

Homeopathy in Clinical Pediatrics  
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HOMEOPATHY IN CLINICAL PEDIATRICS  
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#### SUMMARY

The review summarizes domestic and foreign experience in the scientific and practical application of the homeopathic method of treatment and homeopathic pharmacy of various diseases in clinical pediatrics, studies controlled by methods of functional and laboratory diagnostics. It is used in children with diseases of the ears, nose and throat, skin diseases, lesions of the musculoskeletal system, respiratory system and emotional-behavioral problems. The use of homeopathic remedies is an effective method for correcting disorders and can improve the health and quality of life of children.

Key words: homeopathy, childhood.

#### RESUME

The review summarizes national and international experience in scientific and practical application of the homeopathic pharmacy and homeopathic treatment of various diseases in clinical pediatrics and researches, controlled by methods of functional and laboratory diagnostics. Treatment of children with diseases of the ear, nose and throat, skin diseases, lesions of the musculoskeletal system, respiratory system and the emotional and behavioral problems is considered. The use of the homeopathic remedies is an effective method for correction of disturbances and allows to improve level of health and quality of life in children.

Keywords: homeopathy, childhood.

The widespread use of complementary and alternative medicine in children is recognized by the American Academy of Pediatrics and, as a result, the need is expressed to provide information support to pediatricians in this area of medicine [32]. Complementary and alternative medicine is widely used in children and in the United Kingdom. So, for example, with the consequences of traumatic brain injury, massage is used in 22.4%, cranial osteopathy - in 21.4%, aromatherapy - in 18.4%, homeopathy - in 14.3%, hyperbaric oxygenation - in 3, 1% of victims [22]. Among children and adolescents with chronic diseases, a high prevalence of the use of complementary medicine methods is recorded in all

the world: in cancer patients in 42% of cases, in 70% of children with juvenile rheumatoid arthritis, in 72% of children with inflammatory bowel diseases, 32% of children with newly diagnosed autism, in 54% of children with behavioral problems and in 56% of children with cerebral paralysis [23]. An increasing number of patients are using homeopathy services. The use of homeopathy is not limited to adults and is often used in children (11–18%) for diseases of the ears, nose and throat, skin diseases, lesions of the musculoskeletal system, respiratory system, and emotional-behavioral problems [38]. Pediatric homeopathy is very popular in European countries, especially among children from families with high socio-economic status. High level of use of homeopathy in children, for example in Germany, guaranteed to provide a critical analysis of the clinical efficacy and economic feasibility of such treatment, monitoring by laboratory and functional diagnostic methods [26]. Most of the homeopathic prescriptions for children are given before the age of 1 year (8.0 / 1000 registered children) for intestinal colic, cuts, bruises and teething. The appointments are made at the insistence of the parents for two reasons. Firstly, due to dissatisfaction with the effect (76%), and secondly, due to the large number and severity of side effects (94%) of standard drug treatment [27]. The average incidence of side effects of homeopathic medicines (MPs), studied by controlled clinical trials, is slightly higher than that of placebo (9.4 / 6.1). This difference is statistically comparable and not significant.

In order to further improve the study of the method of homeopathy in the Russian Federation, the use of the method of homeopathy in practical health care is permitted in accordance with the order of the Ministry of Healthcare of the Russian Federation "On the use of the method of homeopathy in practical health care" dated November 29, 1995, No. 335. single-component) homeopathic medicines approved for use, which are part of composite preparations, which significantly expanded the field of application of homeopathy as an integral part of modern medicine in pediatrics.

The purpose of the review was to summarize domestic and foreign experience in the scientific and practical application of the homeopathic method of treatment and homeopathic pharmacy in clinical pediatrics.

In Russian pediatric literature wide discussed the possibility of using homeopathy, with an emphasis on the validity of recommendations for this type of treatment to patients with allergies, asthma and frequent respiratory infections, the need for large-scale studies of the effectiveness and safety of alternative methods. A cautious attitude towards the use of preparations containing an animal component in children is expressed.

