

Treatment of Otitis Media/Externa with a Modern Homeopathic Remedy

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SUMMARY

The efficacy and tolerability of Oteel* (monodose) was investigated in the treatment of 409 patients, suffering from otitis media or otitis externa. The preferred initially administered dosage was 3 monodose preparations daily (for 78% of patients). Within 5 days of treatment, 88% of the patients reported a significant improvement of their disease conditions. The total symptom score was reduced from 1.85 (baseline) to 0.35 (final visit). Success of the therapy, defined as a global investigator's assessment of "very good", "good" or "satisfactory" was reported for 96% of the patients. **The tolerability of the therapy was assessed as "very good" or "good" in at least 98% of the cases.**

* Also called Traumeel eardrops in certain countries.

Keywords: Otitis media, otitis externa, homeopathy, antihomotoxic, cohort study, Oteel/Traumeel eardrops

Traumeel® S in Epicondylitis

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ABSTRACT

This was an observational, non-randomized study comparing the homeopathic remedy Traumeel S with standard NSAID therapy for effects on symptomatic relief in 184 patients with diagnosed epicondylitis at 38 centers. At the start of the study, patients were given initial injections of either Traumeel S or an NSAID (unspecified; mainly diclofenac). Traumeel S patients might have additional Traumeel injections, and other treatments were allowed such as oral analgesics (in the NSAID group only) or physiotherapy. Treatments were evaluated after two weeks. Effects were assessed on clinically relevant variables: three pain variables (local pressure pain, pain with movements, pain at rest) and two mobility variables (change in extensional joint mobility and change in torsional joint mobility). Both treatments significantly improved scores on all five variables with no significant differences in time to onset of action. **Traumeel S was found to be equivalent to NSAIDs on all five variables evaluated and to be significantly superior to NSAID therapy on the variables "pain at rest" ($p < 0.01$), "torsional joint mobility" ($p < 0.01$), and "extensional joint mobility" ($p < 0.05$).** Patients' verdicts on the global outcome reflected the results, with the terms "very good" or "good" given by 71.0% of patients in the Traumeel S group vs 44.2% of patients receiving NSAIDs. Tolerability was good in all groups. In conclusion, Traumeel S represents an appealing and well tolerated alternative to NSAIDs for symptomatic treatment of epicondylitis.

