Problems of herbal medicine in patients with bronchial asthma

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SUMMARY

The article contains a brief overview of the main medicinal plants used in traditional medicine, as well as in our own practice for bronchial asthma. The positive results of phytotherapy of patients with bronchial asthma by various researchers, as well as cases from their own practice are presented. A number of problems are identified that hinder the widespread introduction of phytotherapeutic methods.

Key words: bronchial asthma, herbal medicine, medicinalplants, clinical observations.

RESUME

This article contains short review of main plant drugs used for treating patients with bronchial asthma in traditional medicines and in own practice. The positive results of phytotherapy for patients with bronchial asthma of some authors and also own observation are cited. Number of problems putting obstacles in wide introduction phytotheraputic methods are outlined.

Keywords: Bronchial asthma, phytotherapy, plant drugs, clinical cases.

INTRODUCTION: a review of medicinal plants used in bronchialasthma.

The stake on supposedly selective β-adrenergic mimetics (high cardiotoxicity), antihistamines, hormones (severe complications), even on monoclonal antibodies in the treatment of patients with bronchial asthma (BA), from our point of view, today no longer stand up to criticism. A creative review of other, in particular naturo-therapeutic, methods is needed, a number of which have been used for millennia. The use of medicinal plants (LR) is based on the understanding of the law of the unity of the flora and fauna of the planet, as well as the fact that phytotherapy, which is not a prerogative of humans, is one of the elements of maintaining life on Earth, that plants have a biologically determined interest in their health and reproduction. distributors. The same cannot be said about β-adrenergic agonists and other medications.

In the available literature, reports on successful herbal medicine for BA patients can be found only in foreign sources [16–29]. The authors provide broad [22] and limited [16, 29] reviews of plants used in traditional medicine for this disease, not forgetting about other methods. Thus, in an integrated approach to the treatment and rehabilitation of BA patients, it is recommended

combination of herbal medicine with acupuncture, which has been successfully carried out in traditional medicine for centuries [25].

Using a four-component collection including turmeric, Listioko AS et al. [23] observed a high therapeutic effect, as well as a decrease in eosinophilia and interleukin-13 (an inflammation marker) level in BA patients. Having connected the modern method for determining interleukin, the researchers confirmed the legitimacy of herbal medicine for patients with asthma.

Regarding the types of turmeric, undoubtedly possessing versatile medicinal properties [5,14] and deserving widespread use in various diseases, the following should be noted. The tendency to isolate curcumin from them, despite its positive effect on BA patients, interleukin status, and anti-inflammatory effect [27], is sinful of mechanism, considering plants as sources of “active substances”. Denaturation is not more productive: 1) preservation of a unique complex of natural plant compounds, 2) use of the most physiological extractant - water, 3) adherence to one of the principles of traditional medicine - multicomponent collection.

For example, A. Janvid and co-authors [21], precisely with the extremely careful treatment of children, followed the principle of multicomponent collection characteristic of traditional medical systems, including the leading among the elite plants of the countries of East Asia [8]: licorice, suitable for all meridians [13], unabi, the popular "breast berry" [6, 8, 9], as well as chamomile, marshmallow, mallow, hyssop, maidenhair, thyme, violet, ficus. The authors noted a positive clinical effect in all 47 children even with a short course of herbal medicine with a demonstrable decrease in daytime and nighttime coughs, and the absence of nocturnal awakenings. This work requires special attention in connection with the increase in the incidence of atopic and infectious-allergic forms of asthma in children.

Ignoring even the elements of phytotherapy in the program of higher medical, especially postgraduate education, the absence of a domestic school of phytotherapists [7], the destruction of the Federal Scientific Clinical and Experimental Center for Traditional Methods of Diagnostics and Treatment of the Ministry of Health (it included the Institute of Natural Therapy and Homeopathy), as well as phytotherapy groups at the Leningrad Forestry Academy, the Botanical Institute, finishing off one at the Institute of the Human Brain (St. Yaremenko in LORNII (St. Petersburg) is the essence of acts of vandalism. There was even an attempt to declare herbal medicine a non-medical activity. That is, officials, by no means Avicenna, said that, for example, one of the founders of medical science has nothing to do with medicine, whose heritage (it is a continuous herbal medicine) is protected by UNESCO. At the same time, all the pillars of medicine who used and studied LR should be excluded: Galen, Dioscorides, Hippocrates, Biruni, Muhammad Hussein, Amirdovlat Amasiatsi, Odo from Mena, Strabo, Arnold from Villanova, Yutog Yondan-gonpo, Desrid Sancho numerous authors of Tibetan treatises, Shen-Nun (3216 BC), Li Shi-Chzhen, a galaxy of Chinese authors -

all these luminaries were engaged in non-medical activities.

Abu Ali Al-Hussein ibn Abdallah ibn Al-Hasan ibn Ali ibn Sino, the author of the "Canon of Medicine" [1], the great Tajik scientist encyclopedist, one of the founders of the Iranian-Tajik traditional medicine (11th century) was distinguished by unprecedented erudition, education and phenomenal performance. The collection "Wisdom of the Ages" [12] lists a galaxy of representatives of this medicine. Among them, I would especially like to highlight Muhammad Hussein, the author of the "Treasury of Medicines", which contains information about plants used for asphyxiation. Later in the 15th century, the great Armenian physician-encyclopedist A. Amasiatsi [2], referring to the son of Sina and many other authors, cited about 30 plants that help with asthma, of which the most noteworthy are the types available for domestic herbalists: 1) root naked licorice

Some of these types are available to domestic phytotherapists and are used by them for bronchopulmonary diseases. Prescribing licorice root for them and for asthma has become a classic of herbal medicine. The legitimacy of the use of licorice in the systems of traditional medicine is confirmed by the latest research [26] of its effectiveness and safety. The authors' own practice also confirms the absence of complications, sometimes speculatively attributed to it, when licorice is included in multicomponent collections. Today, even for the prevention of coronavirus in China, every schoolchild is obliged to have licorice syrup with them. The problem of both the prevention of Covid-19 and the treatment of BA patients lies in the complete disregard in Russia of the methods of phytotherapy that have been successfully applied, tested not even for centuries, but for millennia.

Even F.I. Ibragimov and V.S. Ibragimova (1960), not focusing only on BA, gave recipes for the fees used in China [9]:

1) Zizyphus ubero Mill (fruits) - 3.0,
Glycyrhiza uralensis Fisch (root) - 2.0,
Pinella uberose Tenore (rhizome) - 9.0,
Oryza sativa L. (seeds) - 4.0,
Panax shin-seng Nees (roots) - 2.0,
Ophiopogon japonicas Ker. (roots) - 18.0.

