

## Efficacy and tolerability of the herbal preparation STW-5 in the therapy of functional dyspepsia: results of a double-blind, placebo-controlled, randomized multicenter trial

Dr Irena Sassin

Steigerwald Arzneimittelwerk GmbH, Havelstr. 5,  
64295 Darmstadt, Germany

The etiology and the pathophysiology of functional dyspepsia are poorly understood and therapy strategies remain controversial. STW-5\* is a herbal preparation containing an alcoholic fresh plant extract from *Iberis amara* and eight other plant components. The efficacy and tolerability of STW-5 and its research preparation STW-5-S (composed like STW-5, but without *Iberis amara*) in the therapy of functional dyspepsia were examined. 60 patients suffering from dyspeptic symptoms for four weeks or longer were enrolled in this double-blind, placebo-controlled, randomized multicenter trial. After a standardized work up and an one-week run-in, patients received 20 drops STW5, STW-5-S or placebo three times daily for four weeks. The main outcome variable was the improvement of a gastrointestinal symptom score (GIS). Dyspeptic symptoms were assessed at baseline and two and four weeks during treatment. All treatment regimens were well tolerated. Compared to placebo, both herbal preparations STW-5 and STW-5-S improved statistically significant GIS ( $p < 0.001$ ). Concerning GIS, no statistically significant difference could be observed for efficacy of STW-5 and its research preparation STW-5-S ( $p > 0.05$ ). However, stable improvement of gastrointestinal symptoms, was achieved earlier with STW-5 than with STW-5-S ( $p = 0.023$ ). Furthermore, relieve of the symptom "nausea" was significantly better with STW-5 compared to STW-5-S ( $p = 0.003$ ). Conclusively, the herbal preparation STW-5 and its research preparation STW-5-S improved dyspeptic symptoms significantly better than placebo.

\* *Iberogast*