



DEUTSCHE
HOMÖOPATHIE
UNION

Newsletter Influcid

August 14, 2009

Dear Sir or Madam,

New information regarding the new influenza A (H1N1) virus infection also called "Mexican Flu" or "Swine Flu" is spread over the media almost every day. The World Health Organization (WHO) has declared the new influenza A (H1N1) to a pandemic as sustained community level outbreaks caused by the virus have been verified in at least two WHO regions. So far, more than 59,000 disease cases are registered and 263 people died (WHO status of June 26, 2009). The WHO classifies the severity of the pandemic as moderate. The final outcome is not clear today and in contrast to the seasonal influenza the new influenza A (H1N1) is spreading fast particularly among young people (aged 10 to 45 years) [1]. Fortunately, most of the disease cases have a mild or moderate course and patients are recovering soon.

However, you may be asked whether you can recommend any protective measures since the currently available vaccinations are not effective with respect to the new influenza A (H1N1) virus. Beside classical measures to minimize the risk to become infected like cleaning hands regularly and thoroughly as well as avoiding contact to people who might be ill, the intake of Influcid might be an additive measure.

Influcid is a homeopathic medicine composed of the following six well-proven single remedies: Aconitum 03, Bryonia 02, Eupatorium perfoliatum 01, Gelsemium 03, Ipecacuanha 03, and Phosphorus 05.

It is particularly suitable and traditionally used for the treatment and prevention of feverish flu-like infections as well as for the supportive treatment of influenza. With the trade name "Grippetropfen" and later on "Nisylen" it is marketed since 1928. The first registration was granted in 1978 in Germany for the ethanol-containing solution. Tablets were registered in Germany in 1996 as additional pharmaceutical form with identical composition of active substances and marketed since 1997. Until now Influcid tablets and/or solution are authorized in 17 countries.

The long-term post-marketing experience demonstrates the excellent tolerability of Influcid. Neither adverse drug reactions were reported spontaneously since introduction of Influcid into the market nor safety issues regarding the use of Influcid have been identified from other sources e.g. from literature.

Additionally, clinical studies as well as in vivo and in vitro experiments investigated the effectiveness and tolerability of Influcid [2-6]. With respect to prophylactic effect of Influcid, we would like to draw your attention especially to the antiviral activity of Influcid, which has been proven in vitro and in vivo in experimentally induced influenza [4-6]. In one of these studies MDCK¹ cell culture was inoculated with influenza virus A/Aichi 1/68 (H3N2). Influcid was added to the cell culture together with the virus using Influcid concentrations corresponding to 0.75 mg/ml as well as 0.075 mg/ml for each ingredient respectively. A significant inhibition of the virus replication had been demonstrated using hemagglutination reaction according to standard method [5]. Thus the antiviral activity of Influcid against influenza virus could be shown in this trial.

¹Madin-Darby canine kidney

In a next step, the preventive regime of Influcid has been investigated in mice. In this in-vivo study the same virus strain has been used as in the in-vitro trial described above. The primary outcome parameters were survival rates and the extent of virus replication in mice lungs (day 4 after infection). When an Influcid dose of 0.2 ml/mouse (mouse weight: 14-16g) was administered 24 hours before infection using a concentration of 0.75 mg/ml for each ingredient 60 % of the animals have been protected from influenza during the observation period (15 days). Furthermore a significant inhibition of the virus replication in the lungs of mice has been demonstrated [5].

Based on these promising results the anti-virus activity of Influcid has been further investigated and confirmed. Common strains of human flu viruses were evaluated in vivo: A/New Caledonia 20/99 (H1N1), A/Victoria/35/72 (H5N2), A/Wisconsin/67/05 (H3N2), and B/Malaysia/2506/04. Furthermore, four bird flu viruses have been studied. Influcid showed good anti-virus effect to strains A A/Victoria/35/72 (H5N2) and B/Malaysia/2506/04 as well as moderate effect to subtypes A (H3N2) and A (H1N1). In subsequent in vivo experiments in mice Influcid disclosed a reliable positive effect with respect to prophylaxis and treatment of infections with the common strain of flu A (H1N1) [6].

Furthermore the effectiveness of Influcid in the treatment of acute upper respiratory tract infections has been demonstrated in an open, multi-centre study including a total of 600 patients (333 adults, 267 children under 12 years). The individuals were treated up to 9 days with Influcid. Eight typical symptoms of the disease were investigated and an improvement was noted in about 90% of patients after three days. No symptoms were present at the final visit in about three quarters of the patients. Additionally the patients' impairment had been reduced clinically and statistically significant after 5 days of treatment. It is noteworthy that these results are independent from the leading pathogen as no restriction on inclusion has been made with respect to the underlying disease [2, 3].

The existing data are in favor of a positive effect of Influcid in the supportive treatment and prevention of influenza. Taking the excellent tolerability and safety of Influcid into account Influcid may be an adjunct to conventional prophylactic measures.

Yours faithfully,

DHU-Arzneimittel GmbH & Co. KG Karlsruhe

I.V. Dr. Gesine Klein
Head Science Department

i.A. Petra Klement
Manager Medical & Scientific Affairs

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