

Tibetan remedies in chronic diseases

Statements from the current publication of the same name
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Multicomponent drugs with natural, mostly plant-based ingredients



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Tibetan remedies are, without exception, complex multicomponent drug combinations. Their ingredients are natural (not synthetic) substances, mostly of vegetable origin (raw drugs), while a small proportion are of mineral origin. The individual components are present in the various drugs and remedies in very small amounts, the efficacy being based on the synergism between the many different substances. The principle of the synergistic multicomponent mixture and the low binding affinity could explain the low incidence and the limited spectrum

of the unwanted effects associated with these products.

High level of evidence-based medicine: Efficacy in arteriosclerosis and intermittent claudication

Many experimental studies, but also clinical scientific studies with Tibetan drugs and remedies, with repeatable composition and meeting modern quality standards, have in the meantime been carried out and published. Empirical experience from medical practice and results from clinical and in-vitro and ex-vivo research work demonstrate the multivalent potential of these complex substances also for patients in the context of modern Western nosologies. These plant-based drugs and remedies, which are based on Tibetan formulas that have been passed down over the years, provide interesting therapeutic possibilities especially in certain chronic diseases. Most of the scientific data that are available at present relate to diseases in which chronic inflammatory processes clearly play an important role, especially arteriosclerosis and intermittent claudication. According to the criteria of Western evidenced-based medicine, Padma 28, a combination of 22 components, can be classified at a high level in regard to the treatment of intermittent claudication.

Padma 28: Clinical studies and practical cases as proof of its long-term effect

A series of clinical studies and practical observations have investigated the effect of Padma 28 (Padmed Circosan) in patients with intermittent claudication and other forms of circulatory disorders, such as angina pectoris, convalescence following ischaemic cerebral stroke and poorly healing wounds such as ulcus cruris venosum. Other studies extended the area of application to a number of other indications, such as chronic dental pulpitis, hepatitis B, respiratory-tract infections, rheumatoid arthritis and multiple sclerosis. Common to all the indications is the pathogenic background of chronic inflammatory and autoimmune processes. As a complex multicomponent mixture of 20 different plants, camphor and calcium sulphate, Padma 28 contains a mixture of polyphenols, flavonoids and tannins.

Scientifically, the direct and indirect anti-inflammatory effects are

very well documented



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Padma 28 is at present the best documented Tibetan recipe in the literature. About one-half of all the Medline-indexed publications on the mode of action of Tibetan multicomponent preparations describe the clinical properties and the activity of Padma 28. Among these there are also many in-vitro and ex-vivo studies investigating individual aspects and effects of this formula. The profile of action of Padma 28 comprises mainly direct and indirect anti-inflammatory effects, as well as other types of biochemical mechanisms. Results from extensive in-vitro and ex-vivo studies show that Padma 28 acts at different sites in the course of the pathogenic processes of atherogenesis. The mechanisms described support the therapeutic indications of Padma 28 – peripheral circulatory disorders and chronic inflammatory diseases. On the basis of the many mechanisms of action and sites of action, it is possible to draw first conclusions regarding the concept of the formulation of this recipe.

Padma 28: An immunomodulator in the early stages of atherogenesis and chronic inflammation



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C-reactive protein (CRP) is a so-called acute-phase protein, the serum level of which can increase up to 100-fold in the course of an inflammatory process. Even a slight increase of the CRP level can lead to a progression of peripheral vascular damage in apparently healthy subjects, or can also cause such damage in patients with unstable angina pectoris. CRP induces the increased formation of vascular adhesion molecules, such as E-selectin on endothelial cells for example – an important process in the progressive immune process of atherogenesis. Ex-vivo experiments show that through inhibition of the formation of E-selectin and other vascular adhesion molecules, Padma 18 acts directly in the early stages of the development of arteriosclerotic lesions. This is also presumably of clinical significance in other chronic inflammatory processes.

Padma 28 in chronic dental pulpitis: Recovery is accelerated, root canal therapy or extraction are prevented



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In 49 patients with symptoms of chronic pulpitis, without clear indication for immediate root canal therapy, Padma 28 (2x2 tablets/day) was prescribed for 15 days. Within one month 27 patients (55%), and after a longer period of treatment 40 patients (81%) were free from pain. In most cases the patients have been under observation for 2 to 3 years. Twelve patients (24%) have already been free from symptoms for more than 3 years. The majority of the patients (>80%) showed recovery which was positively influenced or accelerated by Padma 28; root canal therapy or extraction could be avoided. In many cases the improvement is permanent.

Clinical efficacy and safety of Padma 28: Walking distance increased by more than 100 metres, with good tolerability



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Systematic review, with literature search of the electronic databases (from their starting dates up to Autumn 2005) and the literature references of the works found: Fourteen articles (6 published, 1 unpublished and 6 twice-published studies, and 1 meta-analysis). Six studies investigated the maximum distance walked, five of which showed a significant increase of this parameter. The pooled data of the meta-analysis confirmed a significant and clinically relevant increase of the distance walked, by more than 100 metres, in just one-fifth of the

patients. The serious unwanted events were not associated with the active drugs, while the non-serious events were equally as frequent as under placebo. The available evidence shows that the multi-target therapy with Padma 28 leads to a statistically significant and clinically relevant improvement of the symptoms of peripheral arterial occlusive disease (PAOD), i.e. increase of the distance walked.

Padma Lax in chronic constipation: An effective therapeutic option also for long-term application



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In different patients with severe, refractory constipation, the Tibetan remedy Padma Lax (12 plant-based and 3 mineral-based components) led to permanent improvement of the disorders of defecation and of the concomitant symptoms in a surprisingly short time. This effect and the fact that the condition does not have to be treated in hospital contribute significantly to the quality of life of the patients and not least they also reduce the financial burden on those responsible for the costs. With the complex composition of Padma Lax it can be

assumed that it influences the intestinal function at various different levels. The examples presented show that the drug can also be used in long-term therapy.