

Protective Effect of Influenza-Protective Herbal Sachet on Adult Influenza: a Randomized Controlled Trial Pilot Study

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ABSTRACT Objective To evaluate the clinical protective effect of Influenza-Protective herbal sachet (IPHS) on adult influenza. **Methods** During the influenza season in 2018, the volunteers who met the inclusion criteria were randomly divided into a herbal sachet group and a control group with 80 volunteers of each group. The herbal sachet group was given IPHS with functions of aroma avoiding filth (recommended to be placed in the office, bedside, pillow, etc.), to sniff from time to time, at least 3 times a day, no less than 1 minute each time. The contents were replaced after 2 weeks or after the aroma disappeared, and used it continuously for 2 months. The control group was not treated. All volunteers accepted 1 telephone interview per month. The incidence of influenza-like cases and fever, sore throat, cough, and fatigue symptoms were compared between groups. **Results** In the influenza-like cases in 1 month and 2 months, the number of volunteers with fever and cough in the herbal sachet group was smaller than the control group, but there was no significant differences between groups ($P > 0.05$). And the number of volunteers with fever and sore throat was smaller than the control group ($P < 0.05$). After 1 month, the number of volunteers with symptoms of fever, sore throat, cough, and fatigue was smaller than that of the control group, but the difference was not statistically significant ($P > 0.05$). After 2 months, the number of the volunteers with above symptoms in the herbal sachet group was smaller than that of the control group ($P \leq 0.01$). **Conclusion** IPHS has the potential effect in prevention of seasonal influenza and the effect is more obvious after using two months.

Keywords influenza-like cases; seasonal influenza; prevention; herbal sachet

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