

!" #&/
4;O <548G=>3> 70AB>AC20=O ;V:0@AL:>3> 70A>1C

"#!
(PERTUSSIN)

!::04:
4VNGV @5G>28=8: 100 3 ;V:0@AL:>3> 70A>1C 3> (extracti thymi fluidi) (1:1) (5:AB@035=B AC1/>1) 5B0=>; B0 3;VF5@8= (48:1)) 12 3, :0;VN 1@>1 3;
4>?>28=8: 5B0=>; 80 %, A8@>? FC:@>289.

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

A=>2=V DV78->-EVABV: :>@8G=520 @V48=07 0@><0B=8< 70?0E>?CA:0TBLAO CB2>@5=O >A04C.

S0@<0>B5@0?52B8G=0 3@C?0. 0A>18, I> 70AB>A>2CNBLAO ?@8 :0H;V B0 70ABC4=8E 70E2>@N20=OE. V4E0@:C20;L=V 70A>18. >4 "% R05C A10.

S0@<0>:>3VG=V 2;0AB82>ABV.
5@BCA8= ?@8A:>@NT 2V4E>465=O <:>@B8=O, <0T ?><O:HC20:L=89 5D5:B B0 G8=8BL A540B82=C 4VN. @5?0@0B AB8F8;V0@=89 ;V@5=A. W >;VW, 4C18:L=8E @5G>28=, 3V@:>B8 7C>2;NNBL 740B=VABL
?>4@07=N20B8 =5@2>2V 70:V=G5=O (?5@5206=> ?@0A8 ?>A8;NT 284V;5=O @V4:>3> 5:AB@0:BC 1@>=EV>;, 7<5=HCT 2?07:VABL 1@>=EV0;L=>3> A5:@5BC. !?@8OT ?@>4C:B82=>A8;NT 2V4E0@:C20=O
<:>@>B8=O, ?V428ICT 0:B82=VABL<83>B;82>3> 5?VB5;VN, ?>;V?HCT 4@5=06=C DC=:FVN 1@>=EV0;L=>3> 45@520.

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

>:070=O. !8<0B8G=5 ;V:C20=O 70?0;L=8E 70E2>@N20=L 48E0;L=8E H;OEV2, I> AC?@>2>46CTBLAO :0H;5-EVB8, B@0E5WB8, ?=52<=VW, :>;NH.

@>B8?>:070=O.

V428I5=0 GCB;82VABL 4> :>5=BV2 ?@5?0@0BC (C B>1@> V=H8E @>A;8= @>48=8 C1>F2VB=8E (Lamiaceae), 0 B0>6 GCB;82V 4> A5;5@8 B0 ?8;C 15@578 (<>6;820 ?5@5E@5A=0 @50:FVO); 45;:-AC48=>W
A8AB5<8, 0@B5@V0;L=0 3V?>B5=7V0, 28@065=89 0B5@A;5@>7, 0=5@>18 =8@>;, FC:@>289 4V015B, 0;:>3>;V7 4 @>:V2.

70T<>4VO 7 V=H8<8 ;V:0@AL:8<8 70A>10<8 B0 V=HV 2848 270T<>4V9. 70T<>4VO 5@BCA8=C 7 V=H8<8 ;V:0@AL:8<8 ?@5?0@0B0<8 ?>:8 I> =5 2V4><0.

@8 >4=>G0A=>AC20=V 1C4L-O:8E V=H8E ;V:0@AL:8E 70A>1V2 A;V4 ?>2V4<8B8 ;V:0@O!

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

@8 70AB>AC20=V ?@5?0@0BC A;V4 4>B@8<5=4>20=8E 4>7. /:I> ?V4 G0A ;V:C20=O ?@5?0@0B< ?>3V@HCTBLAO A8<0B8:0 B0/01> 7O2;OTBLAO 7048H:0, ?V428I5=O B5:@>B8=O, =5>1EV4=>
?@>:>=AC;LBC20B8AO 7 ;V:0@5?@>BO3<> >4=>3> B86=O A8<0B8:0 715@V30TBLAO, =5>1EV4=> ?@>:>=AC;LBC20B8AO 7 ;V:0@5

%2>@8< =0 FC:@>289 4V015B ?5@54 70AB>AC20=O< ?@5?0@0BC =5>1EV4=0 >1>2O7>20 >=AC;LB0FVO ;V:0@O. VBO< 2V:>< 2V4 4 4> 6 @>:V2 ?@5?0@0B A;V4 @>72>48B8 :8?OG5=>N 2>4>N.

