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TREATMENT OF PATIENTS WITH INFLUENZA A BY AEROSOL INTERFERON IN COMBINATION WITH PROTEFLAZIDUM

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Abstract:

Introduction. The treatment of patients with influenza A makes considerable difficulties. Particular attention is paid on the nonspecific prophylaxis associated with increased activity of natural mechanisms of protection using antiviral and immunotropic drugs. **Purpose of the study.** To study the effect of standard treatment and aerosol interferon in combination with proteflazidum on the dynamics of clinical symptoms in patients with influenza A. **Material and methods.** 30 patients with influenza A were examined and treated. All patients were 18 to 21 years old military men. With the purpose of study efficiency of the proposed treatment, the patients were divided on 2 subgroups: the patients of I subgroup received standard treatment, which included nonsteroidal anti-inflammatory drugs, mucolytic agent, antihistamines, vitamins; the patients of II subgroup received inhalations of aerosol interferon (laferon) in a dose of 500000 UN once a day for the first three days of illness with proteflazidum in a dose 10 drops PO 3 times a day for an hour after meals for 10 days. The administration of aerosol interferon was done by compressor nebulizer. **Study results.** The treatment of patients with influenza A by aerosol interferon in combination with proteflazidum caused the considerable improvement of general condition of patients within 3 days of illness compared with patients who received only standard treatment. The fever, weakness, runny nose, cough were disappeared to the greatest extent in more than 60% of patients. The symptoms such as hyperemia of the mucous membrane of oropharynx, swollen lymph nodes, conjunctivitis were disappeared the slowest in 13,3-26,6% of patients. Nevertheless, at the 4-6th day of illness, these symptoms disappeared in most patients, while in patients who received standard treatment lymphadenopathy continued to remain in 100% of patients. Total frequency of symptoms disappearance within 1-3 days of illness on the background of standard treatment was $(13,0 \pm 4,7)\%$, proposed treatment - $(46,6 \pm 6,8)\%$. **Conclusion.** Treatment of patients with influenza A by laferon in a dose of 500000 UN in combination with proteflazidum caused the considerable improvement of general condition of patients within 3 days of illness compared with patients who received only standard treatment.

Keywords: Influenza, clinical signs, laferon, proteflazidum, standard treatment

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