

!" #&/  
4;O <548G=>3> 70AB>AC20==O ?@5?0@0BC

\$□ □ ®  
(FLAVOZIDUM®)

!;:04:

4VNGV @5G>28=8: 100 <; A8@>?C B5D;07V4® @V4:89 5:AB@0:B (1:1), >45@60=89 V7 ACW (*Herba Deschampsia caespitosa L.*) B0 B@028 V9=8:0 =075<=>3> (*Herba Calamagrostis epigeios L.*), O:89 4>?>28=8: ?@>?V;5=3;V:>;L, 5B0=>; 96 %, A>@1VB (420), <5B8;?0@015= (218), ?@>?V;?0@015= (216), =0B@VN AC;LDVB (221), 2>40 >G8I5=0.

V:0@AL:0 D>@<0.  
!8@>?.

\$0@<0:>B5@0?52B8G=0 3@C?0.  
@>B82V@CA=V 70A>18 ?@O<>W 4VW. >4 ATC J05A X.

;V=VG=V E0@0:B5@8AB8:8.

>:070==O.

- V:C20==O V=D5:FV9, >1C<>2;5=8E *Herpes simplex* B0 II B8?V2, 0 B0:>6 ?@8 =5>=0B0;L=>
- ;V:C20==O >?5@V7C20;L=>3> 35@?5AC 3-3> B8?C (*Herpes zoster*);
- ;V:C20==O V=D5:FV9=>3> <>=>C;5>7C, A?@8G8=5=>3> 2V@CA< 35@?5AC 4-3> B8?C (2V@CA ?HB59=-0@@0) - 3>AB@>W B0 E@>=VG=>W 0:B82=>W D>@<8;
- ;V:C20==O V=D5:FV9, A?@8G8=5=8E 2V@CA< 35@?5AC 5-3> B8?C (F8B><530;>2V@CA);
- ;V:C20==O 2VB@O=>W 2VA?8;
- C A;:04V :>3> ;V:C20==O 2V@CA=8E 35?0B8BV2 , !;
- ;V:C20==O 9 ?@>DV;0:B8:8 3@8?C B0 , C B>3> HB0
- C A;:04V :>3> ;V:C20==O BIJl-V=D5:FVW B0 !C.

@>B8?>:070==O.

V428I5=0 GCB;82VABL 4> :>5=BV2 ?@5?0@0BC. 8@07:>20 E2>@>10 H;C=:C 01> 420=04FOB8?0;>W :8H:8 2 AB04VW 703>AB@5==O, 0CB>V@N20==O.

!?>AV1 70AB>AC20==O B0 4>78.

@5?0@0B 4>7C20B8 70 4>?><>3>N 4>7CNG>W T<=>ABV B0 ?@89<0B8 70 20-30 E28;8= 4> W48.  
5@54 26820==O< ?@5?0@0B =5>1EV4=> 71>2B0B8.  
>70 V B@820;VABL ;V:C20==O 70;560BL 2V4 E0@0:B5@C ?>:070=L B0 2V:C ?0FVT=B0.  
V:C20==O 35@?5B8G=8E V=D5:FV9, 2VB@O=>W 2VA?8, 2V@CA=8E 35?0B8BV2 , !, -V=D5:FVW B0 !C:  
4>7C20==O ?@5?0@0BC ?@>2>48BLAO 2V4?>2V4=> 4> 2V:>28E 4>7 107>2>W AE5<8 ;V:C20==O (482. B01; 1); B@820;VABL ;V:C20==O 11EV4=>ABV :C@A ;V:C20==O <>6=0 ?>2B>@8B8.

