

# **New study suggests gargling with salt water may be associated with lower COVID hospitalization**

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As COVID and its health effects move into a fourth year, those who become infected may be searching for remedies to improve their

respiratory symptoms and keep them out of the hospital.

A new study being presented at the American College of Allergy, Asthma and Immunology ([ACAAI](#)) Annual Scientific Meeting in Anaheim, Calif. determined that both a low- and [high-dose](#) saline regimen appeared to be associated with lower hospitalization rates compared to controls in SARS-CoV-2 infections.

"Between 2020 and 2022, [individuals](#) aged 18–65 years with positive PCR test for SARS-CoV-2 infection were randomly selected to undergo low- or high-dose saline regimens for 14 days," says Sebastian Espinoza, lead author of the study.

"The low- and high-saline solutions consisted of 2.13 grams and 6 grams of salt dissolved in 8 ounces of warm water, respectively. Gargling and nasal rinsing was done four times a day for 14 days. Primary outcomes included frequency and duration of symptoms associated with SARS-CoV-2 infection; secondary outcomes included hospital or ICU admission, mechanical ventilatory support, or death. Exclusion criteria were chronic hypertension or participation in another interventional study. Those on the low- and high-dose saline solutions, as well as those in the reference population, had similar rates of vaccination."

A total of 58 individuals were allocated to either the low (27) or high (28) saline regimens; three were lost to follow-up. There were no significant differences in the primary or secondary outcomes of the study between these two groups.

During the study period, 9,398 individuals with positive SARS-CoV-2 infection were evaluated and were the reference population. The hospitalization rates in the low- (18.5%) and high- (21.4%) saline regimens were significantly lower than in the reference population (58.8%.) No significant differences were noted in other outcomes

among these groups.

"Our goal was to examine saline nasal irrigation and gargling for possible association to improved [respiratory symptoms](#) associated with coronavirus [infection](#)," says Jimmy Espinoza, MD, co-author of the study. "We found that both saline regimens appear to be associated with lower hospitalization rates compared to controls in SARS-CoV-2 infections. We hope more studies can be done to further investigate the association."

**More information:** Abstract P244: Double blind randomized controlled trial of saline solution gargling and nasal rinsing in SARS-CoV-2 infection

<https://annualmeeting.acaai.org/>

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