

THE COMBINED CHRONOTHERAPY WITH THE PATIENTS WITH CHRONIC OBSTRUCTIVE BRONCHITIS IN THE ELDERLY AGE

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Summary

We have conducted the investigation of twenty-two patients with chronic obstructive bronchitis (COB) 60–74 years. For the assessment of daily rhythms of bronchial passableness the peak expiratory flow rate (PEFR) with an hour interval has been investigated. The research was conducted from 4 o'clock in the morning till 23 o'clock in the evening, with the help of peakflowmeter of the firm "Boehringer Ingelheim". For the assessment of diurnal rhythms of autonomic tone the heart rate variability (continuous registration of the cardiointervals) has been investigated.

The efficiency of the therapy of bronchial obstruction with the combination of medications with cholinolytic (Ipratropium bromide) and adrenomimetic (Salbutamolum sulphate) action has been investigated at their prescription during the periods of decrease of bronchial permeability, with the regard of autonomic balance — the combined chronotherapy. We prescribed the medicines during the periods of decrease of PEFR. Thus the Ipratropium bromide was prescribed at increase, and Salbutamolum sulphate was prescribed at decrease of parasympathetic activity, individually for each patient. Daily average of PEFR at the combined chronotherapy increased, by 19 %.

The obtained data testify to the high efficiency of treatment of the bronchial obstruction with the combination of the cholinergic antagonist and the adrenoceptor agonist with the use of individual chronotherapeutical approach.