The effectiveness of drugs produced using phytoniring technology is confirmed, creating an "engineering" structure of the complex

complementary herbs inherent in the preparations produced by the company "Bionorica AG" (Germany) - the world recognized leader of broad scientific and clinical research in the field of phytotherapy. The compositions of Tonsilgon N, Sinupret, Bronchipret and the results of their tests are well covered. Thus, the assessment of the effectiveness of Bronchipret, which is an extract of thyme, ivy and primrose root, in acute bronchitis in comparison with acetylcysteine, was carried out in a multicenter comparative cohort study. More than 7000 patients with acute uncomplicated bronchitis took part in it. The results of the study showed that Bronchipret is superior to a synthetic mucolytic, both in clinical effect and in the absence of side effects. This model also compares the anti-inflammatory properties of Bronchipret and Acetylcysteine, compared with the reference substance Phenylbutazone [1]. In the experiment, Bronchipret drops lead to a rapid dose-dependent delay in edema during the first two hours after induction. Thyme extract has a particularly high anti-edema effect (52% versus 20% Acetylcysteine). The maximum effect lasts 2 hours and corresponds to the action of the reference substance. The work of domestic scientists investigated the effectiveness of the drug Tonsilgon N in the prevention of influenza and acute respiratory infection (ARI) in organized groups of schoolchildren [2]. Its high efficiency has been proven. The morbidity compared with the group of children who did not receive it decreased 3.6 times, the average number of days missed due to illness while taking the drug decreased 6.5 times, the proportion of severe forms of the disease decreased significantly (from 48.0 to 12.5 %). At the same time, the incidence in comparison with the group of children vaccinated with the Grippol vaccine is 1.2 times lower. The convenient form of the drug and the frequency of administration (3 times a day) allows you to effectively carry out preventive measures in organized teams. The absence of contraindications and side effects, and most importantly of allergic reactions, also contributes to its widespread use in children. The results allowed us to conclude that Tonsilgon N, which has a pronounced immunomodulatory (marshmallow root, chamomile flowers, horsetail herb), anti-inflammatory (chamomile flowers, walnut leaves, yarrow herb, horsetail herb, dandelion herb), enveloping (walnut leaves, yarrow herb , oak bark) and antiviral (oak bark) effect, can be used as a means of non-specific prophylaxis during an epidemic of influenza and ARI. vaccinated with the Grippol vaccine, 1.2 times lower. The convenient form of the drug and the frequency of administration (3 times a day) allows you to effectively carry out preventive measures in organized teams. 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Medicinal plants that make up the Sinupret preparation (gentian root, primrose flowers, sorrel herb, elder flowers and verbena herb), have a secretolytic (improving the fluidity of pathologically thick mucus, mucociliary clearance), immunomodulatory and anti-inflammatory (reducing tissue swelling, restoring ventilation and ) action, prevent the multiplication of viruses (influenza group A, parainfluenza and rhinosyncytial virus). The results of studying the effectiveness of the use of Sinupret for the prevention of ARI in frequently ill children showed that the use of a phytopreparation reduces the incidence of ARI and influenza, facilitates the course of ARI [3]. Sinupret is well tolerated and

recommended for widespread use for the prevention of ARI in organized children's groups.

Other studies compared the effectiveness of Otsillococcinum and Anaferon for children (a modern drug based on ultra-low doses) when used in preventive and therapeutic dosage regimens in the prevention and treatment of ARI and influenza in children. The use of both drugs during the seasonal rise in the incidence of respiratory infections has reduced the incidence of ARI. Good efficacy and tolerability of these drugs was noted with a tendency to a more pronounced preventive effect when using Anaferon for children than Oscilloccinum. No adverse reactions or adverse events were observed with the use of the investigational drugs [6].

