

An Integrative Approach To The Management Of Cough Among Egyptian Children

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Abstract

Background: Cough is one of the most frequent symptoms in children. Pediatric cough medications are widely prescribed in Egypt, but the precise patterns of use among children are not known. The majority of cough syrups that are available in the market lead to drowsiness when consumed. Herbs are a part of complementary and alternative medicine used for cough treatment. Side effects of herbal medicinal products are rare and less serious than when synthetic drugs are used.

Aim of the work: To determine the prevalence of use of different cough medications for cough management among Egyptian children.

Method: A descriptive cross sectional study was conducted at the out patient clinic of Fayoum University hospital using a pretested researcher questionnaire between November 2011 to December 2012.

Results: 1530 patients who were aged 0 month to 12 years were enrolled in the study. The study revealed that 79.7% of patients used non herbal remedies while only 20.2% used herbal remedies, the most commonly used non herbal remedies were expectorant combinations 56.1%, followed by antitussives 24.4%. For herbal remedies the most commonly used herb was thyme 63.2%, followed by fennel oil 47.4%.

Conclusion: The use of non herbal cough remedies is wide spread among children in Fayoum. However the use of herbal remedies which is considered more safe is low. These findings are important for policymakers in the health sector who are given the mandate to regulate issues pertaining to the child's health.

Key words: cough, herbal, remedies.

