Effects of {Iberogast} on proximal gastric volume, antropyloroduodenal motility and gastric emptying in healthy men.

OBJECTIVE: The herbal preparation Iberogast has been reported to improve upper abdominal symptoms in functional dyspepsia (FD) and to decrease fundic tone, increase antral contractility, and decrease afferent nerve sensitivity in experimental animals. The effects of Iberogast on the human gastrointestinal tract have not been evaluated. METHODS: We investigated the effects of oral control and Iberogast, each administered as a single dose (1.1 mL), in a double-blind randomized fashion, on proximal gastric volume (part A), antropyloroduodenal motility (part B), and gastric emptying and intragastric distribution of a solid/liquid meal (part C) for 120 minutes, in nine (part A), 12 (part B), and eight (part C) healthy men. RESULTS: Iberogast increased proximal gastric volume (max volume; control 104+/−12 mL, Iberogast 174+/−23 mL, P<0.05) (part A), increased the motility index of antral pressure waves in the first 60 minutes (P<0.05) without affecting pyloric or duodenal pressures (part B), and slightly increased the retention of liquid in the total stomach between 10 and 50 minutes (P<0.01), but had no effect on gastric emptying of solids or intragastric distribution (part C). CONCLUSIONS: Iberogast affects gastric motility in humans, probably in a region-dependent manner. The
stimulation of gastric relaxation and antral motility may contribute to the reported therapeutic efficacy of Iberogast in FD.

Stichworte: Humans, Adult, Male, Double-Blind Method, Gastric Emptying/*drug effects, Gastrointestinal Motility/*drug effects, Organ Size/drug effects, Plant Extracts/administration & dosage/*pharmacology, Stomach/*drug effects/physiology

Zeitschriftentitel: The American journal of gastroenterology

Jahr: 2007
Band: 102
Monat: jun
Heft / Issue: 6
Seiten: 1276--1283
Sprache: eng
Print-ISSN: 0002-9270 0002-9270

Occurences:
- Einrichtungen > Fakultäten > Fakultät Wissenschaftszentrum Weihenstephan > Forschungsdepartments > Department für Ernährungs- und Lebensmittelwissenschaften > Lehrstuhl für Humanbiologie (Prof. Schemann)

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