Recently completed studies have compared traditional homeopathic and placebo medicines. The efficacy and safety of treatment of severe non-allergic rhinitis using a patented homeopathic preparation based on red pepper and eucalyptus ICX72 (Capsaicin) was evaluated in comparison with placebo. By the end of the course of treatment in patients receiving Capsaicin, there was a marked difference in changes in the overall severity of nasal symptoms in comparison with placebo ( $p < 0.01$ ), a difference in the mean time to first symptom relief (52.6 seconds,  $p < 0.01$ ), relieve congestion, sinus pain, sinus pressure and headache after 5, 10, 15 and 30 minutes. The effect of eliminating congestion and pain in the sinus area lasted for about 60 minutes ( $p < 0.05$ ). There were no differences between groups regarding side effects. Patients receiving capsaicin, compared with patients in the placebo group, did not experience withdrawal symptoms in the form of recurrent nasal congestion or impaired sense of smell by the end of the study. A controlled study has shown rapid and safe elimination of the symptoms of severe non-allergic rhinitis with intranasal administration of Capsaicin for 2 weeks [20].

Results presented use of constitutional homeopathic preparation "Calcarea carbonica C30". The use of this drug can reduce the frequency of relapses of broncho-obstructive syndrome and the severity of respiratory failure during a relapse of the disease. Against the background of the use of this drug, the general condition and well-being of patients is significantly improved, the number of cases of viral infections is reduced and paraclinical tests are significantly normalized. Sufficient clinical efficacy, good tolerance and material availability of the drug make it possible to include it in complexes of long-term rehabilitation therapy in children with recurrent bronchial obstruction and to prevent the formation and development of bronchial asthma in this contingent of patients [12]. It was found that the complex homeopathic drug Aflubin,

anti-inflammatory, immunomodulatory, antipyretic, detoxification effect [14].

Research work has been carried out, confirming the high clinical efficacy of complex homeopathic and antihomotoxic drugs in the treatment and prevention of respiratory pathology in children. In the process of work, 2252 children of the main group were examined - children with frequent respiratory diseases, who are under observation in children's city polyclinics in the North-Eastern Administrative District of Moscow. The study showed that the use of nonspecific drugs in pediatrics gives practitioners a new opportunity to choose tactics, methods of prevention and treatment of ARI. One of the most attractive features of homeopathy is a very high degree of personification of drug therapy, taking into account the most subtle features of the course of the disease. A study carried out on the basis of health care institutions in the North-Eastern Administrative District of the city of Moscow on the use of antihomotoxic drugs in the treatment and rehabilitation regimens for children suffering from respiratory pathology, is a significant addition to the existing treatment regimens. [4].

In domestic publications, the main types of complementary and alternative medicine in the treatment of atopic dermatitis in adults and children are considered. In Russia, of the non-drug methods, doctors most often use climatotherapy, as well as homeopathy, while external dermatological agents remain the main type of therapy for atopic dermatitis [11]. Follow-up studies confirm the positive effect of homeopathy in atopic diseases in children and reduce the risk of developing bronchial asthma in older age [37]. The prevalence of allergic rhinitis among the population is over 20%. Symptoms, expressed in bouts of repeated sneezing, nasal congestion and itching in schoolchildren in the Moscow region, occur in 18% of children, and are combined with bronchial asthma in at least 80% of cases. Rhinital is an effective remedy for allergic rhinitis with minimal potential for adverse reactions. It is a three-component homeopathic remedy consisting of *Galphimia glauca* (*Triallis glauca*) native to South America, *Cardiospermum halicacabum* (*Cardiospermum Halicacabus*), common in India, Africa and South America, and *Luffa operculata* (*Luffa growing in laxative*) Africa. The ingredients are presented in Rhinital in D3, D3 and D4 potencies, respectively. The publications of German scientists on the effectiveness of these plants have been found since 1962. A total of 124 children with allergic rhinitis with a disease duration of 5.4 years and a year-round course in most of the patients were treated. An excellent and good therapeutic effect was obtained in 72.4% of patients. The results of clinical examination were confirmed by microscopy of smears from the nasal mucosa, characterized by a decrease in the number of eosinophils. Conducted follow-up studies confirm the effectiveness of the homeopathic preparation for six months [13].