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

?5@57 2V4ACB=VABL 4>AB0B=VE 40=8E =5 @5:>5=4CTBLAO 70AB>A>2C20B8 ?@5?0@0B C FV ?5@V>48.

40B=VABL 2?;820B8 =0 H284:VABL @50:FVW ?@8 :5@C20=V 02B>B@0=A?>@B< 0I> V=H8<8 <5E0=V7<0<8. A;V;L:8 ?@5?0@0B

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

0AB>A>2C20B8 2=CB@VH=L>. >@>A;8<V 4VBO< 2V:>< 2V4 12 @>:V2 ?@87=0G0B8 ?> 1 AB>;>2V9 ;>6FV (15<.) 3 @078 =0 45=L.
VBO< 2V:>< 2V4 4 4> 6 @>:V2 ?> 1/2G09=>W ;>6:8 (2,5<.) 3 @078 =0 45=L, 2V4 6 4> 9 @>:V2 ?> 1 G09=V9 ;>6FV (5<.) 3 @078 =0 45=L, 2V4 9 4> 12 @>:V2 ?> 1 45A5@B=V9 ;>6FV (10<.) 3 @078 =0 45=L.
VBO< 2V:>< 4> 6 @>:V2 @07>2C 4>7C ?@5?0@0BC 1/2G09=>W ;>6:8 (2,5<.) =5>1EV4=> @>7G8=8B8 C 2 45A5@B=8E ;>6:0E (20<.) >E>;>465=>W :8?OG5=>W 2>48.
"@820;VABL ;V:C20=O 287=0G0T ;V:0@ 70;56=> 2V4 ?5@51V3C 70E2>@N20=O, E0@0:B5@C :>W B5@0?VW B0 ?5@5=>A8<>ABV ?@5?0@0BC.

V88. 0AB>A>2C20B8 4VBO< 2V:>< 2V4 4 @>:V2 70 ?@87=0G5=O< ;V:0@O.

5@54>7C20=O. @8 ?5@54>7C20=V <>6;825 ?>A8;5=O ?>1VG=8E 5D5:BV2, 0;5@3VG=8E @50:FV9. "5@0?VO A8<0B8G=0.

>1VG=V @50:FVW. @8 B@820;>AC20=V <>6;82V O28I0 1@>=N=B82VB, 30AB@>5=B5@>:>;VB, 7030;L=0 A;01:VABL, 0B0:AVO, 1@048:0@4VO. >6;82V H:C=>2>:-8H:>2V @>7;048 (2;:NG0NG8 =C4>BC 1;N20=O,
4V0@5N). >6;82V 0;5@3VG=V @50:FVW =0 A;:04>2V ?@5?0@0BC.
#@07V 1C4L-O:8E =51060=8E O28I =5>1EV4=> 725@=CB8AO 4> ;V:0@O.

"5@ABV. 4 @>:8.

#<>28 715@V30=O. >@83V=0;L=V9 C?0:>2FV ?@8 B5. 15@V30B8 C =54>ABC?=>

#?0:>2:0. > 100<; C D;0:>=0E 01> 10=;0E; ?> 100<; C D;0:>=0E 01> 10=;0E; ?> >4=>=C 01> 10=;FV 2 ?0GFV.

0B53>@VO 2V4?CA:C. 57 @5F5?B0.

8@>I=8.. " «0;8GD0@

VAF57=0E>465=O 28@>I=8:0 B0 9>3> 04@5A020465=O 4VO;L=>ABV.

#:@0W=0, 79024, <. L2V2, 2C;. ?@8H:V2AL:0, 6/8.