

The Remission of Symptoms of Uncomplicated Upper Respiratory Tract Infection (URTI): Use of Propolis

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Background and purpose of the study: Propolis (P) is a natural resinous substance used in the treatment and prevention of infections of the oral cavity and upper respiratory tract for its antimicrobial and anti-inflammatory properties. The aim of the study was to evaluate the efficacy of an oral spray based on poplar extract (P), on the remission of symptoms associated with uncomplicated mild URTI.

Materials and methods: A randomized, double-blind, placebo-controlled clinical study was conducted on 122 healthy adults with mild upper respiratory tract infection. Participants assigned to P (N=58) or placebo (N=64) group, underwent four visits (t0; after 3=t1; 5=t2 and 15 days=t3).

Results: After 3 days of treatment, 83% of the subjects treated with P spray had a remission of symptoms. 72% of the placebo had at least one symptom left. After five days, all subjects had recovered from all symptoms. Resolution from uncomplicated mild URTIs in treated subjects occurred two days earlier than in the control group.

Conclusions: P oral spray can be used to improve both bacterial and viral uncomplicated URTI symptoms in fewer days without the use of drug treatment.