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Title: The treatment of acute respiratory viral infections in a patients with a chronic obstructive pulmonary disease

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Body: Background: Acute respiratory viral infections (ARVI) often cause the exacerbation of Chronic Obstructive Pulmonary Disease (COPD) in adults. The possibilities of ARVI treatment with antiviral medication combining anti-inflammatory and antihistaminic actions in a patients with COPD are still unknown. Aim: To evaluate the efficacy and safety of medicine combining ultralow doses of anti-bodies to interferon- γ , CD-4 and histamine (ULD AB IFN- γ , CD-4, His - the medication «Ergo-feron») in ARVI treatment in patients with COPD. Methods: Open comparative randomized study in 2 parallel groups including 60 adult patients with COPD was conducted. All patients obtained the treatment of main disease and also necessary symptomatic therapy. Antibiotics were administered as required. Treatment group (32 patients) took complex of ULD AB IFN- γ , CD-4, His (ergoferon) in treatment regimen (in a first day first 2 hours 1 pill every 30 minutes, then 1 pill 3 times in a day; in 2-5 days – 1 pill 3 times in a day). The comparison group (28 patients) didn't obtain complex of ULD AB IFN- γ , CD-4, His (ergoferon) and other antiviral medications. Results: The mean duration of fever response in treatment group was 1,5 day less than in comparison group ($2,9\pm 0,45$ vs $4,6\pm 0,8$). The treatment group patients were discharged from hospital to the 10-th day of disease ($10,3\pm 0,8$) and the length of hospital stay in comparison group was 3-4 days longer ($14,8\pm 1,2$). Side effects were not registered during the trial. Conclusions: the medicine combining ULD AB IFN- γ , CD-4, His (ergoferon) administration in a patients with ARVI afford to decrease the duration of COPD exacerbation caused by acute respiratory infections.