



Studien:

### **Vitamin C zur Vorbeugung und Behandlung von Lungenentzündung**

Vitamin C ist nützlich zur Vorbeugung und Behandlung von Pneumonie. Patienten mit niedrigen Vitamin C-Spiegeln sollten wegen der hohen Sicherheit und der geringen Kosten mit Vitamin C supplementiert werden.

5 Studien mit 2532 Teilnehmern

Hemilä H, Louhiala P; Vitamin C for preventing and treating pneumonia; Cochrane 2011

DOI: 10.1002/14651858.CD005532.pub2

[Link](#)

Pneumonia is an infection of the lungs caused by bacteria, viruses or other infectious agents. Its clinical diagnosis is sometimes difficult. Pneumonia is more common in young children and in the aged. In low-income countries it causes two million deaths annually among young children. In the USA it is the most common cause of death from infection.

Vitamin C was identified in the early 1900s and suggestions that one of its biological roles may be to resist infections are supported by numerous animal studies. We looked for studies in humans and found three trials with a total of 2335 participants that looked at whether vitamin C prevents pneumonia. Two of the preventive trials studied soldiers while the third studied boys in a UK boarding school in the 1940s. Two other trials with a total of 197 pneumonia patients looked at whether vitamin C might help to cure pneumonia. One studied patients aged 66 to 94 years in the UK with pneumonia and benefit was restricted to those who were most ill and had low vitamin C levels. The other trial was conducted in the former Soviet Union but the social and nutritional backgrounds of the patients were not described. None of the five trials reported noteworthy adverse effects of vitamin C.

Overall, the results of the five identified trials suggested vitamin C is beneficial in both preventing and treating pneumonia. However, these trials were carried out in such extraordinary conditions that the results may not apply to the general population. Therefore, more research is needed. In the meantime, supplementing pneumonia patients who have low plasma vitamin C levels may be reasonable because of its safety and low cost.

### **Vorbeugung gegen Erkältungen mit einem Vitamin C-Präparat: Eine doppelblinde, placebokontrollierte Studie**

Unter Vitamin C-Gabe signifikant weniger Erkältungskrankheiten (37 gegen 50) und kürzere Dauer stärkerer Symptome (1,8 gegen 3,1 Tage)

Straten, Michael & Josling, Peter. (2002). Preventing the common cold with a vitamin C supplement: A double-blind, placebo-controlled survey. *Advances in therapy*. 19. 151-9.

DOI: 10.1007/BF02850271 ·

[Link](#)

One hundred sixty-eight volunteers were randomized to receive a placebo or a vitamin C supplement, two tablets daily, over a 60-day period between November and February. They used a five-point scale to assess their health and recorded any common cold infections and symptoms in a daily diary. Compared with the placebo group, the active-treatment group had significantly fewer colds (37 vs 50,  $P < .05$ ), fewer days challenged virally (85 vs 178), and a significantly shorter duration of severe symptoms (1.8 vs 3.1 days,  $P < .03$ ). Consequently, volunteers in the active group were less likely to get a cold and recovered faster if infected. Few side effects occurred with the active treatment, and volunteers reported greatly increased satisfaction with the study



supplement compared with any previous form of vitamin C. This well-tolerated vitamin C supplement may prevent the common cold and shorten the duration of symptoms. Volunteers were generally impressed by the protection afforded them during the winter months and the general acceptability of the study medication.

