BIOFLAVONOIDS IN ANTI-COUGH REHABILITATIVE TREATMENT

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Nasal hypersecretion and cough characterize respiratory allergies, and precede infective airway inflammation. Cough exerts detrimental effects on psychosomatic health. Rehabilitative strategies in cough are ill-defined. Here, we examined the potential antitussive effects of a pharmacological mixture of the flavonoid rutin and vitamin C, both having antioxidant, anti-inflammatory, and immune-enhancing properties. We addressed the issue by examining citric acid-induced cough in ovalbumin (OVA)-sensitized and later OVA-challenged guinea pigs, a model which resembles human allergic rhinitis. The subgroup of a major interest was the one in which cough was assessed in the OVA-challenged animals pretreated orally with rutin+vitamin C for 2 weeks. On average, we found that the number of coughs, due to OVA challenges, which was increased in untreated rhinitis, returned to the control level after rutin+vitamin C pretreatment. We conclude that a rutin+vitamin C blend has clear antitussive and antirhinitic effects. Thus, this medication has a role in maintaining the ‘nose health’ and in respiratory cough rehabilitation.