REHABILITATION OF PATIENTS WITH COVID-19 USING A COMPLEX OF AMINO ACIDS, VITAMINS, AND MICROELEMENTS

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Abstract. The aim of the study: to analyse the effectiveness of using "ImmunoActive" dietary supplement in patients with post-COVID-19 syndrome. ***Materials and methods.*** Three groups were formed for the study: control group — apparently healthy people with negative history of COVID-19; group 1 — patients who survived COVID-19 and did not take "ImmunoActive" during their rehabilitation period; group 2 — patients who survived COVID-19 and took "ImmunoActive" during their rehabilitation period. The research protocol included: screening of the patients according to criteria of their eligibility and non-eligibility; performance of general clinical and immunologic studies at the moment of the disease onset (by visit to a doctor and the positive test for COVID-19); in 12 weeks after their disease the patients underwent post-COVID-19 rehabilitation during 1 month, which included certain physical exertion and diet therapy; repeated general clinical and immunologic studies after rehabilitation. In addition to their physical exertion and rational nutrition, patients from group 2 took "ImmunoActive" dietary supplement by 1 capsule once a day during meal. The study involved 37 patients, who survived COVID-19 and had a moderate course by data of their clinical and laboratory examinations. The criteria of eligibility were as follows: outpatient treatment during the acute period without complications, only taking of antipyretic drugs during the acute period, the age from 40 to 55, and the presence of complaints about asthenia and loss of capacity to work later than 12 weeks after the disease. ***Conclusions.*** By data of haematologic analysis it was revealed that even a mild course of the disease was accompanied with anaemization of the organism. Immune status indices demonstrated development of the state of immunodeficiency in conditions of coronavirus infection. The use of "ImmunoActive" dietary supplement first of all normalized indices of "red blood" and produced favourable immunomodulatory effects on the humoral and cellular components of immunity.

Key words: Post-COVID rehabilitation, haematologic studies, immunologic studies, "ImmunoActive" dietary supplement.