

A comparative observational study of dual therapy Itopride & Esomeprazole vs monotherapy Esomeprazole in gastroesophageal reflux disease

- ➔ Gastroesophageal reflux disease (GERD) is a chronic, high-burden gastrointestinal disorder characterized by reflux-related symptoms such as heartburn and regurgitation, with a meaningful impact on quality of life and productivity. Standard management includes lifestyle measures and proton pump inhibitors such as esomeprazole.
- ➔ Despite effective acid suppression with PPIs, a subset of GERD patients continue to experience persistent symptoms, suggesting that acid control alone may not address the full pathophysiology, especially motility-related mechanisms.
- ➔ Itopride, a gastroprokinetic agent with dopamine D2 receptor antagonism and cholinesterase inhibition, enhances gastric motility, accelerates gastric emptying, and may improve lower oesophageal sphincter tone and oesophageal clearance. This study was therefore designed to evaluate whether adding Itopride to Esomeprazole provides superior symptom relief versus Esomeprazole alone in GERD patients.

Study design: Prospective, comparative observational study

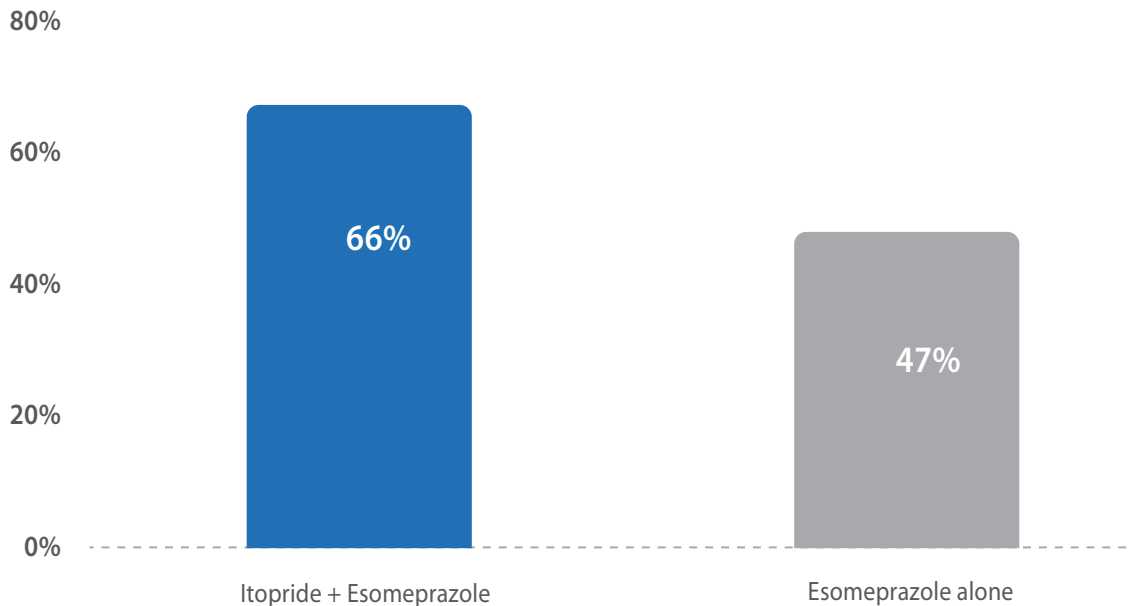
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| Population | 150 patients diagnosed with GERD |
| Center | India |
| Duration | 6 months |
| Comparators | Itopride 50 mg + Esomeprazole 40 mg & Esomeprazole 40 mg monotherapy |
| Key outcome | Symptom improvement assessed by FSSG score after 4 weeks; dual therapy showed 66% symptom relief versus 47% with monotherapy (p=0.0101) |
| Treatment effectiveness | Frequency Scale for the Symptoms of Gastroesophageal Reflux Disease (FSSG) symptom relief |

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Treatment Effectiveness in GERD Patients

Percentage symptom relief based on FSSG score after 4 weeks of therapy



Conclusion

- Itopride plus Esomeprazole achieved greater GERD symptom relief than Esomeprazole monotherapy, with a statistically significant ($p=0.0101$) difference.
- The combination addresses both acid suppression and motility enhancement, supporting a more comprehensive approach to GERD management.
- In appropriate GERD patients with persistent symptoms, Itopride add-on therapy may offer a well-tolerated and clinically meaningful option, while longer-term studies with objective diagnostic tools are warranted.

Ref.: Khan A, Jayanth A, Alvia S, Akhila U, Nikhil M. A comparative observational study of dual therapy itopride and esomeprazole vs monotherapy esomeprazole in gastroesophageal reflux disease. Global Journal for Research Analysis. 2025;14(4):154–156. DOI: 10.36106/gjra.



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