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STW 5 (Iberogast) Therapy in Gastrointestinal Functional Disorders.

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Abstract

Functional gastrointestinal disorders (FGIDs) are very common and affect populations worldwide. A majority of patients are affected by a variety of heterogenous gastrointestinal symptoms (GIS) related to the upper and lower digestive system with frequent overlap and mostly of mild to moderate degree. The herbal medicinal preparation STW 5 is documented as an effective therapeutic option for treating FGID. Studies Conducted in Summary: STW 5 has been in use for more than 50 years in clinical practice and proven to be effective and safe in the management of FGID. The high efficacy of STW 5 on symptoms clustered in functional dyspepsia (FD) and irritable bowel syndrome (IBS) as well as on individual abdominal symptoms is demonstrated in 5 controlled, randomized double-blind studies in FD and in one trial conducted in patients with IBS. In addition the beneficial therapeutic effect of STW 5 on FGD as well as safety issues have been reported in a series of non interventional studies conducted in several thousands of adult patients and including 980 children. An additional study has been performed addressing the question as to how quickly the therapeutic effect is obtained after STW 5 administration. Key Messages from These Studies: STW 5 is an effective phyto-medication for treating patients with FD and IBS. STW 5 acts beneficially on abdominal symptom clusters as well as on individual GIS in adults and children. The time to onset of action is rapid, well tolerated and safe. The repetitive use of STW 5 is an appropriate option in clinical practice for patients with FGID.

STW 5 (伊貝加特) 治療胃腸功能紊亂

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抽象

功能性胃腸道疾病 (FGID) 非常常見並且影響全世界的人群。大多數患者受到與上消化系統和下消化系統相關的各種異質性胃腸道症狀 (GIS) 的影響，頻繁重疊且多為輕度至中度。草藥製劑STW 5被記錄為治療FGID的有效治療選擇。總結進行的研究：STW 5已在臨床實踐中使用了50多年，並被證明在FGID的管理中是有效和安全的。STW 5對功能性消化不良 (FD) 和腸易激綜合徵 (IBS) 以及個體腹部症狀的症狀的高效率在FD的5項對照，隨機雙盲研究和在患者中進行的一項試驗中得到證實。腸易激綜合徵。此外，在數千名成年患者和包括980名兒童進行的一系列非介入性研究中已經報導了STW 5對FGD的有益治療效果以及安全性問題。已經進行了另外的研究，以解決STW 5給藥後獲得治療效果的速度有多快的問題。來自這些研究的關鍵信息：STW 5是一種有效的植物藥物，用於治療FD和IBS患者。STW 5有利於腹部症狀群以及成人和兒童的個體GIS。開始行動的時間快速，耐受性好且安全。對於患有FGID的患者，重複使用STW 5是臨床實踐中的合適選擇。