

## **Symptomatic treatment of flu infections Homoeopathic preparation quicker to take effect than conventional treatment**

As the saying goes, a cold lasts 14 days, two weeks with treatment. For health insurance companies and employers, however, the issue of viral respiratory tract infections is a serious one. According to a survey conducted in 2000 by German occupational health insurance companies nearly 19% of all sick days can be attributed to respiratory tract complaints. Three in four employees suffer from a flu infection at least once a year.

A recent study of the combination preparation Gripp-Heel gives reason for optimism. The multicentre prospective cohort study was conducted on 263 patients suffering moderate to severe flu infections. The test group (n=82) was given Gripp-Heel, the control group (n=181) analgesics, antibiotics, rhinologics or "flu remedies". For each case the doctor decided the choice of preparation, dosage, and form of administration individually.

In terms of healing/improving symptoms such as coughing, a runny nose, hoarseness, fever, head, limb and muscular aches, Gripp-Heel proved to be just as effective as the reference preparations. Moreover, treatment with the homoeopathic preparation brought about the healing/improvement of symptoms and the desired treatment result much earlier (2 days as opposed to 5.5 days). Within 4 days, 77% of patients in the Gripp-Heel group experienced either a complete recovery or considerable improvement. This was the case in only 50% of the control group.

The homoeopathic preparation also proved superior to the control remedies in terms of tolerance (no. of negative side effects) with a 0% result as opposed to 5.8% in the control group. This was also reflected in the overall evaluation of tolerance - rated by 85% of test group patients as "very good", in comparison with only 37% in the control group. Overall the study confirms that the homoeopathic preparation Gripp-Heel shows reliable efficacy and excellent tolerance in the treatment of flu infections.

Source: A. Rabe, "Symptomatische Behandlung akuter grippaler Infekte, Homöopathikum und konventionelle Therapie im Vergleich", (Symptomatic treatment of acute flu infections: comparing a homoeopathic preparation with conventional treatment). *Der Allgemeinarzt* (25) 2003, 20;1522-1523.