Cooking method. Decoction inEvaporate 600 ml of water to 300 ml. Way application. Assign by100 ml 3 times a day warm. Indications. The initial stages of pulmonary tuberculosis, BA, whooping cough, bronchitis.

2) Ephedra sinica Staph. (grass) - 9.0,
Zizyphus jujube Mill. (fruit) - 6.0, Zingiber officinale Rosc. (rhizome) - 4.5, Gypsum - 12.0,
Pinellia tuberifera Fisch. (rhizome) - 9.0,

Glycyrhiza uralensis Fisch (root) - 3.0.

Cooking method. Chopped LR is boiled in600 ml of water to obtain 300 ml of broth. Mode of application. Assign 100 ml 3 times a day hot.

Indications. BA and some eye diseases.

The question is logical: has this and other formulation been considered in Russia at the level of clinical testing of the proposed methods? Neither the recipe, nor the Chinese method of preparing broths, which significantly differs from our pharmacopoeial ones, have not been considered, have not been assimilated. The problems of herbal medicine in BA patients come down to this: ignoring the experience of traditional medicine and the arsenal of their methods, moreover, practically persecuting herbal medicine.

In the world, regardless of this position of our medical officials, an experimental screening search for herbal bronchodilators continues, unfortunately, on the model of histamine-induced bronchospasm and with an assessment of the effectiveness of the drug only from: Galotropis ginatea [28], Trigonella foenum graecum [20]. Their ethanol and methanol extracts were studied without comparison with aqueous extracts used in traditional medicine. The histamine model of bronchospasm will make it possible to reveal the effectiveness of antihistamines in removing it, and not to assess the possibility of curing asthma by phytotherapy.

The pressing problem is an ongoing usage non-physiological extractants (ethanol, methanol, chloroform, liquid CO_2, petroleum ether, etc.) with complete disregard for the need for a comparative assessment with those dosage forms that are effectively used in traditional medicine, i.e. with extemporal water extracts: infusions, decoctions (see the above recipe).

Alcohols, unlike water, not only do not extract, but precipitate many polymers, oligomers, in particular polysaccharides, including the ubiquitous plant heteropolysaccharides, fragments of which are necessary for the production of our own mucus with its protective, barrier and other functions [3, 4]. Behind them, among other natural compounds, behind yeast polysaccharides (preparation manan), immunocorrective, interferonogenic activity was established. The question is not asked why to this day Tibet, China, India prefer not alcohols as extractants, but water and vegetable oils.

However, to study the anti-asthmatic properties of an aqueous decoction of plants, allergic models of AD in mice were also used with the registration of a positive immunomodulatory effect on the interleukin status and mobilization of their own antioxidant defense [18], which demonstrates the correct approach to assessing not the substrate, but the antioxidant effect mediated by our metabolites. Still, in addition to the details given, a significant problem in the experimental search for anti-asthmatic drugs is the impossibility of modeling a polietiologic human disease with a complex pathogenesis in experimental animals.

Given the extensive experience of comparative screening appraisals pharmacological properties of phytopreparations [3], it is possible with sufficient

grounds to deny the possibility of reproduction in animals of atopic, infectious-allergic, neurogenic, other, especially mixed forms of this typical psychosomatic disease. Clinicians are well aware of stress-induced worsening of the course of the disease, fear (even horror, especially in children) during a severe attack of bronchospasm, the undoubted presence of a neurogenic component in all forms of asthma, which requires a feasible phytotherapeutic correction using numerous herbal stress-limiting agents [3].

The mastery of the arsenal and methods of traditional medicine (and their basic discipline is phytotherapy) by the WHO resolutions declared one of the directions of development of medicine in the 21st century. in contrast to the discriminatory policy in relation to modern naturopathy, conducted in Russia. In this regard, it is interesting to at least briefly review the types used in AD, for example, in Korean traditional medicine [15]. More detailed characteristics of these plants are given by us in the monograph "Phytotherapy of patients with bronchopulmonary diseases" [4]. It should be noted that some of the plants listed below are alkaloids, and therefore require a careful attitude towards themselves, and their circulation in the territory of the Russian Federation is regulated by special laws and by-laws.

1. Buds of Podbel (Butterbur) wide Petasites amplus (fam. Compositae, or Asteraceae - Compositae, Asteraceae). It takes root well in any climatic zone, introduced and grown in Korea, but, alas, not here.

2. Black nightshade Solanum nigrum (family Solanaceae - Solanaceae) and others types of nightshade. Let's remember that they are used for allergic dermatoses. Bittersweet nightshade is part of the "anti-golden" (essentially anti-allergic) Averin tea: nightshade, string, violet.

3. Amur maakia Maackia amurensis (family Legumes - Fabaceae, Leguminosae), contains an alkaloid, H = a cholinomimetic cytisine. The plant is used for asthma. We also look further on lobelia containing the N-cholinomimetic lobelin. Cytiton and lobeline (reflex respiratory analeptics) have long gone into oblivion.

4. Chinese Ephedra Ephedra sinica and its other species (family Ephedra - Ephedraceae). Pure alkaloid ephedrine acts worse, more toxic than decoctions of ephedra, fees containing it (see above the recipe given by the Ibragimovs). It's not just the bronchodilator effect of the indirect adrenergic agonist ephedrine. We forget about the presence of desensitizing, antiallergic action of adrenomimetics and plants containing them (types of ephedra, clefthoof, kirkazon).

5. Seeds of Sowing radish Rhaphanus sativus (family Cruciferous, or Cabbage - Brassicaceae). We cannot even guess about the mechanisms of their action, since secretolytic, antitussive, bronchodilatory, antimicrobial effects are only a statement of fact, some touches to the portrait of a plant.

6. Datura ordinary Datura stramonium (family Solanaceae - Solanaceae) contains M-anticholinergic of central and peripheral action scopolamine and is roughly regarded as a bronchodilator, that is, its action is explained by the peripheral effect. Choi Taesop recommends a highly effective collection,

including dope, to relieve an attack of asthma. But is it only about bronchodilation? Central M-anticholinergics (benactisin, methylbenactisin, cyclodol) are also known as tranquilizers. By creating a background of the relative prevalence of sympathetic innervation, how do they act on sensitivity to allergens? In theory, they are weakened, but in practice? Even one substance out of hundreds contained in dope has an ambiguous effect.

7. Peach Seeds Persica vulgaris, Apricot Armeniaca vulgaris (fam. Rosaceae - Rosaceae). Choi Taesop [15] recommends a simple recipe: a decoction of 15 g of pahima pankin seeds, 5 g of licorice root, roasted over a fire, and 5 apricot seeds. Daily dose. It is difficult with pachyma, but the rest of the block components are available.

