EFFECT OF IBEROGAST N (STW5-II) ON TRANSIT AND TOLERANCE TO GASTRIC GAS IN PATIENTS WITH FUNCTIONAL DYSPEPSIA

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A double-blind controlled trial in 27 functional dyspepsia patients found that two weeks of STW5-II treatment accelerated early rectal gas evacuation and reduced symptom intensity during a gastric gas challenge test compared to placebo.

KEY POINTS

- After 20 minutes of gastric gas infusion, STW5-II patients expelled 319±81 mL of gas versus 80±39 mL on placebo (p=0.015), though total evacuation at 90 minutes was similar between groups.
- Symptom score increment during gas infusion was significantly lower with STW5-II (1.9±0.6) than placebo (3.0±0.4, p=0.036), and symptoms returned to baseline with STW5-II but remained elevated with placebo at study end.
- The study enrolled 27 patients with functional dyspepsia and bloating who received STW5-II 20 drops three times daily or placebo for two weeks before undergoing a gas challenge test with 1500 mL gas and nutrient infusion.
- Authors conclude STW5-II improves tolerance to gastric gas through accelerated transit and rectal evacuation and could benefit management of gas-related symptoms in functional dyspepsia.

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