V:	>70
VB8 7=0@>465==O 4> 1 @>:C	?> 0,5 <; 2 @078 =0 45=L.
VB8 2V:<< 2V4 1 4> 2 @>:V2	?> 1 <; 2 @078 =0 45=L.
VB8 2V:<< 2V4 2 4> 4 @>:V2	7 1-3> ?> 3-9 45=L ?> 1,5 <; 2 @078 =0 45=L; 7 4-3> 4=O ?> 3 <; 2 @078 =0 45=L.
VB8 2V:<< 2V4 4 4> 6 @>:V2	7 1-3> ?> 3-9 45=L ?> 3 <; 2 @078 =0 45=L; 7 4-3> 4=O ?> 4 <; 2 @078 =0 45=L.
VB8 2V:<< 2V4 6 4> 9 @>:V2	7 1-3> ?> 3-9 45=L ?> 4 <; 2 @078 =0 45=L; 7 4-3> 4=O ?> 5 <; 2 @078 =0 45=L.
VB8 2V:<< 2V4 9 4> 12 @>:V2	7 1-3> ?> 3-9 45=L ?> 5 <; 2 @078 =0 45=L; 7 4-3> 4=O ?> 6 <; 2 @078 =0 45=L.
VB8 2V:<< AB0@H5 12 @>:V2 B0 4>@>A;V	7 1-3> ?> 3-9 45=L ?> 5 <; 2 @078 =0 45=L; 7 4-3> 4=O ?> 8 <; 2 @078 =0 45=L.

V:C20==O E@>=VG=8E G0AB>@5F8482CNG8E D>@< 35@?5B8G=8E V=D5:FV9 (2;;NG0NG8 F8B><530;>2V@CA=C V=D5:FVN, V=D5:FV9=89 <=>=C;;5>7, >?5@V7C20;L=89 ;8H09):  
4>7C20==O ?@5?0@0BC ?@>2>48BLAO 2V4?>2V4=> 4> 2V:>28E 4>7 107>2>W AE5<8 ;V:C20==O (482. B01;. 1); B@820;VABL >A=>2=>3> :C@AC ;V:C20==O 3A=>2=>3> :C@AC ;V:C20==O ?>B@V1=> ?@>2>48B8 ?@>B03>< 2-4 7V, I> 2V4?>2V40T @07>2>4=O ;V:C20==O.

# :>  
4>7C20==O ?@5?0@0BC ?@>2>48BLAO 2V4?>2V4=> 4> 2V:>28E 4>7 107>2>W AE5<8 ;V:C20==O (482. B01;.1); B@820;VABL ;V:C20==O =5<5=H5 4-6

@8 ;V:C20==V 35@?5B8G=8E V=D5:FV9 C @07V 7>2=VH=VE C@065=L H:V@8 B0 A;87>28E >1>;>=: \$;02>7V4@ <>6=0 ?>T4=C20B8 7 ;V:0@AL:8< 70A>1<< @>B5D;07V4@.

V:C20==O B0 ?@>DV;0:B8:0 3@8?C , , C B>3> HB0  
4>7C20==O ?@5?0@0BC ?@>2>48BLAO 2V4?>2V4=> 4> 2V:>28E 4>7 AE5<8 ;V:C20==O (482. B01;. 2); B@820;VABL ;V:C20==O 14 4=V2, C @07V 28=8:=5==O 10:B5@V0;L=8E CA;;04=5=L B@820;VABL ;V:C20==O B@820T 30 4=V2;  
7 <5B>N ?@>DV;0:B8:8 :C@A ;V:C20==O AB0=>28BL 2-3 B86=V, ?V4 G0A 5?V45A57>==>3> @>ABC 70E2>@N20=>ABV B@820;VABL ?@89>

"01;8FO 2

!E5<0 ;V:C20==O B0 ?@>DV;0:B8:0 3@8?C , B0

V:	V:C20;L=0 4>70	@>DV;0:B8G=0 4>70
VB8 7=0@>465==O 4> 1 @>:C	?> 0,5 <; 2 @078 =0 45=L	?> 0,5 <; 1 @07 =0 45=L
VB8 2V:<< 2V4 1 4> 2 @>:V2	?> 1 <; 2 @078 =0 45=L	?> 1 <; 1 @07 =0 45=L
VB8 2V:<< 2V4 2 4> 4 @>:V2	7 1-3> ?> 3-9 45=L ?> 1,5 <; 2 @078 =0 45=L; 7 4-3> ?> 3 <; 2 @078 =0 45=L	7 1-3> ?> 3-9 45=L ?> 1,5 <; 1 @07 =0 45=L; 7 4-3> 4=O ?> 3 <; 1 @07 =0 45=L