8. Fruits of Kirkazon crowded Aristolochia cintorta, roots and seeds of K. weak A. debilis (family Kirkazonovye - Aristolochiaceae). In case of an overdose, their decoction causes a contraction of small blood vessels up to the development of hemorrhagic nephritis. Choi Thesop [15] describes in detail the picture of poisoning of various animals with Kirkazone, which allows one to classify its alkaloids as indirect adrenomimetic agents, and from these positions try to understand its bronchodilatory effect. It should be remembered about the antiallergic effect of adrenergic agonists.

9. Remania sticky Rehmania glutinosa, R. Chinese R. chinensis (fam. Norice - Scrophulaceae). Its root and rhizomes are used in traditional medicine more often than ginseng. This is the second leading plant of traditional medicine in the countries of East Asia after licorice, as established by M.A. Grinevich (1990) when processing their recipes on a computer. We must be especially careful about this phenomenon, the frequency of use. The list of indications for its use, preparation methods, recipes are so extensive that they must be considered in detail over time. In case of BA, it is recommended to combine it with cornel fruits, roots of sweet potato dioscorea, ginger rhizome and other plants. “During the treatment of BA patients whose adrenal glands were damaged as a result of long-term treatment with cortisone, the use of a complex drug, the main component of which is remania, increased the function of the pituitary and adrenal glands. In some patients, it was possible to refuse cortisone to prevent asthma attacks. Asthma attacks in patients have become much less frequent, the content of 17-ketosteroids in the urine has increased significantly, that is, remania, like licorice, increases the hormone-producing function of the adrenal cortex. (Its action is mediated by our metabolites). Therefore, in order to prevent a decrease in the functions of the pituitary and adrenal glands, similar drugs should be prescribed in parallel with cortisone ”[15, p. 368]. We are not even talking about any herbal medicine that eliminates the side effects of corticosteroids, although, as you can see, there are intelligible warnings based on clinical experience. The rule of steroid therapy should be an indispensable the content of 17-ketosteroids in the urine has increased significantly, that is, remania, like licorice, increases the hormone-producing function of the adrenal cortex. (Its action is mediated by our metabolites). Therefore, in order to prevent a decrease in the functions of the pituitary and adrenal glands, similar drugs should be prescribed in parallel with cortisone ”[15, p. 368]. We are not even talking about any herbal medicine that eliminates the side effects of corticosteroids, although, as you can see, there are intelligible warnings based on clinical experience. The rule of steroid therapy should be an indispensable the content of 17-ketosteroids in the urine has increased significantly, that is, remania, like licorice, increases the hormone-producing function of the adrenal cortex. (Its action is mediated by our metabolites). Therefore, in order to prevent a decrease in the functions of the pituitary and adrenal glands, similar drugs should be prescribed in parallel with cortisone ”[15, p. 368]. We are not even talking about any herbal medicine that eliminates the side effects of corticosteroids, although, as you can see, there are intelligible warnings based on clinical experience. The rule of steroid therapy should be an indispensable similar drugs should be prescribed in parallel with cortisone ”[15, p. 368]. We are not even talking about any herbal medicine that eliminates the side effects of corticosteroids, although, as you can see, there are intelligible warnings based on clinical experience. The rule of steroid therapy should be an indispensable similar drugs should be prescribed in parallel with cortisone ”[15, p. 368]. We are not even talking about any herbal medicine that eliminates the side effects of corticosteroids, although, as you can see, there are intelligible warnings based on clinical experience. The rule of steroid therapy should be an indispensablephytotherapeutic protection against its hardest complications.

10. Perilla Pankinskaya Perilla pancinica (family Lamiaceae, or Labiate - Lamiaceae, Labiatae). A simple recipe is given: seeds of perilla, radish, white mustard, 8 g each. Decoction for BA. Perilla grows here, but it is not allowed to

application in our country and I have not met in the practice of our phytotherapists.

11. Roots of the Bell verticulata Adenophoraverticillata(this. Bellflower - Campanulaceae). The author believes that bell roots contain saponins and therefore are effective in asthma and other bronchopulmonary diseases.

12. Pharmacy chamomile Matricaria (Chamomilla) recutita, R. discoid Matricaria (Chamomilla) matricarioides (family Asteraceae, or Asteraceae - Asteraceae, Compositae). It is noteworthy that in Korean traditional medicine, these plants are used not only as anti-inflammatory, but also as desensitizing agents. Explaining the anti-allergic effect only by the presence of chamazulene and its predecessors is mechanistic.

13. Choi Thesop [15] also includes Common wormwood Artemisia vulgaris (fam. Compositae) to anti-asthma drugs, appealing to its antihistamine effect, but the author pays most attention to its effectiveness in tuberculosis, confirmed by the experience of many traditional medicine. Wormwood species also contain chamazulene.

14. Walnut Kernel Juglans regia (family Nut - Juglanaceae).

15. Seeds of Sarepta Mustard Brassica juncea (family Cruciferous - Brassicaceae). Above (p. 11) is a recipe with their inclusion in the collection. The fact that mustard seeds help with chronic cough (chronic bronchitis), suffocation, was known not only in Korea. Armenian doctor, encyclopedic scientist Amirdovlat Amasiatsi in the 15th century. recommended mustard seeds for bronchopulmonary diseases [2]. Among the numerous indications for its use, the main direction of the use of mustard in Tibetan medicine attracts attention. It is considered to be one of the best detox products. It is included in the composition of the antidote, which helps "against the poisons that can be given with food," that is, in case of deliberate poisoning. This topic is very relevant today when manufacturers use toxic food preservatives, dyes, and flavorings.

> Take a turnip, which "opened its mouth" in a long rain, Golden myrobolan chebula and mustard one part at a time, And an equal part of garlic, make water pills out of them.(Chzhud-shi)

Mustard seeds in Tibetan medicine are included in complex pills, "which provide safety from poison for a whole year" [14].

16. Seeds, fruits of Ginkgo biloba Ginkgo biloba (family Ginkgo - Ginkgoaceae). The fruits are poisonous. 2 deaths and 12 cases of poisoning by them are described. Ginkgo grows in our Far East. The daily dose for BA and tuberculosis is 8–12 g / day. In Korean medicine, an infusion of fruits in vegetable oil is used (100 days in a dark place). Our own experience suggests that tanakan (Ginkgo extract) is ineffective in cerebrovascular disease.

