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The invention refers to medicine, namely to hepatology, and is meant for viral hepatitis C treatment monitoring. Summary of the method consists in that it is determined the subpopulations of the CD8 and CD4 lymphocytes and where the amount of CD8 lymphocytes constitutes 17...20% and the amount of CD4 lymphocytes constitutes 40...44%, and the immunoregulating index is greater or equal to 2,2 it is diagnosed the chronic viral hepatitis C; where the amount of CD8 lymphocytes constitutes 14...17% and the amount of CD4 lymphocytes – 19...22%, and the immunoregulating index is smaller or equal to 1,3, it is diagnosed the viral hepatitis C associated with the herpes simplex virus.

Claims: 1