The number of patients using homeopathy in pediatric oncology is increasing [35]. German pediatric oncologists, usually at the initiative of the parents,

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they use methods of complementary medicine in conjunction with standard therapy in 35% of children with cancer. Homeopathy and anthroposophic medicine, including mistletoe therapy, are the most commonly used methods. 89% of parents perceive the results of treatment as positive [34]. Chronic pain often occurs in childhood with malignant neoplasms, as well as sickle cell anemia, rheumatic disorders, inflammatory bowel diseases, and trauma. Therapy for chronic pain in children is multicomponent. Herbal and homeopathic remedies are recommended for use along with pharmacological drugs (non-steroidal anti-inflammatory drugs, opiates, tricyclic antidepressants) and traditional therapy (acupuncture and pressure, aromatherapy) [21]. Cochrane Review, including all age groups of patients with oncological diseases at all stages of the lesion, the effectiveness and safety of homeopathic drugs used for the prevention and treatment of side effects of cancer therapy was assessed. Testing has shown the superiority of calendula preparations over trolamine ointment for the prevention of acute dermatitis during radiation therapy and Traumeel S, a liquid mouthwash (compared to placebo) in the treatment of chemotherapy-induced stomatitis [30].

The literature discusses the need for early diagnosis and treatment of functional disorders of the gastrointestinal tract in children, optimization of diagnosis and treatment of young children using traditional medicine. The comparison of the effectiveness of homeopathic therapy with the generally accepted schemes for the correction of these disorders. Homeopathic treatment has proven to be an effective therapy. The drugs have no side effects and are well tolerated by young children [8]. Data on the comparability of the clinical, endoscopic and morphological efficacy of homeopathic and standard therapy for chronic inflammatory bowel diseases in children are presented, which makes it possible to recommend the homeopathic method as an alternative therapy in children with drug intolerance or lack of effect from standard drug treatment. Homeopathic treatment includes complex homeopathic preparations: Mucose compositum (solution for injection, ampoules, registration certificate (RU) No. 012916 / 01-2001) intramuscularly 2.0 ml 2 times a week, 5 injections in total; Gepar compositum (solution for injection, ampoules, RU No. 013496 / 01-2001) intramuscularly, 2.0 ml 2 times a week, 5 injections in total; Traumeel S (RU No. 012359 / 01-2000) 10 drops twice a day for 3 weeks. The criterion for the effectiveness of treatment is the dynamics of subjective and objective signs of the disease, the endoscopic picture of the distal intestine, an independent morphological study of the biopsy material. The proposed treatment regimens with complex homeopathic preparations in children with chronic colitis in the acute phase are recommended for use by doctors, without special education in homeopathy [16]. There is evidence that the inclusion of homeopathic medicines Arbio-2 and Arbio-3 in the complex of treatment of intestinal dysbiosis and iron deficiency anemia in children is effective and necessary, since these drugs

positively affect the synthesis of inflammatory mediators - interleukins (IL), in particular, IL-1b and its specific antagonist IL-1RA [7]. The inclusion of homeopathic remedies in the treatment of acute diarrhea reduces its duration. As a result of double-blind clinical studies, the duration of diarrhea in 242 children aged 6 months to 5 years in the group receiving homeopathic therapy decreased to 3.3 days compared to 4.1 days in the group receiving placebo ( $p = 0.008$ ). Meta-analysis shows the presence of a clinical effect with a significant difference of 0.66 days ( $p = 0.008$ ), which allows us to consider homeopathy as a complementary component of oral rehydration [29].