17. Roots of Stema sessilifolia Stemona sessifolia and other species (fam. Stem - Stemenaceae). Choi Thesop [15] notes the high efficiency of preparations of this toxic alkaloid plant in experimental tuberculosis, bacteriostatic action against mycobacterium tuberculosis

human type, Pseudomonas aeruginosa, pathogens of cholera, plague. An antitussive effect is noted, examples of successful treatment of children with whooping cough are given. The authors pay attention to the high efficiency of the plant for pediculosis, opisthorchiasis.

18. Aboveground part of lingual pyrrhosis Pyrrosia lingua (fam. Polypodiae - Polypodiaceae). In indications for use, in old Korean recipes with stemen, the greatest attention is attracted by pulmonary tuberculosis, whooping cough, bronchitis, and BA. A decoction of 20-40 g with sugar within 3 days stopped seizures in 80% of patients.

19. Branches and roots of the Eagle tree Aquilaria agallocha (fam. Wolfberry - Thymelaeaceae). "The roots of the eagle tree 2 g, the leaves of the eastern biota 4 g, gently grind, take 1 time a day before going to bed with BA."

20. Bark, roots and fruits of Magnolia obovate Magnolia obovate (fam. Magnolia - Magnoliaceae). Poisonous alkaloid-containing plant. In addition to asthma and bronchitis, Choi Taesop refers to reports of the effectiveness of magnolia in progressive paralysis, the consequences of encephalitis. The laxative effect of the three-component collection was noted, its effectiveness in another typical psychosomatic disease (peptic ulcer) - a powder of 10 g of magnolia, 20 g of dry ginger and licorice.

21. Fruits and seeds of Schisandra chinensis Shizandra chinensis (fam. Lemongrass - Shizandraceae). Another confirmation of the expediency of using classical phytoadaptogens in AD. Schizandra preparations have an indirect adrenomimetic effect and, like all adaptogens, mobilize cascades of protective reactions that prevent the development of bronchospasm, sharply reduce the risk of ARVI due to the onset of a state of nonspecifically increased body resistance (SNPS) [10,11] and direct antimicrobial action. The CNPC theory developed by our brilliant compatriot N.V. Lazarev and his school, which allows finding the right phytotherapeutic approaches to a number of diseases, is undeservedly, sometimes deliberately forgotten, is not taught in medical universities.

22. Lobelia sessile (aerial part) Lobelia sessilifolia (fam. Bellflower - Campanulaceae). Contains the alkaloid N-cholinomimetic lobeline, which was once used, like cytisine, as a reflex respiratory analeptic.

Familiarization with the arsenal of traditional medicine in East Asian countries is mandatory, since some plants and their combinations can be used by domestic herbalists. A wide, unparalleled review of RH from the flora of India, shown in AD, was given by DD Khedkar et al. [22]. There are 128 plant species from 51 families. Omitting endemics, I will cite only a few that can attract the attention of domestic phytotherapists: Artemisia vulgaris, Convolvulus arvensis, Polygala arvensis, Sesamum indica, Vitex negundo, Zea mays, Zizyphus xylopyrus, species Cassia, Datura, Euphoran, Oxalis, Sol

Foreign authors have presented the results of the successful use of herbal medicine in BA patients [19, 21, 23–27], for example, an extract of the Borago species in compliance with a double-blind, placebo-controlled method in

randomized trials [24].

MATERIALS AND RESEARCH METHODSthe

Studied effectiveness of multi-component infusions individually selected fees, taking into account the severity of the disease, drug therapy, concomitant diseases, gender, age, constitutional, psychoemotional and other characteristics of patients. The main research method was the frequent clinical observation of patients. On repeat visits, adjustments were made to the composition of the collection.

Despite the fact that the focus of our attention was on patients with a neurological profile, more than 120 patients with asthma have gone through many years of practice, the success of herbal therapy was in reducing the frequency and severity of attacks, even completely eliminating them, the frequency of using the inhaler, the possibility of complete cancellation of corticosteroids and relief of complications. Patients who previously used, for example, berodual, noted that against the background of phytotherapy, inhalations are carried out unnecessarily, out of habit, with moderate shortness of breath, for fear of an attack. The patients especially noted the elimination of nocturnal attacks, breathing difficulties, and, accordingly, partial or complete relief of insomnia.

Patients with hormone-dependent form BA, joining geriatric problems, least sensitive to herbal medicine. At the same time, cases of complete recovery are remembered, which is more typical for children, young patients.

CLINICAL OBSERVATIONS

Observation 1

Patient B. Born on June 25, 1981, he applied at the age of 33. Suffering from asthma since 5 years (presumably allergic to candy). Currently, he considers house dust, fumes, oily fish to be allergens. Allergens, in addition to asthma attacks, provoke edema of the face, burning lips, conjunctiva. From bad habits - chews tobacco. Normostenic. Complains of heartburn, rarely belching. Suffers from chronic cholecystitis, periodically feels moderate pain in the right hypochondrium (painful tapping along the projection of the gallbladder, reduced pulsation on its channel). Ultrasound revealed moderate deformation of the gallbladder and indirect signs of inflammation, as well as microliths in the kidneys. Complains of loose stools, flatulence. Salbutamol causes arrhythmias felt by the patient, however, it is forced to resort to inhalation up to 5-6 times a day, preventing bronchospasm and relieving it. Attacks, shortness of breath is especially troubling at night, sometimes not falling asleep until 3 o'clock, not getting enough sleep. Among other things, he complains of weakness, rapid fatigability. He pays special attention to a decrease in libido and erection, which are certainly associated with insomnia, asthma attacks, and general weakness. The patient is agitated, does not believe in the possibility of not only curing, but even improving, asks for reassurance. At the moment of treatment, hard breathing, single dry wheezing over both lungs. Specifically for this patient, a collection was selected with the inclusion of immunomodulating, antiallergic does not believe in the possibility of not only curing, but even improving, asks for reassurance. At the moment of treatment, hard breathing, single dry wheezing over both lungs. Specifically for this patient, a collection was selected with the inclusion of immunomodulating, antiallergic does not believe in the possibility of not only curing, but even improving, asks for reassurance. At the moment of treatment, hard breathing, single dry wheezing over both lungs. Specifically for this patient, a collection was selected with the inclusion of immunomodulating, antiallergic

plants:

Licorice root Ural 40.0,
Duckweed small 20.0,
Blackhead grass 20.0, Cinnamon bark (cinnamon) 10.0,
Field barker herb Kuril tea 20.0,
leaf 10.0,
Shoots of marsh wild rosemary 20.0,
Root of Scutellaria Baikal Leaf 20.0,
and col. yarrow
20.0,
Color chamomile 20.0,
Aromatic Turmeric Root 10.0,
Medicinal Ginger Root 20.0,
Remania Glutinous Root 20.0,
Grass of a series of tripartite 20.0,
Fireweed leaf of an 40.0,
ukzkolistny Herb of 20.0,
heartwort Tsv. forest bather 20.0,
Tenacious hop cones 10.0,
Walnut leaf 10.0,
Europian Herb Coriander 20.0,
Seed Flowering Tops 20.0,

common goldenrod White 20.0,
birch leaf 30.0,
Stigma and columns of corn 10.0,
Grass St. John's wort 20.0,
meadowsweet Stinging nettle 20.0,
leaf 20.0,
30.0,
Blooming tops of common
tansy 20.0,
Color calendula officinalis,
Peppermint herb,
Oregano herb, Lemon balm
herb, Common fennel seed,
Common anise seed, Nutmeg,

Badian - 10.0 each,
May rose hips 40.0.

