Naso-Oral Irrigation with Electrolyzed Saline Solution Reduced COVID-19 Antigen Levels: Case Report

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ABSTRACT

Rationale: Super acidic (pH<2.7) electrolyzed saline (ES) is a non-toxic and all-purpose disinfectant for viruses, bacteria and fungi. The effect of gargling ES was investigated in COVID-19.

Patients and Methods: Three patients with/without pneumonia were admitted since June 8, 2021. Treatment strategies followed to the Japanese Guidelines for Acute Respiratory Distress Syndrome 2016 with modifications for remote treatment. ES gargling were used to decontaminate the primary infection site. Each patient gargled a glass of ES on the day of admission (day 1), and then gargled half a glass of ES 3 times a day for the following 3 days.

Results: Gargling ES resulted in a prompt (within a week) reduction in salivary SARS-CoV-2 antigen levels, and all 3 patients recovered and were released from quarantine within 2 weeks.

Conclusions: Non-specific virucidal activity of ES was reconfirmed in COVID-19. ES gargling will suppress disease progression and transmission of COVID-19.

Introduction
Electrolyzed saline (ES) is a non-toxic and all-purpose disinfectant, which kills viruses; bacteria, except spore-forming bacteria; and fungi [1,2]. The US Food and Drug Administration (FDA) approved ES as a high-level disinfectant in October 2002 [3]. We have used ES as a disinfectant and sterilizer against the biocontamination of residential spaces, medical equipment, skin, mucosae, and the closed pleural/abdominal cavity since 1993 [1]. We routinely instruct patients to gargle ES as an oral hygiene procedure for preoperative preparation and flu-related pharyngitis [4]. Gargling ES promptly reduced SARS-CoV-2 antigen (Ag) levels in 3 patients. The effects of ES gargling in these 3 patients are discussed.

Patients and Methods
The institutional review board of our hospital granted ethical approval for this study (IRB approval #2602, SMH, March 24, 2015; #02-02, SMH, Nov. 11, 2020; #03-05, SMH, May 25, 2021). Informed consent was obtained from each patient.

Three patients from the regional COVID-19 monitoring center have been admitted to our hospital since June 8, 2021, which has been designated as an official hospital for COVID-19 treatment.

Remote treatment strategies for COVID-19 infection
Treatment strategies generally followed the Japanese Guidelines for Acute Respiratory Distress Syndrome 2016 [5] with modifications.

Prompt decontamination of the primary infection site
ES gargling and the nasal injection of ES solution were used to decontaminate the primary infection site. Each patient gargled a glass of ES and then received bilateral 2-ml nasal injections of ES with a 5-ml syringe on the day of admission (day 1). Each patient...
then gargled half a glass of ES with/without nasal injections 3 times a day for the following 3 days.

Anti-viral drug therapy
Remdesivir (Veklury®; Gilead Sciences, USA) was administered for 5 days when pneumonia was observed on computed tomography (CT). Favipiravir (Avigan®, FUJIFILM Toyama Chemical Co., Tokyo) was administered when no pneumonia was observed on CT from day 2.

Suppression of pulmonary interstitial edema
Blowing up a rubber balloon was used to induce a positive end-expiratory pressure (PEEP) load and prevent permeability edema. This method was employed as an alternative to mechanical ventilation.

Oxygenation
Minimal oxygen was given to maintain %SpO₂ between 90~95% to reduce production of oxygen radicals, if patients complained of dyspnea.

Online monitoring of disease changes
The patients’ symptoms (fever, general fatigue, naso-oral sensory defects, and dyspnea), the percentage oxygen saturation (%SpO₂), blood tests, pneumonic shadows on CT images, and salivary or nasal swab SARS-CoV-2 Ag levels (according to the Lumipulse SARS-CoV-2 Ag test; Lumipulse G1200, FUJIREBIO, Tokyo) were monitored. Symptoms and %SpO₂ levels were monitored every day; chest CT scans were carried out on admission and on days 2, 4, 7, and as needed before discharge; and salivary Ag tests were performed on admission before ES gargling, on day 2 (in the early morning), and on days 7 and 14. The nasal swab Ag test was performed just before discharge.

Custom-made ES preparation
ES quickly loses its disinfective activity. A custom-made ES preparation was used in this study. Aqueous ES solution was produced from a 0.1% salt/tap water mixture using a water electrolysis generator (Oxilyzer Medical C-L, Koken Ltd., Tokyo). Electrolyzed acidic water with a pH of <2.7 was generated at the anode compartment and was collected for immediate use.

