

Ozone as a medical drug. Prerequisites for safety. Guidelines and treatment strategies

Ozono como droga médica. Pre-requisitos para la seguridad. Guías y estrategias de tratamiento

Renate Viebahn

E-mail: renateviebahn@t-online.de

Medical Society for the Use of Ozone in Prevention and Therapy. Dr.J.Hänsler GmbH. D-76473
Iffezheim. Nordring 8, D-76473 Iffezheim, Germany.

ABSTRACT

Nowadays ozone therapy is widespread and Medical Ozone is used worldwide but: following different protocols with a variety of different applications, dosages and concentrations. Based on the well known reaction mechanisms of ozone, its biochemical and pharmacological effects, international guidelines should be defined concerning physiological and ozone resistant materials, indications, applications and the effective concentration and dosage range in dependence of the specific indications. Following the international regulations of ozone concentrations outdoors and indoors, as working site concentrations by WHO and in conformance with the Medical Device Directives for quality assurance and control, some European Medical Societies for the Use of Ozone have set up a draft for the essential requirements for the treatment procedures.

Guidelines for the use of ozone in medicine based on 4 decades of applied medicine in Europe and on international basic research

These Guidelines include:

- Production of Medical Ozone.
- Reactivity of ozone and ozone-resistant materials.
- Ozone-free surroundings (WHO regulations) by the integration of effective catalytic systems.
- Ozone resistant and physiologically indifferent materials used in disposables for major autohemotherapy (MAH), intraarticular, intramuscular and other topical injections. For rectal insufflation, topical treatment as transcutaneous gasbath and/or disinfection.
- Medical Device Directives for safety of the patient.
- Ozone measurement as requirement for concentrations and dosages.
- Concentration, dosages, treatment frequency are listed in dependence on the indication and disease as well as on the underlying mechanism of action.

Keywords: ozone therapy, guidelines, ozone-resistant materials, ozone measurement, treatment strategies.