Cooking method: 2 tablespoons of the crushed collection pour 0.8-1 l of water, soak, stirring. Bring to a boil in an enamel bowl without chips, simmer over low heat for 5-7 minutes, drain everything with raw materials into a thermos, filter

when consumed. Daily dose. Application: position as tea, loading dose in the morning, up to 1 glass, then adhere to the principle "the more often the better", drink the infusion warm, preferably tea consumption not only before meals, but also after, in the inter-digestive intervals.

In addition to plants with proven or suspected desensitizing activity, we have used choleretics and hepatoprotectors here, in particular, a part of Polyphytochol according to the Tibetan recipe: mint, tansy, nettle, rose hips, licorice, corn stigmas instead of immortelle, as well as birch, goldenrod, calendula, labaz, St. ...

The most pronounced stress-limiting properties are possessed by fireweed, kupyr, motherwort, zyuznik, valerian, meadowsweet, St. John's wort. This does not mean that only these properties are inherent in the listed plants. So, the anti-inflammatory properties, background for the indicated LR, are most pronounced in licorice, string, chamomile, yarrow, meadowsweet, St. John's wort. Equally detoxifying activity is shown not only by turmeric, ginger, but also by many other species.

The above composition is by no means a dictate, but a call to creativity. The number of components is sometimes limited by their presence (remania, turmeric and other spices).

The result of the collection treatment is that the patient does not need an inhaler, but nevertheless, before going to bed, one time (instead of 5–6) resorts to it. No wheezing rales. He believes that he has become more resilient and calmer (confirmed by contact with the patient). Heartburn, belching do not bother. Pain in the right hypochondrium became rare. The wife is pregnant. The patient resorted to our herbal medicine for 3 years, until he considered himself healthy. The composition of the fees was changed depending on the circumstances, fluctuations in well-being, but mainly reduced in the amount of ingredients, since a positive result was achieved with respect to the main BA disease.

Observation 2

Patient N. (born 04/26/1949) applied at the age of 69 in 2018. After suffering pneumonia in 1972, house dust, book dust, detergents cause asthma attacks with expiratory-inspiratory dyspnea, massed whistles, and dry cough. Inhalation of berodual since 1980 2-6 times a day, which sometimes causes palpitations. She is taking the hormonal drug seretide. Smokes up to 15 cigarettes a day. Weight 100 kg with a height of 166 cm. Elements of physical education are absent. Philologist, university teacher. She reacts sharply to negative changes in him, is easily stressed, which is the most likely cause of seizures. For several years after the death of her mother and her sister, she suffered from reactive depression, which has not yet passed. Complains of rapid fatigue, weakness, drowsiness, hyperhidrosis (changes shirts, the pillow gets wet). There are practically no night attacks. Sleep soundly. Insomnia manifests itself in the fact that he wakes up at 5 o'clock in the morning and cannot fall asleep. Concerned about heartburn, for which "moderate" takes omez. Fruits cause flatulence, discomfort. Hemorrhoids without exacerbations. Sometimes the right hypochondrium hurts, but ultrasound does not detect pathology. Working blood pressure - 140/90, at pressure

160/90 there is dizziness, a sharp deterioration in health. An adult son does not work, and her husband receives a meager pension. Forced to look for any extra work (teaching), which exhausts, neurotizes the patient. The forecast is pessimal.

After 2 courses of herbal medicine (7 months = 2019), she notes a withdrawal from depression, an increase in mood and performance (she still gets tired). She stopped taking seretide. There are no attacks of suffocation, wheezing, dry cough. “It became easier to breathe,” but shortness of breath still worries, and therefore sometimes takes berotek. Respiratory exercise according to Strelnikova. Heartburn worries much less (taking omez). Complains of flatulence and edema. No headaches. Rises in blood pressure have become less frequent and less painful. The composition of one of the fees that led to a pronounced effect:

Licorice root naked 30.0,
Hypericum perforatum Herb 30.0,
Nutmeg 10.0,
Badian 10.0,
Turmeric 10.0,
Ginger 10.0,
Peppermint herb 10.0,
Oregano herb Creeping thyme 10.0,
herb Common fennel fruits, 20.0,
Fragrant dill fruits,

Common anise fruits,
Coriander fruits, Common caraway fruits, Black currant leaf,
Unabi fruit - 10.0 each,
Rowan berries, Corn stigma,

White willow leaf,
Common raspberry leaf Herb - 20.0 each,
of medicinal sweet clover 30.0,
Herb of a series of tripartite 20.0,
Tsv. chamomile 20.0,
Color common yarrow Tsv. 20.0,
meadowsweet 30.0,
Meadowsweet leaf Althea 30.0,
officinalis Root Cetraria 20.0.
Icelandic Thallus Azure blue 20.0,
herb 20.0,
Color elderberry black 20.0,
Marsh cinnamon grass 20.0,
White mulberry leaf 20.0,
Flax seed 30.0,
Cinnamon rose hips 40.0,

Sage officinalis leaf 20.0,
Fireweed leaf narrow-leaved 40.0,
Herb motherwort heart Rhizome of20.0,
Valerian officinalis 20.0.

In the future, the patient's condition worsened: hepatic colic, ultrasound confirmed cholelithiasis, cholecystectomy, moderately pronounced postcholecystectomy syndrome, recurrence of asthma attacks, taking berodual, skin manifestations of allergies, more frequent hypertensive crises (taking lozap). After 3 months. after the operation, it was possible to achieve a reduction and absence of seizures, but the general condition leaves much to be desired. The composition of the collections was revised for their expansion due to remania, mallow, wild rosemary, calamus, elecampane, skullcap, duckweed, nightshade and other desensitizing plants, which led to a clinical effect.

