



CONFERENCE ABSTRACT

Real Life Study on Natural Combination Spray for Children with Allergic Rhinitis

Zorica Zivkovic*, Olivera Ostojic, Snežana Zivanovic, Gordana Kostic, & Ivana Filipovic

Children's Hospital for Lung Diseases and Tuberculosis, Medical Centre "Dr Dragiša Mišović", Belgrade, Serbia

Symptoms of allergic rhinitis (AR) in children specially in younger ages are similar to common colds and upper airways viral infections. Related to its nonspecific clinical presentation, under diagnosis is frequent as well as mistreatment or overtreatment. Apart of adequate anti allergic drugs, preventive measures and allergen avoidance a need for substantiate natural products is evident. The main goal of this study was to evaluate the efficacy and safety of natural combination spray for allergic rhinitis in children. The real life study enrolled 237 children, age range 3 to 18 years. At study entry demographic data and detailed clinical history were collected. At the initial visit children were given nasal anti allergic spray (PropoMucil®, combination of standardized propolis with 12% of polyphenol and N-acetylcysteine, quercetin, thyme and eucalyptus essential oil and vitamin D3 and E, Abela Pharm, Belgrade, Serbia) . The second visit after 30 days consisted of clinical symptoms evaluation and questionnaire about efficiency (visual analog scale instrument). At the beginning most of the parents reported nasal obstruction (90% of children), nasal itching (69%) Persistent moderate to severe AR was detected in 58% of children.No treatment previously was reported in 3% of children, while rest of the children were given all sorts of anti allergic drugs with variable efficiency. After 30 days and usage of PropoMucil® allergy nasal spray, clearly the good efficacy and clinical improvement were obtained. Nasal itchiness improved significantly (severe symptoms presented in 69,2% at the begining, while at the end of the intervention period it was only 17,7% $p < 0.001$). Nasal obstruction was present in 89,9% at the begining and reduced to 31,6% at the end, $p < 0.001$). The combination propolis, N-acetylcysteine, quercetin, thyme and eucalyptus essential oil and vitamin D3 and E in nasal spray was proven a good choice for the treatment of allergic rhinitis in children. It is important to add that during the pandemic period distinction between allergic rhinitis, viral symptoms (asymptomatic SARS COV 2 patients) were difficult. The same natural spray was advised for covid children and results were extremely positive according to parent's interview and VAS.

Keywords: allergic rhinitis, children, natural therapy

**Presenting Author*

Head of the Paediatric Department , Center for Lung Disaeses and TB, Medical Center "Dr Dragisa Misovic" from 1994-1996.

Head of the Intensive Care Unit, Center for Lung Disaeses and TB, Medical Center "Dr Dragisa Misovic" from 1996-1998.

Head of the Center for Lung Disaeses and TB, Medical Center "Dr Dragisa Misovic" from 1998-2001.

Head of the Department of Paediatric Pulmonology, Center for Lung Disaeses and TB, Medical Center "Dr Dragisa Misovic" 2005-2009

Head of Bronchology Department, Children's Hospital for Lung Diseases and TB, Medical Center "Dr Dragisa Misovic", 2009-2011

Full-time responsibilities on the ward, continous admissions for children with respiratory and general paediatric problems.
