Experience of the use of herbal medicinal product Tonsilgon N in preschool children with Waldeyer's tonsillar ring medical condition

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Objective. To evaluate efficacy and safety of the use of the herbal medicinal product Tonsilgon N (HMP) in clinical practice in preschool children with Waldeyer's tonsillar ring medical condition.

Methods. 628 children (aged 2–5 years, median age — 3.34 ± 2.78, girls — 316 (50.4%), boys — 312 (49.6%)) with chronic conditions of the pharyngeal and palatine tonsils were enrolled in the study. All children were divided into two comparable groups. Children in group I (n = 317) received HMP in drops during 60 days in overall.

Preschoolers in the group II (n = 311) did not receive HMP. Clinical efficacy and safety evaluation of the drug was performed before and after the treatment course.

Results. HMP therapy (group I) eliminated the signs of adenoiditis and led to a decrease in the number of children with second degree tonsil hypertrophy from 75.0–6.84% to 36.1–4.62% (p < 0.001). Correspondingly, the number of children with I degree hypertrophy of pharyngeal tonsils increased (p < 0.01). Adenoiditis signs and symptoms were almost resolved in 75.8%–5.34% of patients; symptomatic treatment of adenoiditis was not effective (p > 0.05) The degree of hypertrophy of pharyngeal and palatine tonsils in preschoolers of the 2nd group did not change and even showed a tendency to increase to 83.6%.

By the end of HMP therapy, children in group I demonstrated a good overall well-being, the swelling of palatine tonsil subsided, adequate nasal breathing was restored, there was no pathological discharge from the pharyngeal tonsils. One year after the end of treatment, nasal breathing was restored in 62.7% of patients who received HMP (p < 0.01); snoring stopped in 81.8% of patients (p < 0.01). Treatment with HMP was accompanied by an increase in the level of lysozyme in nasal secretions from 56.9–0.88% to 69.8–0.45% (p < 0.001) and SIgA from 0.18–0.005 g/L to 0.20–0.003 g/L (p < 0.01). In group II, no significant change was observed in the indicators characterizing the state of local immunity. Among those who received HMP, 90% showed excellent and good results. Symptomatic treatment in group II did not affect the size of the pharyngeal tonsil and local immunity parameters.

Conclusion. Study results confirmed efficacy and good tolerance of the HMP. Evaluation of the frequency of exacerbations of chronic ENT pathology in children who received this HMP during rehabilitation confirmed its effectiveness in boosting of respiratory tract immunity.