Observation 3

Patient R. (born May 30, 1949) First came in 2013 at the age of 66. In 2010, there was Quincke's edema, and then ACVA (lips became numb, speech was impaired). He has been undergoing treatment for BA since September 2013 (hospitalization in the 3rd city hospital of St. Petersburg). Allergy to dust, dog hair. After discharge, frequent attacks of suffocation, almost constant shortness of breath. Emergency and first aid relieve seizures, oxygen helps. Berodual is not always effective. She was exposed to ARVI (3-4 times a year), in September 2013 against the background of ARVI - status asthmaticus, resuscitation. Regardless of whether this disease is classified as an atopic or infectious-allergic form of asthma, it is clearly necessary to increase resistance to colds.

Working blood pressure - 110 / 60-70 mm Hg, at 120/80 and above - severe diffuse headaches, nausea, vomiting (cerebral crises), with a blood pressure of 175/100, hospitalized in the intensive care unit. Lozap does not take regularly. Complains of heartburn (Erosive gastritis was detected according to EGDS), belching (presumably due to diaphragmatic hernia), less often nausea, occasionally moderately aching at the level of the left hypochondrium, constipation (stool every other day or less). Varicose veins. Swelling. The patient is exhausted by illness, hospitalizations, neurotic to the point of crying and crying. Suffers from insomnia. Severe concomitant pathology makes the prognosis doubtful. An example of one of the more advanced fees:

Ural licorice root 40.0, Baikal skullcap root Black nightshade 20.0,
herb 20.0,
Grass of violet tricolor 20.0,
duckweed small 20.0,
Common blackhead herb. 10.0,
Herb of field barker 20.0,
Marshmallow root Cinnamon 30.0,
10.0,
Icelandic cetraria 20.0,

Herb of lungwort officinalis Herb 20.0,
of spring primrose 20.0, Rhizome
calamus marsh Root of 20.0,
elecampane high 20.0,
Sheet, color elecampane high
20.0, herb sweet clover, large 20.0,
plantain leaf, marsh rosemary 20.0,
herb 20.0, gray hiccup grass,

Herb of creeping thyme, Herb
of lavender spicate, Herb of
oregano, Herb of lemon balm,
Peppermint herb,

Fruits of anise ordinary, Star
anise,
Nutmeg,
Turmeric,
Ginger - 10.0 each,
Marsh creeper grass 30.0,
blueberry grass 20.0,
White mulberry leaf 20.0,
Horsetail herb 20.0,
Cornflower herb Meadow 30.0,
raspberry leaf 20.0, White willow
leaf 20.0,
Color meadowsweet 30.0, leaf
meadowsweet grass 30.0,
20.0,

20.0,
20.0,
Color and the fruit of the
blood-red hawthorn - 10.0 each,
Meadow geranium grass 20.0,
Herb of Veronica long-leaved. 20.0,
Fruits of May rosehip 40.0.

Preparation and use for collection - see Observation 1. I do not comment on the details of a 2-year continuous massive herbal medicine with similar collections with the introduction of unabi, echinacea, eucalyptus, kurilian tea and other LR, with an attempt to help not only about asthma, but also about hypertension, prevention of recurrent stroke, constipation. Despite the dubious prognosis, there are no asthma attacks in 2015, as well as cerebral-type crises. He does not take any medications for hypertension and asthma. No constipation. Does not have ARVI. In 2015, she did not call emergency help. WITH

it became easier for the patient to communicate, since the symptoms of neurosis were practically stopped, with the exception of insomnia (Corvalol helps). Failed to eliminate heartburn, belching. In general, the patient assesses the result of herbal medicine positively.

Observation 4

Patient P. came in 54 (born 02.12.1056). Considers himself a BA patient for 10 years (since 2000). Careful collection of anamnesis reveals that the manifestations of allergies in various forms were present in the past. For halva and honey - Quincke's edema in 1996 and 2000. There were also isolated attacks of shortness of breath. In 2006 - hospitalization in 122 medical unit for severe attacks of suffocation against the background of acute respiratory infections (antibiotics, hormonal therapy, on discharge - symbicort). 2 weeks ago, an ambulance, hospitalization, Quincke's edema, an attack of suffocation after cleaning the apartment.

Difficulty breathing, cough in the morning, before bedtime and at 3-4 o'clock in the morning, respectively, inhalation of symbicort at least 3 times. On auscultation, moderate wheezing of medium caliber in both lungs. Working blood pressure - 120/75. Already at 135/80 headaches occur. In the morning he does exercises, breathing along Strelnikova.

Disturbed by moderate dyspeptic symptoms: heartburn, occasionally nausea, bitterness in the mouth. Particularly distinguishes constipation 1-3 days (completely stopped by herbal medicine), flatulence. Complains of rapid fatigue, hot flashes, the frequency and severity of which sharply decreased in the future against the background of herbal medicine. Menopause since 2009, which aggravates the patient's psycho-emotional state. The face swells. She was neurotized, to a certain extent intimidated by doctors (iatrogenic), closed on the disease, suspicious, suggestible, which also required phytotherapeutic correction. An example of one of the multicomponent fees:

Ural Licorice Root	50.0,
Remania Gummy Root	10.0,
Rhizome of Valerian officinalis Herb	20.0,
of pikulnik beautiful	20.0,
	10.0,
Marshmallow root Lebanese	20.0,
plantain leaf Mother-and-	20.0,
stepmother leaf	20.0,
Marsh iris root	20.0,
Thallus of Icelandic cetraria Herb of	20.0,
the field barker Herb of the	20.0,
scepterous mullein Herb of spring	20.0,
primrose Herb of the medicinal	20.0,
plant Lungwort Rhizome of the	20.0,
marsh calamus Root of the high	20.0,
elecampane Herb of the common	20.0,
blackhead Duckweed	20.0,
	20.0,
Shoots of wild rosemary	20.0,
cinnamon	10.0,

Grass of a series of tripartite Tsv. 20.0,
baskets of chamomile pharmacy 30.0,
Tsv. common yarrow Black currant 20.0,
leaf 10.0,
Gleditsia prickly bean valves 10.0,
Knotweed grass 20.0,
Highlander serpentine herb 30.0,
Meadow grass 20.0,
Color elderberry black 20.0,
Herb Hypericum perforatum 20.0,
Herb of oryllia one-sided Fruits 20.0,
of May rosehip Herb of violet 40.0,
tricolor, Herb of lavender
spikelet,
Lemon balm herb, Oregano
herb, Peppermint herb,

Creeping thyme herb,
Karkade,
Nutmeg,
Badian,
Aniseed fruits, Tenacious
hop inflorescences, Walnut
leaf - 10.0 each.

