Abstract

Respiratory tract infections are the most common syndromes at community, there are two types: upper and lower respiratory tract infections. The vast majority are started by a viral infection transforming the land vulnerable into a bacterial infection. The 2/3 of patients is treated from the onset of symptoms with antibiotics, although it is known that this treatment not positively influences the course of the disease. Renikan®, herbal extracted from the root of Pelargonium sidoides has a threefold mechanism of action: antiviral, antibiotic and mucolytic, antiviral, because it activates the natural antiviral mechanisms of defense; antibacterial, due to its direct and indirect bacteriostatic action and mucolytic, owing to its secretomotory and expectorant properties. Objective: To test the effectiveness and tolerability of Renikan® in the treatment of respiratory infections. Materials and methods: Open design, multicenter study. We selected children 6-12 years age and adults of any sex or race with upper respiratory tract infections. They received Renikan® for 7 consecutive days, changes in symptoms; necessity of antibiotic use and the Integrative Medicine Outcome scale (IMOS) were evaluated. Results: Of a total of 305 patients, 156 adults and 149 children were divided into three groups: 97 Rhinosinusitis patients, who showed symptoms improvement in 86% of adults and 80% children no antibiotics use in 86% of adults and 91% of children, in 108 Tonsillitis patients, an improvement of symptoms was found in 92% of adults and 89% of children, no antibiotic use were in 86% of adults and 93% of children, and, in a third group consisting of 100 patients with bronchitis, improvement was report in 98% of adults and in 73% of children, no antibiotics were used in 88% of adults and 96% of children. The use of concomitant therapy decreased in 50% of cases and only 0.02% of patients had adverse events. Conclusions: The use of Renikan® use in patients with upper respiratory tract infections was shown to be safe and effective in both adults and children over 6 years of age. The use of Renikan® reduces bacterial complications and the need for antibiotics to treat the upper respiratory tract infections.
Keywords
Tonsillitis, Bronchitis, Rhinosinusitis, Pelargonium Sidoides.