VB8 2V:× 2V4 4 4> 6 @>:V2	7 1-3> ?> 3-9 45=L ?> 3 <; 2 @078 =0 45=L; 7 4-3> ?> 4 <; 2 @078 =0 45=L	7 1-3> ?> 3-9 45=L ?> 3 <; 1 @07 =0 45=L; 7 4-3> 4=O ?> 4 <; 1 @07 =0 45=L
VB8 2V:× 2V4 6 4> 9 @>:V2	7 1 -3> ?> 3-9 45=L ?> 4 <; 2 @078 =0 45=L; 7 4-3> ?> 5 <; 2 @078 =0 45=L	7 1-3> ?> 3-9 45=L ?> 4 <; 1 @07 =0 45=L; 7 4-3> 4=O ?> 5 <; 1 @07 =0 45=L
VB8 2V:× 2V4 9 4> 12 @>:V2	7 1-3> ?> 3-9 45=L ?> 5 <; 2 @078 =0 45=L; 7 4-3> ?> 6 <; 2 @078 =0 45=L.	7 1-3> ?> 3-9 45=L ?> 5 <; 1 @07 =0 45=L; 7 4-3> 4=O ?> 6 <; 1 @07 =0 45=L
VB8 AB0@HV 12 @>:V2 B0 4>@>A;V	7 1 -3> ?> 3-9 45=L ?> 5 <; 2 @078 =0 45=L; 7 4-3> ?> 8 <; 2 @078 =0 45=L	7 1-3> ?> 3-9 45=L ?> 5 <; 1 @07 =0 45=L; 7 4-3> 4=O ?> 8 <; 1 @07 =0 45=L

>1VG=V @50:FVW.

0AB>AC20==O ?@5?0@0BC, O: ?@028;>, =5 28;;8:0T ?>1VG=>W 4VW. !?>AB5@V30;8AO ?>>48=>:V  
28?04:8 H;C=>:2>-:8H:>28E @>7;04V2 1V;L 2 5?V30AB@0;L=V9 4V;O=FV, =C4>B0, 1;N20==O, 4V0@50  
(?@8 =0O2=>ABV 40=8E A81EV4=> ?@89<0B8 ?@5?0@0B G5@57 1,5-2 3>48=8 ?VA;O W48). >6;825  
B@0=78B>@=5 ?V428I5==O B5 38 ?! =0 3-10-9 45=L B5@0?VW ?@5?0@0B>  
@8 ;V:C20==V 2V@CA=8E 35?0B8BV2 C 10-15 % E2>@8E V7 28@065=8< F8B>;VB8G=8< A8=4@>>>  
A?>AB5@V30TBLAO ?V428I5==O 0:B82=>ABV 0B@0=AD5@07 (@V4H5 @V2=O 1V;V@C1V=C).  
# ?0FVT=BV2 7 E@>=VG=8< 30AB@>4C>45=VB<< <>6;825 703>AB@5==O 30AB@>4C>45=VBC,  
28=8:=5==O 30AB@>57>D0350;L=>3> @5D;N:AC (@5D;N:A-57>D03VBC).  
;5@3VG=V @50:FVW @>72820NBLAO @V4:>, 3>;>2=8< G8=>< C 283;O4V 5@8B5<0B>7=8E 28A8?0=L.  
# ?>>48=>:8E 28?04:0E <>6;8289 3>;>2=89 1V;L.

5@54>7C20==O.

8?04:8 ?5@54>7C20==O =52V4>

0AB>AC20==O 2 ?5@V>4 203VB=>ABV 01> 3>4C20==O 3@C44N.

@8 ?@>2545==V 4>;;V=VG=8E 4>A;V465=L B5@0B>35==>W, W, :0=F5@>35==>W B0 5  
<1@V>B>:A8G=>W 4VW =5 28O2;5=>. ;V=VG=89 4>A2V4 70AB>AC20==O ?@5?0@0BC C II B0 III B@8  
<5AB@0E 203VB=>ABV B0 2 ?5@V>4 3>4C20==O 3@C44N =530B82=>3> 2?;82C =5 28O282 (;V=VG=V  
40=V ?@> 70AB>AC20==O ?@5?0@0BC C -1V2 C ?5@V>4 203VB=>ABV 01> 3>4C20==O 3@C44N.

VB8.

0AB>AC20==O \$;02>7V4C® 4VBO< <>6;825 2V4 =0@>465==O.

A>1;82>ABV 70AB>AC20==O.

