

SIMILASAN RESEARCH REPORT

CLINICAL STUDY

SIMILASAN EYEDROPS #1

STUDY REVIEW BY:

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INTRODUCTION

The present study was carried out in an ophthalmology practice in cooperation with a qualified optometrist. The study investigated the effectiveness and tolerance of Similasan Eye Drops #1, a homeopathic medication. Also, the study was designed to determine contact lens tolerance and lens discoloration. Effectiveness of the preparation was assessed by a physician and patient after it had been used to treat simple conjunctivitis, dry eyes, eye irritation due to contact lenses, and blepharitis.

The Similasan Eye Drops #1 composition contains Belladonna 6x (30.33%), Euphrasia 6x (30.33%), Mercurius sublimatus 6x (30.33%), SoluSept (0.001%), and purified water (8.1%).

Patient group

The test group was 56 patients, 42 (75%) women and 14 (25%), who are contact lens wearers. The average age was 28.3 years, with a range from 18 to 53. Treatment was stopped on six patients (10.7%) because of unreliable patient compliance. The study is therefore based on a test group of 50 patients (89.28%).

Dosage and lengths of treatment

One to two drops were given in each eye two to four times a day. On average, treatment continued for 49.4 days, with a range from three to 150 days.

Lens wearers

100% of the patients wore contact lenses. Of these, 35 (70%) wore hard lenses and 15 (30%) wore soft lenses. Therefore, it was possible to assess a total of 100 contact lenses (fifty pairs) for any changes that might have occurred.

A slit-lamp was used to determine any changes in the lenses. None were observed.

Diagnostic basis

The following summary shows the main diagnoses made by the ophthalmologist in charge of the test. The assessment of the preparation's effectiveness was made on the basis of these symptoms. Multiple diagnoses were made for

Diagnosis	N	%
Simple Conjunctivitis	8	9.4
Dry Eye	35	41.2
Irritation from Contact Lenses	23	27.1
Blepharitis	11	12.9
Others e.g., Greasy film • Irritation due to allergic rhinitis Papillary conjunctivitis • Pingueculitis etc.	8	9.4
Total	85	100.0%

RESULTS

Tolerance Assessment	N	%
Good	48	87.27
Transient sensation of cold	2	3.63
Subjective sense of irritation	1	1.81
Initial sense of irritation	1	1.81
No information(treatment stopped)	3	5.45
Total	85	100.0%

The medication's assessment of "good" was obtained by patients' replies to the physician's questions. It is, therefore, a subjective criterion. None of the statements made by the patients conflicted with the physician's objective findings.

Effectiveness

An assessment of the preparation's effectiveness was obtained on a total of 77 of the diagnoses made by the ophthalmologist. Schimer's test was used to confirm the dry eyes diagnosis.

Tolerance Assessment	N	%
Symptom free	8	10.39
Substantial improvement	4	36.4
Slight improvement	8	10.39
No change	25	
32.47No information(treatment stopped)	3	5.45
Total	77	100.0%

CONCLUSION

Overall, complete or substantial improvement was found in 44 (57.14%) of the diagnoses made.

Specific effectiveness for various symptoms

The effectiveness of the test preparation for the various diagnoses was assessed as follows:

Conjunctivitis Assessment	N	%
Symptom free	2	2.50
Substantial improvement	5	62.5
Slight improvement	-	-
No change	1	12.5
Total	8	100.0%

One patient reported subjective worsening.

Dry Eyes Assessment	N	%
Symptom free	3	8.6
Substantial improvement	14	39.9
Slight improvement	5	14.3
No change	13	37.1
Total	35	100.0%

One patient reported subjective worsening.

Contact Lense Assessment	N	%
Symptom free	1	4.3
Substantial improvement	13	56.5
Slight improvement	3	13.0
No change	6	26.1
Total	23	100.0%

Blepharia Assessment	N	%
Symptom free	2	18.2
Substantial improvement	4	36.4
Slight improvement	-	-
No change	5	45.5
Total	11	100.0%

One patient was objectively cured but reported no change.

One patient with keratitis was symptom free after the treatment.

DISCUSSION

The study of Similasan Eye Drops #1 confirms that the medication is readily tolerated by those who wear either soft or hard contact lenses or no lenses at all. No lens was found to have discolored. 57% of all cases reported to be completely free of symptoms or substantially improved.