

Mucoactive Agents in the Therapy of Upper Respiratory Airways Infections: Fair to Describe Them Just as Mucoactive?

Scaglione F, Petrini O. Clin Med Insights Ear Nose Throat. 2019; 12:1179550618821930.

- Clinical trials have shown **that mucolytics such as ambroxol**, bromhexine, carbocysteine, erdosteine, N-acetyl cysteine (NAC), and sobrerol have an important place in the relief of cough symptoms by easing the elimination of mucus.
- Ambroxol exerts stimulating effects on mucociliary clearance and it increases cough effectiveness through its mucokinetic properties and stimulating surfactant secretion.
- Physiologically, **ambroxol has been shown to exert secretolytic, antioxidant, and anaesthetic activities.**
- **Ambroxol**, administered concomitantly with amoxicillin, or ampicillin and erythromycin, **increases the antibiotic levels in the lung.**

Overall, the evidence from randomised controlled and observational trials, suggest that these mucolytics, are useful in the therapy of lower respiratory diseases (COPD and bronchiectasis), & upper respiratory airways infections, including rhino-sinusitis.