Patients’ presentations
The patients were a 45 y.o. male, a 72 y.o. male, and a 65 y.o. female. The elderly patients were partners and had received their 2nd COVID-19 vaccinations a week ago, whereas the remaining patient had not received any vaccinations. None of the patients had comorbidities. All of the patients had mild fever and general fatigue. Two patients had mild sensory disturbance. The two male patients had very high (above the measurable limit of 5000 pg/ml) salivary Ag levels on day 1, and exhibited non-segmental diffuse pneumonia and fine interstitial shadows on CT images without respiratory insufficiency on day 2. These two patients received anti-viral drug injections for 5 days from day 4, as it took 2 days to obtain the drugs after the CT-based diagnosis. The Ag levels of the 3 patients decreased overnight after they first gargled ES, and the Ag had completely disappeared by the morning of day 7 (Figure 1). The nasal swab Ag test conducted on day 14 was also negative. The pneumonic shadows in the two male patients gradually faded away (Figure 2). None of the patients required oxygenation during

![Figure 1](https://example.com/figure1.png)

**Figure 1:** Reduction of salivary SARS-CoV-2 antigen (Ag) levels by gargling electrolyzed saline (ES) (logarithmic graph).

The salivary level of the SARS-CoV-2 Ag was markedly decreased by gargling ES and was reduced on day 7 after admission. Blue line: A 45 y.o. male patient; orange line: A 72 y.o. male patient; gray line: A 65 y.o. female patient; Arrows: ES gargling; Above red line: COVID-19-positive; Below green line: COVID-19-negative; Vertical axis: salivary SARS-CoV-2 Ag level (pg/ml), Horizontal axis: time since admission (days).
admission. Our treatment strategy resulted in prompt reductions in SARS-CoV-2 Ag levels, and all 3 patients were discharged on day 14 and returned to normal life.

Discussion

We showed that ES had strong virucidal activity against the SARS-CoV-2 Ag in all 3 of our patients. Local disinfection through gargling ES blocked the progression of the disease. The reason why local control suppressed systemic disease, such as pleural drainage for septic empyema [6], is unclear. The following hypotheses are suggested: 1. The SARS-CoV-2 Ag has the ability to rapidly proliferate at the primary infection site. 2. The primary site is the main source of virus particles and/or chemical mediators. 3. The mechanism responsible for rapid disease progression involves the hematological dissemination of the virus and/or chemical mediators, rather than airway dissemination, which has multiple defense barriers against viruses [7], from an early phase. 4. The lungs are the first receiver of venous return from the affected site. The clinical features of COVID-19 resemble those of adult respiratory distress syndrome [8], and the main target organ is the pulmonary vascular endothelium [9]. Alveolar capillaries with thin walls in the basement membrane and endothelium are involved in gas exchange in the low-pressure circulatory system [10]. These capillaries are sensitive to cytokine reactions [11]. The multiple simultaneous non-segmental pulmonary lesions seen in the early phase of the infection are due to interstitial permeability edema [8]. 5. Residual virus in the interstitial spaces is removed by macrophages or other factors in the pulmonary lobules [7,12].
Based on the abovementioned hypothesis, we developed the following treatment strategy against COVID-19: 1. Immediate local decontamination with ES irrigation reduces the levels of the virus and cytokine producers and blocks the hematological spread of the virus and cytokine reactions. 2. Appropriate anti-viral drugs should be administered [13]; however, the effects of such drugs were not evaluable in this study. 3. Inducing PEEP [8] through a simple procedure (blowing up a balloon) is helpful for suppressing pulmonary edema in the reversible phase.

ES is a non-toxic all-purpose disinfectant, which kills viruses, bacteria, and fungi [1,2]. The US FDA approved ES as a high-level disinfectant in October 2002 [3]. ES solution has been our first-choice disinfectant for residential spaces, medical equipment, skin, mucosae, and closed pleural/abdominal cavities since 1993 [4]. ES is a novel disinfectant and has no adverse effects on the human body or the environment because it is immediately converted to water after coming into contact with an organism [3]. The antimicrobial mechanism of ES is based on the effects of hypochlorite and superoxide [2] under a super acidic state (pH 2.2–2.8). A super acidic state conveys hydrolipid affinity on ES solution [4]. Due to its lipid affinity, ES instantly binds to and passes through virus envelopes and bacterial cell walls. Viruses may be more susceptible to ES than bacteria because they lack cell walls and do not form biofilms.

The process used to produce ES solution is quite simple. Also, the associated production costs are quite low; i.e., it costs approximately 1 US dollar to produce 1000 liters of ES. In addition, ES generators are widely used for hospital sanitation and for rinsing fresh vegetables, seafood, and flowers in Japan; therefore, the immediate mass-volume production of ES solution is feasible [4].

ES has a foul smell as it contains hypochlorite, but this is an indicator of its disinfective activity. ES that was kept in a PET bottle stored in a darkroom retained its activity for over a month. However, protein substances reduce the activity. ES discolors some dyes and metal plates, and rusts some metals.

Conclusions
Non-specific virucidal activity of ES [3,4] was reconfirmed in COVID-19. ES promptly eliminated oronasal SARS-CoV-2 Ag and facilitated early recovery from COVID-19. Gargling ES instantly reduced the risk of the droplet transmission of COVID-19, and COVID-19 patients who gargoled ES did not require long-term quarantine.

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