Titel	Version	Publikations Datum
Vitamin C for preventing and treating the common cold	<a href="https://doi.org/10.1002/14651858.CD000980.pub4">https://doi.org/10.1002/14651858.CD000980.pub4</a>	31 January 2013
Vitamin C for preventing and treating the common cold	<a href="https://doi.org/10.1002/14651858.CD000980.pub3">https://doi.org/10.1002/14651858.CD000980.pub3</a>	18 July 2007
Vitamin C for preventing and treating the common cold	<a href="https://doi.org/10.1002/14651858.CD000980.pub2">https://doi.org/10.1002/14651858.CD000980.pub2</a>	18 October 2004
Vitamin C for the common cold	<a href="https://doi.org/10.1002/14651858.CD000980">https://doi.org/10.1002/14651858.CD000980</a>	27.Apr.98

## Vitamin C and SARS coronavirus

Es gibt zahlreiche Reporte, die induzieren, dass Vitamin C das Immunsystem beeinflusst. Insbesondere erhöht Vitamin C die Resistenz von Hühnern und Embryonen gegen den Vogelgrippe-Coronavirus sowie gegen zahlreiche andere bakterielle und virale Infektionen. Zudem nehmen die Dauer und Schwere von viralen Atemwegsinfektionen und von Pneumonien ab.

Hemila H; Vitamin C and SARS coronavirus. J Antimicrob Chemother. 2003;52:1049-1050

DOI: 10.1093/jac/dkh002

[Link](#)

Recently, a new coronavirus was identified as the cause of the severe acute respiratory syndrome (SARS).<sup>1</sup> In the absence of a specific treatment for SARS, the possibility that vitamin C may show non-specific effects on severe viral respiratory tract infections should be considered. There are numerous reports indicating that vitamin C may affect the immune system,<sup>2,3</sup> for example the function of phagocytes, transformation of T lymphocytes and production of interferon. In particular, vitamin C increased the resistance of chick embryo tracheal organ cultures to infection caused by an avian coronavirus.<sup>4</sup> Studies in animals found that vitamin C modifies susceptibility to various bacterial and viral infections,<sup>3</sup> for example protecting broiler chicks against an avian coronavirus.<sup>5</sup> Placebo-controlled trials have shown quite consistently that the duration and severity of common cold episodes are reduced in the vitamin C groups,<sup>3</sup> indicating that viral respiratory infections in humans are affected by vitamin C levels. There is also evidence indicating that vitamin C may affect pneumonia.<sup>3</sup> In particular, three controlled trials with human subjects reported a significantly lower incidence of pneumonia in vitamin C-supplemented groups,<sup>6</sup> suggesting that vitamin C may affect susceptibility to lower respiratory tract infections under certain conditions. The possibility that vitamin C affects severe viral respiratory tract infections would seem to warrant further study, especially in light of the recent SARS epidemic.

## Vitamin C kann die Verweildauer auf der Intensivstation verkürzen: Eine Meta-Analyse.

Moderate Dosen von Vitamin C verkürzten in 12 Studien den Aufenthalt auf der Intensivstation um 7,8 %. In 3 Studien reduzierte Vit C die Dauer mechanischer Ventilation um 18,2 %.

Hemilä, H.; Chalker, E. Vitamin C Can Shorten the Length of Stay in the ICU: A Meta-Analysis Nutrients 2019, 11, 708.

DOI: 10.3390/nu11040708

[Link](#)

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A number of controlled trials have previously found that in some contexts, vitamin C can have beneficial effects on blood pressure, infections, bronchoconstriction, atrial fibrillation, and acute kidney injury. However, the practical significance of these effects is not clear. The purpose of this meta-analysis was to evaluate whether vitamin C has an effect on the practical outcomes: length of stay in the intensive care unit (ICU) and duration of mechanical ventilation. We identified 18 relevant controlled trials with a total of 2004 patients, 13 of which investigated patients undergoing elective cardiac surgery. We carried out the meta-analysis using the inverse variance, fixed effect options, using the ratio of means scale. In 12 trials with 1766 patients, vitamin C reduced the length of ICU stay on average by 7.8% (95% CI: 4.2% to 11.2%;  $p = 0.00003$ ). In six trials, orally administered vitamin C in doses of 1–3 g/day (weighted mean 2.0 g/day) reduced the length of ICU stay by 8.6% ( $p = 0.003$ ). In three trials in which patients needed mechanical ventilation for over 24 hours, vitamin C shortened the duration of mechanical ventilation by 18.2% (95% CI 7.7% to 27%;  $p = 0.001$ ). Given the insignificant cost of vitamin C, even an 8% reduction in ICU stay is worth exploring. The effects of vitamin C on ICU patients should be investigated in more detail.

