

**Sedative effect of thyme in cough in children 5 to 12 years old
with asthma attack referred to the allergy clinic of Ardabil
University of Medical Sciences**

Abstract

Background: Asthma is a major health problem in children and adults in the world. In recent years, its prevalence has increased in many countries and it is necessary to reduce the symptoms and complications of the disease.

Aim: The aim of this study was to determine the sedative effect of thyme in cough in children 5 to 12 years old with asthma attack referred to the allergy clinic of Ardabil University of Medical Sciences.

Materials and Methods: In this triple-blind clinical trial, 60 children with asthma attacks aged 5 to 12 years referred to the allergy clinic of Ardabil University of Medical Sciences were randomly divided into two groups (30 for the experimental group and 30 for Control group). After obtaining written consent from the parents of subjects, general and anthropometric information (height, weight) and cough and fever, wheezing and other symptoms of respiratory infection were collected. Spirometry was performed on patients at the beginning of the study. For definitive confirmation of asthma, salbutamol spray was used and after half an hour, spirometry was performed again. If the disease was confirmed, the patients were included in the study and then the experimental group was given thyme powder at a dose of 20 mg / kg every 8 hours per day, which was prepared as a syrup, along with routine medical treatment for a week and the control group received only routine medical treatment with placebo. At the end of the week, clinical and laboratory symptoms and spirometry were re-recorded for both data groups. Finally, the recorded factors for both groups were compared and statistically analyzed.

Results: The results showed that after the intervention postoperative cough was statistically significant between the two groups ($p = 0.042$), but the two groups were not statistically significant in terms of wheezing and shortness of breath. In this study, spirometry results after the intervention showed a significant difference in the rate of FEV1 between the two groups ($p = 0.048$), but this difference was not significant in FEV1 / FVC, PEF and FEF25-75. **Conclusion:** The results showed that thyme has significant positive effects in reducing the symptoms of the disease in children with asthma.

Keywords: Asthma, thyme, cough