

# EFFICIENCY OF ANTIOXIDANT THERAPY IN COMPLEX TREATMENT OF PATIENTS WITH VIRUS-INDUCED EXACERBATION OF NON-SEVERE ASTHMA

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## *Abstract*

*The aim of the study* was to optimize the treatment protocol of non-severe virus-induced asthma exacerbations by adding antioxidant drug to the maintenance therapy.

*Object* — 21 patients with non-severe asthma exacerbation of viral etiology.

*Methods:* clinical, functional, virological, biochemical, and statistical.

*Results.* The results of the study demonstrated high clinical efficiency of the proposed method of treatment in patients with virus-induced exacerbation of asthma. This method was based on the use corticosteroids and bronchodilators in doses according to the severity of exacerbation with additional empirical administration of Vitaglutam 90 mg daily for 5 days and oral Quercetin 40 mg 2 times daily for 7 days. This treatment allowed to reduce significantly the duration of intoxication syndrome (by 1.5 days in average), dyspnea (by 1.5 days) and the whole exacerbation period (by 3.8 days).

The proposed method of treatment is indicated for patients with infectious exacerbation of asthma of viral etiology.

**Key words:** asthma, virus-induced exacerbation, antioxidant therapy.

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