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How to relieve sore throat

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A SORE throat is one of the major symptoms of the milder yet easily contagious Covid-19 Omicron variant. Usually in tandem with a dry cough, it is important to address these symptoms as they come in order to recover faster.



For sore throat, people go two ways for relief: via sucking on formulated lozenges at the first sign of discomfort or gargling with anti-bacterial washes.

If you're wondering which is more effective, The Manila Times Lifestyle shares today a clinical study sent in by makers of Strepsils Lozenges. The results (Source: Limb M, et al. Int J Clin Pract 2009; 63:606-12) suggested that among sore throat product formats, "lozenges offer considerable advantages over a gargle," noting that lozenges offer faster, effective and longer relief for throat pain.

The same study found that lozenges were more advantageous than gargles and the benefits were seen in terms of proportion of medicine delivered to and cleared from the mouth and throat combined.

Unlike gargles which are expelled from the mouth, lozenges were kept in the mouth longer, providing a steadier supply of medicine to the throat. This results in greater activity in both the mouth and the throat for up to 20 minutes even after the lozenge is completely dissolved. Thus, the study conducted that lozenges provide fast, effective, and prolonged delivery of active ingredients beneficial for sore throat relief.

Indicating Strepsils as a tried-and-tested lozenge brand for almost 50 years for the symptomatic relief of sore throat including those caused by Covid-19, the current variant is said to provides a "2-in-1 defense" by "killing viruses and germs in as fast as 60 seconds and provides deep down long-lasting relief that last two hours, unlike gargles."

For mild sore and itchy throat the product's active ingredient is Dichlorobenzyl Alcohol + Amylmetacresol (Cool Sensation); Hexylresorcinol for moderate pain and irritated throat (Max); and Flurbiprofen (MaxPro) for severe and inflamed sore throat.

Besides lozenge-use, remember to always follow simple and proper health protocols including wearing face masks, face shields, social distancing and hand washing, to prevent the further spread of Covid-19. And of course, if symptoms persist, consult your healthcare professional.