Clinical studies indicate a positive therapeutic effect of homeopathy in the treatment of childhood endocrine disorders. Hypothalamic syndrome is one of the most common forms of pathology characteristic of puberty and arising as a result of dysfunction of the hypothalamus and associated structures of the child's central nervous system. A promising direction in therapy is the use of complex homeopathic (antihomotoxic) drugs from Heel (Germany). Homeopathic preparations containing small doses of herbs, minerals do not cause allergic reactions, do not lead to drug dependence. The appointment of antihomotoxic drugs allows homeopathy to be organically integrated into the structure of existing therapy methods, increasing the effectiveness of hormone therapy, activating the body's own sanogenetic forces with the help of mild irritation, positively affecting the restoration of the immunological balance, the release of toxic substances and the elimination of excess free radicals [9]. Methods are being developed to optimize the treatment of reproductive disorders in girls with hypothalamic syndrome by the method of pharmacopuncture of homeopathic preparations in biologically active points. In the treatment, preparations for internal use are recommended: drops Ginekohel, Hormel; and ampoule forms - Ovarium-compositum, Placenta-compositum. The drug Ovarium-compositum provides targeted organ-specific stimulation. It contains extracts from the pituitary gland, ovaries, placenta, uterus and fallopian tubes, which have a regulating effect in case of menstrual irregularities, ovulation, and growth disorders. In addition to extracts from tissues that directly affect the regulation of the menstrual cycle, Placenta-compositum contains plants, one of which is ergot, which is the initial component for the drugs Bromergon and Bromcriptine, which are often prescribed for menstrual disorders. Due to the simultaneous stimulation of acupuncture points and pharmacotherapy, a pronounced potentiation of the adaptive-harmonizing effect was obtained [10]. A follow-up assessment was carried out for two years of homeopathic treatment of adolescent dysmenorrhea in 13-14-year-old girls. An improvement in the condition and hormonal spectrum was noted in all patients, and in 45.5% of cases the diagnosis was withdrawn [41]. The use of homeopathy in children with type 1 diabetes is less common than documented in adults. Parents,

additional therapy to improve the well-being and quality of life of the child [24].

The actual data justifying the use of homeopathy for emotional and behavioral problems of childhood are presented. A study of the effectiveness of prolonged use of homeopathic medicines Sulfur (Sulfur) and Pulsatilla (Lumbago), conducted in 97 healthy adolescents with an average age of 19 years, indicates the presence of a psychophysiological effect, ascertained by electroencephalographic (EEG) control. Repeated sessions of intranasal use of homeopathic remedies change the EEG response of all frequency ranges ( $\delta$ ,  $\theta$ ,  $\alpha$ ,  $\beta$ ) in comparison with placebo. The most pronounced changes are characteristic of the  $\beta$ -rhythm [19]. Short-term use of the same drugs changes the EEG-severity of only the alpha rhythm, which allows the use of EEG control as an objective biomarker for distinguishing the time-dependent effects of specific homeopathic remedies [18] in the treatment of pathology of the nervous system. A double-blind, partial cross-over study of homeopathic medicines confirms efficacy in the treatment of attention deficit hyperactivity disorder (ADHD) [36]. ADHD is a common behavioral disorder in preschool and school age. Disturbed attention, hyperactivity, and impulsivity are key symptoms. ADHD is associated with difficulties in solving problems and overcoming conflicts, poor relationships with peers, activity associated with risk, underdeveloped motivational sphere, anxiety, increased vulnerability, and mood instability. With drug therapy for ADHD, drugs are indicated having a stimulating effect on cognitive functions that are insufficiently formed in such children (attention, memory, organization, programming and control of mental activity). Domestic specialists in the treatment of ADHD traditionally use drugs of the nootropic series [5]. In a systematic review providing information on the efficacy and safety of the use of drugs and measures in the treatment of ADHD, treatments such as homeopathy, drug treatment with allopathic drugs (atomoxetine, bupropion, clonidine, dexamphetamine sulfate, methylphenidate, modafinil, omega-3 polyunsaturated fatty acids ) and psycho-behavioral therapy (alone or in combination with medications) are in the same row [31]. Domestic specialists in the treatment of ADHD traditionally use drugs of the nootropic series [5]. In a systematic review providing information on the efficacy and safety of the use of drugs and measures in the treatment of ADHD, treatments such as homeopathy, drug treatment with allopathic drugs (atomoxetine, bupropion, clonidine, dexamphetamine sulfate, methylphenidate, modafinil, omega-3 polyunsaturated fatty acids ) and psycho-behavioral therapy (alone or in combination with medications) are in the same row [31]. Domestic specialists in the treatment of ADHD traditionally use drugs of the nootropic series [5]. In a systematic review providing information on the efficacy and safety of the use of drugs and measures in the treatment of ADHD, treatments such as homeopathy, drug treatment with allopathic drugs (atomoxetine, bupropion, clonidine, dexamphetamine sulfate, methylphenidate, modafinil, omega-3 polyunsaturated fatty acids ) and psycho-behavioral therapy (alone or in combination with medications) are in the same row [31].