@8 ;V:C20==V 2V@CA=8E 35?0B8BV2 C 10-15 % E2>@8E 7 28@065=8< F8B>;VB8G=8< A8=4@>>>  
G5@57 3-4 B86=V ?VA;O ?>G0B:C ;V:C20==O A?>AB5@V30TBLAO ?V428I5==O 0:B82=>ABV 0  
B@0=AD5@07, @V4H5 @V2=O 1V;V@C1V=C, O:5 B@820T 2-4 B86=V B0 =5 ?>B@51CT 2V4  
# ?0FVT=BV2 7 E@>=VG=8< 30AB@>4C>45=VB<< C @07V 703>AB@5==O 30AB@>4C>45=VBC, ?@8  
28=8:=5==V 30AB@>57>D0350;L=>3> @5D;N:AC =5>1EV4=> ?@89<0B8 ?@5?0@0B G5@57  
1,5-2 3>48=8 ?VA;O W48.  
@8 B@0=78B>@=>1EV4=> B82>, =0 2-3 4=V, 7<5=H8B8 4>7C \$;02>7V4C® 242VGV.

40B=VABL 2?;820B8 =0 H284:VABL @50:FVW ?@8 :5@C20==V 02B>B@0=A?>@B× 01> @>1>BV 7  
V=H8<8 <5E0=V7<0<8.

530B82=>3> 2?;82C =0 28:>=0==O ?>B5=FV9=> =5157?5G=8E 284V2 4VO;L=>ABV, O:V ?>B@51CNBL >A>1;82>W C2038 B0 H284:>W @50:FVW, =5 28O2;5=>.

70T<>4VO 7 V=H8<8 ;V:0@AL:8<8 70A>10<8 B0 V=HV 2848 270T<>4V9.  
V4 G0A ;V=VG=>3> 70AB>AC20==O 2AB0=>2;5=> <>6;82VABL B0 4>FV;L=VABL :x1V=0FVW \$;02>7V4C@ 7 0=B81V>B8:0<8 B0 ?@>B83@81:>28<8 ?@5?0@0B0<8 4;O ;V:C20==O 2V@CA=>-10:B5@V0;L=8E V 2V@CA=>-3@81:>28E 70E2>@N20=L. 530B82=8E ?@>O2V2 C=0A;V4>: 270T <>4VW 7 V=H8<8 ;V:0@AL:8<8 70A>10<8 =5 2AB0=>2;5=>.

\$0@<0:>;>3VG=V 2;0AB82>ABV.

\$0@<0:>48=0

\$.02=>W48, O:V 2E>4OBL 4> A.;04C ?@5?0@0BC, <0NBL 740B=VABL ?@83=VGC20B8 @5?;V:0FVN B0 2V@CAV2 O: in vitro, B0: V in vivo. @8 ?@>2545==V 4>;;V=VG=8E B0 ;V=VG=8E 4>A;V465=L 28O2;5=> V=3V1CNGC 0:B82=VABL ?@5?0@0BC I>4> 2V@CAV2 ?@>AB>3> 35@?5AC B0 II B8?V2 (HSV-1, HSV-2), 2V@CAC ?HB59=-0@@0, 2V@CAC Varicellazoster B0 F8B><530;>2V@CAC. @8 ?@>2545==V 4>;;V=VG=8E B0 ;V=VG=8E 4>A;V465=L 28O2;5=> V=3V1CNGC 0:B82=VABL ?@5?0@0BC I>4> ?0?V;<02V@CA=>W V=D5:FVW.

5E0=V7< ?@>B82V@CA=>W 4VW ?>;O30T 2 V=3V1C20==V 2V@CA>A?5F8DVG=8E D5@<5=BV2 - ?>;V<5@078, B8@>B=>W B@0=A:@8?B078.

5E0=V7< ?@O<>W 0=B83@8?>7=>W 4VW ?@5?0@0BC ?>;O30T 2 V=3V1C20==V =59@0W 0:B82=>ABV, V=4C:FVW A8=B57C 5=4>35==>3> V=B5@D5@>=C, V=3V1VFVW A8=B57C .

@5?0@0B 70E8I0T A;87>2V >1>;>=:8 25@E=VE 48E0;L=8E H;OE2, =>@<0;V7CNG8 ?>:07=8:8 3> V 28E 25@E=VE 48E0;L=8E H;OE2 70 @0EC=>: ?V428I5==O @V2=O ;0:B>D5@8=C B0 slgA.

