

Meta-analysis of ambroxol treatment for acute lung injury/acute respiratory distress syndrome based on randomized controlled trials.

Wu X, et al. *J Clin Pharmacol*. 2014; 54(11):1199-206.

- Potential benefits of high dose ambroxol treatment for acute lung injury (ALI)/acute respiratory distress syndrome (ARDS) were evaluated by conducting a meta-analysis based on 10 randomized controlled trials involving 508 patients.
- Adjuvant treatment with ambroxol:
 - Improved parameters of alveolar gas exchange ($\text{PaO}_2/\text{FiO}_2$, PO_2), indicating improved breathing.
 - Reduced levels of inflammatory markers in serum (TNF- α , IL-6).
 - Increased levels of the antioxidant serum superoxide dismutase.

Ambroxol exhibits anti-oxidant and anti-inflammatory properties, and also appears to improve lung function.