The use of drugs of natural origin, used in low concentrations and for individual indications, is justified in perinatology and infancy. Homeopathic medicines, in comparison with conventional methods of treatment, are characterized by a softer and sparing load on the newborn's body. The drugs are used sublingually, do not cause addiction and withdrawal syndrome, which makes their use especially convenient in neonatal practice in the treatment of various diseases, including hypertensive and hydrocephalic syndromes, against the background of therapeutic massage, gymnastics, physiotherapy, dry immersion in newborns with hypoxic-ischemic damage to the nervous system. Sublingual homeopathic remedies are dissolved in 1 ml of water. Preparations Arnica, Magnesium phosphoricum,

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Apis and Helleborus are prescribed depending on the age of the child (one grain in the first half of the year and two grains in the second, once a day). Helleborus 12 is prescribed one grain every other day, regardless of age. Traumeel S is prescribed depending on the child's body weight (children weighing less than 3500 g - ½ tablet per day; children weighing more than 3500 g - 1 tablet per day). Apis is recommended to be prescribed in the 3rd centesimal dilution (Apis 3 ), and Helleborus - in the 12th centesimal dilution (Helleborus 12) with ventriculomegaly, which occurs intrauterinely or for a long time, and in the 6th (Helleborus 6) in all other cases. The preparation Magnesium phosphoricum is used in the 6th dilution (Magnesium phosphoricum 6), and the preparation Arnica - in the 3rd decimal dilution (Arnica 3x).

With the syndrome of intracranial hypertension (manifested both clinically and with Doppler examination of the cerebral vessels) and the initial signs of expansion of the ventricular system, homeopathic remedies are recommended to be used in the form of monotherapy. With a pronounced expansion of the ventricular system, as well as with ARI layering in children with moderate expansion of the ventricular system, it is advisable to use the combined use of homeopathic and allopathic (Diacarb) therapy. The use of homeopathic drugs allows you to reduce the dose of Diacarb and reduce the duration of the course of taking diuretics, leaving homeopathic therapy as the basic one. With the initial expansion of the ventricular system and hypertensive syndrome, therapy is carried out for one month according to the 6: 1 scheme (1 day - a break). With a moderate and pronounced expansion of the ventricular system, homeopathic medicines are used to compensate for the hydrocephalic syndrome in courses of one month with a week break between courses. With a persisting increase in cerebral vascular tone, detected by Doppler study, it is advisable to add Magnesium phosphoricum 6 to the therapy [17].

Elimination of painful procedural syndrome is a prerequisite for the successful treatment of birth trauma in newborns. Pain suffered during the neonatal period alters the development of the nociceptive system and leads to irreversible functional and structural changes in the central nervous system, leaving long-term memory and changing the program of response to pain in the future. Clinical long-term consequences include changes in neuropsychic development and social behavior, late development of attention, learning ability. The number of methods and means of analgesia, which are used in the neonatal period, are significantly less compared to other age groups [15].

Homeopathy has found its application in the analgesia of newborns with cerebral ischemia, receiving a large number of painful procedures. One such drug with no side effect is Traumeel S. Statistically significant results from a clinical and biochemical study of procedural pain in 79 preterm infants with central nervous system involvement are reflected. The use of Traumeel S intramuscularly or as an ointment before and during painful manipulations affects

reducing the pain of the newborn, changes the behavioral response to pain. Premature infants receiving a homeopathic preparation, in the dynamics of the neonatal period, show a significant decrease ( $p < 0.05$ ) in neurokinin from 17.52 to 2.08 ng / ml and pain hormone - substance P from 2.5 to 0.3 ng / ml ... When comparing the results, it was revealed that premature infants with hypoxic-ischemic lesions of the central nervous system, when treated based on traditional allopathic therapy, from the first day of life, exhibit higher levels of neurokinin and substance P, which persist until the end of the first month of life. When using allopathic therapy on the 7-10th day of life, the concentrations of neurokinin and substance P remain rather high (76.86 and 14.46 ng / ml, respectively), which confirms the persistence of pain syndrome [28].