### Coronavirus

#### **Könnte Vitamin C die Rettung im Kampf gegen die Lungenkrankheit sein?**

Bunte.de berichtet in einem Betrag vom 04.03.2020, dass in Wuhan mit sehr hohen Vitamin C Dosen experimentiert wird. Es wurden Infusionen mit 24 Gramm Vitamin C verabreicht. Auf die Ergebnisse dieser Experimente müssen wir noch warten. Doktor Mike Skinner vom Imperial Collage in London geht davon aus, dass sich das Warten lohnen wird.

<https://www.bunte.de/health/gesundheit/coronavirus-koennte-vitamin-c-die-rettung-im-kampf-gegen-die-lungenkrankheit-sein.html>





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## hochdosiertes Vitamin C zur Behandlung des Coronavirus empfohlen

Die Shanghai Medical Association empfiehlt hochdosiertes Vitamin C zur Behandlung des Coronavirus. In einer weiteren Entwicklung hat die Shanghai Medical Association (SMA) in China einen Konsens über die umfassende Behandlung von Coronavirus-Erkrankungen veröffentlicht. Basierend auf der Studie von mehr als 300 klinischen Patienten, die von 30 Experten für die Behandlung der neuen Coronavirus-Pneumonie entwickelt wurde, empfiehlt es hochdosiertes Vitamin C für eine selbst leichte Infektion mit dem Virus. Die im Konsens empfohlene Dosis beträgt 50 bis 100 mg pro Kilogramm Körpergewicht pro Tag. Bei schweren und schwerkranken Patienten werden bis zu 200 mg pro Kilogramm Körpergewicht und Tag empfohlen, die intravenös injiziert werden. Die SMA, die als „Shanghai-Plan“ bezeichnet wird, sagt, dass ihr Konsens breite Aufmerksamkeit auf sich gezogen hat.

“At my hospital in Daegu, South Korea, all inpatients and all staff members have been using vitamin C orally since last week. Some people this week had a mild fever, headaches and coughs, and those who had symptoms got 30,000 mg intravenous vitamin C. Some people got better after about two days, and most had symptoms go away after one injection.” (Hyoungjoo Shin, M.D.)

„In meinem Krankenhaus in Daegu, Südkorea, nehmen alle stationären Patienten und alle Mitarbeiter seit letzter Woche Vitamin C oral ein. Einige Menschen hatten in dieser Woche leichtes Fieber, Kopfschmerzen und Husten, und diejenigen, die Symptome hatten, erhielten 30.000 mg Vitamin C intravenös. Bei einigen Menschen ging es nach etwa zwei Tagen besser, und die meisten hatten die Symptome nach einer Injektion verschwinden lassen.“ (Hyoungjoo Shin, M.D.)

“We need to broadcast a message worldwide very quickly: Vitamin C (small or large dose) does no harm to people and is the one of the few, if not the only, agent that has a chance to prevent us from getting, and can treat, COVID-19 infection. When can we, medical doctors and scientists, put patients’ lives first?” (Richard Z. Cheng, MD, PhD, International Vitamin C China Epidemic Medical Support Team Leader).

„Wir müssen sehr schnell eine Botschaft weltweit verbreiten: Vitamin C (in kleiner oder großer Dosis) schadet den Menschen nicht und ist einer der wenigen, wenn nicht der einzige Wirkstoff, der die Chance hat, eine COVID-19-Infektion zu verhindern und zu behandeln. Wann können wir, Ärzte und Wissenschaftler, das Leben der Patienten an die erste Stelle setzen?“ (Richard Z. Cheng, MD, PhD, Leiter des internationalen Teams für Vitamin C China Epidemic Medical Support).

### Quellen:

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