

Clinical Studies on Oscillocochinum

Oscillocochinum has been shown in clinical trials to help reduce the severity and shorten the duration of flu symptoms.^{1,2}

Oscillocochinum works rapidly, with 63 percent of patients showing "complete resolution" or "clear improvement" at 48 hours.*¹ In a double-blind, placebo-controlled clinical trial, the recovery rate within 48 hours of treatment was significantly greater in the group that received the active drug than in the placebo group.^{†2}

Unlike other flu medicines, Oscillocochinum does not cause side effects, such as drowsiness, and has no known or reported drug interactions. Oscillocochinum is regulated as a drug by the FDA³ and can be purchased at pharmacies, natural food stores and supermarkets.

Make sure to keep Oscillocochinum on hand because it works best when taken early. Take Oscillocochinum at the first signs of flu-like symptoms.

*Versus 48% in the placebo group, P=0.003; †P=0.03.

References:

1. Papp R, Schuback G, Beck E, et al. Oscillocochinum in patients with influenza-like syndromes: a placebo-controlled, double-blind evaluation. *Br Homeopath J.* 1998;87:69-76.
2. Ferley JP, Zmirou D, D'Adhemar D, Balducci F. A controlled evaluation of a homeopathic preparation in the treatment of influenza-like syndromes. *Br J Clin Pharmacol.* 1989;27:329-335.
3. U.S. Food and Drug Administration. Sec. 400.400 Conditions Under Which Homeopathic Drugs May be Marketed (CPG 7132.15). Available at: http://www.fda.gov/ora/compliance_ref/cpg/cpgdrg/cpg400-400.html.

Summary of Studies

Download a PDF summary of four double-blind, placebo-controlled clinical studies on Oscillocochinum. Included in this PDF is a chart comparing Oscillocochinum with antivirals, herbs, vitamins, and symptomatic medicines for aches and fever.

Read More Research

Read an independent review of research studies on Oscillocochinum conducted by the Cochrane Collaboration (*Cochrane Database Syst. Rev.* 3: CD001957, 2006.)

"Taking Oscillocochinum at the first sign of flu symptoms reduced the average bout by about 6 hours in the two studies that provided enough data to analyze."

-Andrew Vickers, Memorial Sloan-Kettering Cancer Center, who reviewed the evidence on Oscillocochinum for the Cochrane Collaboration (quote published in *Nutrition Action Healthletter*, January/February 2007)

“The research is somewhat promising. Two separate authors reviewed seven well-controlled studies that showed that it was able to reduce flu-like symptoms by about 7 hours. That doesn’t sound like a lot, but if you feel miserable, 7 hours can make a difference.”

-Joy Bauer, Joy Bauer Nutrition Center, New York, N.Y., and Today Show contributor (quote heard on the Today Show, Feb. 13, 2007)