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Title: Effects of rosemary and platanus extracts on asthmatic subjects resistant to traditional treatments

Dr. Majid 15509 Mirsadraei majidmirsadraee@mshdiau.ac.ir MD ¹, Dr. Afsaneh 15510 Tavakoli afsan_t@yahoo.com ¹ and Ms. Sakineh 15511 Ghaffari shadighafari@yahoo.com ¹. ¹ Medicine, School of Medicine, Islamic Azad University- Mashhad Branch, Mashhad, Khorasan Razavi, Islamic Republic of Iran, 9178673799 .

Body: Recent studies showed some benefit for Rosemary in allergic disorders. Objective of this study was to determine the effects of Rosemary and Platanus extracts on asthma. Materials and methods: Design: Active comparator study, Registered in Iranian clinical trial registry. Participants: Forty asthmatic subjects (F/M=3/2) who were not controlled with at least four drugs of asthma (ICS, LABA, Montelukast and Theophylline). The subjects were randomly divided in to four groups which herbal medicine (platanus or rosemary extract) were used in two groups and placebo in two other groups. The extracts were provided from especial herbal medicine factory from Birjand city. Packages were similar and physician and pharmacist were blind to the type of treatment. Clinical findings, spirometry, Exhaled Nitric Oxide (FENO) and asthma control test (ACT) were measured before trial and after one month of treatment. Results: Six subjects showed side effects (2 Rosemary, 4 Platanus). Overall patient satisfaction and ACT score showed significant improve with Rosemary but not with Platanus. Clinical evaluation showed significant improvement of cough, sputum production, chest pain and wheezing in Rosemary group and cough and chest pain in Platanus group. Spirometry results showed significant improving in FEV1 percent predicted and FEV1/VC in Platanus group but other parameters and Rosemary spirometry didn't showed significant difference. FENO was decreased in both groups but the results were not statistically significant. Conclusion: Rosemary and Platanus extract showed promising result in resistant asthma. Further studies about most effective gradient of these herbal medicines are recommended.