

Clinical trial of herbal treatment gene *Eden-Vir/Novirin* in oral herpes

Hanan Polansky, Adrian Javaherian and Edan Itzkovitz

Centre for the Biology of Chronic Disease, USA

Our previous articles showed that suppressive or preventive treatment with the herbal gene-*Eden-VIR/Novirin* reduced the number and duration of genital herpes outbreaks with no adverse effects. These studies also revealed that the herbal gene-*Eden-VIR/Novirin* is mostly superior to acyclovir, valacyclovir and famciclovir drugs in genital herpes. This study tested the effect of gene *Eden-VIR/Novirin* in oral herpes also called cold sores and fever blisters.

Methods: The framework of the study was a retrospective chart review. The study included 68 participants. The participants took 1 to 4 capsules per day over a period of 2 to 36 months. The study included two Food and drug administration recommended controls: baseline and a no treatment.

Results: Gene *Eden-VIR/Novirin* was effective in 89.3% of participants. The treatment reduced the mean number of outbreaks per year from 6.0 and 3.6 in the control

groups to 2.0 in the treatment group ($P < .0001$ and $P = .07$, respectively). Gene-*Eden-VIR/Novirin* reduced the mean duration of outbreaks from 9.8 and 5.8 days in the control groups to 3.2 days in the treatment group ($P < .0001$ and $P = .02$, respectively). There were no reports of adverse experiences. Gene-*Eden-VIR/Novirin* was compared to acyclovir and valacyclovir in 6 tests. In all tests, Gene *Eden-VIR/Novirin* showed higher efficacy. Gene *Eden-VIR/Novirin* also showed superior safety.

Conclusions: This clinical study showed that suppressive or preventive treatment with the herbal gene *Eden-VIR/Novirin* reduced the number and duration of outbreaks in oral herpes without any adverse effects. The study also showed that the herbal gene *Eden-VIR/Novirin* had better clinical effects than acyclovir and valacyclovir, the leading drugs in the category. Based on these results, we recommend using the herbal gene *Eden-VIR/Novirin* as preventive treatment for oral herpes and specifically as an alternative to the acyclovir and valacyclovir drugs