V4 G0A 4>A;V465=L 2AB0=>2;5=>, I> ?@5?0@0B A?@8OT A8=B57C 5=4>35==>3> α- B0γ- V=B5@D5@>=V2 4>7>70;56=>, 4> DV7V>;>3VG=> 0:B82=>3> @V2=O, I> ?V428ICT =5A?5F8DVG=C @578AB5=B=VABL >@30=V72V@CA=>W B0 10:B5@V0;L=>W V=D5:FVW. ;V=VG=8<8 4>A;V465==O <8 2AB0=>2;5=>, I> 70 C<>28 4>23>AB@>:>2>3> I>45==>3> 26820==O ?@5?0@0BC =5 28=8:0T @5D@0:B5@=>ABV VW A8AB5<8: =5 A?>AB5@V30TBLAO ?@83=VG5==O 0:B82=>ABV 0;LD0- B0 30 <<0-V=B5@D5@>=V2, 7024O:8 G>@<0;V7CTBLAO V

4=>@07>25 ?5@>@0;L=5 70AB>AC20==O ?@872>48BL 4> 0:B82=>3> A8=B57C V=B5@D5@>=C 4> 6 4V1 7 ?V:< :>=F5=B@0FVW =0 4@C3C 4>1C.

@5?0@0B <0T 0=B8>:A840=B=C 0:B82=VABL, >A:V;L:8 70?>1V30T =0:>?8G5==N ?@>4C:BV2 ?5@5:8A=>3> >:8A=5==O ;V?V4V2, V=3V1CT ?5@51V3 2V;L=>@048:0;L=8E ?@>F5AV2, B8< A0<8< ?>A8;NNG8 0=B8>:A840=B=89 AB0BCA ;;VB8=, I> 7<5=HCT V=B>:A8:0FVN, A?@8OT 2V4=>2;5==N >@30=V7W V=D5:FVW B0 040?B0FVW 4> =5A?@8OB;828E =02:>;8H=VE C<>2.

@5?0@0B T <>4C;OB>@<< 0?>?B>7C, ?V4A8;NNG8 4VN 0?>?B>7V=4C:CNG8E @5G>28=, I> A?@8OT 1V;LH H284:89 5;V< ;;VB8= B0 ?@>DV;0:B8FV 28=8:=5==O E@>=VG=8E 70E2>@N20=L =0 D>=V ;0B5=B=8E 2V@CA=8E V=D5:FV9.

\$0@<0:>:V=5B8:0. 5 282G0;0AO.

\$0@<0F52B8G=V E0@0:B5@8AB8:8.

A=>2=V DV78:>-EVABV:

?@>7>@0 A>;>4:0 @V48=0 6>2B>-75;5=>3> :>;L>@C 7V A;01:8< A?5F8DVG=8< 70?0E>

"5@ABV. 2 @>:8.

5 70AB>A>2C20B8 ?VA;O 70:V=G5==O B5@ABV, 707=0G5=>3> =0 C?0:>2FV.

#<>28 715@V30==O.

15@V30B8 2 70E8I5=>ABC?=>

5 70<>@>6C20B8!

VA;O ?5@H>3> 2V4:@8BBO D;0:>=C 715@V30B8 9>3> 70:@8B8< C 70E8I5=>1.

#?0:>2:0.

> 60 <;, 100 <;, 200 <; C D;0:>=0E 7 B5<=>3> A;0 01> ?;0AB8:C. C?0:>2:C 2;:040TBLAO 4>7CNG0 T <=VABL.

0B53>@VO 2V4?CA:C.

0 @5F5?B>

8@>1=8:.

> <C30=AL:0 >1;0A=0 «\$0@<0FVO», D0@<0F52B8G=0 D01@8:0.

VAF57=0E>465==O 28@>1=8:0.

#: @0W=0, 91020, <. C30=AL:, !B5?>289 BC?8:, 2.

8@>1=8: .

"«"5@=>D0@

VAF57=0E>465==O 28@>1=8:0.

#: @0W=0, 46010, "5@=>?V;LAL:0 >1;., ?V;L, 2C;. \$01@8G=0, 4

8@>1=8: .

" «\$0@<0:»

VAF57=0E>465==O 28@>1=8:0.

#: @0W=0, 04080, <. 8W2, 2C;. \$@C=75, 63

0O2=8:.

"««:»>D0@

VAF57=0E>465==O 70O2=8:0.

#: @0W=0, 04073, <. 8W2, ?@>A?. >A:>2AL:89, 9-.