

RAPID RECOVERY FROM TYPE A/SHANGHAI INFLUENZA TREATED WITH INTRAVENOUS HYDROGEN PEROXIDE

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A seasonal epidemic of Type A/Shanghai Influenza occurred in Oklahoma during the December 1989 - January 1990 "Flu Season". Typical symptoms were fever, chills, headache, arthralgia, sore throat, cough, bronchial congestion and, in some cases, nausea and/or diarrhea. Many victims were quite morbid the first 48 to 72 hours followed by a gradual recovery requiring 12 to 18 days. The influenza epidemic appeared to affect all age ranges from infants to very elderly.

We devised a "Morbidity Index" composed of a 5 point range for fever and chills, 5 point range for headaches and arthralgia and a 5 point range for lethargy, weakness, somnolence, nausea, diarrhea, sore throat or bronchitis. Patients were selected at random and entered into either "Control" or a "Treatment" group. None of the patients selected for this study had been ill more than 24 hours. There were 20 patients in each group, ages ranged from 16 to 78 years and the groups were about equally divided between male and female.

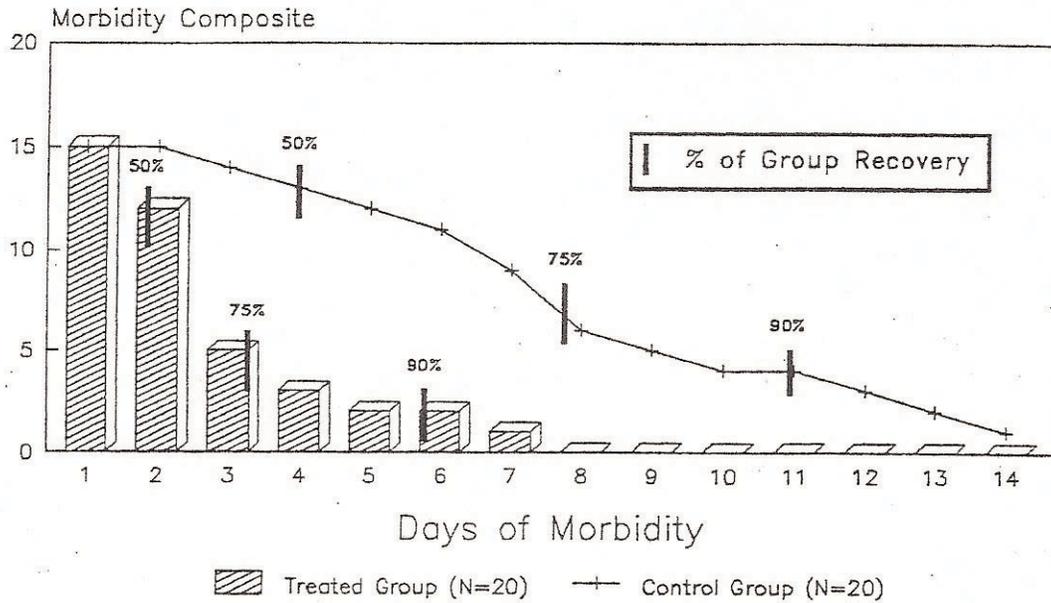
The "Control" group were treated with the conventional medical protocol of antibiotics (EES or Keftabs), decongestants and analgesics. These patients most likely supplemented these recommendations with OTC cough/cold preparations of various types.

The "Treatment" group was given 250 ml of 0.0375% intravenous hydrogen peroxide the first day the patient was seen and were told to return the following day if they had not significantly improved. Of the "Treatment" group, seven (35%) returned the following day and received a second infusion of hydrogen peroxide. Only two (10%) patients required a third infusion on the third day. Both of these patients were over seventy years old. Follow up evaluations were made by telephone inquiry.

The "Control" group had a 50% improvement after 4.1 days and a 75% improvement in 7.8 days with a 90% recovery after approximately 11 days. An average of 2 working days per patient were lost due to this illness. This represents a total of 41.5 days of employee absenteeism of this conventionally treated group.

In the "Treatment" group, treated only with hydrogen peroxide, there were only 5 total days of employment loss. This represents only a 0.25 day (1/4 day) per patient employee absenteeism due to the same illness but treated with hydrogen peroxide. A 50% group improvement was reported at 1.9 days and a 75% improvement at 3.2 days. A 90% recovery was apparent after 5.5 days. The results of this study are projected in Figure 1.

MORBIDITY PROFILES A/SHANGHAI INFLUENZA
 TREATED GROUP IV H2O2/Analgesic
 CONTROL (Antibiotic/Decongest/Analgesic)



Treated Group given 250 mL 0.0375% H2O2
 First Day. Seven required repeat treat-
 ments second day. Two required a third.

The reduction in morbidity of the hydrogen peroxide "Treatment" group compared to a group of patients treated by standard medical regimens is significant. The response of Influenza to hydrogen peroxide in this study parallels those reported by Oliver in 1920.

Physicians are always concerned that their patients recover from any illness as rapidly as possible. The greatest significance of this study however, is the economic impact it would have on industry because of employee absenteeism due to influenza. The additional impact is on the medical expense of symptomatically supporting these patients (employees) while they recover from this debilitating and predictable illness.

We have demonstrated a simple and inexpensive treatment that can significantly reduce the morbidity and possibly mortality from influenza. The economic significance to industry and medicine warrants further study and implementation of this therapeutic modality.