time according to the program of clinical trials and included: clinical and radiological, laboratory and immunological studies of indicators before treatment, after 1 and 2 months.

Clinical studies on the use of herbal tea "Monomakh" have shown that this drug has a certain positive effect on the course of the disease. It accelerates the rate and timing of the disappearance of intoxication syndrome, normalization of blood counts, ESR and partial resorption of inflammatory changes in the lungs, and also exhibits certain anti-inflammatory and immunostimulating properties, increasing the immunological activity of lymphocytes. This, in turn, improves

flow specific process and reduces frequency collateral reactions on anti-tuberculosis drugs. Therefore, herbal tea is a detoxifying agent with an immunomodulatory effect.

table

Immunological indicators in patients with pulmonary tuberculosis using in the course treatment of herbal tea "Monomakh"

Группа больных	Показатели	Исходные данные	Данные через 2 месяца лечения
Основная фиточай n = 26	Т-лимфоциты, %	55,2 ± 2,2	66,7 ± 2,5 *
	В-лимфоциты, %	6,0 ± 0,8	10,9 ± 0,5 *
	РБТЛ с ФГА, имп./сек.	52,0 ± 1,5	66,8 ± 2,1 *
	РБТЛ с ППД, имп./сек.	2,8 ± 0,7	5,2 ± 0,4 *
Контрольная n = 26	Т-лимфоциты, %	54,6 ± 2,9	63,9 ± 2,1 *
	В-лифмоциты, %	6,5 ± 1,3	9,5 ± 0,5 *
	РБТЛ с ФГА, имп./сек.	53,4 ± 2,2	57,8 ± 2,4
	РБТЛ с ППД, имп./сек.	3,0 ± 0,2	3,5 ± 0,7

* Достоверность различий $p < 0,05$.

Herbal tea "Monomakh" can be recommended in the complex treatment of patients with pulmonary tuberculosis as a broad-spectrum pathogenetic agent that has a positive effect on the course of tuberculosis and reduces the frequency of adverse reactions to anti-tuberculosis drugs. Thus, the method of phytotherapy of low doses can be successfully used for the complex treatment of nicotine addiction with impaired lung function, as well as for microbial-drug pathology - pulmonary tuberculosis.

conclusions

1. Phytotherapy of low doses with multicomponent compositions "Koldunok" and "Monomakh" has shown its effectiveness and the absence of side effects in the complex treatment of pathology of the bronchopulmonary system.

2. Herbal tea "Koldunok" helps to reduce the uncomfortable effects of nicotine withdrawal symptoms, reducing the number of cigarettes smoked by 30-40%, cleansing the bronchopulmonary system and stabilizing the emotional sphere.

3. Herbal tea "Monomakh" helps to normalize the blood formula, increase immunological activity of lymphocytes, improves the clinical and radiological picture, reduces the frequency of adverse reactions to anti-tuberculosis drugs in patients with pulmonary tuberculosis.

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