Preparation and use of the collection - see Observation 1. A bioassay is required for tolerance: 1 teaspoon of the crushed collection is boiled in 1 glass of water. Take in fractional portions throughout the day. Result: within2 years of phytotherapy attacks and acute respiratory infections were not. Only in2013, against the background of acute respiratory infections, there was an attack, hospitalization, aminophylline, panangin, dexamethasone in droppers, symbicort. After 3-4 years, she expanded her physical activity to the previous level: orienteering, running, skiing. Suffocating attacks, no hot flashes.

After 4 years, there are no attacks, practically no acute respiratory infections. Symbicort does not inhale. The main complaint is cephalalgia, diffuse, a feeling of heaviness in the occiput, auricle and eyes. Feeling of a "swollen head" at night. Frequency - 4 times a year. Nise helps, Cavinton was prescribed in the clinic (the drug vinca minor), and for hypertension (cephalgia at 135/80 per month 1 time) - lozap. The patient claims that the breaks in herbal medicine lead to a worsening of the condition, the result is highly positive.

Observation 5

Patient I. was born on December 26, 2009. Brought by the mother on 10/26/15 (at the age of 5 years 10 months). The diagnosis of atopic asthma, alimentary allergy, atopic dermatosis (remission) was made during hospitalization in June 2014. Ventolin, antihistamines and other drugs were used, which did not lead to a persistent effect, relief of episodes of bronchospasm, dry wheezing. Allergy, however,

not only food, but also for cats, dogs, birch, linden, chrysanthemums, possibly for house dust. Of the food allergens, only nuts have been identified that cause conjunctivitis, coughing, wheezing, becoming more frequent in kindergarten. The period of pregnancy of the mother is aggravated: the threat of miscarriage, hypertension, preeclampsia, cesarean section. Breastfeeding up to 1.5 years. She is not inclined to ARVI. The child suffers from tics, is capricious, neurotic, depressed by the disease, but he willingly took various herbal infusions. Moderate hypotrophy, painful percussion in the projection of the gallbladder. Dry wheezing over both lungs. The composition of the collection, taking into account not only asthmatic, but also neurological symptoms:

Ural licorice root 40.0,
20.0,
20.0,
Rhizome calamus marsh Root 10.0,
elecampane high Leaf, stem, col. 10.0,
elecampane tall Grass of a series of 20.0,
three-part Grass of bittersweet 20.0,
nightshade Grass of violets tricolor 10.0,
20.0,
The grass of the field barker, Tsv. 30.0,
calendula officinalis Leaf of 20.0,
Viburnum vulgaris Leaf of dasifora 20.0,
dwarf shrub Rhizome of Scutellaria 20.0,
of Baikal Tsv. chamomile 20.0,
20.0,
Yarrow herb Marshmallow root 20.0,
30.0,
Thallus Cetraria Icelandic Iris 20.0,
marsh root 10.0,
True Ginseng Root Remania 10.0,
Root Glutinous 10.0,
Herb of lungwort officinalis 20.0,
Black elderberry leaf 20.0,
Anise seed Meadow mint 10.0,
herb 20.0,
Rhizome of medicinal ginger 10.0,
Rhizome of zedoaria turmeric 40.0.

The root of an elite plant of traditional Chinese medicine - Remani, steamed (black) was used. Known and putative desensitizing plants are highlighted. The bioassay of the collection infusion tolerance passed without complications. Then the child drank 0.8-1.0 liters of infusion from 2-2.5 tablespoons of the collection. Repeated admission on January 26, 2016, according to the mother, morning cough, episodes of dry wheezing were stopped within 1.5 weeks and did not recur. The mother noted the positive dynamics of the psychoemotional status: the child is not depressed, more contact, less often whims and tears. It is especially important that you have completely passed

tics. Above the lungs, puerile breathing without wheezing. With successtreatment continued with the same collection with minor changes: canceled iris (deficit), added edible fruits of an elite plant of East Asian countries [8] ziziphus unabi ("breast berry"), included not only leaves, but also flowers of black elderberry. Several repeated courses of herbal medicine have led to a complete recovery from AD and relief of neurosis symptoms. This observation confirms the more pronounced effectiveness of herbal medicine in children.

I will give a list of plants that we used in the collection in the treatment of patients with different forms of asthma [4]. The large number of plants is explained by the fact that we followed one of the rules of traditional medicine: the use of synergist tape. Individual selection of components of fees also expands the range of types used. Despite the fact that our arsenal (more than 300 species) is aimed mainly at treating patients with destructive (multiple sclerosis) and vascular diseases of the brain (chronic, acute cerebrovascular accident), it contains those plants that are indicated for AD. Finally, the large number of types used is explained by the fact that all diseases of patients, syndromes, symptoms, complaints, the level of stress vulnerability, constitutional features, psycho-emotional status, and the specificity of a particular case were taken into account. Below is the frequency of including the plant in fees in percent. Fees were prescribed to patients with atopic, infectious-allergic and neurogenic forms of asthma, as well as with a combination of these forms, which is most often observed in practice.

1. Licorice naked Glycyrhiza glabra, S. Ural G. uralensis, root - 100%, grass - 12%.
2. A series of tripartite Bidens tripartite, grass - 76%.
3. Black elderberry, Sambucus nigra, flowers - 52%, leaf - 16%.
4. Common raspberry Rubus idaeus, leaf - 63%, roots - 1%.
5. Fireweed narrow-leaved Chamerion angustifo-lium, leaf - 63%.
6. Marsh wild rosemary Ledum palustre, shoots - 58%.
7. Plantain large Plantago mojor, leaf - 57%, seed - 5%
8. Chamomile Matricaria chamomilla, flowers, grass - 54%.
9. Common Chernogolovka Prunella vulgaris - grass 50%.
10. White birch Betula alba, leaf - 48%.
11. Meadowsweet, Filipendula ulmaria flowers - 32%, leaf - 15%.
12. Oregano Origanum vulgare, herb - 44%.
13. Horsetail, Equisetum arvense, grass - 40%, H. forest E. Sylvaticum - 3 %.
14. Salvia officinalis Salvia officinalis, leaf - 43%.
15. Elecampane tall, Inula helenium, root - 41%, grass - 3%.
16. Icelandic moss Cetraria islandica - 39%.
17. Stinging nettle Urtica dioica, leaf - 37%.
18. Mother-and-stepmother ordinary Tussilago farfara, leaf - 36%.
19. Dill fragrant Anethum graveolus, fruits - 33%.
20. Motherwort heart. Leonurus cardiac, grass - 32%.
21. Black currant Ribes nigrum, leaf - 30%.

