

## Oral presentation

### Oral efficacy of Herpi-Virin - a wormwood preparation - in the treatment of herpes. Results of a multicenter, double-blind, placebo controlled trial vs Acyclovir

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**Introduction.** Herpes simplex virus (HSV) is a common cause of infections of the skin and mucous membranes. Many herbal treatments have been used in folks' medicine for decades; almost all of them are topical configurations. No effective herbal oral alternative is available to treat herpes infections.

**Objectives.** The aim of the study was to evaluate the oral efficacy of wormwood (*Artemisia absinthium*) to treat recurrent herpes skin infections.

**Methods.** Double-blind placebo-controlled comparison with acyclovir and wormwood preparation after oral administration.

**Results.** Ninety (90) patients suffering from recurrent skin, oro-facial and genital herpes, participated in the trial, 30 in each treatment group. They were given Acyclovir 200 mg capsules, or identical-looking wormwood capsules or similar placebo capsules 5 times a day for 7 days. Selection and efficacy was based on clinical symptoms.

**Conclusion.** Orally administered 5x250 mg wormwood preparation was at least as good as acyclovir 5x200 mg and statistically superior to placebo. This is the first study of its kind with wormwood with exciting results. More trials are needed.

Keywords: Wormwood, clinical efficacy, skin herpes,

Selected References

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