The therapeutic effect of homeopathic ear drops used in the treatment of otalgia in children with acute otitis media, which are most effective in the early stages of diagnosis, has been confirmed [39]. During 8.5 years of research, reliable material has been accumulated proving the therapeutic activity of Chamomilla and Arnica recommended for teething in soft tissue injuries in infancy [40].

The interaction of drugs with each other has not been studied enough, especially the interaction of anesthetics with phytopreparations. The pharmacodynamic effect caused by herbal components included in the nomenclature of homeopathic preparations is strongly recommended to be taken into account in anesthetic and surgical practice in preparation for emergency, planned operations and postoperative management. The currently available data obtained in studies under the auspices of the Association of Anesthesiologists indicate that the use of phyto- and homeopathic preparations containing some herbal components, in particular, echinacea (Echinacea - an immunostimulant for short-term and immunosuppressant with long-term use), ginger (Zingiber - inhibits thromboxane synthetase, increasing bleeding time), garlic (Allium sativum - reduces platelet aggregation), ginkgo (Ginkgo - reduces blood viscosity), valerian (Valeriana - dose-dependent sedation), St. ), should be discontinued 2-3 weeks before elective surgery. Despite the lack of evidence on pharmacodynamic interactions, the pediatrician, anesthesiologist, and surgeon need to take into account the effect of medicinal herbs taken by the patient and collect a homeopathic history in order to prevent the risk of excessive sedation, hypocoagulation and arterial hypertension during surgery and in the postoperative period [33]. valerian (Valeriana - dose-dependent sedation), St. John's wort (Hypericum - equivalent to tricyclic antidepressants, inducer of cytochrome P450 isoform CYP3A4), ginseng (Ginseng - sympathomimetic, estrogenic effect), should be discontinued 2-3 weeks before elective surgery. Despite the lack of evidence on pharmacodynamic interactions, the pediatrician, anesthesiologist, and surgeon need to take into account the effect of medicinal herbs taken by the patient and collect a homeopathic history in order to prevent the risk of excessive sedation, hypocoagulation and arterial hypertension during surgery and in the postoperative period [33]. valerian (Valeriana - dose-dependent sedation), St. John's wort (Hypericum - equivalent to tricyclic antidepressants, inducer of cytochrome P450 isoform CYP3A4), ginseng (Ginseng - sympathomimetic, estrogenic effect), should be discontinued 2-3 weeks before elective surgery. Despite the lack of evidence on pharmacodynamic interactions, the pediatrician, anesthesiologist, and surgeon need to take into account the effect of medicinal herbs taken by the patient and collect a homeopathic history in order to prevent the risk of excessive sedation, hypocoagulation and arterial hypertension during surgery and in the postoperative period [33]. should be discontinued 2-3 weeks before elective surgery. Despite the lack of evidence on pharmacodynamic interactions, the pediatrician, anesthesiologist, and surgeon need to take into account the effect of medicinal herbs taken by the patient and collect a homeopathic history in order to prevent the risk of excessive sedation, hypocoagulation and arterial hypertension during surgery and in the postoperative period [33]. should be discontinued 2-3 weeks before elective surgery. Despite the lack of evidence on pharmacodynamic interactions, the pediatrician, anesthesiologist, and surgeon need to take into account the effect of medicinal herbs taken by the patient and collect a homeopathic history in order to prevent the risk of excessive sedation, hypocoagulation and arterial hypertension during surgery and in the postoperative period [33].

Thus, an increasing number of pediatric patients of all age groups are using homeopathic treatment as part of a standard therapy regimen to optimize treatment outcomes and improve quality of life. The use of homeopathic remedies appears to be

effective approach treatment diseases different profile, confirmed by laboratory and functional methods of diagnosis and control in childhood. The presence of encouraging evidence of the efficacy and safety of homeopathic therapy in clinical pediatrics does not preclude the need for further research and knowledge expansion in this area of medicine.

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