22. Species of resins, flowering tops of Silene sp. - 29%.
23. Althaea officinalis Althaea jfficinalis, root - 28%.
24. Yarrow Achillea millefolium, flowering tops, leaves - 28%.
25. Spring adonis Adonis vernalis, grass - 26%.
26. Common anise Anisum vulgare, fruits - 26%.
27. Marsh calamus. Acorus calamus, rhizome - 26%.
28. White willow Salix alba, leaf - 26%.
29. Melilotus officinalis Melilotus officinalis, herb - 23%.
30. Lungwort unclear Pulmonaria obscura, grass - 23%.
31. Peppermint Mentha piperita, herb - 23%.
32. Medicinal ginger. Zingiber officinalis, rhizome - 20%.
33. Ephedra horsetail Ephedra equisetina, leafy branches - 20%.
34. Aralia high Aralia elata, root - 18%.
35. Eleutherococcus spiny Eleuterococcus senticosus, root - 18%.
36. Dandelion medicinal leaf - 16%, root - 2%.
37. Calendula officinalis Calendula officinalis, col. - 17%.
38. Common wormwood Artemisia vulgaris, grass - 17%.
39. Shepherd's purse Capsella bursa pastoris, grass - 16%.
40. Cuckoo adonis Coronaria floscuculi, grass - 15%.
41. Curly hops Humulus lupulus, cones - 15%.
42. Sandy immortelle Helichrysum arenarium, flowers - 14%.
43. Common heather Calluna vulgaris, flowering tops - 14%.
44. Coriander seed Coriandrum sativum, fruits - 14%.
45. Catnip Nepeta cataris, grass - 14%.
46. Common tansy Tanacetum vulgare - 14%.
47. Common mountain ash Sorbus aucuparia, flowering tops - 14%.
48. Small duckweed Lemna minor - 14%.
49. Scots pine Pinus sylvestris, buds - 13%, needles - 1%.
50. Blueberry Vaccinium uliginosum, herb - 13%.
51. Zea mays corn silk - 13%.
52. Common toadflax Linaria vulgaris, grass - 13%.
53. Rape arcuate Barbarea arcuate, grass - 13%.
54. Rosehip cinnamon Rosa cinnamomea, fruits - 13%.
55. True bedstraw Galium verum, grass - 11%, P. northern Galium boreale - 8%.
56. Greater celandine Helidonium majus, grass - 12%.
57. Meadow rank Lathyrus pratensis, grass - 12%.
58. Blood-red hawthorn Crataegus sanguinea, fruits - 11%.
59. Valeriana officinalis Valeriana officinalis, rhizome - 11%.

In total, 167 types of raw materials, at least 160 species of plants, were used in the collection for the treatment of patients with asthma. Less than 10% of collections included 97 species. The reality of including plants in the collection does not correspond to our wishes, for the reason that we do not always have the necessary stock of raw materials. So, lemongrass (4%), leuzea (6%), rhodiola (1%), zamaniha (2%), purple sedum (2%) followed

apply much more often, combining them with each other and other classical phytoadaptogens. Single adaptogens or their combinations were used only in 25% of collections.

Common juniper cone berries (5%) and its needles (2%) are interesting not so much as diuretics, but as powerful antimicrobial agents containing a large amount of phytoncides that allow the prevention of acute respiratory viral infections, prevent exacerbations of asthma both in infectious-allergic and other its forms. Such desensitizing, immunocorrecting plants (the leader is licorice), such as yarrow (28%), tansy (14%), duckweed (14%), viburnum (5%), nightshade (4%), burdock (4%), skullcap (2%), sea buckthorn (2%), remania (2%), Kuril tea (1%) in cases of atopic and infectious-allergic BA should be used more often than we are able to do it. The most difficult problem of phytotherapy for patients with asthma and other diseases is the lack of state supply of plant raw materials,

Taking into account the increase in the incidence of asthma and other diseases of an allergic nature, studies of the desensitizing properties of RL should be carried out on a regular basis, and not be of an episodic, random nature. Particularly significant is a systematic clinical study of the effectiveness of basic phototherapy in combination with additive methods: acupuncture, manual therapy options, moxa (moxibustion), su-jok, hirudotherapy, which are not widely used in our country. From my own observations, I would like to draw attention to the effectiveness of even non-professional (parental) massage. In a number of cases, it was possible, like other colleagues, with the help of massage to relieve even severe, prolonged seizures in children, and in 1 case - irritation of the ulnar nerve.

BA provocateurs can be not only FOS poisoning (in 1 case, after their use, children were admitted to kindergarten without wet cleaning), but, oddly enough, even traces of FOS spilled a little on the mezzanine, used in the form of a pencil for processing baseboards, etc. .d. Taking into account these nuances, considering the purposeful selection of the LR arsenal according to the examples given in this publication by phytotherapists, and preferably also by pulmonologists, pediatricians, would sharply raise the bar of therapeutic effect in the treatment of BA patients.

CONCLUSION

The main problem of increasing the effectiveness of treatment of BA patients through the introduction of phytotherapy methods (and naturopathy in general) is their complete neglect on the part of our health care system. There are no experimental, and most importantly, clinical studies to assess the undoubted effectiveness of herbal medicine, judging by foreign publications and our own experience. The problem, moreover, is that many thousands of years of positive experience of traditional medical systems, the basic discipline of which is herbal medicine, is ignored.

Modern research confirms efficiency methods traditional medicine in the treatment of BA patients. Herbal medicine remains with all its

complications with an uncertified, ignored method of treatment. There is completely no state support in terms of organizing practical and research centers of phytotherapy capable of applying the necessary methods both in especially difficult cases that cannot be treated with drugs, and more massively, for example, with the aim of improving the population's health, preventing complications of bronchopulmonary diseases.

One of the problems of the experimental search for anti-asthmatic phytopreparations is the impossibility of reproducing the disease in animals, focusing only on the removal and prevention of experimental bronchospasm. Pharmacological research studies extracts obtained using unnatural solvents from a single plant or even a single substance from a plant, ignoring the experience of traditional medicine about the effectiveness of extemporal aqueous extracts from multicomponent collections. Surpassing the supposedly modern approach to the study of the positive effect of LR, they are trying to isolate the "active substance" or a fraction of the "active substances", although this eclectic approach has failed.

Failure to perceive the concept of the need to preserve the native complex of natural compounds, which, in fact, is successfully operated by herbal medicine of traditional medicines, also prevents the achievement of a therapeutic effect. Deliberate pursuit of what is considered modern leads to targeted studies of certain interleukins, interferons, mononuclear antibodies, with some misunderstanding that we cannot compile a complete picture of the immune, hormonal, mediator, metabolic status of a BA patient, and therefore again eclectically distinguish the "main links of pathogenesis."

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