

**IMMUNOPROPHYLAXIS OF GRIPPE AND OTHER
VIRAL INFECTIONS OF RESPIRATORY
TRACT WITH ENGYSTOL TABLETS**

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Summary: The purpose of this investigation is to be proved that Engystol tablets can be used for prophylaxis of grippe and other viral infections of respiratory tract and to find the suitable and effective scheme for that.

Thirty-three clinically healthy persons /divided into two groups/ were tested and observed for the period of 90 days. All of them took Engystol during the first 30 days on two schemes /I-st group - 2X1 tabl. daily; II-nd group - 3X1 tabl. daily for 5 days followed by 4 days rest/. Parameters of cell and humoral immunity of all of the persons were tested by using the method of flowcytometry, ELISA and radial immunodiffusion. The results in both of the groups were very good, but these of the second one were better.

Keywords: Immunostimulation, immunomodulation, immunoprophylaxis, cell-mediated immunity, humoral-mediated immunity, Engystol, grippe.

Introduction:

During the last few decades the number of grippe and paragrippe infections increases annually. Usually these infections occur in autumn and winter and affect people of all ages. With their large-scale, complications, difficulties in therapy, duration and prolonged recovery they are not only a health problem, but also a social one. As the viruses became more aggressive, mutable and resistible scientists reasonably have suggested different methods of prophylaxis. The most important and the most effective is the method of immunoprophylaxis. Initially it started with non-specific medicines and during the last 10-15 years - with specific vaccines. Widely distributed are vaccines Vaxigrip and Influvac, which are considered as purified and effective. In spite of the fact that they are products of high technologies, there are a lot of restrictions for their application - age, health condition, allergy, risky groups, hypersensitivity to foreign proteins and other sight effects. Immunoprophylaxis with vaccines relays on influence on the humoral immunity. Anti-grippe vaccines are produced on a basis of expected type virus and very often there is "discrepancy" between expected and real viral agents. That's why recently both doctors and patients have been looking for alternative non-synthetic natural products for immunostimulation, which according to Prof. Wagner are about 100 (1). Product Engystol is one of them.

Engystol activates the body's own non-specific defenses generally against viral infections of all kinds.