CLINICAL INSIGHTS

EXCEL Division of Blue Cross Laboratories

AZIBEST-500 Tablet **Issue XII, No.35, 2025**

Assessment of the Clinical Efficacy and Safety of Azithromycin in Patients with Moderate to Severe Upper Respiratory Tract Infections (URTIs): Insights from an Indian Real-World Study

2025 Murthy et al. Cureus 17(8): e89403.

- The aim of this study is to evaluate the effectiveness and safety of azithromycin 500 mg/day for five days for the management of moderate to severe category of patients with URTIs from a multicenter, retrospective, observational, real-world evidence study conducted across 184 ENT centers in India over 12 weeks.
- Acute and chronic respiratory diseases like Upper respiratory tract infections (URTIs), such as pharyngitis, tonsillitis, nasopharyngitis, rhinitis, and laryngitis, are among the most frequently encountered conditions in primary healthcare settings.
- Azithromycin, with its azalide structure, is stable in the acidic environment of the stomach and effective against gram-negative and atypical pathogens such as *Mycoplasma pneumoniae* and *Chlamydophila pneumoniae*, five-day course of azithromycin is often considered important to ensure adequate pathogen clearance, reduce the risk of treatment failure, and potentially lower the emergence of antimicrobial resistance that may arise from sub therapeutic exposure associated with shorter regimens.
- This shows that a shorter duration of azithromycin is well-tolerated therapeutic option, which preferred to improve compliance and reduce the likelihood of bacterial resistance with fewer adverse effects in treating URTIs.

A five-day course of Azithromycin is effective and well-tolerated in treating moderate to severe URTIs in Indian patients..

❖❖❖❖❖