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**THE EFFECT OF A THYME-IVY FLUID EXTRACT COMBINATION
ON THE SEVERITY OF COUGH IN CHILDREN:
RANDOMIZED CONTROLLED TRIAL**

**SHARIF M.R.¹, SAFARI A.², BAGHSHAHI H.^{3*}, AKBARI H.^{4*}, MEMARZADEH M.R.³,
REZAII HAJIABAD H.⁵, MEHRAN M.³, KIANIPOUR P.³**

¹ Infectious Diseases Research Center, Department of Pediatrics, School of Medicine, Shahid Beheshti Hospital, Kashan University of Medical Sciences, Kashan, Iran

² Department of Pediatrics, School of Medicine, Shahid Beheshti Hospital, Kashan University of Medical Sciences, Kashan, Iran

³ Barij Essence Medicinal Plants Research Center, Kashan, Iran

⁴ Social Determinants of Health (SDH) Research Center, Department of Biostatistics and Epidemiology, School of Public Health, Kashan University of Medical Sciences, Kashan, Iran

⁵ School of Medicine, Kashan University of Medical Sciences, Kashan, Iran

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ABSTRACT

Thyme and ivy leaves contain anti-inflammatory, mucolytic, and bronchospasmolytic properties, resulting in anti-cough benefits. There are no extensive studies conducted on the efficacy of thyme and ivy in children with acute cough.

The purpose of the study was to investigate the efficiency and safety of thyme and ivy in reducing the severity of cough in children.

This study was a randomized, controlled, double-blind clinical experiment on children aged 1 to 12-year old who had an acute cough with no identified etiology. One hundred and forty-two patients were randomly assigned to dextromethorphan or herbal groups, and frequency and severity were measured using a visual analog scale. After the initiation of therapy, recovery trends were assessed at 24, 48, and 96 hours. Eighty-three patients, including 43 patients in the dextromethorphan group and 40 in the herbal group, were followed for 96 hours. Cough severity was decreased by 80.7% in the dextromethorphan group and 87.4% in the herbal syrup group. In addition, there was a significant interaction effect of time and groups on changes in cough severity. In the groups of dextromethorphan and herbal after 96 hours of complete treatment, the efficacy was 72.1% and 75%, respectively, which showed the beneficial effects of both drugs. In children, a mixture of thyme and ivy extracts can help to reduce the severity and length of the cough.

As a result, this combination has the potential to be an effective cough therapy for children.

KEYWORDS: *Hedera helix*, herbal medicine, respiratory tract diseases, *thymus vulgaris*.

INTRODUCTION

Cough is one of the most commonly reported symptoms of respiratory infections in both children and adults. Upper respiratory tract infections and acute bronchitis are the most prevalent causes of cough [Murgia V et al., 2020]. The disorder is

mainly viral and self-limiting, taking about 1-2 weeks to recover [Khan E et al., 2020]. In the human body, the mechanism of spontaneous airway clearing is likewise quite delicate. When microorganisms or foreign substances enter the air-

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ADDRESS FOR CORRESPONDENCE:

HOJJAT BAGHSHAHI
Barij Medicinal Plants Research Center
Mashhad Ardehal, Kashan 3795191916, Iran
Tel.: +989159031196
E-mail: Baghshahi_h1989@yahoo.com

HOSSEIN AKBARI
Department of Biostatistics and Epidemiology, Kashan University of Medical Sciences, 15th Khordad Square, Abazar Street, Kashan, P.O.Box: 87137.81147, Iran
Tel.: +983155540111
E-mail: akbari1350_h@yahoo.com