

Luffa comp. Heel nasal spray Fact Sheet

- Luffa comp. Heel nasal spray is a complex homeopathic remedy indicated for allergic rhinitis.
- It contains 4 different active ingredients¹ 2 botanical (Luffa operculata and Galphimia (Thryallis) glauca), 1 mineral (Sulfur) and 1 homeopathically adjusted allopathic substance (Histamine) in potency chords². They are supplied in a buffered saline solution³. The complex composition was chosen to ensure a highly effective therapy for the many different aspects of allergic rhinitis without side-effects.
- The exact mechanism of action of Luffa comp. nasal spray is not fully understood. Research results indicate that potencies in the range of D4 - D12 act regulatory upon,.. the cytokine balance of the allergic inflammation via the immunologic bystander reaction.
- A randomized, comparative double-blind clinical study demonstrates the efficacy of Luffa comp. Heel nasal spray (M. Weiser et al, *Comparison of a Homeopathic Nasal Spray with Cromolyn Sodium Nasal Spray in the Treatment of Seasonal Allergic Rhinitis*, submitted for publication). It is shown that Luffa nasal spray is as effective as 2% cromolyn sodium solution (a conventional remedy for hayfever) in reducing the symptoms of allergic rhinitis. Over 80% of all patients and doctors assessed the efficacy as good or excellent.
- Since 1991 this complex combination remedy is successfully being used against allergic rhinitis and no side effect have been observed. In the clinical study over 90% of all patients and doctors assessed the tolerance of Luffa comp. nasal spray as good or excellent. It is highly suitable for long-term application (e.g. throughout a whole pollen season). Only patients with a known hypersensitivity to the preservative benzalkonium chloride are advised not to use this preparation.
- Luffa comp. Heel nasal spray is available in 20 ml bottles. Luffa compositum tablets are recommended for prophylactic purposes and in case of very pronounced symptoms. They are available in bottles with 50 or 250 tablets.

Each of the ingredients acts upon a different aspect of allergic rhinitis. Combining the substances in one preparation enables concordant, broad-spectrum treatment.

2 Potency chords are combinations of different potencies in equal amounts (in this case for Luffa operculata and Galphimia glauca: D4, D12 and D30 1gm each per 10gm and for Sulfur and Histamine: D12, D30, D200 0.5g each per 10gm). *In vitro* experiments clearly demonstrated that potency chords are more active than single potencies (G. Harisch, J. Dittmann, *Biologische Medizin* 5 (1998), 212-219; Frase *Biologische Medizin* 6 (1998), 276-278). The superiority of potencies when compared to simple dilutions has been shown in many examples (for a summary see: G. Harisch, J. Dittmann, *Biological Therapie* Vol. 15 No.2 (1997), 40-46).

~ Buffered saline (sodium chloride) solution ensures a healthy moistness of the nasal mucosal membranes, thereby improving nasal respiration and increasing the uptake of active ingredients from the nasal spray.