

## TREATMENT OF PATIENTS WITH PULMONARY TUBERCULOSIS BY INHALATION OF ALOE EXTRACT

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There is no data in the literature on using aloe for inhalation and the present communication presents results of the first observation of this kind.

Experiments with animals (10 rabbits) helped to establish the intratracheal infusion of aloe extract for 13-15 days produces no toxic effect on the animals' organisms.

"75 patients, 42 of them men and 33 women, have been under observation. According to the forms of disease they were subdivided in the following ways: the main group (47 patients) included those with chronic fibrocavernous pulmonary tuberculosis, 10 patients with disseminated pulmonary tuberculosis, 5 with focal pulmonary tuberculosis, 2 with acute military tuberculosis and 11 patients with non-specific diseases of the lungs (brochactasis, chronic bronchitis, brochial asthma.)"

"The above mentioned patients continued the treatment prescribed them earlier and were at the same time administered inhalations of aloe leaf extract by the following schedule: first 2 days - 0.2 ml of aloe extract, next 2 days - 0.5 ml and the following days - 1 ml of aloe extract (up to 30.0 ml for the first course of treatment.) Treatment was combined with proceine hydrochloride and cocaine... (gives proportions)..."

The above mentioned mixture with aloe was inhaled early in the morning and by some patients - again in the evening. It was observed that after inhalation they slept better, Inhalation was administered by means of a portable inhalator of conventional design or by an aspirator, though in the majority of cases a common sprayer with a rubber inflator was used.

When necessary the course of treatment was repeated after a 15-20 day interval, as decided by the physician.

After inhalation with aloe leaf extract many patients already on the second and third day noted that they coughed less, pain in the chest ceased, sleep became normal, their appetite improved and temperature returned to normal. It should be noted that some patients manifested an increase of sputum on the second-fourth day of inhalation and reduction in the amount of sputum in the following days with complete cessation of expectoration by the end of the inhalation course.

The objective results in many patients after aloe inhalations were-- alleviation of catarrhal symptoms in the lungs and X-ray examination showed decrease of infiltration in the lungs.

The following are the results of treatment by aloe extract inhalation:

coughing ceased or improved in 54 out of 73 patients; the amount of sputum expectorated decreased in 40 out of 73 patients (54.7%); dyspnea improved in 27 out of 53 patients (57%); sweating was registered in 37 patients and after treatment it improved or ceased 23 of them; BK was no more found in the sputum of 9 out of 53 patients (17%.)

If we are reminded that prior to inhaling aloe extract the patients were continuously given antibacterial and symptomatic therapy despite which the above symptoms failed to disappear, it is natural to attribute the removal of these symptoms following aloe inhalation to the beneficial effect of the Aloe leaf extract.

### CONCLUSION

Inhalation of aloe leaf extract may be successfully given to patients with pulmonary tuberculosis, especially in the chronic form, when antibacterial therapy proves inadequate. Inhalation of aloe extract is absolutely safe which has been confirmed by more than 2,000 inhalations; the method is simple and easily available.

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