

**IMMUNOFLAZID EXPERIENCE IN TREATMENT AND PREVENTION OF INFLUENZA AND ACUTE RESPIRATORY DISEASES**

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*Summary.* Efficacy of using Immunoflazid drug with the aim of treatment and prevention was studied. Study findings allow recommending the drug to be included into therapeutical care at influenza and ARI, as well as for the purpose of prevention during unfavorable epidemic situation.

*Key words:* influenza, acute respiratory diseases, treatment, prevention, Immunoflazid.

**Introduction**

Treatment and prevention of acute respiratory infections (ARI) and influenza remain to be a nation-wide problem. High incidence of ARI and influenza, their contagiousness, not always efficient specific prophylaxis, and body defenses decrease in people population is of importance in epidemical course patterns of these diseases.

For the purpose of mitigation of a clinical picture intensity, prevention of secondary viral-bacterial complications in treating patients with ARI and influenza, we used Immunoflazid (MA No. UA/5510/01/01) — an herbal drug developed by “SMC “Ecopharm”, LTD (Ukraine). Active substance of the drug is proteflazid derived from wild cereals *Deschampsia caespitosa* L. and *Calamagrostis epigeios* L.

The principal pharmacological effects of Immunoflazid are associated with its immunomodulatory and antiviral properties. Etiological treatment of influenza and ARI with the drug is stipulated by its mechanism of action. Immunoflazid inhibits activity of neuraminidase enzyme of influenza virus decreasing the possibility of its penetration into the body through airways mucous membrane and exit from the affected cell for further contamination of healthy cells. Also, this drug suspends virus replication by blocking viral RNA synthesis. Immunoflazid promotes synthesis of endogenic interferon of types I and II. Among its direct antiviral action, Interferon I triggers the most essential responses of specific immunity. In such a manner, the drug stimulates humoral and cell-mediated responses of immunity, increases body resistance to viral infections.

Immunoflazid possesses inhibiting action to herpes virus, which is important for prevention of herpetic infection relapses against the background of influenza and ARI. It also has antioxidant properties, as it prevents accumulation of lipid peroxidation products and slows down free-radical processes.

### Study material and methods

For the **purpose** of studying preventive and therapeutical effects of Immunoflazid in clinics during the epidemic period, the drug was administered to 218 patients. The study was being conducted during the years 2007-2008.

82 patients were taking Immunoflazid for prevention, and 136 — for treatment. The drug was

*Table 1*

#### Efficacy of Immunoflazid use with the aim of treatment

Number of patients	No effect		Abortive course		Mild course	
	tot.	%	tot.	%	tot.	%
136	12	8.8	46	33.8	78	57.3

*Table 2*

#### Efficacy of Immunoflazid use with the aim of prevention

Total number of patients	Patients, who did not disease		Clinical course					
			mild		abortive		moderate	
	tot.	%	tot.	%	tot.	%	tot.	%
82	55	67	11	13.4	10	12.2	6	7.3

administered by 8 ml 2 times a day within 2 weeks. Patients with influenza and ARI, in addition to Immunoflazid, were receiving standard symptomatic therapy. No other antiviral and immunomodulatory drugs were prescribed.

### Study results and discussion

The results of Immunoflazid use with the aim of treatment and prevention are provided in table 1 and 2.

As can be seen from Table 1, more than a half of patients had a mild disease course, and more than one third — abortive form. There were no patients with a nasty form.

As can be seen from Table 2, during preventive administration of Immunoflazid 67% of patients did not disease, 33% diseased with influenza and ARI of various severity degrees; however, no complicated forms were observed. Diseases were mainly of a mild and abortive course.

### Conclusions

1. Administration of Immunoflazid in comprehensive care of children with influenza and ARI has a positive impact on disease clinics, allows accelerating regression of main clinical symptoms and recovery term.
2. Immunoflazid demonstrated a satisfactory preventive action: 67% of patients, who were receiving the drug, did not disease with influenza and ARI. Among those who fell sick, mild and abortive clinical forms prevailed. No nasty forms and viral –bacterial complications were observed.
3. Study findings allow recommending Immunoflazid to be included into therapeutical care at influenza and ARI, as well as for the purpose of prevention during unfavorable epidemic situation.

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